

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point



- Property market report
- Home & garden
- Community notices
- Food & beverage

Bargain Chemist

Circulation is 10,000 print copies.

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

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

April 2023



Greetings

Like it or not, Artificial Intelligence (AI) is everywhere these days. We interact with artificial personal assistants, autocorrect makes changes when we type on our computers, and AI contributes to crime detection and prevention and to emergency response. AI systems can perform tasks faster and with higher accuracy than humans, leading to increased efficiency and productivity. It works without breaks and can be available at all times. AI can analyse large amounts of data and lead to improved decision-making. It can predict when equipment will need maintenance and can improve safety in various industries. It can assist doctors in diagnosis, drug discovery and patient monitoring.

However, it also has its limitations, and there are ethical considerations, as humans are increasingly trusting decisions made by machines. There are certainly concerns about the propagation of fake news and the invasion of privacy, as well as worries about creativity by computer systems, such as writing music. The recently developed ChatGPT enables you to have human-like conversations about many topics. It can be used to learn languages and will create short stories for you in multiple languages. At the moment a research program is available free at chat.openai.com/chat. It can also help with writing editorials!

Please enjoy the many features provided by local contributors this month. There is plenty to enjoy and take part in. It's not too late to visit the EcoFest sustainability events. Could you consider volunteering? Good for you, good for the community. As Daylight Saving ends, don't forget to check your smoke alarm. Do you have a wood fire? See the Fire Brigade's advice on preparing for the winter. Are you aware of what the Dog Safe Workplace does for Health and Safety?

Read about what is happening to the property market. Are you a tenant or do you own a rental property? Be aware of your rights and obligations and where you can get more information. Planning ahead, what should you know about retirement living? If it's all too much, consider incorporating soul-soothing techniques into your day.

There is still time to Show your Poppy ahead of Anzac Day. Txt 027 632 0421 for more information and how to register.

John, Editor



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People & Places

Bargain Chemist



Bargain Chemist, 6 Kakano Road, Westgate has just opened its doors and can be found right next to the Westgate Mitre 10 Mega. At the helm is Dispensary Manager Derek Lau and Retail Manager Mahendra Malaviya both on hand to give friendly help and advice.

The new store has a clean and modern look with the thousands of products on offer displayed on accessible shelving with wide clean aisles.

Bargain Chemist Westgate is proudly a 100% Kiwi owned and operated business. Our policy: New Zealand's cheapest chemist.

We are committed to providing our customers the healthcare they need; at prices they want.

We are constantly working hard to find new ways to save our customers money. We also have bulk buying power, which means we can pass on the savings to our customers.

We ask all Kiwis, why pay more? We believe that for too long New Zealand communities had been paying too much for healthcare essentials.

So we did something about it. Bargain Chemist opened its first doors in Christchurch in March 2018 with the mission to deliver the best service through care & quality products at the best price we can, to support communities to live happy and healthy.

From our first location in Riccarton Road, Christchurch we have grown from a retail space of less than 100m² to develop superstores up to 6 times the size offering New Zealanders essentials for their health and home at lower everyday prices. We've moved beyond what is expected, evolving our stores to offer great bargains across

a range of product categories alongside the care and attention you expect from your local pharmacy.

With no plans of slowing down we continue to open new stores nationally with rapid new store growth planned over the next 3 years to deliver our promise to New Zealanders. Bringing affordable healthcare to you wherever you are via our local pharmacies or bargainchemist.co.nz.

Why shop with us?

- 100% Kiwi owned and operated
- Free Prescriptions on fully funded items
- Lower everyday prices - Big brands of vitamins, supplements and perfumes at affordable prices - up to 50% off RRP
- Our pharmacists and retail staff are very friendly and knowledgeable, so please ask them for help/advice! Pop into our stores and see for yourself!

From day one we've offered Free Prescriptions taking care of the \$5 co-payment on subsidised medication. We simply think that's Kiwis looking after Kiwis.

Our policy is applicable to our everyday bargain prices. We work hard to deliver the best price to all New Zealanders every day, however, we recognise that we may not always have the cheapest price at all times during the day.

Our commitment to our policy means that if you find an identical in stock item cheaper at a competing New Zealand pharmacy we will match the price and give you an extra 10% off the difference. (Some terms and conditions apply)



BARGAIN CHEMIST 

WESTGATE NOW OPEN

6 Kakano Road, Whenuapai Open 8am - 8pm

FREE **PRESCRIPTIONS**
No \$5 Prescription Charge. Other Charges May Apply.
See bargainchemist.co.nz for more details.

Community News

Kip McGrath Education Centres

The Kip McGrath difference:

1. Proven Methodology - our proven methods and techniques will bring out the best in your child. Trust the experts to bring the fun back into learning.
2. Qualified Teachers - Our qualified teachers are trained in our methods. Your child will be taught by enthusiastic tutors who will make learning enjoyable.
3. Personalised Learning - Every child learns differently and will receive a programme tailored to their learning needs.
4. International Reputation - With over 40 years' experience tutoring primary and secondary students, Kip McGrath knows what works.
5. Online Tuition - available for students unable to attend the Centres.

Book online or call us on 09 831 0272.



Discoverers

Misinformation, disinformation and hate speech each distort the Truth. Some social commentators are now talking about 'the post-truth phenomenon'. The distortion of the truth can destabilise society, weakening trust among its members. Trust is vital if communities are to remain healthy.



Discoverers informal church, at its gathering on the 23rd of April, will be focusing on the Biblical injunction, "Speak the truth in love." The gathering will look at how 'alternative facts', lack of truth telling, undermine a healthy society. Illustrations will be shared as to the ways disinformation distorts the truth. Ways will be explored as to how to challenge the spread of disinformation.

Discoverers informal church meets in the Baffin Lounge, Headquarters Building 214 Buckley Crescent, Hobsonville Point every fourth Sunday in the month from 3-30pm to 4-30pm. For

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

Hobsonville Emergency Response scenario

Hobsonville Community Trust in partnership with Auckland Emergency Management will be running a Hobsonville Emergency Response scenario on Saturday 13 May (1.30-4.30pm) to help our community prepare for responding to future emergencies. The scenario will help people get hands-on insights into our local response and how they can help. It is open to all residents and organisations in the Hobsonville area



If you would like to be involved, sign up at hobsonville.org.nz/emergency. Places are strictly limited.

St Vincent de Paul Massey

St Vincent de Paul Massey is a 10 -strong volunteer foodbank which operates with support from St Paul's Parish, St Paul's Primary School, Pak'nSav Lincoln Rd and Baker's Delight in Pt Chevalier.



We had a wonderful response to our Christmas parcel donations and amazing help by our SVPD volunteers and their families buying, preparing, packing and distributing the 77 food parcels on the 17 December; it was one awesome event.

We have had a busy February this year due to helping supply food parcels to the families who were affected by the extreme rain and flooding and who were being housed at various school halls and centres around West Auckland; the supply of food was welcomed with open arms.

St Vincent de Paul Massey is grateful to be part of this wonderful community and to be able to carry out the mission of St Vincent de

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WESTGATE 831 0272 : MOBILE 021 121 8570



Free Property Advice
www.property-hub.nz

Community News

Paul providing support and promoting human dignity.

If you would like to support your local St Vincent de Paul you can contact Marion Carrodus, President of the Massey Vinnies on j.carrodus@outlook.com otherwise they are a registered charity so all donations are tax deductible St Vincent de Paul Massey Conference Account number 12-3020-0488828-00.

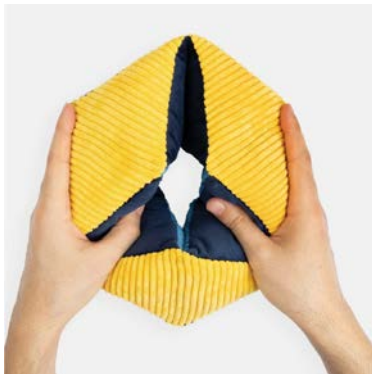
Hobsonville Let's Reconnect

"Hobsonville Let's Reconnect" is being facilitated again by Hobsonville Community Trust and runs through to June 2023. Last year 28 gatherings were held by Hobsonville residents with almost 700 residents attending. They provide \$100 local food vouchers to any streets, laneways or blocks in the Hobsonville area that want to get together for a neighbours' gathering. Super easy and great way to connect with your neighbours and embrace community. Minimum of 10 households (although a \$50 voucher available for between 5-10 households). More info at hobsonville.org.nz/connect



Helping to reduce anxiety

Anxiety is something many people living with memory issues, such as Alzheimer's, suffer with. But there are resources that can help. Fidgets help keep restless hands busy and the repetitive motions is often found to be very soothing. Other products such as Simple Music Players help people relax. Familiar tunes can lift spirits and really change the mood in an environment. Another item that brings a lot of people comfort is a Digital Clock that includes the time, time of day and date. All of these things can help reduce anxiety in people with dementia, and also those around them. Visit www.mindjig.co.nz to see products that may be of help to someone you know or Email Julie or Jonathan at info@mindjig.co.nz, Phone 09 600 3251, Phone or Text 022 480 3022.



Waitakere Arts

Waitakere Arts is a non-profit community arts centre, focused on providing workshops and classes to the wider arts community. We host two exhibitions annually, one for members only, and another for anyone who would like to have the opportunity to exhibit.



Coming up from 22 April we will be running our Members Expo and Awards Exhibition, in Shed 2, at Corbans Arts Centre. The Expo will run every day, from 10am - 4pm, and will have a wide variety of artists exhibiting and doing live demonstrations.

Entry is free for the public to come and view the art or to purchase the next art piece for your home or office.

If you would like to know more about our organisation, head on over to www.waitakerearts.co.nz or flick us a mail on wccac@xtra.co.nz

Thinking about moving to retirement living?

Free from cost, and without commitment to act, we are hosting a fun and information packed event providing answers to the common questions about moving from the family home into a better and easier living environment.



The Best of Aged Care Seminar and chat is on Thursday 28th April 2023, 10am to 12.30pm, West Harbour Church, 145 Moire Road, West Harbour, Auckland.

The best of aged care seminar will deliver a number of the very best accommodation and health care options available to you today from reputable and proven suppliers that really care about you, and your journey, to retirement living, making your next stage of life, comfortable, easy, simple and enjoyable.

For more information call 0800 900 700 or email editorial@thewesterly.co.nz

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In Brief Updates

Playhouse Theatre

In April, Playhouse Theatre Inc. are staging their first show for 2023, the Tael Solutions Ltd season of 12 Angry Jurors.

Written by Reginald Rose and adapted by Sherman L. Sergel, this play is a courtroom thriller based on the Emmy Award winning TV movie 12 Angry Men, amended to reflect the fact that both men and women are now represented in the jury.

It seems a straightforward murder trial. In the deliberation room, most of the jury pushes for a quick guilty verdict, but a single juror holds out and insists that they examine the evidence thoroughly to make sure that the accused really deserves his punishment - a mandatory death sentence. What starts out as a calm discussion builds to frustration, irritation, confrontation and eventually a violent outburst before the jurors recover their tempers and ultimately arrive at a unanimous verdict.

12 Angry Jurors examines the huge responsibility of 12 ordinary people as they consider the evidence and bring their own histories, prejudices, and biases to the jury room.

Directed by Paul Roukchan and performed at the historic Glen Eden Playhouse Theatre, the themes and attitudes examined in 12 Angry Jurors remain as relevant today as they did over half a century ago.

Season runs 15th - 29th April. Book at Eventfinda.



the charity which aligns well with the visions of both businesses. The money will be raised through ticket sales and several auctions throughout the evening where attendees can bid on items generously donated by local businesses. Your ticket includes entry, a walk and fork menu and welcome drink.

This year they are joined by House of Travel Hobsonville- Mike (Buzz) Thomson, Hobsonville Real Estate-Geoff and Rachel (The Hobsonville Team) and Little Creatures Brewery, who are supporting them with advertising the event and facilitating on the night.

Come Together for Good - Pink Ribbon Event - Auckland - Eventfinda.

House of Travel NZ's top-rated travel agency

Our Team from left Namrata, Sam, Buzz (Mike) Sunny and Talita

House of Travel is just the ticket for Kiwi travelers, earning top 5-Star ratings across five out of six categories and taking home Canstar Blue's 2023 Award for Most Satisfied Customers | Travel Agents



WELL DONE to all our fellow House of Travel colleagues (Hotties) across the country for this incredible team effort winning this award.

How amazing that despite the challenges of the last few years and amid overwhelming demand, natural disasters, schedule changes and more - we have taken out the 2023 Canstar Blue Customer Satisfaction award for Travel Agents.

'House of Travel is the clear winner of this year's Canstar Blue Award for Most Satisfied Customers | Travel Agents. In the Canstar ratings, it's the only travel agency to earn a 5-Star rating from its customers for Overall Satisfaction. It's also the only brand to earn multiple top ratings, which it achieves in all categories bar one, Price of Trip, for which it receives a very respectable 4-Star Rating'.

We couldn't be prouder to be part of this 100% Kiwi organisation.

House of Travel Hobsonville is 100% Kiwi owned and operated and we're proud to have supported our local communities for over 30 years. We've kept our doors open through the biggest challenges our industry has ever seen which gives our clients confidence knowing we are still open, available and eager to help plan and book their next journey.

Hobsonville@hot.co.nz 225 Hobsonville Point Road, Hobsonville Point. 09 416 0700.

Come together for good

Black Tie Pink Ribbon Breakfast Fund Raising Event- limited ticket sales 29 April 2023

Get your glad rags on and join us for a fun filled evening generously hosted by our friends at Little Creatures Brewery's exclusive VIP area whilst also supporting a charity which impacts 1 in 9 women in our country.

Local businesses Love To Move- Kayleen Smith, and SKINMED-Rachel Patterson, are once again joining forces to raise funds for their chosen charity, Pink Ribbon Breakfast - fundraising for Breast Cancer NZ.

This year they are running a 'Black Tie - with a hint of pink' event at Little Creatures in Catalina Bay. Their goal is to raise \$5000 for








wallerprojects

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2/2 Boundary Road, Hobsonville Point

W: wallerprojects.co.nz

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In Brief Updates

EcoFest 2023

Four Auckland eco hubs have come together to host EcoFest 2023 - a month-long extravaganza of sustainability and community connection. This is now well under way to celebrate the unique environment of Tāmaki Makaurau.

The packed programme of events, activities, installations, and workshops runs for people of all ages and stages of their sustainability journey. This continues until Sunday 16 April.

From composting workshops to silent disco clean-ups, EcoFest is all about making sustainability fun and accessible. Inspire yourself and others to make simple changes to reduce your impact on the environment.

Proudly hosted in collaboration by EcoMatters Environment Trust, Kaipātiki Project, Beautification Trust & Waiheke Resources Trust, let's celebrate our environment and build a more sustainable future together.

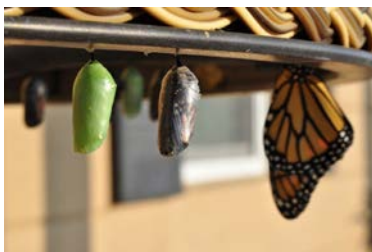
Don't miss out on this exciting chance to make a difference. Visit ecofest.org.nz to find details of the many events still available until mid-April.



Are you ready to transform your life?

We are living in a time of constant change. Over the past three years we have experienced so much change with Covid, extreme weather patterns etc. Despite the extremes, change can be a positive experience such as job promotion, lotto win, getting married, new house, having a baby or overcoming a medical condition or passing an exam.

We can make personal changes in our lives and transform ourselves at any time, it does not matter what is happening around us, whether it be negative or positive. It's a matter of when are we ready to make a change and transform our lives'. Remember, there is no time like the present to make these changes. Are you up for it?



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

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

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

Astramana™ Healing Services, was founded by International hypnotist, Reiki Master-Teacher, clairvoyant & tarot Reader Jason Mackenzie. Please visit our website: www.astramana.com or email astramana@gmail.com, phone/ text us on 021 0277 0836 with any questions or to book a tarot session, Reiki workshop. We offer a mobile service to those out West Auckland.

We look forward to working together with you, so you can see the positive in change and make your transformation!

Waitakere Greypower Association

Waitakere Greypower Association held a General Members Meeting on Wednesday 22nd March 2023 and our Guest Speaker was Carolyn Cooper the Aged Care Commissioner, only appointed last year. Her Office deals with all complaints of elder abuse in their homes and rest homes and hospitals by carers and family members. The Greypower Federation was pivotal in advocating for this position for

 **Hobsonville**

114 Hobsonville Road, Hobsonville, Auckland
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We welcome all Members and guests of reciprocal rights clubs.
New members welcome to join at any time.
Darts, Pool & Gaming Lounge available.

OPEN Wed - Sun 3pm to close.
Dining Room open Wed - Sun 5pm to 8pm, group bookings welcome, lunch group bookings for 20 plus by arrangement

- Camper Vans welcome to stay (bookings essential)
 - Facilities available for private functions, work meetings, small conferences
- Contact Manager for further information & costs**

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a period of four years. Our Greypower Office in the Te Atatu South Community Centre is busy with membership renewals and new member applications. New members are welcome. Article written by Mate Marinovich President Waitakere Greypower Association, Office 247 Edmonton Rd, Te Atatu South 0652 Auckland.

Retail crime in Waitematā Police District up 80%

By Cameron Brewer

New data showing retail crime has almost doubled in Waitematā Police District since 2018 is a clear indication Labour's soft-on-crime approach has failed communities across the North West and West Auckland.

This data backs up what we're hearing from people in our communities. People in the Upper Harbour electorate feel less safe.

National has a plan to crack down on the crime we're seeing across Auckland, including by making decisive interventions in the lives of the most serious young offenders by introducing Young Offender Military Academies to set them on a productive path.

The Waitematā Police District, which covers West Auckland, the North Shore, and up to Mangawhai, recorded 5,482 instances of retail crime in 2018, with Police data showing an increase to 9,880 instances in 2022, a rise of 80 percent.

Ram-raids and robberies have hit small businesses across our part of Auckland and some business owners are considering throwing in the towel.



Some locals are now scared to go to work and don't feel like they're being listened to when they raise the issue with Labour MPs. It's clear the current approach isn't working. We need a serious change.

While Labour has had three police ministers in 12 months, National's plan is to simply hold serious young offenders to account.

Cameron Brewer is a North West resident and National's candidate for Upper Harbour.

Cameron Brewer, 021 828 016

Authorised by W Durning, 41 Pipitea Street, Wellington.

GrabOne launches 'Businesses in Need' initiative

After recent flooding and cyclones devastated homes and businesses across the North Island, Kiwi-born online marketplace GrabOne is providing a win-win way for shoppers to 'support local' and give an immediate cash injection to businesses to help them rebuild. GrabOne is one of the largest daily-deals websites, and among the largest ecommerce websites, in New Zealand. With over half a million small businesses making up 97% of firms in New Zealand and contributing over 25% of our GDP, it's fair to say they are the lifeblood of community commerce. Many local small businesses took a massive hit with Cyclone Gabrielle, and Kiwi-born online marketplace GrabOne is using its extensive network to help them rebuild.

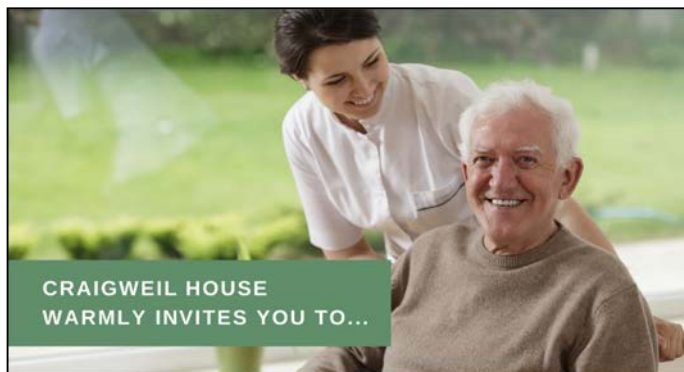


GrabOne's 'Businesses in Need' campaign, which launched in March, allows shoppers from around Aotearoa find and purchase offers from affected providers by way of a voucher or donation.

"In essence it means the shopper walks away with a great deal, while instrumentally helping local businesses get back on their feet at the same time. This is a callout for all affected businesses to get in touch," says GrabOne Chief Customer Officer and NZ Country Manager Belinda Lush.

"In the aftermath of the recent flooding and Cyclone Gabrielle, our hearts go out to all those who have suffered losses and are now on a long road to recovery," says Belinda.

"It would be ludicrous to proceed with business as usual in affected areas, so our aim is to do something good for the many



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In Brief Updates

businesses who are still dealing with critical clean-up," says Grant Arnott, Managing Director of GrabOne's parent company Global Marketplace.

For more information, visit: <https://new.grabone.co.nz/auckland/c/business-in-need>

Sustainable sports park

Te Kori Scott Point is the official name for the sustainable sports park alongside Clark Road in Hobsonville. Adopted by the Upper Harbour Local Board, Te Kori has been gifted by Te Kawerau ā Maki with support from Ngā Maunga Whakahii o Kaipara, the iwi who are the park's project partners. Kori refers to play, movement, wriggling and moving into action which reflects the cultural and historical character of the park.



Recently completed work includes the kerbing for the Craig's Way extension, rain garden swales within the car park, sports field light pole foundations, the screening of nearly 17,000 cubic metres of topsoil for re-use, the preparation of the sub-base for the east-west shared path and the digging of tree pits.

A nesting pair of dotterels (nationally vulnerable with only 2500

birds left) were spotted in early summer and protected until the chicks hatched. Dotterels normally nest on beaches and in sand dunes, but have adapted to earthworks sites, which provide a good line of sight for predators.

Despite the stormy weather during summer, work continues on site. Later this year, extensions to Craig's Way and Joshua Carder Drive (excluding the northern roundabout), two sports fields, a baseball diamond, a shared path along the southern park boundary, a carpark, toilet and changing facilities and the first stage of landscape planting will be completed. Two temporary stormwater ponds have been successfully controlling the water flowing across the site. To receive the quarterly newsletter, please email scottpoint@aucklandcouncil.govt.nz.

Photo credit - Sports Park views Auckland Council.

Netsafe

If you are the target of online bullying, abuse, harassment or criminal behaviour, you may want to capture digital evidence of what's been going on. While it may seem like deleting the content is the quickest solution, it may be useful to ask Netsafe or a law enforcement agency for advice first.

Record the URL (web address). Each page on the internet has a



Help prevent drowning

Look for clues

Drowning Prevention Auckland
Education · Research · Advocacy

In the backyard



- Buckets filled with water
- Pool gate left open
- Uncovered pond
- Spa with no cover

If you spot any of these clues it could spell danger. Visit our website for free online water safety courses to help you and your family stay safer around water this summer.

dpanz.org.nz

In Brief Updates

unique URL that allows it to be discovered on the internet. This is the address that you see at the top of the webpage you are on. It often starts with the letters http or https. Record the full address right to the end.

Keep a copy of emails. When you open an email, you generally are shown only the address details and the content of the message. You should copy the contents of the message first and store it in a file with the date and time it was received.

You should also take a screenshot of the content where possible. This is useful to keep as digital evidence, in case the content is deleted from the web - if it's deleted from the web then the URL you've recorded won't show the content.

There are certain images it is illegal to store, mainly explicit content, intimate images of young people and acts of violence.

While taking the digital evidence, it's also really important you take the time to capture how the content and the experience you are having makes you feel.

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. The service is free, non-judgmental and available seven days a week. Email help@netsafe.org.nz. Call toll free on 0508 NETSAFE (0508 638 723) Online report at netsafe.org.nz/report Text 'Netsafe' to 4282.

For more details search "Digital evidence" at netsafe.org.nz

Hobsonville Point Secondary School's internship programme

The world is changing rapidly, and so is the nature of work. In preparing for the future, students will benefit from practical, real-world experience to help them develop the skills and knowledge they'll need to succeed in their careers. That's where Hobsonville Point Secondary School's internship programme comes in.

The internship programme is a unique opportunity for students to gain hands-on experience in the industry they intend to pursue. The programme is open to those in Years 12 and 13, and it allows them to work with professionals in their chosen field, learn new skills, and gain insights into what it's like to work in the industry. An internship is an invaluable way to practise and test themselves in the world of work before leaving school.



One of the most significant benefits of the internship programme is the opportunity for students to build their professional networks. By working with professionals in their chosen field, students can make connections and gain insights into the industry. This can be invaluable when it comes to finding employment or furthering their education.

The programme has been a resounding success since it was first introduced in 2017. Students who have participated in the programme have reported feeling more confident and prepared for the workforce, and many have gone on to secure employment in their chosen field. Employers have also praised the programme, with many stating that the students they've worked with have shown a high level of professionalism and enthusiasm. While the group of employers changes yearly depending on the students in the programme and their particular career aspirations, there has been a lot of local support. Hobsonville Point Secondary School would like to specifically thank the following local businesses: Cakes by Laurize, North Harbour Ford, Hobsonville Vets, Summerset Village, Real Kids, New Shoots, Hobsonville Point Early Learning Centre, Atramentous, Motorworks Group, Latitude Homes, Eduplay, Nicholas Paul Hair Design, Arohanui, The Combat Centre, Designns.

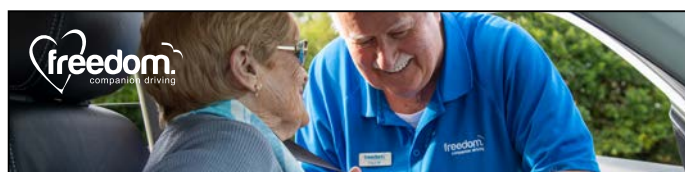
The Internship provides our students with practical, real-world experience that prepares them for the future, helps them to build professional networks, and identifies their strengths and passions. The programme is an example of how schools can innovate and adapt to prepare students for the ever-changing world of work.

Headline Computer Services

Based in West Harbour, I offer a mobile computer repair service within Auckland through my business Headline Computer Services. With over 30 years' experience I can assess your computer problem and then repair it. It doesn't matter if it is a hardware or software problem, I will find the root cause and offer you the very best, most cost-effective solution. I am expert in same-day computer repair of home, home office and small business computers. I will come to you and can usually arrange a visit within two hours of your call. 95% of our work can be carried out on location at your home or business. In most cases I can repair your equipment the same day.



For home computer repairs I can deal with virus removal, hardware faults, data recovery, custom built PC repairs, or if the PC is not booting or running slow, network & WiFi issues and optimisation. I can offer a bespoke service to small - medium businesses in Auckland,



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Free school holiday fun

Head along to NorthWest Shopping Centre this April for FREE school holiday fun for the kids.

There's two weeks of hands-on excitement, with interactive workshops hosted by Little Scientists. Kids can feed their curiosity with fun and educational slime and dry ice workshops, sure to inspire and delight.

Week 1: Slime Module Workshop

From Easter Monday 10th April - Friday 14th April

10am-1pm daily near customer service.

Week 2: Dry Ice Workshop

From Monday 17th April - Friday 21st April

10am-1pm daily near customer service.

Visit northwestshoppingcentre.co.nz for full details.



West Harbour Christian Kindergarten

Happy St. Patrick's Day! Lá Fhéile Pádraig sona duit! from West Harbour Christian Kindergarten.

We are fortunate that our whānau are so generous with their time, helping to bring alive the traditions, celebrations and ideas behind cultural events with food, music, and story-telling at our kindergarten. Children learn that society is made up of people from a variety of backgrounds, and come to understand the importance of respecting the world's many different belief systems. There's always been a real passion and commitment to getting to know people, we don't just carry out an event or celebration for the sake of it - it goes much deeper than that."

Here at WHCK for the month of March celebrations can be a fun way for tamariki to learn and have new experiences, they also play a significant role in helping families feel a sense of connection and belonging. Learning about other cultures can help tamariki develop a better sense of their own identity, too.

On Friday the 17th March was the day for all things green, a celebration of our Irish tamariki. Saint Patrick's Day reminds us all to have faith and believe in something more. To celebrate our Irish whānau, we dressed in green from head-to-toe. We also decided to



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get messy with some painting. Our tamariki coloured leaf clovers, practising their skills, both fine and gross motor. There was plenty of fun, learning and excitement through story telling. We got creative and made beautiful green collage pictures with lots of different green resources.

We are looking forward to the many more cultures that we will continue to know more about and celebrate. Watch out for our Easter celebrations as our tamariki are performing an amazing show for Easter on the 5th of April. Come check it out.

Nga mihi from the team.

Scouts update

The last few months have been busy for the Scouts.

We had Ignite 23, where hundreds of youth (Venturers) aged between 14-18 years old took part in 10 days of fun and activities.

Groups have held camps and had group events like picnics, they have visited local rock-climbing venues, cooked pancakes, had water slides and visited escape rooms.

Scouts don't just do camping, there is so much more to Scouts. As an example, the Scouts can attend aviation school where they can take their first solo flights or spend 5 days sailing on Steinlager 2.

Scouts is New Zealand's largest youth organisation with over 13,000 youth and approx. 4000 Adults.

Scouts have 6 sections for girls and boys aged 5 and over. Keas is for youth aged 5-8 years, Cubs is for youth aged 8-11 years, Scouts is for youth aged 11-14 years, Venturers is for youth aged 14-18 and Rovers is for young adults aged 18-26 years. Leaders are 18 years and older.

Can you help us? We do need more adults to help us run the programmes or help on committees.

We don't expect you have to be there every week, but if you can help us, please get in touch.

Over the past few months it's become clear that communities are very important to help each other in need. Scouts are very community focused and investing some of your time back into organisations like Scouts does help our communities as research has shown that youths exposed to volunteer organisations tend to continue to support the communities as volunteers as they get older.

The Waitoru Zone has nine groups from Te Atatu to Kaukapakapa.

Do you want to know more? Please visit www.scouts.nz, or email me



zl.waitoru@zone.scouts.nz, Craig Paltridge, Waitoru Zone Leader.

Hospice West Auckland extends social care services

Hospice West Auckland's Social Care team specialise in providing patients and their loved ones with psychological, social, emotional and spiritual care from the moment a person comes into their care. The range of services provided at Hospice House, 52 Beach Road, Te Atatu Peninsula, have recently been extended to include acupuncture and pet therapy.

Acupuncture is believed to stimulate the body's natural healing abilities and promote physical and emotional well-being. Benefits can include reduced pain and tension, reduced nausea, and insomnia support.

Sessions are provided by a registered acupuncturist and held every Tuesday.

Pet therapy sessions are run on the first Thursday of every month. Two of Canine Friends' trained pet therapy dogs visit to deliver a dose of joy, playfulness and comfort to patients, carers and whanau.

The new services complement Hospice's extensive array of support designed to improve quality of life, including physiotherapy, music and arts therapy, massage therapy, Rongoa Maori and aromatherapy.



Gently Loved Markets

Gently Loved Markets is back at the Kumeu Community Centre in May. Lock in Sunday 21st for your preloved treasure hunt from 10am.

With 30+ stalls indoors selling preloved, vintage, retro and upcycled clothing, accessories and homewares. Gently Loved Markets love a sustainable lifestyle and what better way to do that than buying preloved. Grab a coffee from Hero Coffee, a sweet treat from Mamas Donuts and your favourite fabric bag for your preloved fix with us.

All stalls are within the hall, the event will go ahead no matter the weather. With changing rooms at the venue so you can try before you buy. The event is cash only. Gently Loved Markets is monthly,



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keep an eye on their Facebook and Instagram for the event and venue dates @gentlylovedmarketsnz

To inquire about a stall contact Donna Buchanan at gentlylovedmarkets@gmail.com

Gently Loved Markets, Sunday 21st May, Kumeu Community Centre, 35 Access Road, Kumeu, 10am - 2pm.

Juggling debt?

Here's a quick read on how debt consolidation works.

Credit cards, store cards, personal loans and other; keeping on top of multiple debt repayments can be challenging and at times, stressful.

When used properly, debt consolidation can be good option to manage debt and even, depending on your circumstances, pay it off faster. But is it the right option for you? Let's take a closer look at what debt consolidation is and how it works.

What is debt consolidation, and what are the benefits?

Debt consolidation means rolling all (or most) of your credit facilities into one loan, with one repayment. There's a number of good reasons to consider debt consolidation:

- Debt consolidation can simplify your finances, combining the smaller payments into one easier-to-track amount.
- It can potentially save you money, provided you use it to reduce multiple high-interest payments into one low-interest monthly payment, and keep the term of your loan as short as you can afford.
- Lastly, it can help you get debt-free faster and pay less interest overall, if you can achieve a lower interest rate and keep your current monthly payment the same as it is now.

But what are the downsides?

It can be easy to get caught out by debt consolidation if you move your loans to a much longer loan term than your current loans are on. While this may reduce your outgoings, it will usually mean you pay more in interest charges in the long run. If you are extending your loan term, but on a lower interest rate, you may still be better off financially - so it pays to compare the total cost of several different options.

Is debt consolidation for you?

To work out if debt consolidation is the right option for you, start with some key questions. For example, do you know how much you currently owe? How much interest you'll be paying? Have you worked out a budget? And how likely are you to take out any further



debt on top of repaying your debt consolidation loan?

Like to find out more? Get in touch with the team at GR Finance at info@grfinance.co.nz, www.grfinance.co.nz or call 021 669 430.

Disclaimer: Please note that the content provided in this article is intended as an overview and as general information only. While care is taken to ensure accuracy and reliability, the information provided is subject to continuous change and may not reflect current developments or address your situation. Before making any decisions based on the information provided in this article, please use your discretion and seek independent guidance.

Get stuck in – good for you, good for the planet

Did you know research has found that people who volunteer live longer? This seems amazing, but studies have shown it is true. Psychologists believe it could be due to a myriad of factors, including a sense of belonging that comes from being part of a group, and feeling like you are contributing to something good in the world.



When you volunteer with a conservation group, you get a double whammy of benefits, because being outdoors in nature has also been proven to enhance mood and health. And researchers of the new and growing mental health phenomenon called 'eco-anxiety' believe one way to help is to get involved and do something good for nature, even if it's on a small, local scale.

In Tāmaki Makaurau, volunteers make a huge contribution to environmental outcomes. Every small community project that does a bit of pest animal control or environmental weed removal enhances our nature so that our struggling biodiversity has a better chance of survival. Every weekend, volunteers are out there picking up litter, planting and looking after trees, testing streams for water quality, counting birds, setting and checking traps, and pulling out noxious weeds.

Sometimes the work itself is hard, hot, wet or cold, depending on the weather. But there's always a chat and a laugh on offer and often shared food and drink at the end. It's a great way to meet new people and learn new things too.

If you want to get involved in some community conservation in a park or reserve in your local area, have a look for events here <https://www.tiakitamakimakaurau.nz/get-involved/find-an-event-or-opportunity-near-you/>

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Walkers Wanted

Are you pounding the streets in this area on a regular basis and would like some spare cash for what you are already doing? If you are walking several times a week and would like to distribute magazines for us in the Hobsonville area please contact Stacey on phone 09 412 9602 or email editorial@thewesterly.co.nz * Distribution average is 500 magazines in your local neighborhood every four weeks.

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And you can search for a group to join here <https://www.tiakitamakimakaurau.nz/get-involved/auckland-conservation-directory/>

Remember, it's not just about helping the plants, the insects, the lizards and the birds, it's also about helping you.

Business wins award

We are proud to announce that The Dog Safe Workplace have just been awarded the APAC (Asia Pacific) Business Award for Excellence in Health & Safety Education 2022.

APAC Insider has been running these awards for the past seven years and encompass a vast array of businesses, organisations and enterprises throughout the region. They ensure that only the most deserving are recognised and judged purely on their merits.

The Dog Safe Workplace provides training for companies who have staff that are required to enter properties where dogs are present. They have a proven track record of reducing dog incidents and work closely with their clients to customise the training to suit their needs.

"Winning this award is such a wonderful acknowledgement of what we have achieved over the past 9 years" says Jo Clough, Director. "Our team has worked hard to ensure that the clients get the training that they require, we update the course annually and gather feedback from our customers to ensure that we incorporate any ideas that they have that will improve the course".

"Everything about our business is to help reduce dog incidents, we don't train dogs we train people" says Jo. "We always start by dispelling a few myths and there are a few things that everyone should remember. Just because the dog's tail is wagging does not mean that it is happy. This is a common mistake; we were contacted by the owner of a dog that had bitten a delivery man who ended up in hospital. When he was asked, he said that he thought the dog running up to him with its tail wagging was pleased to see him".

Jo offers a couple of tips for when you are out and about in the community.

1. Never touch a dog without asking permission from the owner. If there is no one to ask - DON'T touch the dog.
2. Never run from a dog, you can instigate the prey or play drive. Remember when dogs play, they use their mouths and even though they may only be playing it can still cause an injury.



3. Look at the whole body of the dog to judge its mood, don't just look at the tail or face.

We are in the process of creating a short 15-20 minute online course for people who own dogs and want to understand them better. If you are interested in this course or any other educational programme (including Dog Safe 4 Kids) please contact The Dog Safe Workplace on 0508 DOG SAFE or email Jo on jo@dogsafeworkplace.com.

Guided tours to France with two French/Kiwi locals in June

Open for last minute bookings. Boutique Tours France, the venture of French/Kiwi locals Catherine and Patsy, organises amazing, guided tours for small groups (max. 8 people) to France.



Catherine and Patsy are both French and take you to those special places. Your guides know France inside out and know what Kiwis like to experience. The tours are fully organised so your travel is carefree: your guides speak the language and look after you. You just happily join the trip with no planning at all. Book now for an exclusive tour in June 2023.

A Taste of Provence. Join us and visit the South of France - 14 days of culture, shopping, food, wine, and experiences in beautiful Provence. We start in the walled city of Avignon, stay a week in a gorgeous French farmhouse with swimming pool and private French chef, and explore the beautiful villages of Lourmarin, Menerbes, L'Isle-sur-la-Sorgue, Roussillon, Gordes and St Remy de Provence to name a few.

From Normandy to Brittany. We take you to the picturesque coastlines of Normandy and Brittany in the North-West of France. We visit villages like Honfleur, St Malo, and Mont St Michel. Admire the medieval Bayeux Tapestry, visit Omaha landing beaches. Enjoy the Pink Granite Coast in Brittany and dream away in Pont Aven. Visit regional craft, food and antique markets and enjoy our selection of carefully chosen charming Hotels. www.boutiquetoursfrance.co.nz.

\$100 = Exposure for a month

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

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Does your home have enough smoke alarms?

- Minimum smoke alarms
- ★ Additional smoke alarms recommended
- ▲ Heat alarms

The afternoon weather begins to cool as we bid farewell to a summer that was far from what we had all anticipated and we see the future of the imminent daylight savings and the expectation of planned cooler evenings as winter looms around the corner.

Now would be a good time to look at booking in your local chimney sweep

to clean your fire place before they get inundated with requests.

The importance of your chimney being swept to clear the creosote (a byproduct of woodburning) is for 2 reasons:

1. It clears away the corrosive creosote from the flue to protect the integrity of the flue and prevent the heat from entering into your ceiling cavity and potentially starting a fire.

2. The creosote is flammable and a buildup of this in your flue can cause a fire that is not easily accessible.

With this time of the year we would like to remind you to replace the batteries in your smoke alarms and check that they are working. The cost of a replacement battery or alarm is far cheaper than the potential damages caused by the delay of being alerted to a fire.

Fire and Emergency recommends your home be fitted with long life photoelectric smoke alarms which have a sealed long-life battery that is

expected to last for 10 years.

Specialised smoke alarms for the hearing impaired are also available. For advice with these you can reach out to Deaf Aotearoa New Zealand, Life Unlimited, Blind Foundation or Housing NZ.



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Property

Property market report

Auckland's median price fell 21.7 percent to \$940,000, which puts its median price below \$1 million for the first time in two years. The median number of days to sell a property in Auckland was 53, up 16 days from January 2022, and the number of residential property sales decreased by 27 % from a year ago. There is no sign that prices for residential property around New Zealand have bottomed out let alone turned upward. A net 57% of agents in Tony Alexanders recent Property Poll have reported that prices are going down in their area. This is statistically unchanged from 59% a month ago and as the graph shows alignment with the weakness in place since the turning of 2021-22 when the Responsible Lending Act was introduced causing shock waves through New Zealand's Banking industry. Agent are seeing a few more buyers and lookers at open homes with a net 22% of agents reporting that they are seeing more first home buyers. This is the strongest result since the end of September just before the higher than expected inflation number and upward lift in monetary policy tightening expectations. First home buyers are likely responding to signs of banks becoming more willing to lend, rising rents, the extent to which house prices have declined, good job security, strong wages growth, and some discounted interest rates. The restrictive regulatory framework imposed on banks and the continued escalation of mortgage rates are the main reasons for buyer reservation and prices will continue to be soft through 2023 given the signaling from Reserve Bank and Labour's Finance Minister.

Let's look at sales over the last month:

Herald Island	\$3,500,000
Hobsonville	\$557,000 to \$1,500,000
Massey	\$575,000 to \$1,405,000
Swanson	\$805,000 to \$1,200,000
Waitakere	\$1,085,000 to \$1,425,000
West Harbour	\$711,131 to \$1,672,000

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Whenuapai \$1,050,000 to \$1,270,000

Whatever your situation and position, a conversation can always help create clarity and after 17 years of real estate knowledge and application at a top level, I am here to assist you making the very best decision possible. Contact me on 027 632 0421 or email graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

Tenancy - your rights and obligations

Most of us familiar with being either a landlord or a tenant will know about tenancy agreements. This is a written contract between the landlord and tenant. The idea is that this agreement acts as a safeguard for both the tenant and the landlord. However, even in good faith, there can be certain things written that are not clear or are ambiguous. And, sometimes, when there is a misunderstanding, these unclear parts can cause frustration or friction. When there is a dispute between a landlord and a tenant that cannot be resolved through talking together, either party can apply to the Tenancy Tribunal to help resolve it. A Tenancy Tribunal hearing takes place before an adjudicator (a person whose role is to hear both sides and make a final decision about your case).

A tenancy agreement must include certain minimum information as well as certain statements about the property and recently landlords now have to include statements under the healthy homes standards. Then there are other things that can be included but are not mandatory. For example, a landlord can add a condition about smoking in the property, the maximum amount of people that can live in a house, or keeping pets on the property. These statements or conditions are called clauses but this is where problems can begin. Some clauses written are not enforceable. So why is this?

The Residency Tenancies Act provides the guidelines for agreements but some of the rules are so broad it opens up a gateway of uncertainty. The following are examples of when clauses written in agreements can't be enforced because they are either unreasonable or they are in conflict with the Residential Tenancies Act.

"My tenancy agreement has a clause that states there will be an automatic \$250 deduction from the bond for cleaning at the end of the tenancy. Is this legal?" This is a great example of an unenforceable clause because your landlord cannot require professional cleaning at the end of the tenancy, nor make a deduction from the bond to pay for it. This is because the Residential Tenancies Act states that at the end of your tenancy, you have to leave the property in a reasonably clean and tidy state - and it is only if you fail to do this that the landlord can deduct bond money for cleaning.

"My tenancy agreement says that I will be charged a late fee if I

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Property

don't pay my rent on time - can they do this?" Even if your tenancy agreement has a clause that says you will be charged interest or late fees for late payment this would not be enforceable in the Tenancy Tribunal. Your landlord has to follow a process, which may be making a repayment plan that you can afford. However, not paying rent on time does make you in breach of the Residential Tenancies Act and your tenancy agreement so it does need to be sorted somehow.

"My landlord disapproves of some of my friends and says I cannot invite them around. Can they do that?" A tenancy agreement clause saying you cannot have visitors without the landlord's permission would not be enforceable because it would be in breach of your right to quiet enjoyment of the property. What does 'quiet enjoyment' really mean? It means that tenants can enjoy living in a property and enjoy it without any interference or harassment by the landlord. However, it's important to remember that it works both ways. Tenants must also make sure they don't interfere with the peace, quiet and privacy of their neighbours and other tenants. This doesn't mean they can't make any noise, but it's about being reasonable.

When problems do arise it's a good idea to try and address these as soon as possible. Identifying issues early can make it easier to sort out and resolve. The best approach is to have a productive working relationship between both tenant and landlord. Tenants and landlords want the best and neither generally want problems. They can often resolve problems themselves without having to go to mediation or the Tenancy Tribunal. This approach will also be less stressful and less time-consuming.

If you want to find out more, the Citizens Advice Bureau has lots of information on its website cab.org.nz or pop in for a chat with a volunteer or give us a call. There is lots of other really good information on the internet too such as on the Tenancy Services website or Aratohu Tenant Advocacy website (tenant.aratohu.nz). Anyone who wants to ask for advice can contact the Citizens Advice Bureau Massey in Te Manawa, 11 Kohuhu Lane Monday to Friday 9am to 3pm on 09 833 5775 or 0800 367 222 or send an email on massey@cab.org.nz. Confidentiality is always assured.

Flood damage and the stickers system

After the recent floods, you may notice houses with white, yellow, or red stickers. These stickers indicate the level of damage caused by floods, which is a critical consideration for property buyers and renters in flood-prone areas.

White-stickered houses mean that the building has no or minimal damage and is safe to occupy. These houses are generally in good condition and are at lower risk in case of flooding.

Yellow-stickered houses may have some damage and be potentially dangerous and have some restrictions on use. The extent of the damage and necessary repairs will depend on the specific circumstances of the flood and could be problematic for potential buyers. Insurance companies may also require additional information, such as an engineering report, before offering any coverage on a yellow-stickered house.

Red-stickered houses indicate that the building is not safe to occupy and must not be entered. These houses have significant damage that poses a high risk to residents in case of flooding. Red-stickered houses may require extensive repairs or may need to be demolished entirely, depending on the extent of the damage.

Red and yellow stickers are formal notices under the Building Act 2004 and cannot be removed, damaged or altered. If you do not comply with the requirements or restrictions under the stickers you could be liable to pay a fine.

If you are looking to buy or sell a property and are wanting more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

Looking to buy a home; who do you talk to?

Mortgage Broker, Mortgage Advisor, Financial advisor - who are these people?

Buying a home can be tricky - and knowing who to go to for help isn't always straightforward.

For instance, you may have heard you should use a Mortgage Broker to work out how much you can borrow and to get the best deal for you, given your current circumstances and your future goals. Sounds like solid advice, but someone else has recommended a Mortgage Advisor - so who's better? This one's a trick - the two titles mean exactly the same thing. 'Advisor' is probably a more accurate title for what we do - but I tend to use 'Broker' as more people are familiar with this term.

Ok - but now you've been told about a great Financial Advisor, what about them? Well as it turns out all Mortgage Brokers are Financial Advisors - but not all Financial Advisors are Mortgage Brokers (confused yet?). Financial advice can cover Lending, Investments, Insurance, Budgeting and more.

Great - so your Mortgage Broker is a Financial Advisor - this means you can get them to sort out your insurance too? Maybe... each Financial Advisor must be qualified and accredited for each area of advice they provide. I have chosen to only focus on mortgages and to partner with financial advisors with expertise in other areas, who have great reputations with their clients - together we can provide



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

Property

in depth expert advice and really focus on each individual's specific needs, rather than offering generic solutions.

Ok - but you've also been told you need a lawyer, and someone else said you need a conveyancer, how about a building inspector? You've heard you might need a valuer. Who do you talk to? Where should you start? Being a Mortgage Broker I may be biased - but I'd suggest you start with one of us. We can guide you through who you need to engage with and let you know when it makes sense to talk to them. Different buyers and different properties will require different kinds of expertise, a good broker can let you know who you might need - and provide some recommendations.

If you'd like to talk to me about buying a home, feel free to give me a call; and as always, if you want to meet for coffee - it's on me.

If you're after great advice on something I don't cover (like insurance) - feel free to call anyway - I'll be able to give you a good recommendation or two.

Scott Wombwell, Managing Director & Mortgage Broker & Mortgage Advisor & Financial Advisor & Regular Columnist

Better Borrowing 020 4009 8944 | www.betterborrowing.co.nz.

Factors Affecting Rent Levels

As a landlord, you want to get the highest rent possible for your investment property. However, it is important to price your property to meet the market to avoid extended vacant periods which will impact your return. Do your research and consider the following to get top dollar for your property:

Location Research historic rent levels for your location. What is the perception of this area, suburb within the local region? Find out more about the current demographic and properties in the area.

Size/Age/Condition The majority of demand for rental properties in most regions is for 2-4 bedroom homes suitable for families. Properties with too few, or too many bedrooms will have lower

demand. Tenants are attracted to well-maintained, well-kept properties that are warm and dry. Consider redecoration or modernising to maximise the rent level.

Marketing Use a professional property manager to ensure that your property is marketed where tenants are looking. They will have access to the best websites and have experience in targeting the listing to right audience. In addition, they will likely have their own database of tenants actively looking for properties like yours.

Presentation Check out your competition- what can you do to make your property stand out from other listings available in the area? Does your property present well and hold appeal for a wide range of potential tenants? Consider de-cluttering, professional cleaning, internal painting in neutral colours and garden maintenance to appeal to the widest audience.

Professional v Private landlord Tenants often feel more comfortable working with a property management company as it gives them a degree of separation from the owner, confidence that they will be treated in accordance with industry best practice and that the rent will be set at a fair level.

Furnished v Unfurnished From our experience, unfurnished fixed term lettings attract a greater level of enquiry and demand therefore secure a higher rent. Most tenants have their own belongings to move in to their rental.

Tenancy Term We find that most families are looking for stability and security for their family and in most instances prefer a fixed term tenancy to begin with. Having to move frequently can be both costly and stressful.

Local amenities What is close by? Shops, community centre, sports fields, playgrounds, restaurants, cafes, takeaways, bank, post office, etc. Tenants are interested in what the area offers, not just the property itself.

Section size and safety Properties that have a safe, fenced, easy care section appeal to families with children and pet owners. Something with reasonable size for play and entertainment and also offering privacy is ideal.

Supply & Demand The rental sector is very much driven by market forces of supply and demand. Look at comparable in your area, price bracket etc. and price competitively to reduce the risk of prolonged vacancy and increase the likelihood of attracting multiple applications.

Test the market Set the rent level and market accordingly but be prepared to adjust downwards if demand doesn't materialise within the first 1-2 weeks. Failure to do will run the risk of increased vacancy which will impact your rent return.

To discuss your property's rental attractiveness in more detail, or to request a rental appraisal, please contact our Business Development Manager - Mike James 021 413 660 or mike.james@therentshop.co.nz

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\$ 499



Gasmate

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D: 120mm

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\$ 2,196



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Brunner MKII
reestanding Wood
Fire Metallic Black

SKU: 229210

\$ 2,299



Masport

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SKU: 366966

\$ 2,939



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AFFORDABLE IN WEST HARBOUR - MOTIVATED VENDOR

3 2 2

By Negotiation

2 / 143A Wiseley Road, West Harbour
By Negotiation

Overlooking West Harbour Marina this is an incredible, affordable introduction to this fantastic area. Enjoy the lock up and leave lifestyle in this 3 bedroom, 2 bathroom home that features beautiful views of Auckland City and the Harbour. Downstairs, has a double garage, laundry, under-stairs storage, full bathroom, double bedroom with french doors leading out to landscaped courtyard. Perfect for a flatmate, independent teenager or extended family member. On the first level is a spacious open plan living area with modern kitchen featuring generous storage. A balcony and great access for the sunrise and the sunset and the view that you'll enjoy as the sparkling city lights wink at you. Two bedrooms and a full bathroom on the second level with the master bedroom enjoying panoramic views.

www.mikepero.com/RX3636130



Graham McIntyre
027 632 0421

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BRICK AND TILE - IMMEDIATE OCCUPANCY

3 2 2

By Negotiation

6 Northridge Terrace, Massey
By Negotiation

A spectacular single level home close to park, convenience shopping and transport links. This three bedroom, two bathroom, double garage, brick and tile, ticks all the boxes with an easy home to enjoy. Generous 487sqm (approx.) section, fenced back yard for pets and children, with established plantings. The home delivers an open plan kitchen-dining-lounge with sliders to north facing alfresco patio. All three bedrooms and main bathroom are off a central hallway with the master enjoying oversized wardrobe, ensuite and slider to covered patio area. Very tidy in presentation and with brand new carpet, it is a home that will set the benchmark if you seek a home that will endure the test of time. Easy parking in oversized double garage, workshop and laundry with internal access to hallway.

www.mikepero.com/RX3625870



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BUSINESS - TOWN CENTRE ZONE - HUAPAI

3 1 1

By Negotiation

8 Oraha Road, Huapai By Negotiation

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



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www.mikepero.com/RX3226379

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GENEROUS SEMI-RURAL ON ½ ACRE

4 2 2

By Negotiation

15 Buttercup Place, Waimauku By Negotiation

Big home on a large site full of sunshine and the good life. Set in a semi-rural cul-de-sac location, and enjoying a sunny north slope with established trees, and independent pathways to the school, convenience shopping, parks, bowling, tennis and RSA clubs. This single level home with high cathedral ceilings will deliver a peaceful and enjoyable living style that will bring a smile to your lips and a twinkle to your eyes. A home that has three bedrooms and a fourth room that could be used for family, guests, study, office or a second lounge. With open plan kitchen-dining-lounge with uncompromised alfresco to North facing decking. Three bedrooms, laundry and bathroom all off a central corridor with the master enjoying a walk in and ensuite. A separate independent enjoying a double garage.



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www.mikepero.com



ELEVATED, VIEWS, POOL - MARINA VIEW SCHOOL 3 2 2

By Negotiation

18 Da Vinci Place, West Harbour
By Negotiation

Space for all to swim, relax, play and enjoy. Cul-de-sac living at its best with a split level weatherboard home offering generous garaging leading onto a fantastic and interesting three bedroom two bathroom home, with seamless flow to conservatory and pool area. A collection of views over the valley and inner harbour with a peak of the city. The configuration of the home offer impeccable indoor outdoor flow with extended patio to outdoor decking and private pool area. Extensive landscaping over the property delivers a privacy and tranquillity you'll love, while the pool complex certainly keeps the children satisfied. A short stroll to Marina View School, convenience shops and with close transport links and the Da Vinci Park a few doors up, it makes for the perfect family retreat.

www.mikepero.com/RX3614583



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027 632 0421

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GOLD ON MAHANA 3 2 2

By Negotiation

30 Mahana Road, Waimauku
By Negotiation

Set in an undeniably breathtaking setting and occupying a substantial fourteen acres (approx.) this property represents a tantalising opportunity for purchasers who desire a vast country backdrop superbly situated, the property enjoys relatively secluded surroundings. Perfectly crafted to complement by landscapes, superb form and magnificent surroundings are defining features of this three-bedroom property that will attract the attention of those longing to escape the city. Accommodation is provided by three double bedrooms, while two bathrooms are also found within the 210m² (approx) floor plan. The single level home comprising soaring ceilings and neutral finishes contribute aesthetic appeal to the home while the single layout ensures your everyday living zones are practical.

www.mikepero.com/RX3622273



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TRANQUIL, PRIVATE, SINGLE LEVEL IN HOBSONVILLE

3 2 2

\$1,165,000

34 Starlight Cove, Hobsonville
Asking Price \$1,165,000

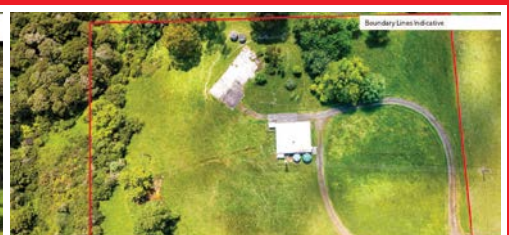
Modern living and presented to an extremely high standard, and it is single level (no stairs). Delivering all the benefits of modern construction within a cul-de-sac environment with established trees and shrubs, the property and the community is beautiful. Offering three bedrooms and an additional room/office/ lounge /media suite, the home certainly provides space for you to maximise how you wish to live. Master with walk-in and en-suite with main bathroom and bedrooms off a central hallway. Unencumbered alfresco access to patio areas that are completely private and quiet, with peppered plantings to delight the eye and share pockets of shade. Set up in entertainers style, the kitchen, dining, living offers an uncluttered flow to outdoor spaces. Internal access double garage.



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FLAT LAND - BIG SHED - AQUAFER BORE

By Negotiation

Lot 2 / 337 Ararimu Valley Road, Helensville
By Negotiation

Offering a flat and usable 2.3 hectare (approx) land lot offering some significant benefits:

- An unconsented 150sqm (approx) plus high stud barn
- A deep bore with water rights accessing a deep spring aquafer
- A pre-existing house site (house removed) with septic and water tanks
- Power, water and waste infrastructure on site

This is a rare opportunity to buy land that has infrastructure already in place, and although it has no house on site it offers opportunity and improvement value.



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www.mikepero.com/RX3570208

Hot Property



As new – immediate possession available

The home has been immaculately presented and delivers an as-new look and feel with natural colour palette and excellent attention to detail.

Set on 417sqm (approx.) of land offering a fenced rear section, established plantings and grand entrance, the home at 248 square meters (approx.) makes the very most of its location and premium

address. Close to the inner harbour and a stone's throw away from Marina View School.

Split over two levels, the home offers living downstairs with an additional bedroom that can be used as an office or second lounge, while upstairs is four bedrooms and two bathrooms.

Multi-use carpeted garage with loads of space and storage and easy access to garden shed and clothes line. A peek of the harbour and the city from upstairs, however the harmony of this home is in its location, aspect and presentation.

This home sets the benchmark and we welcome your feedback on the value it represents to you.

Hot Property



For more information on this property or a discussion on your next property change, call Graham McIntyre on 027 632 0421 or 0800 900 700 or graham.mcintyre@mikepero.com.

Mike Pero Real Estate Ltd Licensed REAA (2008).

Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HERALD ISLAND	2,205,000	809M2	391M2	3,500,000		840,000	504M2	183M2	575,000
HOBSONVILLE	1,180,000	411M2	178M2	1,095,000		1,200,000	736M2	120M2	930,000
	1,105,000	153M2	111M2	964,000		810,000	382M2	90M2	740,000
	1,390,000	296M2	171M2	1,300,000		880,000	213M2	79M2	765,000
	1,025,000	232M2	119M2	960,000		1,025,000	577M2	139M2	960,100
	1,620,000	189M2	201M2	1,275,000		910,000	199M2	105M2	915,000
	1,630,000	330M2	260M2	1,500,000		960,000	1504M2	80M2	865,000
	1,050,000	143M2	124M2	1,034,200		1,150,000	615M2	130M2	860,000
	955,000	149M2	119M2	950,000		1,025,000	132M2	158M2	920,000
	840,000	110M2	79M2	790,000		770,000	70M2	79M2	655,000
	840,000	121M2	97M2	830,000	SWANSON	870,000	1057M2	70M2	805,000
	940,000	126M2	98M2	918,000		1,570,000	1128M2	200M2	1,200,000
	620,000	0M2	54M2	600,000		1,050,000	809M2	109M2	920,000
	610,000	0M2	53M2	557,000	WAITAKERE	2,025,000	4.56HA	190M2	1,425,000
	1,525,000	307M2	231M2	1,450,000		1,125,000	2676M2	174M2	1,085,000
	1,425,000	297M2	209M2	1,408,000	WEST HARBOUR	1,375,000	740M2	110M2	1,170,000
	975,000	408M2	201M2	1,040,000		1,200,000	200M2	150M2	1,100,000
	1,400,000	253M2	186M2	1,350,000		2,325,000	823M2	370M2	2,400,000
	630,000	0M2	87M2	567,500		1,170,000	484M2	107M2	9115,000
	1,035,000	141M2	115M2	820,000		1,375,000	775M2	91M2	1,130,000
MASSEY	1,150,000	613M2	80M2	1,100,000		810,000	0M2	70M2	711,131
	1,000,000	272M2	92M2	875,000		1,645,000	814M2	230M2	1,625,000
	1,575,000	335M2	239M2	1,405,000		160,000	0M2	60M2	110,000
	870,000	0M2	870,000	855,000		1,705,000	745M2	340M2	1,672,000
	880,000	350M2	120M2	890,500		1,440,000	660M2	162M2	1,100,000
	790,000	0M2	110M2	790,000		870,000	0M2	90M2	730,000
	870,000	191M2	93M2	850,000	WHENUAPAI	1,140,000	229M2	169M2	1,050,000
	800,000	350M2	101M2	779,000		1,325,000	309M2	240M2	1,270,000
	1,600,000	809M2	150M2	825,000					
	1,300,000	745M2	121M2	1,060,000					

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

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

2.95% up to \$490,000

(Not 4% that others may charge!)

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Brand & Territory Owner
027 632 0421

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SHOW YOUR POPPY

Join the movement and show your support by displaying a poppy on your gate or fence.

Hi Neighbour,

Remember the fallen and show your support for the poppy. Join us to post your proud poppy creation that adorns your fence, gate or letterbox in advance of ANZAC Day and our formal day of remembrance.

The team at Mike Pero Kumeu and Hobsonville will be giving away Mitre10 and Aussie Butcher vouchers. Participating houses will go in the draw to win one of three \$100 Mitre10 Mega vouchers and one of three \$100 Aussie Butcher vouchers, with winners announced 26 April 2023*.

**IF YOU'D LIKE TO REGISTER
YOUR HOUSE, SIMPLY TEXT
027 632 0421 WITH YOUR
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Home & Garden

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

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



Tiny home living

Tiny homes are becoming increasingly popular with people often seeing them as a budget friendly alternative to a traditional house. They are purpose built and tend to have the same fundamental features of a traditional dwelling but on a much smaller scale.

We have been lucky enough to be a part of a few tiny home builds and designing the electrical is exactly the same as a traditional house just on a smaller scale. When budgeting for your tiny home electrical depending on what you are including in your home we recommend a budget of between \$5,000 - \$7,000. You also need to take into account things such as power supply to the tiny home, septic systems and mains installation (all the things that are already there when you purchase a traditional home) Of course there are always alternatives such as solar, running off a caravan cable or



holding tanks for filtration systems.

There are also plenty of ways to "jazz" up a tiny home. Instead of traditional lighting, LED strips are a great way of making your house look really clean without the busyness of lights in the ceiling. Black switchgear looks amazing with wood finishing instead of your standard white power points. It's also about being smart with your power supply, the more things you have installed the bigger your supply to your tiny house needs to be. So, for example, gas cooking and gas hot water would be smarter than your traditional power supplied cooktop and water.

Blackout Electric can put together a design for you and work within your budget to get you the tiny house of your dreams.

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

Introducing Signature Homes Huapai showhome

Searching for new home inspiration? Why not visit Signature Homes latest Huapai showhome to experience the difference?

This dual pavilion home provides 199sqm of effortlessly light, bright, and beautifully sun-soaked living spaces.

Enjoy three thoughtfully placed bedrooms, separate media room, a spacious open-plan kitchen, dining, and living room that flows out onto a stunning louvred pergola and deck area - perfect for entertaining with friends and family.

Designed to reflect a welcoming coastal-inspired abode, the Huapai design perfectly celebrates nature and a connection with the outdoors. Featuring a minimal tonal colour palette of crisp white, paired with stunning wooden accents to further accentuate the modern coastal look.

Experience this stunning showhome for yourself, and the quality you can expect when you choose to build with Signature Homes West & North-West Auckland.

Located at 190 Matua Road, Huapai. Open daily from 12pm-4pm.

Start your new home journey with Signature Homes West & North-West Auckland

Signature Homes West & North-West Auckland is one of the most sought-after and respected builders in Auckland, where no new build project is too big or too small.

Owners Dean and Amanda Pritchard bring unrivalled new home





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Home & Garden

experience to West Auckland. The unique combination of Dean's decades of experience as an award-winning builder with Amanda's expertise in sales and marketing enables them to provide a full-service building solution that is second to none.

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

NZ Biosecurity

After a summer of rain and storms we are now heading into a winter which may be just as wet and cause as many headaches. The cleanup has been exhausting for everyone and if you are feeling like it is all too much, NZ Biosecurity Services (NZBSL) can help you get your stream or pond clear before more rain comes. NZBSL has been helping flood-affected properties to clear debris from waterways, stockpile debris out of the floodplain for natural composting, or removing it from site for a total clearance. We can support you with flood debris removal or waterway clearance from plants that might be clogging the area.



We use hand tools and low weight vehicles to avoid damage to property and make sure the area is left safe and secure. If you are worried about your streams and want a friendly team member to come for a visit and take look, give us a call on 09 447 1998 or email us at administration@biosecurity.net.nz.

Whenuapai Floral and Garden Circle

Our Treasurer Margaret took over for our President Margaret who was unable to attend due to illness. Several apologies were tendered and three new members were welcomed. Birthdays were acknowledged, raffles drawn and blooms admired before Lynda Cartwright from Kings Plant Centre spoke to the gathered members.

An experienced plants person, Lynda has worked weekends at Kings for more than twenty years. She mentioned that indoor plants have come back into fashion in a big way. And she has seen more varied plants available than she was aware existed. Heritage food crops were discussed, the history of wild fruit and the importance of bumblebees in our gardens.

We would love for you to join us at the Whenuapai Village Hall, 41 Waimarie Road at 1pm on the second Thursday of the month, February, March, April, May, then September, October, November with outings on the fourth Thursdays to be advised, also luncheons early in June and December, to celebrate the birthday of our Club,

Visit our new Showhome *To experience the difference*



Our stunning new Huapai Showhome is now open

This dual pavilion home provides 199sqm of effortlessly light, bright, and beautifully sun-soaked living spaces. Designed to reflect a welcoming coastal-inspired abode, the Huapai design perfectly celebrates nature and a connection with the outdoors. Experience this stunning Showhome for yourself, and the quality you can expect when you choose to build with **Signature Homes West & North-West Auckland**.

0800 020 600 | signature.co.nz

Huapai Showhome: 190 Matua Road, Huapai. Open Mon - Sun | 12pm - 4pm

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



Home & Garden

and Christmas.

If you would like to know more about our Garden Club, and wish to come along, please phone either Doreen Brown on 09 832 3020 or Judy Garrity on 09 833 5592. Entry fee is just \$4 plus another dollar (optional) for the raffle (good prizes).

Until next time, Happy Gardening from Mary Anne Clark.

Laser Plumbing and Roofing Whenuapai

As we start to approach the cooler months, it is an ideal time to start thinking about making sure your property is ready for winter.

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

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

Plumbing - dripping taps, a slow draining sink, blocked toilet, low water pressure, clogged waste disposal, backflow issues. These are just some of the common plumbing problems you can experience in your home or business. We have a great team of maintenance plumbers who can easily remedy these frustrating issues, on time



and hassle free.

We also offer full plumbing solutions for new builds as well as renovations.

Roofing - We find and fix roof leaks. Here at Laser we specialise in all your long run/iron roofing needs... from roof repairs to complete roof replacements, gutter cleans, repairing and replacing gutters, spouting and downpipes. Whatever your needs, one of our experienced roofing team will get you sorted.

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

Tips for improving drainage in our small urban gardens

With the recent weather events we have experienced, we have been asked for our top tips to improve garden drainage to make them more resilient to heavy rainfall.

Add lots of rich organic matter. Improving your soil quality is so important. Organic matter introduces beneficial microbes that break down organic matter. The organic matter binds with the soil particles, forcing them apart and creating better aeration and space for water to seep through.

Plant water-tolerant plants. Luckily there is an excellent selection of plants to suit various soil conditions, from always boggy, to damp, to occasionally boggy. Your local garden centre will be able to give you advice on the best plants for your conditions. Or give us a call.

Build raised garden beds. There are many benefits to having raised garden beds; most importantly, they allow us to add premium topsoil. This less compact soil provides drainage and space for plant roots to grow deeper into the ground and access more nutrients. Raising the bed as little as 15cm off the ground will provide some benefit by allowing you space to add compost and mulch; however, we recommend at least 30cm for the best results.

Use permeable hardscaping materials. We can use permeable materials, such as stone, gravel or pebble, to achieve permeable hardscapes. Permeable hardscape can drain water directly through itself, requiring less or even zero extra drainage features to keep the surface from pooling. Where the hardscape material is not



Ever had mess left behind?



No mess, no dodgy products & no run around. We guarantee it.

Ph: 09 417 0110

Roofing | Plumbing | Drainage | Gas fitting
Drain Un-blocking | 24 Hr Service



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permeable, such as concrete or porcelain tiles/pavers, it's important to lay adequate space between the tiles to allow water to run off.

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KPL 09 412 9108 - 156 Main Road Kumeu.

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Waimauku Garden Club

After a postponed February event because of weather events, it was a welcome break for 46 of our local club members to get out into the autumn sunshine on March 16th and visit four wonderful South East gardens. Our first garden visited was to Linda Hallinan's recently restored cottage along with a newly created cottage garden. Raised vegetable and herb garden beds, a white and pink themed dahlia bed, artwork, plus a multitude of further colourful dahlias amongst other cottage garden plants were highlights. Considering this property was mostly under water a month ago, the recovery has been amazing. Our next garden visited was a large contemporary garden only created about five years ago and which is solely developed and maintained by the owner who has also propagated a lot of her own plants. Again dahlias were to the forefront along with hydrangeas, large perennial and clipped shrubbery borders all enclosed by formal hedging, Boardwalks through the more shady areas of the garden were a feature. Our third garden was a North American inspired garden, after the owner has spent a lot of time in New York. A lot of the garden has been planted in colour themed rooms of mixed plantings. The pool is a feature along with

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waterfalls going into and exiting from the pool and accompanying landscaping consisting of very large rocks, perennials and grasses. An extensive country garden was the last garden we visited. Colour themed rooms, dahlias and riotously coloured flower and plants beds were a feature. Next month we are heading to Matakana. If you would like to join in on these events, contact any of the following to join our club: Ann (021 035 7406), Diana (027 478 8928), Gail (021 344 070), Maree (027 496 3006), Moira (027 498 9154), Sandi (027 318 4514). You can also join our face-book page: <https://www.facebook.com/groups/358928941269802>

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.

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April Kitchen Garden

Sow green crops of lupin and mustard in any empty spaces of your vegetable garden for digging into the soil for green manure.

Harvest the last of summer crops.

Remove all finished vegetable plants from the garden; put them in the compost bin rather than digging into the soil.

Prepare for winter crops by adding compost and sheep pellets to the top layer of soil.

Sow seeds: beetroot, broccoli, broad beans, cabbage, carrots, onions, radish, spinach, silverbeet. Transplant to the garden as the weather warms and when they are showing at least two sets of true leaves.

Broad beans can be planted directly into the soil, stagger the sowing for a continuous harvest.

Plant seedlings: broccoli, brussels sprouts, cabbage, cauliflower, celery, leeks, lettuce, silverbeet and spinach.

Garlic and shallots can be planted in warmer regions.

Get a last crop of peas in before winter, in warmer areas you can also get away with snow peas.

Dust your cauliflowers, broccoli and brussels sprouts with Derris Dust to protect them from white butterfly and diamond back moth.

Protect seedlings from slugs and snails, scatter bait around each plant.

Key points for this month:

- Continue to plant winter vegetable crops
- Sow seed and plant winter flowering annuals.
- Get spring flowering bulbs in the ground - early April is the last opportunity to do this. If it gets too late consider tulips as they can be planted as the weather cools.



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Home & Garden

- Landscape your garden. April is the perfect time for this as it's not too hot or too cold and you can plant trees and shrubs.
- Prune existing hedges and plant new ones.
- Do a final clean-up in the garden before winter sets in.
- Maintain lawns and sow new ones before the weather gets to cold and wet.

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

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We are a local family owned and operated business. Our skilled and experienced team and our fully qualified partners utilise the most up to date and sophisticated equipment to provide solutions for all drain issues. We cover the whole of Auckland and are available 24 hours a day 7 days a week for emergencies. We understand the

importance of service and solutions along with providing advice for healthy drains in the future. Which makes us a reliable business as well as the first choice of commercial and domestic customers.

Our services include; vacuum loading/ suction, septic tank emptying and servicing, cesspit cleaning, pump chambers, grease trap cleaning, hydro excavation, pile holes, drain unblocking & root cutting, CCTV locating and fault finding and drain repairs and maintenance. Phone: 0800 4 NINJA (64652), email: admin@drainninjas.co.nz or visit www.drainninjas.co.nz.

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 in 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 fertiliser 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.
- Pop along to Awa Nursery and get your next gardening project underway.

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Food & Beverages

Don Buck Honey

Don Buck Honey has new season local honey from the summer 2022-23 harvest season. Waitakere Forest Blend 500g pots for \$12 (can be purchased with other potted honeys with the usual mix-and-match discounts). There are also 2.5kg mini-buckets: Rural West Auckland Blend for \$35, and Waitakere Kanuka Honey for \$40. Orders can be collected from my home address in Massey or couriered to you with Post Haste. Order online at www.DonBuckHoney.co.nz or email Donbuckhoney@gmail.com. Get them while the honey is runny.



Boston Café

Boston Café, 7 Northside Drive, Westgate. Located just a stone's throw away from Mitre 10 Mega Westgate. Boston Café is the latest addition to the bustling Café scene in the area and under the meticulous and watchful eye of Antonio the quality of service, food and beverage offering is second to none.



As soon as you walk through the doors of Boston Café, you'll be struck by the modern and sophisticated style of the cafe setting. The sleek and minimalist design is both inviting and comfortable, making it the perfect spot to catch up with friends or to enjoy a quiet moment to yourself.

The coffee served at Boston Café is by Allpress, which is a well-known and respected brand in the coffee industry. Known for their rich and flavourful coffee blends, Allpress is the perfect choice for coffee lovers who want to enjoy a truly delicious cup of coffee. The baristas at Boston Café are experts at crafting the perfect cup of coffee, so whether you prefer a classic latte or a more complex pour-over, you're sure to be impressed by the quality of the coffee served here.

In addition to great coffee, Boston Café also offers a delicious

selection of pastries and baked goods. From classic croissants to more unique treats like macrons and gluten-free options, there's something for everyone to enjoy. The pastries are made fresh daily and are perfect for those who are looking for a sweet treat to enjoy with their coffee.

Spending time at Boston Café you'll notice the staff and smiling, busy, engaged and very helpful, which in turn gives you a lift to your day, and makes the experience relaxed and comfortable.

If you have time to stick around, Boston Café also offers a tasty looking brunch/lunch menu. The menu features a variety of classic brunch favourites as well as some more unique options. The mushrooms on focaccia bread, for example, is definitely worth checking out.

The Café is open 7 days, so it's always a good time to visit. For those who want to enjoy their meal or coffee in the great outdoors, Boston Café also has a nice outdoor seating area. The outdoor seating is the perfect spot to enjoy the sunny weather and relax in a comfortable and stylish setting.

Ashwaganda Chai Recipe

Ashwaganda (*Withania somnifera*) is regarded as an adaptogenic herb and has traditionally been used as a tonic to support stress and recovery from illness and to promote overall wellbeing.

Mild and earthy in flavour, adding Ashwaganda to a caffeine-free chai drink is a great way to incorporate it into your daily routine. This recipe makes approximately two large mugs of chai.



Ashwaganda Golden Chai Ingredients: ½ teaspoon cinnamon, 1 teaspoon fresh ginger chopped, 3 whole cloves, 1 tablespoon Ashwaganda, 1 teaspoon turmeric, ¼ teaspoon nutmeg, 2 cardamom pods, 2 tablespoon honey, ½ teaspoon liquorice root (optional), 1 ½ cups water, 1 cup milk of your choice.

Method: Place all ingredients except the milk into a saucepan and bring to a simmer then turn off the heat. Allow the tea to steep for five minutes. Whilst steeping, froth the milk or heat it in a separate pot. Strain the tea and divide between the mugs. Top up with the hot milk and sprinkle with cinnamon or nutmeg.

For a subtler variation, try making Ashwaganda Rose Chai by replacing the turmeric with 1 heaped tablespoon of dried rose buds

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Food & Beverages

or petals and 1 teaspoon of vanilla essence.

Certified organic Ashwaganda and Rose Buds are available from our online store: www.NewZealandHerbalBrew.co.nz

Jesters Pies Westgate

Jesters Pies has launched the "Mac & Cheese Delux". This pie is filled with a rich and cheesy macaroni, chicken, bacon and mushroom recipe. The pie is served hot and fresh, making it a perfect warm and comforting meal during the colder months. The new pie is sure to be a hit among macaroni and cheese fans looking for a delicious and satisfying option.

Available from Jesters Pies at Westgate Shopping Centre, right next to Countdown.



Woodfired focaccia with rosemary mascarpone

This month we held our very first bread class with Cam and Boyd from the Muriwai Deli, our guests were delighted with the class as were we.

There is certainly something comforting about the smell of freshly baked bread, so this month we have a recipe for Mikes Focaccia with a little twist. We have another bread class on 6th April.

1 tsp sugar, 8g dried yeast, 1 cup warm water, 300g strong white flour, 2 tbsp grapeseed oil, ½ tsp salt, 1 sprig rosemary, 2 tsp flaky sea salt, grape seed oil for the bowl, Rosemary mascarpone, 1 stick of rosemary, 100gm unsalted butter, 2 cloves garlic, 100gm mascarpone, sea salt, Dissolve sugar and yeast in warm water.

Leave for 5 minutes or until frothy.

Put flour, salt and 2 tbsp oil in a large bowl, create a well in the center and slowly add yeast and rest of the water until a firm dough forms.

Lay onto your bench and knead until an elastic dough forms.



Place dough in oiled bowl using grape seed oil, cover with clingfilm and leave in a warm spot until doubled in size (about 20 minutes).

Knock dough back and leave for a further 20 minutes before ½ the dough and carefully placing the dough into a hot oiled cast iron pan.

Dimple dough with fingers and brush with remaining oil.

Place dough in a hot pizza oven on about 240*c, sprinkle with sea salt and cook for 8 minutes. Once cool, cut the bread up into small wedges and brush with rosemary mascarpone before placing back into the oven to warm through.

Rosemary mascarpone

Pound the rosemary in pestle and mortar with a touch of salt, once fine combine with the butter, mascarpone, garlic.

Soljans

Easter weekend is fast approaching. Come and grab yourself some delicious food and enjoy a cold beverage in the vines.

Our hours remain the same for Easter weekend, Saturday the 8th of April & Sunday the 9th of April open from 10:00am.

A reminder we are now closed on Tuesdays & Wednesdays in our Bistro, our cellar door remains open 7 days a week. We are closed public holidays.



Hallertau

The latest seasonal release from Hallertau is a new style Mountain IPA.

Combining characteristics of the classic West Coast IPA with current crowd favourite New England Hazy IPA.

The result is an IPA with stone fruit character hop aromas and juiciness from an NZ and US hop blend.

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Health & Beauty

Hobsonville Chiropractic Centre

Looking to expand the wellness campaign within your business? Hobsonville Chiropractic Centre is eager to discuss health, posture, and chiropractic with our community. We are offering FREE health talks to local businesses who wish to expand their staff wellness campaign.

Contact us via email at admin@hobbycc.co.nz to find out more or to book a health talk.

Hobsonville Chiropractic Centre, 295 Hobsonville Road, Phone 09 416 7589. Open late nights and Saturday mornings.



I am a fool

The words we say and the thoughts we think are incredibly powerful. How we feel is down to the words we say to ourselves and the pictures we create in our minds. The more vivid the picture the more powerful the response.

If you think and say "I am a fool" with strong emotion (maybe when you make a mistake) then you will act like a fool, do foolish things and feel like

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Change is faster when done in the subconscious

a fool. Even if you say it jokingly, the subconscious mind doesn't understand humour, it just acts on the words and makes you a fool.

Our subconscious doesn't process negatives so saying "I am not a fool" or "I don't want to be a fool" also produces feeling like a fool.

The best things to say to ourselves are positive - "I am smart, I am wise, I am capable, I am intelligent, I am sensible, I am decisive." Say them over and over until the mind accepts them and creates them in your reality.

Our minds need direction and they take that from our words so next time you catch yourself saying something to yourself like "I'm a fool" stop and change it to something more accurate or how you really want to feel. "I made a mistake but that's ok I can learn from it and everyone makes mistakes, I am still a smart capable person."

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Calm the kids ... calm the whole family

Let me paint you a picture of a stressed family we helped recently. Their two-year-old was not sleeping well at night. They were sitting with him for hours to get him off to sleep, which was tiring. But then he was waking in the early hours of the morning. To complicate matters, Mum was pregnant with their second child. You can imagine how stressed this made her feel. She wanted to get up to the child so her husband could get a good night's sleep for work.

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Health & Beauty

But being pregnant she was very tired. It often seems to be more stressful with the first child. With the first child you are extra anxious to do things right. Plus you don't have the perspective of hindsight that these phases pass.

To help them through this tricky situation, the doctor kindly prescribed some promethazine (which is an antihistamine that causes sleepiness as a side effect). This worked well to get the child off to sleep. However, because of possible long-term side effects they didn't want to keep him on this for long. But whenever they didn't use promethazine, the family had a sleepless night. They felt trapped.

So mum asked us for alternatives. We recommended she talk to the doctor about a switch to melatonin, the natural sleep hormone, which the doctor happily prescribed. It worked fine to get him to sleep, but he still woke up in the middle of the night, usually because of nightmares. Because he was so scared from the nightmares, he took a long time to settle.

After a little more investigation, we discovered he was an anxious child even during the day. So we recommended chamomile in the form of Kiwiherb Kids Calm. The trick with chamomile is that it must be used 4 times a day to help with sleep. This is because it works by calming the mind throughout the day so that by night time, the calm child can easily sleep.

Kids Calm = Superhero

After 3 days, Mum reported that the child was going to sleep easily, staying asleep all night, and was much less anxious during the day. BOOM! Family stress gone.

Chamomile works very well to calm babies and children. It can also calm the tummy, so is great for colicky babies. It can be safely used from birth too. I also recommend it for teething.

Pop into Massey Unichem Pharmacy to chat about Kids Calm. Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.

teeth or bleeding in the mouth. Problems virtually never resolve on their own, and very often early intervention can save significant pain, stress and even cost due to less extensive treatment being required.

The friendly Fraser Dental team at 1 Wiseley Road, Hobsonville is open 6 days per week, including some early mornings and late nights. Please phone us on 09 416 5050 if you have any dental concerns - we're here to help.

Feel better with a natural solution

Back pain - you've done everything, GP, meds, exercises and it's still interfering? "It does get sort of better, and then flares up again". This is typical and a common complaint we see at Top Notch Bodyworks. I think it's time for you to get a second opinion - with us.



One of the main reasons to see us, is we know where to look, what else we need to consider and then we see how you move and apply our approach that is a combination of releasing tight and restrictive areas but also providing that what to do advice and what is going to be the MOST helpful in your situation. The difference is we want to know what the root cause of the problem is, rather than just treat your symptoms. If it is postural, muscle strength is needed, we can help and prevent it from recurring.

We'll work with you to get you off needing medication quicker and avoid the trajectory of surgery as much as we can. So if you are looking for trained people who double down on the root cause with a natural approach, please make contact with us today.

What is a dental emergency?

Wondering if you have a dental emergency and whether you should seek help? If in doubt - reach out.

If you're not sure if you have a dental emergency, we always recommend getting in touch with us. Sometimes it's very obvious, such as a knocked out or chipped tooth. But other times you might have a niggle or pain and wonder if it needs treatment. Unfortunately, problems in your mouth can escalate quickly which is why it's always wise to get professional advice.

Problems in your mouth could include pain, breaks or chips, broken or lost fillings, swelling in the mouth, jaw pain, red gums or ulcers, broken orthodontic appliances, broken dentures, painful wisdom





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The Nano Vista optical frame collection has been developed to meet the needs of our most demanding, tireless and playful customers; children. Available in a great range of shapes and colours and with sizes to suit ages 1 to 14 there's something for everybody. All frames feature an innovative design that sets them apart from ordinary children's frames: A flexible hinge system and a removable headband to keep the glasses in place and in one piece under any circumstance in a kid's everyday life. Available at Westgate Optometrists. Phone our friendly team on 09 831 0202 for more information. Located at 4/46 Maki Street, Westgate. Opposite the Kiwibank and NorthWest Shopping Centre.



Cracked heels

Stressed and worried about your cracked skin on your heels? Constantly getting dry, hard, thickened skin on the same spot in your feet? We can help you.



Dry, hard, thickened skin is called callus. Callus develops from repetitive loading on one area and a lack of moisture in the skin. Skin hydration can be affected by some medical conditions such as diabetes, eczema, hypothyroidism and athlete's foot. Skin starts to crack when the callus gets thick and dries out. The skin of our feet does not have sebaceous glands, so the dry skin builds up easily with friction and pressure.

If you leave cracked skin on your feet untreated, not only does it become sore, it can easily become infected & lead to serious skin conditions such as cellulitis.

There are simple treatments you can do at home: exfoliating using a foot scrub or foot rasp, followed by moisturising your feet daily

with foot cream. Also, drinking plenty of water to stay hydrated and wearing enclosed shoes. If you have tried the above and are still struggling to treat your cracked heels at home, get in touch with us at Hobsonville Podiatry on 09 39 04184 and one of our friendly team will be happy to help get rid of the cracks and suggest other changes to help prevent the cracks coming back.

Doing laboratory tests

Have you ever brought your car into the mechanic?

If you bring in your fancy new car, they inevitably plug the car in to see what the computer says is wrong with it.

When you are not well, you go in to see your doctor, who will take a history of your illness and also examine you. Based on that, they have an idea what is wrong and they may order some laboratory tests for you to go for.



To me, laboratory tests serve to achieve a few purposes:


- 1) They help me diagnose what medical condition a patient might have that may cause the symptoms they came in to see me with (such as the lady with on off fever that I did a blood test on and found that she had a bile duct cancer).
- 2) They are done to exclude any dangerous or potentially life-threatening condition that may be hiding undiagnosed if not found by timely test (like the gentleman with the calf pain and breathlessness that was diagnosed to have a blood clot in his veins).
- 3) They help me ensure that the patient is well and that their chronic diseases like diabetes or high cholesterol are well controlled.

We are fortunate that blood tests are free in NZ BUT that means doctors have the responsibility not to test indiscriminately unless we have a reason to do so. That being said, I would rather test more and find nothing than test less and miss something, especially if the patient is very symptomatic.

I tell my patients who have a fear of needles to tell the laboratory staff and they may offer you to lie down comfortably while they get on with it.

Even the stool test kit they send you in the mail is useful as we have picked up quite a few colon cancers that way.

Doing laboratory tests has helped save many of my patients' lives. If your doctor tells you that you need a laboratory test, just do it. It may end up saving yours as well.



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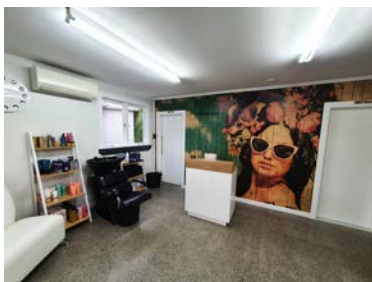
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Carla has over 30 years' experience in the hairdressing industry. I am a mum of two very grown up boys and have lived in West Auckland all of my life. Hairdressing still excites me each day and I love meeting new clients and welcoming them into our awesome work space.

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Area Columnists

Distance families: Global warming and weather bombs

New Zealand has recently experienced some of the toughest weather events - EVER. Many parts of the country are destroyed beyond belief. Older people found themselves alone as floodwaters rose in their homes. Retirement village residents were forced to evacuate as torrents of water engulfed their villas. Experiencing change, disruption and loss of possessions is bad enough when you're young but as you age these catastrophes are even harder to bounce back from.

In the past the ease of globalisation has encouraged many to follow their dreams living somewhere else - following adventure, love, career advancement, education or just because they could. The pandemic shattered their back-of-the mind, comforting thought, "we're only 24 hours away from home". Global warming weather bombs are another globalisation disruptor. As explained by James Shaw, New Zealand's Minister of Climate Change, "Climate change defines the reality we live in today." Furthermore, global mobility expert, Barry Morris, notes that more than half of international assignees (migrants and expats) "are at a higher risk for anxiety and depression" due to the world's new realities.

Psychologist, psychotherapist and digital nomad, Dr Sonia Jaeger, offers five tips to navigate this space.

1. Avoid media overload
2. Deliberately search out positive news
3. Connect with family near and far
4. Channel your emotions into active protest and spread an awareness of global warming
5. Take care of yourself

Whether you are the 'left behind family' or the away expat or migrant, how does it feel when weather bombs affect one or other and you aren't handy to help? The pain is immense.

Globalisation and its previous ease of mobility has lost its sparkle for some as they grapple with some tough questions and a changing world.

Helen Ellis, M.A. is a researcher, author, anthropologist, veteran of Distance Grandparenting and Founder of DistanceFamilies.com. She is the author of Being a Distance Grandparent and Being a Distance Son or Daughter, the first books of a three part generational book series highlighting the 'how it is' of Distance Families. Her books are available online, at selected book & Kiwiana gift stores and Hobsonville Point Pharmacy.

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Overseas many countries are traversing devastating floods, earthquakes, fire storms, extreme snowstorms and droughts.

Latest news from Massey Birdwood Settlers Hall

Not only have we a Coffee Cart on site 6 days a week, the hall now the Midnight Express supplying beautiful home-made burgers, chips and shakes from 5 pm to 8 pm on Tuesday evenings.

The Midnight Express parks in the same spot that the Deliciousness Coffee Cart parks in.



Both caravans provide a wonderful service for Massey residents and help to pay the many expenses the Massey Birdwood Settlers Association has in running a community hall. Ongoing repairs and maintenance are always an issue as is insurance, power, water, cleaning and other associated operational costs.

With community groups wanting cheap accommodation, cost pressures not only affect households but also organisations and of course facilities like the hall.

When groups come to the hall in order to run martial art classes, or youth groups, churches and so on, the costs of running a hall are often over looked.

Auckland Council owns a number of halls around the community, often run by staff, all at a cost to the ratepayer. The rents are subsidised by Council and Council provides all the maintenance, insurance and so on, at the expense of the ratepayer.

Not so the Massey Birdwood Settlers Hall, a community owned hall which pays its own way and competes with other Community groups who provide community space for grants from the likes of Lotto and through the Waitakere Licensing Trust TTCF.

It was with great foresight that the executive of the Massey Birdwood



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Settlers Association, a resident and ratepayers' group, back in 1948 (before my time), started the planning to build a community hall for the residents of Massey.

The Association was formed in April of 1925 by well-known names in Massey, many of the roads in Massey are named after the founding members of the Association. In two years' time the Association will be 100 and the Association should be able to carry on serving the Massey community for 100 more years.

With support from Community Leaders such as Cameron Brewer who ran a stall at a recent community event that was held at the hall, the Association should continue to flourish.

If you would like to join the Association, the fee is only \$1, feel free to contact the Secretary John Riddell by emailing masseybirdwood@gmail.com. You do have to live in the area which covers from Glen Road to Redhills Road in the West and Dunlop Road in the North to Woodside Road in the South.

Benefits of business networking

In today's fast-paced business environment, networking has become an essential part of running a successful business. Business networking involves establishing a relationship with other individuals or organisations to exchange information, ideas, and business opportunities. Whether you are an entrepreneur or a business professional, networking can help you to achieve your goals and grow your business.

Benefits include:

- 1. Increased Business Opportunities:** Networking provides a platform for business owners to meet potential customers, clients, and partners. By attending events and conferences, you can showcase your products and services to a wider audience, and make valuable connections that could lead to new business opportunities.
- 2. Access to Knowledge and Expertise:** Networking allows you to interact with professionals from different industries, who may have insights and knowledge that can benefit your business. By sharing ideas and experiences, you can learn new strategies and gain a fresh perspective on your business.
- 3. Building Relationships:** Networking is all about building relationships with other individuals and organisations. By establishing a strong network of contacts, you can create a support system that can help you navigate the challenges of running a business. You can also build trust and credibility with your network, which can lead to more business opportunities.

4. Increased Visibility: Networking can help you to raise your profile and increase your visibility in your industry. By attending events and conferences, speaking at industry events, and participating in online forums and social media groups, you can showcase your expertise and establish yourself as a thought leader in your field.

5. Personal Development: Networking can also help you to develop your personal skills, such as communication, leadership, and negotiation. By interacting with professionals from different backgrounds, you can learn new skills and improve your ability to connect with others.

Some examples of different types of business networking opportunities:

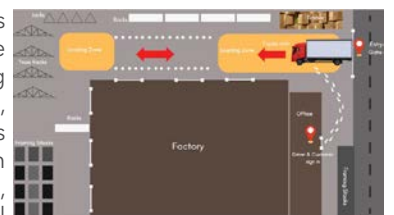
- 1. Professional Associations:** bringing together professionals in a particular industry or field
- 2. Conferences and Trade Shows:** allowing you to showcase your product or service to a wider audience as well as networking opportunities with other participants
- 3. Online Networking:** platforms such as LinkedIn, giving you a place to share content and participate in discussions
- 4. Business Breakfasts:** an informal setting to network with others over a meal
- 5. Business Networking Group:** a structured networking group either online or in person, giving you a place to showcase your business, practice your presenting skills, and establish a strong network of contacts across a variety of industries.

Give business networking a go. You will find that those around you will be supportive and welcoming.

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

Traffic management

In many workplaces there is often a situation where people and vehicles share a working environment. Cars, trucks, forklifts and container trailers can all be involved. This can be at a distribution centre, a warehouse, a transitional facility and even a car showroom or vehicle repair centre. It is a common occurrence - happens every day. It also poses a dangerous situation where people can be seriously hurt by moving vehicles if care is not taken and control measures implemented to minimise



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Area Columnists

the likelihood of an accident.

So what can you do if you have such a situation? What is expected of a responsible employer - a PCBU?

You have the primary duty of care as the PCBU to ensure, as far as is reasonably practicable, the health and safety of your workers. If you cannot eliminate the hazards of vehicles and people occupying the same area, you must endeavour to minimise the consequences by applying systematic management controls that regulate the activities and behaviours of vehicles and people entering the site, and establish as much as possible a controlled working environment.

There has been a noticeable increase in WorkSafe NZ inspectors requiring a traffic management plan for such shared areas. During inspections of these types of worksites, more improvement notices are being routinely issued for improved signage and designated traffic movement areas for the site. One of the best ways to demonstrate this is a schematic layout showing the site traffic management plan. An example of this is shown below:

This was generated using the free software - Canva - available at <https://www.canva.com/> However, there are many more formats that can also be used.

A traffic management plan needs to show the flows of traffic, the entrance and exits, pedestrian areas only, trucks only, loading zones and position of buildings. The list goes on, so before you draft up a plan, it is a good idea to conduct a site audit using the WorkSafe NZ guide - Site Traffic Control Measures: <https://www.worksafe.govt.nz/assets/dmsassets/5/5618WKS-17-Site-Traffic-Management-and-Overlapping-Duties-Prompts.pdf>

This allows you to consider all the circumstances of the situation, the layout of the site, the extent of signage, PPE required and provides prompts on potential traffic hazards that may exist.

It is also recommended that you involve your workers in this process. Adopt a team approach utilising key staff representatives of all areas involved, to obtain the best outcome and a commitment by everyone to understand the rules, comply and make it work.

If you have any concerns around this topic then contact John Riddell, email securo4@securo.co.nz or check out www.securo.co.nz.

Countdown

Countdown has announced a range of targeted support to help growers who have been impacted the most severely by Cyclone Gabrielle to get back on their feet.

The package of support includes \$700,000 ring-fenced for cash grants, a \$50,000 donation to Rural Support Trust, and other



in-kind targeted support as well as commitments around future growing agreements.

Countdown's Commercial Director for Fresh, Pieter de Wet, says that as growers continue to assess their needs after the devastating cyclone, the retailer is committed to helping their partners in a practical and meaningful way.

"The weather events over the past few weeks have caused immense destruction that will have a long-lasting impact on many communities and their livelihoods. That includes our growers who play a vital role in ensuring Kiwi have access to healthy fresh fruit and veg" says de Wet.

"The direct partnerships we have with our growers have never been more important. I've been humbled to visit some of them on the ground in the last couple of weeks to talk to them about their needs and how Countdown can help them recover."

"We recognise that as a large business that relies on our growers having sustainable businesses, it's our responsibility to step up and help them when they need it most, which is why I'm incredibly proud of the commitments we're making today."

Richard Burke, Chief Executive of LeaderBrand Produce, says that having strong partnerships with large retailers like Countdown will be essential for getting back to normal as quickly as possible following Cyclone Gabrielle.

"When things like this happen, it's great to know that your partners really do have your back. Having the Countdown team in Gisborne after the Cyclone meant they were able to see the challenges we are facing on the ground and give us practical support. Helping to cover the cost of trucking in water, which is essential to operate our salad house, will get us back-up and running quicker. Countdown's commitments to growers like us, give us the certainty we need to look ahead and it truly does make a huge difference."

Anthony Blundell, Managing Director of Kaipara Kumara explains that as they look towards recovery, commitments like this from Countdown are extremely important.

"It was great to have some of the Countdown team on the farm last week. It's been a really tough couple of months, and we know that our communities rely on us for their veg, and for their livelihoods. That's why we're grateful for the support that's been offered, and looking forward to working even more closely together with Countdown in the coming months."

Countdown has made six commitments to its grower community. These are:

1. We commit to providing cash grants to our affected growers who need support with recovery, and we've ring-fenced \$700,000 specifically for this.
2. We commit to supporting the mental health and wellbeing of those working in primary industries, and we're making an immediate donation of \$50,000 to the Rural Support Trust.
3. We commit to standing by our growers over the longer term. We

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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 \$100 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:

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Display Advertising:

A strong brand, display message that dominates the space and has immediate impact based on the key messaging that you wish to convey to market. A select range of adverts are run in the magazine allowing maximum impact in print and online exposure. The cost of a half page is \$450 plus GST per month.

Front Cover and Inside Page:

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

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

Contact us today at editorial@thewesterly.co.nz
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the Westerly

Property market report
Community Facilities

People & places
Home & garden
Community facilities
Food & beverage

Catalina Bay Farmers Market

Area Columnists

won't end any growing agreements with growers in affected areas because of disruption from Cyclone Gabrielle.

4. We commit to working with our growers to help them mitigate their increased costs of doing business from Cyclone Gabrielle wherever we can.

5. We commit to being flexible and responsive to our growers needs.

6. We commit to specifically promoting our Hawke's Bay and Gisborne growers' produce in our stores and online so that customers can show their support.

Over the past month, Countdown has also donated \$450,000 in food and funds to help charities and organisations providing on-the-ground assistance and support to the most impacted communities from recent extreme weather events. Thanks to the generosity of thousands of Kiwi, the supermarket has also fundraised a further \$250,000 which will go a long way towards helping provide essential support as people look to recover.

ReCreators

As we face the unprecedented challenges of climate change, inequality, and social injustice, there is a growing need for businesses that are both profitable and ethical. The ReCreators in partnership with Auckland Council are helping NCEA business students combine the pursuit of social and environmental goals with business principles.



By introducing social enterprise concepts and principles into the high school business curriculum, students can learn how to create and manage a business that benefits society and the environment. In this way, they can contribute to the creation of a sustainable future and become responsible global citizens.

The ReCreators have included 10 schools from West, Central and South Auckland, each will have five sessions where they will be helped with their business models. The students can work in groups, brainstorming ideas, and then creating a prototype of their product. The prototype can be made using upcycled materials, encouraging the students to think creatively and sustainably. So far we have students looking to create businesses from deconstructed wood (learning toys, chopping boards, jewellery stands and rimu carved earrings), textiles (bags/ kits/ reusable period wear) and natural ingredients to make skincare products. They will be connected to business experts in the field and shown similar business models that they can emulate.

The Youth Enterprise Scheme (YES) are working alongside discussing

viability, originality, customer experience and business modelling. In addition to learning about social enterprise, The ReCreators teach students how to prototype using upcycled/ reclaimed materials. Upcycling is a process of transforming waste materials into new and useful products, diverting them from landfills and reducing the demand for new resources. By incorporating upcycling into the business curriculum, students can learn how to create innovative and sustainable products while also learning about the importance of reducing waste.

Using reclaimed materials, either offcuts from factories or old materials that can be turned new, The ReCreators are also teaching about the circular economy model. The circular economy is an economic system that prioritises the use of resources, minimises waste, and maximises the value of products and materials. In this system, waste is not seen as a problem but as an opportunity to create new value. By applying circular economy principles to social enterprise, students can learn how to create sustainable businesses that benefit society and the environment.

To find out more information contact ger@therecreators.co.nz.

Five easy ways to incorporate soul-soothing techniques into your day

Words by Juno Scott-Kelly & Erin O'Hara (Naturopath BSc & BNatMed)

When life feels overwhelming, we can get lost in the treadmill of our busy lives and forget how to take time out for ourselves. Focusing on breath, time, movement and meditation, Naturopath, Erin O'Hara has provided us with five simple tips to help feel less frantic and that you can manage on even the most overwhelming days.



1. Breathing: When we get anxious and overwhelmed, our breathing becomes shallow and rapid. By slowing down our breathing, we can feel an instant calmness as it brings us into our parasympathetic nervous system to calm the body and the mind. When you feel anxiety creeping into your day, try to simply stop what you are doing at work or while sitting in traffic and, for a couple of minutes, bring your full awareness to your breathing. When you inhale, feel the belly and chest expand, and as you exhale feel the chest soften and the belly melt towards the spine. Try to slow the breath down to about 6-8 breaths per minute.
2. Time Management: When we have a lot to do, it makes us feel

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overwhelmed, and sometimes it can feel so overwhelming that we really don't get anything done as we don't know where to start. Create a "To do list" to organise your life into what needs to be done now and what can be done later. Work your way down the "to do list" ticking off as you do the tasks, and you will feel a great sense of achievement.

3. Take a Break: When we are busy we quite often try to keep going and going without any breaks throughout the day. Research shows that we are less productive when we do not take breaks. Take some moments away from your desk/work throughout the day to reset your focus and maintain your productivity. Try to break the habit of eating your lunch at your desk.

4. Walking: When we feel like we have too much to do then exercise drops off the list very quickly. Walking is a great way to de-stress and calm the mind. By simply putting your shoes on and walking around the block, even if it is only 10 minutes, we can get the benefit for the body and the mind. When we walk it boosts circulation and lymphatic flow around the body to leave us feeling refreshed and recharged.

5. Meditation: We commonly hear how good meditation is for us but quite often we do not know where to start. Usually, the biggest excuse I hear is, "my mind is too busy" or "I do not have enough time to meditate". These are great reasons to meditate daily. Take 5 - 10 minutes daily and commit to doing it every day, so it becomes a habit; just like brushing your teeth daily. Meditation is a deep cleaning and reorganising of the mind. Make a time that is your time for meditation. It can be a breathing meditation or guided through an App like "Insight Timer" or "Head Space" to give you guidance.

Erin O'Hara combines her knowledge of Naturopathy and Science to provide an integrative and evidence-based approach to wellbeing. She has been involved in the Health and Wellbeing Industry for about 20 years through extensive study, scientific research, and an intrinsic passion for health.

<https://www.erinohara.co.nz/>

Healthy families

Fresh, nutritious food is one of the cornerstones of a healthy life and should equally belong to everyone in Aotearoa. But right now, many New Zealanders are locked out of accessing healthy food as prices continue to soar, and those with less material resources live in neighbourhoods with limited access to healthy food options.



Local people across the country are stepping up for their community

to bridge this gap, unlocking access to healthy food options to fill bellies with nutritious food so people can lead healthy and happy lives.

In West Auckland, people in the community are taking a village approach to shorten the food supply chain and put healthy, affordable kai in the hands and bellies of local people. The Kai Villages initiative was identified by community members during the Future of Food for West Auckland Hui facilitated by Healthy Families Waitākere and the Kai West Collective partners, with funding support from the three West Auckland Local Boards.

During the workshop, the community highlighted the need for joined-up thinking on local food access and relief at times of need, as several food-related initiatives are operating in isolation in West Auckland. People identified the real opportunity lies in creating a network of food-related initiatives, with joined-up thinking to minimise overlap and utilise available resources and support.

After initial scoping and research, the Glenavon and Massey suburbs were prioritised for Kai Villages due to their high Māori and Pacific population, alongside being a prioritised development area for Kāinga Ora.

The Glenavon Community Hub has a thriving community and has been supporting local people with food relief for some time. Food parcels and vegetable gardens are available to local people who come needing support. Its Community Hub Coordinator, RJ Thompson (Ngāpuhi), has great aspirations for the Hub's Kai Villages initiative, weaving it through the well-established 'My Pathways' programme.

The Hub's My Pathways kaupapa is to inspire and empower people to lead and take ownership of their path by lifting their capabilities, breaking down barriers and getting people job-ready (if this is their goal). Kai is fundamentally weaved into this kaupapa, which is why the Glenavon Community Hub was thrilled to be expanding this work, creating a more robust kaupapa of awhi (support).

Thompson is unlocking new opportunities for the people of Glenavon, including a van that would be able to bring meals to people and working with the Glenavon School to build more garden beds to grow more fresh produce.

Similar mahi is underway in the Massey Matters Community Hub. Healthy Families Waitākere Systems Innovator, Michele Eickstaedt is working alongside both hubs to support the Kai Villages approach, providing guidance with funding, networking, and facilitation. Eickstaedt continues.

"Community Hubs are a hive of awhi and aroha (love), providing a safe and supportive space for people to learn new skills, connect and build relationships to strengthen and uplift entire neighbourhoods. Community Hubs also all face similar challenges, including limited resources and volunteer hours, which is why Healthy Families Waitākere is more than happy to step into this space and act as an overarching support liaison in this kaupapa."

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Both hubs have identified an opportunity for a Kai Village Coordinator. The role would focus on connecting the resources that already exist within the community with those that need it, as well as strengthening the initiatives that already champions local kai for local people. A complementary approach where there wasn't too much overlap would be a key priority for this role.

A working group has been formed to flesh out what this role would look like for West Auckland, alongside researching available funding channels to test the role in the near future.

One of NZ's largest liquor retailers to replace all stores

West Aucklanders are set to benefit from the launch of new retail liquor brands, in a move designed to boost consumer choice.

The move will see The Trusts, which has a community mandate to operate liquor retail licences in their area, change all stores to a franchise brand model.

It will see liquor outlets in the region rebranded and operate as either Liquorland or Super Liquor stores - within the coming 12 months.

With 25 stores, The Trusts is one of New Zealand's largest liquor retail chains and the second largest employer in the West Auckland region.

Profits from the retail stores have seen the organisation's social enterprise model return millions of dollars to community charities and groups each year.

In 2021, the Trusts moved to replace three of their stores under the Liquorland brand and another one in 2022.

Allan Pollard, CEO of The Trusts, says Trusts branded stores have supplied consumers in the region for over half a century, however the adoption of the new retail model will introduce the country's two largest liquor retail brands to the region.

He says the Trusts will retain ownership of the new franchised stores, allowing them to continue to fund hundreds of local charities, sporting and community groups.

"Our sales data shows the Liquorland stores developed as part of our initial trial have been well received by the region.

"Under our new initiative, consumers will see one of two new franchised brands replacing each of The Trusts stores in their area - with potential for other liquor retail brands in the future.



"West Aucklanders will have access to the same core product range, pricing and promotions available at any other of the Liquorland and Super Liquor stores operating around New Zealand.

"In addition, we will continue to stock a wider range of product lines we know West Aucklanders are already familiar with and prefer - including those sourced from local vineyards and boutique manufacturers.

"Each store will carry around 1,500-2,000 different products," he says.

Pollard says there will be no reduction in the number of outlets as a result of the change.

He says the replacement of the new stores is part of a million-dollar retail upgrade of their sites over the coming 12 months.

"This change programme is an extension of The Trusts strategic growth strategy, with the move designed to create significant cost efficiencies for us and removing the cost of running our own retail brand.

"Our expansion and growth will help us get to a point where we can give back up to \$5 million annually to local community groups where the need for financial support is at a critical level.

"We are also committed to bringing greater choice to West Auckland consumers and maintaining our primary role as responsible liquor retailers in the region," he says.

Upper Harbour Board update

What a crazy start we have had to the year. My heart goes out to anyone impacted by the weather events.

Within the Local Board we have been busy supporting the response to these events, supporting our communities and getting a handle on the proposed budget cuts. The recently completed annual budget consultation had some significant questions about how to fill the \$295 million operating budget gap. Proposals included selling the airport shares, rates rises, an increase in debt and cuts to many areas of council spend. Included in the proposal was a cut to local board operational funding which would result in a cut to Upper Harbour Local Board of \$534,000. This will have a large impact and we consulted to find priorities.

At present only operational funding needs to be cut, and most local planned and approved capital projects are still going ahead. It gives me huge pleasure to see progress on three long awaited capital projects within your area.

The playground at Observation Green Scott Point is finally underway. There was a real collaboration in the design stage where the community made suggestions and comments on the draft design before a final design was proposed.

Hobsonville War Memorial Park playground upgrade is also



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Area Columnists

underway. The old playground needed renewal as old parts were beginning to fail. As in Observation Green, the community were involved in choosing elements that they desired the most.

Both these playground upgrades are great assets for the community and when combined with Te Kori Scott Point (formally the Scott Point Sustainable Sports Park) the communities will get some of the facilities they need.

There is a lot of need, a lot going on and not a lot of money. If you have any comments or concerns, please don't hesitate to contact me.

These views are my own and not those of the Local Board. Anna Atkinson (Chair of Upper Harbour Local Board) anna.atkinson@aucklandcouncil.govt.nz

Preserving History through your stories

Telling stories has been a way of passing down knowledge and keeping communities connected for hundreds of years. The aim of the Norwest Heritage Society Inc. (NWHHS) is to preserve the history of the areas Riverhead, Kumeu, Huapai, Taupaki and Waimauku.



To do this we have launched a True Tales of Kumeu & Huapai Short Stories Competition with a book of the stories anticipated to be available for sale later this year. With the generous assistance of Kumeu Taxation Service and Kumeu Insurance Brokers we have three \$100 cash prizes for the best stories as judged by the NWHHS.

Your story must be true and about the Kumeu & Huapai areas. It can be about people, a particular place, an event or your memories of living in this area. It's not just about life many years ago. We have plenty to write about what has already happened in 2023.

We would like to have a True Tales book for all of the North West communities. So start writing now and as soon as we have enough stories we will publish the book.

For an entry form or more information go to www.norwestheritage.org.nz or email julie.truetaleskumeu@gmail.com

The first True Tales series of book was published in Coromandel Town by the Coromandel Town History Research Group starting in 2002: True Tales of Northern Coromandel, More True Tales of Northern Coromandel and Even More True Tales of Northern Coromandel. The group passed the mantle to The Coromandel Heritage Society

Inc who have successfully published True Tales books of stories from a variety of areas in the Thames and Coromandel district. Other books have also been printed about Whangarei and Great Barrier Island. More information can be found at truetales.co.nz

Photo: Post Office Waimauku Credit madonnewzealand.com

Huapai Hillbillies Hoedown

The countdown is on for the 2023 Huapai Hillbillies Hoedown.

We know many of you are excited about the hoedown happening on 29th April. This year we want to bring the personal connection back to the Hoedown and give locals the best chance of getting tickets. Therefore, we will be selling tickets in person.



Tickets will be sold from the Kumeu Showgrounds Office Building on Sunday 8th April from 10am - 12pm, or sold out, very limited tickets.

A maximum of 6 tickets per person. Tickets will cost \$60 per ticket.

We know from previous years, that tickets can sell very quickly. If you are unable to get a ticket, please keep an eye on local Facebook pages, as people's plans always change and they end up trying to re-sell them.

So what is the Huapai Hillbillies Hoedown?

Firstly, it is important to know what being a Volunteer Fire Brigade means. As a full volunteer fire brigade, every one of our members is a volunteer. This means we give up our time to attend trainings and incidents 24/7. On average, we attend 400 calls a year. We love what we do and we do it for the community.

This is where the Hoedown comes in.

The Huapai Hillbillies Hoedown is a fundraiser for the Fire Brigade. It was first introduced around 1995. With 2020 being the exemption, a Hoedown has been run every year since.

Through these events we fundraise for equipment to help us serve our community. The largest of these purchases was our 2016 Nissan Navara which serves as a purpose built 4WD vehicle for the rural farms, forests and beaches.

The Hoedown is still run by the volunteers, who organise everything, from the setup, to cooking your food. We continue to host them so that we can continue to provide the community with the best equipment, training, and protection.

So thank you to the community who continue to support us at these events!

Walkers Wanted

Are you pounding the streets in this area on a regular basis and would like some spare cash for what you are already doing? If you are walking several times a week and would like to distribute magazines for us in the Hobsonville area please contact Stacey on phone 09 412 9602 or email editorial@thewesterly.co.nz * Distribution average is 500 magazines in your local neighborhood every four weeks.



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