

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

Property market report
Pre-Election Debates

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

Noodlechick

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

August 2020



Noodlechick



Greetings

We are living in difficult times. Shortly we must choose which candidates we will vote for to try to navigate through the next few years as well as possible, given a great deal of uncertainty. It is easy just to pick our favoured political colour and hope for the best, but we should at least try to make sure that the individual matches the standard we deserve for our future. It isn't easy to do the right thing. What helps one person is often at the expense of someone else. The qualities we are looking for may include a willingness to promote co-operation and the valuing of everyone within the community, personal integrity, and avoiding self-importance. The ability to listen is crucial between those with contrasting beliefs.

While the Covid-19 issue has dominated the media this year, the majority of New Zealanders are still concerned that climate change is as serious a crisis, and voters will look to their preferred candidate to respond to this, as it will affect not only the present population, but particularly those who are currently too young to vote. As Sir David Attenborough has said, "Anyone who thinks that you can have infinite growth on a planet with finite resources is either a madman or an economist."

This month you will have the opportunity to listen to pre-election debates by candidates and political parties to help you make up your minds. There is plenty more going on locally this month, browse your way through the magazine to find what may suit you. Our community news and brief updates pages are filled with activities to interest all ages and tastes. Visit our property pages for multiple suggestions about home-related issues, and Graham's market report. Find ideas for sorting out your home and garden, and don't forget your all-important pets. Give yourself some time out with our tempting food outlets, and look after the inner you with our health and beauty section. Our area columnists provide some excellent reading material including what we can learn from the lessons of Covid, what went well and how we might change and give back to our communities.

Please enjoy what our contributors have sent in, let our advertisers know where you read about them, and if you have something to tell your community, feel free to write in. Have a good month.

John, editor



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People & Places

Noodlechick



Meet Alana and Chris, Hobsonville Point locals who launched their gorgeous food trailer Noodlechick pre lockdown. Alana is the creator and maker of gluten free, plant powered noodles, served up in a KwAsian menu.

Alana - Chef, grew up in West Auckland in the 70's in a market garden - literally! Heart connection homegrown vegetables. My parents food values are ingrained in everything I cook.

Chris - Hockey boy from the Bay - grew up on the shores of Waimarama, fishing Hapuka and Tarakihi. Pulling lobster pots in with a feed of cray's. Those were the days.

Who we aren't - A millionaire/A Formula One Race Car Driver!!!

Triumphs/Disasters - we've had our share of both!

How we got here - by being ENABLED! We recognise and are grateful to the people in our lives who have enabled us. An ex boss, besties, my hairdresser, sis-in-law, each other, our gorgeous boys. People that just said to us hey what do you want to do? How can we help you achieve your goals? Listened, and supported without judgement or influence. These people are sparkling jewels in our lives. We attribute our successes to having a village of people who enable us to be us.

What our food offering means to you - Our food/Our Way - authentic,

made by us. A changing menu shaped by our past and food values. We show our emotive cooking in what we serve. Anyone wanting tasty, delicious, lo carb/hi protein with fresh proteins grown in New Zealand we got you! They are achieving a number of firsts with their food offering including being the first food trailer in Auckland to be accredited with Coeliac NZ's Dining Out Programme. A huge win for Coeliac's and those who want to eat gluten safe. Collaborating with local talented producers and growers, their menu offers an authentic first fresh gluten free, plant powered noodles. Locals are talking about and loving their signature dish - Seven Greens Tumeric Chicken. Another plant based protein they are first to offer is Tempeh - fermented lupin beans grown in the South Island by www.tempehdeli.co.nz - the best tempeh on the market! On their current menu Vegan lemongrass tempeh skewers with an almond satay sauce is banging with flavour! They are super proud to be locals offering locals their simple, bold and delicious menu. Their menu is lo carb/high protein, dairy free, free range, no refined sugar, allergy friendly and organic where possible. Thanks to the generosity of Mel and the team at Village Wines & Spirits, 118 Hobsonville Road they are opening their hatch to locals on Friday's and Saturdays 12 - 6pm. Follow them for their locations on instagram @Noodlechick_




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Community News

Massey Birdwood Settlers Hall hosting

The Massey Birdwood Settlers Association played host to two important groups during July.

One was the newly formed Federation Ratepayers NZ annual general meeting and the second was the Waitakere Local Distribution Committee of the Community Organisation Grant Scheme.



Both groups used the "Den" a room accessed from the Red Hills Road side of the building, and is for smaller gatherings, and aimed for comfort. The Den has its own kitchenette and toilet, is carpeted and comes complete with an interactive TV as well comfortable chairs and tables. Around walls are photos of early Massey and other historical documents with respect to the history of the hall and the association.

The Den is an ideal place for small group meetings especially groups looking for space during the working week and can hold comfortably up to 30 people.

Check out the photo and if your group is looking for long term hire send an email to the Secretary John Riddell masseybirdwood@gmail.com.

Hobsonville Point battery recycling update

The pilot household battery recycling scheme at Hobsonville Point has proven very popular, showing there is an appetite amongst residents for protecting the environment. Over the Covid-19 lockdown period, Raj and Gayatri, proprietors of the Convenience Store at 1/3a/160 Hobsonville Point



Road, continued to receive batteries. Unable to send them to Upcycle Ltd for recycling due to lockdown restrictions, he stockpiled them safely (making sure all batteries were taped at both ends so they weren't a fire risk) and when lockdown lifted he was able to

fill five buckets. Since the pilot scheme started a total of 11 buckets have been sent for recycling.

Supplementary funding has generously been given by the Auckland Foundation to keep the pilot scheme running until more funding can be secured from the Upper Harbour Local Board. Upcycle Ltd continues to provide Telarc and ISO rated recycling services for these batteries that would otherwise end up adding to the toxic chemicals contaminating landfills. The pilot scheme organisers hope that one day, battery recycling will be available nation-wide.

If you haven't yet taken your household batteries in for recycling, don't forget to put a small piece of electrical or masking tape over each end of each battery, and if you can, upgrade to rechargeable batteries, which last a lot longer.

Coffee and chat @ Headquarters

A time to chat, connect, relax and enjoy a free hot drink together in the beautiful Baffin Lounge. Headquarters Building, 214 Buckley Ave, Hobsonville. Every Wednesday in Term 3, 10 am - 11 am. Just come along - open to all.

venues@hobsonville.org.nz phone: 022 541 1476.

Proudly sponsored by Hobsonville Community Trust and Ryman Healthcare.



Gym Zone

Has your child ever thought about doing Gymnastics, Tumbling or Parkour? 2020 is the year to give it a go. At Gym Zone at we teach all these disciplines and more. You can select from our structured term base classes or have a go at our new Free Play casual weekend sessions. See our timetable online to check out all the options.

Westpac Auckland Business Awards -Peoples choice North West Auckland. Please check out Gym Kids entry and vote for us your local Gymnastics centre.

Gym Zone is also a great place to host your next Birthday Party. We have both self-cater and fully catered options for you. <https://www.gymkids.co.nz/birthday-parties/hobsonville/>

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

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In Brief Updates

The new norm of the workplace

The impact of Covid-19 on our workplaces has been all encompassing. As well as affecting us economically it has also asked us to question the nature of our workplaces. What is their purpose? And, should we now more than ever, question what has "always been done". Lockdown has been a unique test run of an alternate mode of working. Many employers who may have been frightened of such change have now been forced to consider how they may best serve their employee's health & wellbeing and also, play their part to more efficiently run our cities with reduced traffic flows. The Hangar hopes to play our part in the changing place of work. For those that cannot work from home, or who prefer the energy that comes from being part of a group, then we offer flexibility of spaces for companies and individuals.



The Hangar - 2/2 Boundary Road, Catalina Bay, Hobsonville Point, Auckland. Phone 09 393 4995.

Support Kiwi businesses

We hope this finds you all safe and well.

Like many of you, whilst we've been in lock-down we've been 'stay-dreaming' about all the amazing places we'll explore when it's safe to venture out - first at home, then across the ditch and later further afield.



As New Zealanders we're lucky that there's no better place to live or to explore, than the place we call home.

House of Travel is 100% Kiwi owned and operated and we're proud to have supported our local communities for over 30 years. We're locals too, so we know what Kiwis want in a New Zealand holiday.

We're in the process of creating Holidays@Home, a collection of our favourite New Zealand travel experiences, incredible deals and our owner operators will share their best kept hometown secrets and hidden gems. Whether it's skiing in the Southern Alps, star gazing from your private glass roofed skybed, hitting the road, kayaking the Abel Tasman, indulging in amazing gourmet experiences or something off the beaten track; New Zealand offers an abundance of unique adventures and cultural experiences.

Whatever 'your' perfect Holiday@Home is, we can make it happen. Now is the time to discover the best Aotearoa has to offer. If not now, when?

When travel is allowed to Australia and beyond please give us an opportunity to show you what a difference a locally owned, Kiwi Travel company can make. #supportlocal.

Mike (Buzz) Thomson and the team at House of Travel Hobsonville
09 416 0700 Hobsonville@hotmail.co.nz 225 Hobsonville Point Road, Hobsonville.

Dance24seven

It has been a challenging year for all and here at Dance24seven we are looking forward to a smoother Term 3 for sure. But that doesn't mean it will be quiet!

Term 3 is about Exams and Show. We have an amazing range of styles looking to show just how good they are in Jazz, Ballet, Tap, Contemporary, and Hip Hop. Last year our dancers had fantastic results, placing in the top of NZ and Australasia.

As soon as we have completed our exams it is time to get ready for the most exciting part of the year - SHOW! The entire D24/7 team gets involved from our Mini movers to our seniors and it is not to be missed.

If you are looking for a dance school that understands excellence with a family vibe, then Dance24seven is the place. Enrollments are open so come along and try something new.

Dance24Seven Ltd - Unit 1/12 Kawakawa Place, Whenuapai. Phone 09218 5700 or visit www.dance247.co.nz.



Helloworld Travel Hobsonville

We are an industry still struggling from the effects of COVID and with the borders being closed we know people are restless and looking for ideas of where to travel that is safe. We have the answer - what better time to visit our Sub Antarctic islands.

Sub Antarctic Islands



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P O Box 45 Waimauku 0842, Auckland, New Zealand

In Brief Updates

Expedition - Departs from Auckland and arriving in Dunedin (29 December departure) or Lyttelton (8th February departure).

Board the luxurious mega yacht - Le Bellot and discover the wild and untouched beauty of the Sub Antarctic islands of Australia and New Zealand including: The Antipodes, Bounty Island, Campbell Island, Macquarie Island, the Auckland Islands and the Snares - there is no COVID here.

15 days/14 nights - Luxury small ship Le Bellot. Price from AUD\$15,830 per person for a Prestige Deck 4. Trip dates: 29th December 2020, 8th February 2021.

Chatham Island Tour - escorted by helloworld Owner Bev Ellis - Explore the best the Chatham Islands have to offer with a small group tour, join the group in Wellington. 7 nights/8 days. Escorted from Wellington

Optional Extras: Pitt Island Day Tour (a must do) Day Tour includes return airport transfers, return flights to Pitt Island on Air Chathams 5 seat Cessna aircraft. Fully escorted tour showing all highlights of Pitt Island: Mt Hakepa, Glory Cottage, Flower Pott Jail, Waihere Bay, Moriori & European history. Lunch is hosted at Flower Pott Lodge, and includes local produce. Cost is \$450.00 per person if group of 4 to 5 people, minimum numbers apply.

Fishing Charter 2-3 hours \$205*pp

Hunting Trip on request

Tour Price is \$4,375 per person and includes flights on Air Chathams from Wellington, accommodation, return airport transfers, guided bus tours by Toni Croon and/ or Matilda Paku, all concessions, visitor map book, water bottle and all meals*

Contact helloworld Hobsonville on 09 416 1799 or email hobsonville@helloworld.co.nz.

The Mobile Car Specialists

Business has been really strong for us since lockdown ended... so, a big THANK YOU to all of our new & loyal customers alike.

Chatting to other business owners - it seems there is a good mix of people thriving, and others who have come off second best. Certainly interesting times we live in.

If your car hasn't received some professional TLC over the past year or two...then we'd love to hear from you and bring it back to looking awesome again.

You can visit our website below for more details on the type of work we do.



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Changes - are you ready for them?

Life continues to be moving towards a new normal. People are still trying to come to terms as to what life is going to be like and businesses are still trying to survive, this has not changed.

As Kiwis we need to pull together to support each other, not just in our personal lives but also our local businesses, who are going through rapid changes as they struggle to keep their heads above water.

YOU Travel Westgate, has closed our doors at Westgate, but this does not mean we are shut for business. Like other businesses, we are having to change with the times and this is the perfect opportunity to do so. More and more people are wanting to shop for travel from their homes or business. Whether by phone or email, they don't want to have to get into their cars or jump on a bus, they want to do it from the comfort of their homes. Starting in July, YOU Travel Westgate is operating business remotely, we are available via email. Jason and Paula are still around and looking forward to receiving your enquiries.

We have noticed many people are still changing the way they travel and they are taking up the offer to support the local, inbound tourism operators. There has been a great increase in the demand



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for domestic travel, it's still not too late to book a skiing package to Queenstown or if you are not sure of where you wish to go or even when, why not book a Mystery Break?

Every day we are hearing reports in the news of travel bubble's possibly opening up. Us Kiwis, are getting tired of staying put and not jumping on a plane and heading overseas. There is so much work and planning that must go on behind the scenes and our safety and health is priority, all these factors must be considered before any borders open. We need to patient. Hopefully, very soon countries with no cases of Covid-19 will start to open up and we can jump on a plane again. Keep an eye on our YOU Travel Westgate Facebook page as will let you know when any of the borders close to home open.

In the meantime, YOU Travel Westgate are taking bookings for cruises for the 2021/2022 seasons and also for any domestic travel you want as YOU change your travel habits we are here to support you! Contact us via email westgate@youtravel.co.nz.

The Scout scarf

The 1st of August is International Scout Scarf day, New Zealand will observe this on Monday 3rd August.

Scout youth members, leaders and associated Scouting members are encouraged to wear their scarfs on Monday 3rd of August to places such as school or work. If you see a youth or adult wearing their scarf, please stop and say hello to them.

The Scout scarf is an important part of the Scout uniform, it amongst other things protects your neck from sunburn and serves many other useful purposes, such as a bandage or as an emergency rope. It is also a ceremonial item and presented to a new leader, or



presented to a leader that has achieved a higher level of training. The scarf is taught to be a practical wilderness item in the Scouting tradition.

In New Zealand we have 35 Scouting zones and within these zones we have our 350 Scout groups. In total this amounts to around 400 different unique scarfs as each zone or groups has a slightly different scarf.

Leaders often will have a collection of scarfs they have either earned by attending training courses or have been issued for a special event, such as a Jamboree.

In other countries it can be referred to with different names, such as a neckerchief or necker.

Scouts is New Zealand's largest youth organisation, if you would like to know more, then visit www.scouts.nz, or email me zl.waitoru@zone.scouts.nz. Craig Paltridge. Waitoru Zone Leader.

NZ Outdoors Party

My name is Catherine Giorza and I am standing as the Outdoors Party candidate for the Upper Harbour electorate. I live on the North Shore.



True democracy and freedom of speech have always been important to me, and I was shocked by the rushed Covid Public Health Response Act 2020 that stripped us of our rights.

The Outdoors Party totally opposes:

- the control of our country by multinational corporations
- the disconnection between our politicians and the ordinary people
- the giving away of our sovereignty, natural resources, and rights
- the rolling out of 5G without further independent studies

The Outdoors Party promotes people driven policies, including;

- freedom, democracy and a people's constitution
- a product driven economy increasing employment and self sufficiency
- alternative medicine alongside mainstream medicine
- sustainable farming
- waterways protection
- housing for all
- student's tax pays off their loan
- elimination of chemicals shown to cause harm

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I am here to work for YOU! Phone 021 759091, visit www.outdoorsparty.co.nz or Facebook : Catherine Giorza - NZ Outdoors Party.

The wage subsidy extension

Is your business still being significantly impacted by COVID-19? Applications for the wage subsidy extension remain open until 1st September 2020. However, there are some conditions you should be aware of before applying.

For example, if you received the original wage subsidy you must wait 12 calendar weeks from the date of receiving that before you apply for the extension. Your business must have experienced a minimum 40% decline in revenue for a continuous 30-day period due to COVID-19 in order to be eligible for the extension. As with the original wage subsidy, you must have taken appropriate steps to mitigate the financial impact of COVID-19 on your business. And you should also be aware that the declaration for the wage subsidy extension is substantially more comprehensive than for the original.

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

Auckland Council welcomes Government funding

\$124 million investment good news for environment and economy. Auckland Council has welcomed the Government's announcement today by Associate Minister for the Environment, Hon Eugenie Sage, to increase funding support for waste minimisation initiatives and address New Zealand's burgeoning waste challenge.

"Auckland Council has consistently advocated for the need to divert material from landfill and recycle and reuse products—which has environmental and economic benefits," Mayor Phil Goff said.

"Aucklanders welcome and have got into the habit of recycling. But with the closure of markets in China and Asia, which we relied on to take waste for recycling, there was the huge risk that progress in recycling would be reversed with paper and plastics again going to landfill.

"The government's announcement signals much-needed investment that will reduce waste and pollution, recover resources and also continue the reduction of global warming gases as we confront climate change," Phil Goff said.

"With only 20 per cent of Auckland's waste coming from domestic kerbside collections, the commercial sector must share the commitment to addressing the real cost of waste and be incentivised to divert it from landfill. Expanding the waste levy to cover construction and demolition waste will correct an inequity that exists and have positive impacts on the biggest source of landfill waste currently," says Councillor Richard Hills, Chair of the Environment and Climate Change Committee.

"The waste levy supports innovative business and community projects, creating jobs for Aucklanders and protecting our land for future generations. We must stop the stockpiling of waste and reduce our reliance on landfills," adds Councillor Hills.

Understand online challenges

Children and tamariki find the internet an easy place to: Explore their identity. Challenge adult norms and boundaries. Experiment with relationships. Practice a range of behaviours.

But there is a risk of: Online bullying. Unwanted contact. Sending and receiving nude content. Seeing inappropriate content (such as pornography).

You can better support children and tamariki when you understand the challenges they face online.

Visit netsafe.org.nz and search for "Understanding young people's



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CATHERINE GIORZA
UPPER HARBOUR CANDIDATE



SCAN ME

In Brief Updates

online challenges".

ISPs and internet safety

An ISP (Internet Service Provider) is a company that provides access to the Internet. Customers simply use their modem to connect to the ISP, which then links them to the Internet automatically.

There are many ISPs to choose from, and they should all have information on their websites about privacy settings and parental controls. It's important to check out exactly what you're getting before you pick one.

When choosing a provider ask yourself these questions: What is their Internet Policy? They should have one. Do they provide any Internet Safety Service? Do they provide access to filtering software? Do they have "safe" website access?

You can contact your ISP for more information about internet safety, parental controls or questions about settings. If your existing ISP doesn't offer sufficient safety options to meet your family's needs, you should consider switching to one that does. For more details see netsafe.org.nz and keepitreonline.govt.nz.

Cook Islands Language Week / Te epetoma o te reo Māori Kuki Airani

Cook Islands Language Week celebrates the identity, languages, and culture of students from the Cook Islands and helps all New Zealanders journey towards shared cultural understandings. This will run from 2 to 8 August 2020, and the following pre-schools programmes will be delivered at the Te Manawa Library, 11 Kohuhu Lane, Westgate, by the Cook Islands librarian, Ange, and each programme will have a Cook Island flavour.

Tuesday 4 August: Wriggle and Rhyme for babies aged up to 2

Anna Jeffs

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years at 9.30 am and 11am.

Wednesday 5 August: Storytime for children aged 3- 5 years, but everyone is welcome, at 10.30am.

Friday 7 August: Rhymetime for children aged 2-5 years, but everyone is welcome, at 10.30am.

Conversations

For most of us life is all about communication and conversations. But for someone elderly or living with dementia day to day conversation can become hard. A person with memory issues may not be able to keep up to date with current topics but may enjoy reminiscing on past life experiences. Looking through old photos can be a nice way to communicate, even if words no longer flow as they once did. Conversation starters are another good way of getting people to talk at their own pace. At Mindjig we have 'The Art of Conversation Cards' which give hundreds of ideas on topics to help getting people interacting. For example "What's the naughtiest thing you did as a child?" Visit www.mindjig.co.nz to see a range of items to suit different ages and abilities. Email Julie or Jonathan at info@mindjig.co.nz, Phone 09 600 3251, Phone or Text 022 480 3022.



Pre-election debates

A series of political debates by candidates and political parties across the Upper Harbour Electorate is coming up to help voters in this area to make informed choices in the general election on 19 September.

3pm Sunday 16th August, Headquarters Building, 214, Buckley Avenue, Hobsonville Point:

Upper Harbour is an electorate with three motorways, two ferry terminals, access to two bus stations, but we still have difficulty getting to the places we need to go. What is the future of transport for Upper Harbour?

5pm Sunday 23rd August, Greenhithe Hall: Business in Upper



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In Brief Updates

Harbour is successful; but we are not immune to shocks and crises. What can the government do to make businesses more resilient?

7:30pm Tuesday 1st September, Meadowood Community House:

We are very proud of the quality of our Schools in Upper Harbour and surrounding elec-torates; but they are coming under pressure because of housing growth. Recently both Albany Primary and Hobsonville Point Primary have had to make unpopular changes to their enrolment zones. What will investment in education in Upper Harbour look like in the future?

6:30pm Sunday 6th September, Bayview Community Centre:

Looking after our Urban Ecology presents specific challenges; especially in an area like Upper Harbour. We are defined by our relationship with the harbour, we are the link between the Waikare Ranges and Hauraki Gulf in the North West Wildlink, and communities like Bayview and Greenhithe have some of the highest urban tree cover in Auck-land. Yet we are also in a high growth area. Can we protect and enhance biodiversity in our area in the face of growth and climate crisis?

Like to try Country Dancing?

Now is the time to come and have a go! It might be to learn a new culture, to meet new people or to keep fit physically and mentally. Country Dancing is a sociable form of dance that caters for all those things. Everyone is welcome - there is no need to bring a partner, but if you know others that are interested, please bring them along! All levels are welcome - all dances are taught.



We are Waitemata Scottish Country Dance Club, and have been meeting at 6.45 on Tuesday evenings at Kelston Community Centre (Corner Awaroa Road and Great North Road, Glendene) ever since the hall was built in the 1970s. That's not all! It is a world-wide organisation, which enables you to join dancers in most countries throughout the world.

Ring Esther 09 838 7263 for more information or just come along.

Seniornet West Auckland

It's so good to be back having our regular meetings and Help Days. If you are wanting help using your computer, smart phone, tablet or laptop we may be able to help you. SeniorNet is all about Seniors helping Seniors so our tutors understand the need to go at a slower

pace.

Help Days are held on the 1st and 4th Tuesday of the month from 10am to 11am, although we will stay on longer if need be. Both Apple and Android devices are covered. We charge a \$5 fee if we are able to help you. If you are not a member you may join on the day or if you belong to another SeniorNet group please have your membership card with you. Feel free to call in and have a chat if you just wish to know more about us. Our room is upstairs in the Henderson RSA at 66/70 Railside Avenue, Henderson. If you wish to contact us our office phone number is 09 837 7600 please leave a message and someone will ring you back.

We have an open meeting on the 3rd Tuesday of the month the next being on the 18th August at 10 am in the Kelston Community Centre cnr Awaroa Road, Kelston. You do not have to be a member of Senior-Net to attend. Our guest speaker will be a Lady from the Library who will be speaking about reading books through Libby, RB Digital and Newspapers on line through the Auckland Library, how to download and operate these systems. Even if you are using some of these systems already I'm sure there are things we can still learn. Entry is by a \$2 Raffle ticket so you could also win one of 3 prizes. This will be followed by morning tea as usual.

Work Navigator at Te Manawa

Te Manawa is launching Work Navigator - a free service to help with your job search and employability.

From Tuesday 21 July, Te Manawa's friendly staff can help you with practical information to support you in your search for work or a change in career. Whether it is finding information about training and development opportunities, exploring a new career path or help with applying for a job, Work Navigator is here for you.

Some of the things we can help with include, building your CV and cover letter, creating online job seeker profiles and submitting job applications. We'll also connect you with skills development, education and training courses.

Work Navigator has computers for dedicated job searching, free WiFi, free printing of CVs and job applications and free online training courses to help you build your skills.

Te Manawa Centre Manager Margo Athy says "The Te Manawa team are really looking forward to supporting people in our community gain confidence, skills and resources with their job search."

"Anyone is welcome, whether you are just starting out in the workforce, keen to upskill in a different area of the job market or have been effected by job loss or redundancy. Work Navigator has a whole bunch of free services and resources to help you navigate your way through job searching and to boost your employability. Our staff at Te Manawa are looking forward to assisting you to take your next career steps with confidence" she says.

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In Brief Updates

Alongside the Work Navigator drop-in sessions are two free work readiness courses provided by Literacy Aotearoa. The 10 week course begins Monday 20 July and will focus on CV and job seeker profile creation, as well as interviewing tips, developing your confidence and employment skills, and more.

For more information about Literacy Aotearoa's Work Readiness Programmes or to register, email: info.c2@literacy.org.nz or phone 0800 678 910.

Drop in to Work Navigator in Te Ara Tapuwae Creative Space, Level 1, Te Manawa

Tuesdays, Wednesdays and Thursdays 10am - 2pm during term time. Te Manawa is opposite the Northwest Shopping Centre, on the corner of Te Pumanawa Square and Kohuhu Lane.

For help outside of these times, call us on 09 377 0209 or email us at temanawa@aucklandcouncil.govt.nz for an appointment.

Auckland Horticultural Council

Auckland Horticultural Council is pleased to announce our Spring Flower Show on Saturday September 12th from 10am to 3pm. This will be at the Auckland Horticultural Centre, 990 Great North Road, Western Springs. Entries are available to everyone with these categories, seasonal blooms, floral arrangements and special categories for children. Admission is free. There will be raffles, refreshments and plant sales. Come and enjoy a variety of beautiful spring blooms and floral creations. We have special classes for children and we encourage them to "get creative" and enter our show.



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Kip McGrath Education Centres: A reputation for excellence

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

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

At Kip McGrath you will see your child; enjoy learning, develop confidence in his/her natural ability, make real progress and achieve better results at school and finally 'get it' and smile.

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

Waitakere Grey Power Association

Waitakere Grey Power Association is for the third year holding a General Meeting for our members living in the North West at the Waimauku RSA (891 State Highway 16 Kumeu) on Wednesday 26th August 2020 from 3.00pm to 5.00pm. We have confirmed as our Guest Speaker, Christopher Penk, National Member of Parliament for Helensville. We invite all our members and friends for an opportunity before the General Election in September 2020 to engage with your local Member of Parliament as is our duty as an advocacy organisation. You are all invited to stay for dinner at the Waimauku RSA at the conclusion of the meeting, at your own cost. Members please tell your family and friends about the meeting so that we have a good turnout.

Mate Marinovich, President, Waitakere Grey Power Association, Office 247 Edmonton Rd, Te Atatu South.

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Safer Communities



Congratulations to Louise and JB of the Waitakere Volunteer Fire Brigade who passed the seven-day fire fighter course with great results. They worked hard for past six months to finish their theory and practical pre course work. The COVID-19 lock down certainly made it challenging for them as they lost valuable training time.

We have our youngest recruit fire fighter aged 17 completing the course in August.

Heaters and clothes dryers

- Remember the 'heater metre' rule: keep flammable materials at least one metre away from any heat sources. And it's one heater or larger appliance per plug - no more.

- Never cover heating appliances or store objects on top of them.

- Don't overload clothes dryers and clean the lint filter after each load cycle.

Portable LPG gas heaters

- Check to see the gas hose is in good condition and doesn't show any signs of damage or wear.

- If the heater does not light straight away, turn it off and then try again. Don't let the gas build up before trying to relight it.

- Always have fresh air coming into rooms where a gas heater is in use.

- Have your heater serviced every 12 months.

Other fire safety tips to remember:

- Fire moves incredibly fast - a house fire can kill within three minutes. Keep your smoke alarms in working order by pressing the button to check.

- Make a household escape plan so you can get out safely during a fire. Always keep keys in deadlocks on doors and windows.

- Don't leave the room when cooking. If you need to, remember to switch off before you walk off.

We're here to help. At no cost to you, Fire and Emergency NZ are happy to visit your home and:

- Check existing smoke alarms to ensure they work and are in the right places.

- Install smoke alarms if you need them.

- Help you make an escape plan

- Call 0800 693 473

Keep safe



Denis Cooper

Deputy Chief Fire Officer

Waitakere Fire Brigade

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Property

Employee or independent contractor?

In *Leota v Parcel Express Limited*, the Employment Court recently addressed the question of whether someone is an independent contractor or an employee. This case determined that a courier driver engaged under an "independent contract" was in fact an employee. Although the decision was largely contextual (i.e. the findings were confined to the facts of this case), the decision brings timely reminders that the label attached to a relationship will not always be indicative of its true nature. In this instance, and following termination of a contract of service, Mr Leota asked the Employment Court for a declaration that he was in fact an employee, and not an independent contractor. On the evidence, the Court determined that the real nature of the relationship was an employment relationship, and not one of an independent contractor. Factors considered by the Employment Court were: the level of control exerted by the company over Mr Leota and the economic reality of the employment arrangement. While not all courier drivers will be employees, the defendant company's argument was that Mr Leota entered into an independent contractor arrangement knowingly.



The Court pointed out significant imbalances between the parties including: English was Mr Leota's second language, he was recruited at a time when the company had difficulty maintaining employees, he had little, to no, understanding of New Zealand employment laws. The Court accepted the description that he was naïve as an apt characterisation. In establishing whether a worker is an employee or independent contractor, there are several established legal tests, including the control/integration test and the economic reality test. The control and integration test determines the level of control exerted by an employer, and likewise the level of independence held by a worker; the more control exerted by an employer, and less independence held by a worker, the more likely the relationship is to one of employer/employee.

The economic reality test also looks to the true nature of the relationship to establish whether the worker is effectively working in a business on their own account or not, by analysing whether the worker/contractor has opportunities to build a larger client base, increase remuneration, alongside whether the worker may be registered for GST. These are not the only tests and obtaining legal advice is important in every situation. Importantly, similar legal tests are utilised for tax purposes by Inland Revenue to determine the

true nature of the employment vs contractor relationship. Where a contractor has little independence, works specific hours, has no ability to make changes, does not have other contracts, cannot grow a business/client base, it is very likely there is no autonomy and thus the relationship may be one of an employer/employee. For legal advice on your specific situation, contact the team at Gina Jansen Lawyers on 09 869 5820. NB: Our new offices are just off Lincoln Road, upstairs at 9C Moselle Ave, Henderson, beside Western Auto Electrical and Pitt Stop. There is free client car parking.

Property market report

When Covid-19 hit New Zealand, most in the Real Estate Profession were predicting a very difficult year, but since coming out of level 4, the market has seen multiple offers on properties and some selling for much higher prices than expected.

There's a strong appetite for property with buyers willing to spend money. The biggest resistance is a reluctance from banks to lend to people in some industries and some geographic areas. House prices defied pandemic effect predictions and rose in nationally 9.2 per cent from last June's \$585,000 to \$639,000 last month.

Bank economists seem to be united in their comments, stating "We're not convinced that either sales or prices will be sustained at these levels. The jump in sales is likely to reflect pent-up interest by both buyers and sellers following the lockdown period. Meanwhile, prices are caught between much lower borrowing rates in the near term and a severe hit to economic activity that may become more apparent later in the year as the wage subsidy expires, unemployment rises and the international tourism market remains out of action. We don't think we're out of the woods yet".

REINZ said that June marked 105 months in a row of national prices increases. Excluding Auckland, the national median rose 11.3 per cent. Auckland's median also shot up 9.2 per cent from \$850,000 a year ago to \$928,000 last month. Looking at the Auckland region, prices increased when compared to the same time last year in all districts except Papakura which saw a 7.9 per cent fall in median price from \$710,000 to \$654,000. The number of properties sold in June nationally rose 7.1 per cent annually to hit 6625. That was the highest number of properties sold in a June month for four years. In Auckland, the number of properties sold in June increased by 9.4% year-on-year from 1878 to 2054.

The confidence of buyers is strong, while the support from banks is very weak. We expect that over time it will be the Banks lack of confidence in the supply of mortgage finance that may cool the market rather than anything that comes out of the Reserve Bank, who appear to be throwing everything into stimulating the economy.

Let's look at the sales results:

Hobsonville \$739,000 to \$1,460,000

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Property

Massey	\$565,000 to \$1,210,000
Swanson	\$785,000 to \$1,090,000
Waitakere	\$785,000 to \$1,260,000
West Harbour	\$590,000 to \$1,650,000
Westgate	\$650,000 to \$920,000
Whenuapai	\$875,000 to \$1,172,000

Call Graham McIntyre on 0800 900 700, text 027 632 0421 or look me up at www.grahammcintyre.co.nz - Mike Pero Real Estate Ltd Licensed REAA (2008).

RTA Amendments Bill

RTA Amendments Bill #3 has just progressed through Select Committee and is looking almost certainly to be passed into law with urgency by the current government

The proposed changes seek to:

- remove the ability for landlords to end a periodic tenancy agreement with no cause. The legislation will instead provide for a range of justified reasons to end a periodic tenancy, including new provisions to respond to antisocial behaviour.
- require that fixed-term tenancy agreements must become periodic tenancy agreements upon expiry unless: both parties agree otherwise, the tenant is not meeting their obligations, or specified grounds for the tenancy to end apply.
- Allowing for tenants to re-assign a tenancy with landlord approval (assuming this means pre-tenancy checks are applicable and good reason required from landlord for not accepting a re-assignment)
- Tenancy agreement must be in writing and signed (failure to have one is an unlawful act by the landlord and carries a penalty)
- increase financial penalties and give the regulator (through the Tenancy Compliance and Investigations team) new tools to take direct action against parties who are not meeting their obligations.
- allow for identifying details to be anonymised in situations where a party has been wholly or substantially successful when taking a case to the Tenancy Tribunal.
- ensure that tenants can add minor fittings such as brackets to secure furniture and appliances against earthquake risk, baby proof the property, install visual fire alarms and doorbells, and hang pictures.
- prohibit the solicitation of rental bids by landlords and limit rent increases to once every twelve months.

Clearly this bill is entirely and un-apologetically designed to assist renters and is certainly not overly popular with landlords and many tenants, whatever way you look at it this is it is going to be the new normal in the near future so we have to learn to work with it.

The only part of the above that is really daunting for landlords is the removal of no cause terminations, particularly in relation to anti-social behaviour, while there is a process for landlords to deal with anti-social behaviours from a tenancy it is going to require very specific process be followed and an application to tenancy tribunal to seek a termination of the tenancy.

For more detailed discussion on this matter I am happy to be contacted directly by phone or email, Brendon Stuckey from Quinovic Property Management West Auckland, brendon@quinovic-wa.co.nz, 09 837 6000, 027 490 7777.

Trusts Act 2019

ClearStone Legal (by Anita Allan)

Family Trusts have been part of our society for a very long time. Some organisations estimate that there are some four hundred and fifty thousand family trusts in New Zealand alone. Asset planning for families, business creditor protection, relationship property considerations are some of the reasons for establishing and maintaining trusts.

Recently, the new Trusts Act was passed into law and will come into effect on 30 January 2021. From this date, if you have a trust, the trustees will need to be familiar with the changes to the Trusts Act.

The changes include increased compliance requirements for trustees, identifying and advising beneficiaries of the trust and there are requirements regarding provision of information to the beneficiaries of the trust.

We recommend that if you have a trust, that it is time to take stock and consider whether your trust is still relevant to your circumstances with the increased obligations in mind for the trustees of the trust. It is also timely to consider a review of your trust and whether all your trust documentation is in order and up to date.

Please contact ClearStone Legal (incorporating Kumeu-Huapai Law Centre) on 09 973 5102 or email admin@cslegal.co.nz to make an appointment to discuss your trust and the way forward. In the meantime as we enjoy freedoms that other countries envy post COVID lockdown, please continue to take care of yourselves and your loved ones and stay warm and healthy.



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Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HOBSONVILLE	1,200,000	301M2	237M2	1,268,000		960,000	509M2	176M2	945,000
	1,225,000	322M2	247M2	1,380,000		690,000	809M2	130M2	742,000
	820,000	159M2	121M2	866,000		550,000	351M2	60M2	555,000
	1,050,000	225M2	174M2	1,012,000		680,000	708M2	90M2	730,000
	535,000	97M2	42M2	585,000		770,000	609M2	161M2	745,000
	545,000	336M2	230M2	1,255,000		620,000	435M2	130M2	719,000
	860,000	144M2	165M2	915,000		730,000	784M2	140M2	720,000
	1,200,000	318M2	224M2	1,185,500		750,000	1151M2	200M2	943,000
	700,000	59M2	108M2	739,000		560,000	446M2	90M2	675,000
	1,150,000	333M2	209M2	1,195,000		620,000	77M2	100M2	710,000
	1,125,000	450M2	244M2	1,271,000		750,000	814M2	110M2	706,800
	960,000	175M2	180M2	960,000		690,000	465M2	76M2	665,000
	860,000	150M2	157M2	950,000		960,000	910M2	130M2	890,000
	970,000	159M2	163M2	995,000		540,000	335M2	100M2	622,000
	680,000	110M2	75M2	763,000		840,000	387M2	182M2	795,000
	1,425,000	362M2	307M2	1,386,000		650,000	675M2	90M2	730,500
	1,375,000	369M2	285M2	1,455,000		720,000	428M2	140M2	765,000
	900,000	195M2	180M2	953,500		605,000	794M2	110M2	690,000
	1,050,000	201M2	180M2	986,500		500,000	809M2	70M2	550,000
	1,230,000	543M2	210M2	1,200,000		680,000	675M2	100M2	820,250
	1,230,000	343M2	224M2	1,185,000		740,000	606M2	90M2	785,000
	880,000	170M2	130M2	929,000		720,000	661M2	90M2	655,000
	760,000	168M2	94M2	765,000		690,000	1354M2	90M2	717,500
	1,320,000	453M2	300M2	1,460,000	WEST HARBOUR	1,270,000	693M2	240M2	1,200,000
	1,015,000	181M2	187M2	975,000		810,000	641M2	120M2	850,000
MASSEY	970,000	885M2	180M2	980,000		750,000	383M2	80M2	710,000
	690,000	895M2	100M2	790,000		1,250,000	654M2	240M2	1,400,000
	830,000	743M2	150M2	855,000		715,000	368M2	184M2	884,275
	690,000	788M2	130M2	785,500		950,000	762M2	146M2	810,000
	930,000	840M2	220M2	857,000		1,280,000	678M2	180M2	1,027,000
	795,000	639M2	90M2	863,000		1,200,000	682M2	220M2	1,100,000
	670,000	323M2	107M2	739,000		690,000	409M2	90M2	770,500
	660,000	365M2	84M2	690,000		1,200,000	717M2	240M2	1,090,000

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.

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

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Offers Over \$2,800,000

2 Koraha Road, Kumeu
Offers Over \$2,800,000

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

www.mikepero.com/RX2249624



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QUARTER ACRE SECTION - CUL-DE-SAC LOCATION

4 2 2

By Negotiation

3 Vintners Close, Huapai
By Negotiation

You seldom come across sections of this size in Huapai offering expansive green grass and the garden of eden. This property is a treasure trove, offering a fully fenced rear yard and a home with alfresco to the east, north and west delivering plenty of options to relax and entertain in all weather. A very well presented cedar home delivering open plan living/ dining area with alfresco to decking and step down to the lawn. Galley kitchen with breakfast bar with function and views. Four bedrooms - Two bedrooms and main bathroom, laundry and double garage access while upstairs enjoys a sun filled master with ensuite and walkin wardrobe and single bedroom. All presented to a good standard. A short stroll to Huapai Primary School, Transport links and convenience shopping.

www.mikepero.com/RX2349593



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Asking Price \$1,149,000

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

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

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AFFORDABLE IN WAIMAUKU ON 1236 SQM OF LAND

4 2 2

By Negotiation

16 Denehurst Drive, Waimauku
By Negotiation

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

www.mikepero.com/RX2223811



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WHEEL CHAIR ACCESS PRIVATE AND SECURE - KUMEU

4 2 2

By Negotiation

18 Josh Road, Huapai
By Negotiation

If you are seeking a better living environment with the ability to easily advance to a wheel chair friendly home, this is the one for you. Flat, single level and near new construction delivers an environment that is easy, accessible and warm. While the design has created options for office, two living rooms or lounge and media room. Open plan entertainers kitchen-dining that links seamlessly to westerly patio and all season low maintenance lawn and gardens showing plenty of colour and grace. The flow from double garage, separate laundry and wider hallway is specific for wheel chair access and is comfortable, open and light. Four generous rooms or three and a study, your choice, generous bathroom and with a large master with open, easy access ensuite, and shower cavity.

www.mikepero.com/RX2387002



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3222 SQUARE METERS - BIG OPPORTUNITY IN WHENUAPAI

3 1 1

\$1,545,000

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

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

www.mikepero.com/RX2204835



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LAND - RV \$550,000 - NO COVENANTS - VIEWS

Offers Over \$575,000

56E Kaipara Coast Highway, Helensville
Offers Over \$575,000

A truly stunning 1.6 hectare lifestyle block offering a serviced flat building platform and outstanding views to the North West. It delivers a site that is perfect for an entertainers home with extended views and privacy. The site has easy and established driveway access and title is issued and ready. In addition to the two grassed paddocks the land has a small covenanted native bush area that supports extensive bird life and privacy. Grazing is suitable for small hoofed animals (sheep, goats, alpacas) and offers good planting options to ensure you get the most out of this amazing block. Motivated Vendor is happy to look at an extended settlement. Close to Helensville convenience shopping, schools, transport links and inner harbour access.

www.mikepero.com/RX2366714



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



A PONY, POOL AND PANORAMIC PERFECTION - LIFESTYLE 5 4 2

By Negotiation

161 Mangakura Road, Helensville
By Negotiation

Situated high on the rolling hills that form the Helensville Water Catchment Reserve it offers the best of privacy, spectacular views. The home is Hebel construction, easy living by design, the home has an open plan entertaining kitchen-dining-lounge that creates superb indoor/outdoor flow, formal lounge and a separate office ensures you have the dedicated spaces required for business and entertainment. Offering five large bedrooms, three w/c's, bathroom, large ensuite and dedicated laundry. From an impressive entertaining lounge, large sliders lead to an outside dining/entertaining alfresco area and in-ground pool, all enjoying all day sunshine and panoramic views from Woodhill to the Kaipara Harbour. Garaging is two doubles with workshop and additional out-buildings for boat, stock or storage.

www.mikepero.com/RX2421084



Graham McIntyre
027 632 0421



BRICK HOME, GARAGING AND OFFICE/STUDIO - HOBSONVILLE

4 1 2

By Negotiation

325 Hobsonville Road, Hobsonville
By Negotiation

This character home has been fully renovated to high quality with modern amenities. Offering three generous bedrooms, large and fully renovated bathroom with his and her shower, and open plan kitchen/ dining leading out to north west facing decking. An extensive formal lounge which also opens to the decking area adds flow and fantastic natural sunlight to the home. Set up with feeding dishes for pets and easy back door access to a fully fenced yard suitable for active play. The studio/ office is fully insulated and presented to a high standard. It also has a single garage next door and a full bathroom. A stand-alone single garage with storage/workshop/bar space.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

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Offers Over \$759,000

Kiwitahi Road, Helensville
Offers Over \$759,000

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



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX2066456

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Central's Tips

August 2020



Now is a great time to plant fruit trees like apples and plums, layer compost around shrubs and start sowing spring and summer vegetables.

It's also time to plant potatoes so that they are ready for Christmas.

Did you know...

Planting a crop of potatoes in heavy soil will break up the soil and help improve the area for subsequent planting?



In the Edible Garden

- **Plant celery, onions and peas.** Peas grow tall, so they need a climbing frame to reach full potential.
- Hardy herbs that can be planted include **rosemary, oregano, thyme and coriander.** It's too early for basil
- **Seeds to sow:** summer vegetables – tomatoes, capsicum, eggplant, cucumber and zucchini – do them in seed trays under cover
- Pep up the vegetable garden with our new organic fertiliser **Fertco Organic Boost.** Certified organic, it is a complete soil and plant food and will create good soil biology for a successful season of produce
- **Plant potatoes in frost free areas.** Try Rocket, Jersey Benne or Swift for varieties that will deliver potatoes for Christmas Day. Seed potatoes do need to have 2cm shoots on them before planting

Lawns

- As it warms up and the grass begins to grow, **sharpen the lawn mower blades** and set them at a high level. Mow frequently to encourage growth

The rest of the Garden

- **Get scientific about hydrangea flowers:** If you'd like blue flowers, it's time to apply Aluminium Sulphate. For pink flowers apply lime around the bushes. Interestingly, white hydrangea flowers don't change colour unless planted in full sun, when they may get a pink tinge on them
- **Planting to beat summer drought conditions:** we recommend that all plants have **Aquaturf Max** applied in the planting hole, and that they are well mulched once planted. This limits drought stress on new plants as the summer get hotter. **Nutrasoil**, a blend containing Living Earth Garden Mix and topsoil, is great for planting new trees and shrubs that have bigger root systems
- **Collect up old blooms of camellias and azaleas** and other winter flowering shrubs, to keep areas like lawns, paths and gardens clear for drying out as spring approaches
- **Layer compost** around roses and other shrubs to improve the soil and add nutrients

Project for August

Plant Fruit Trees

Planting deciduous trees, including fruit trees, is successfully done during this winter season because they're dormant. Fruit trees such as apples, pears and plums will cope with Auckland's clay soils – read our planting blog here to give them the best start:

<https://centrallandscapes.co.nz/blogs/our-garden-blog/dealing-with-clay>





Our sustainable, NZ made JakMat will get you out of the mud!

Muddy paths and driveways are a thing of the past when you lay these quality, heavy duty mats made from recycled plastic. Fill with your choice of decorative pebbles for a great landscaped look at your property.

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Hot Property



Pony, Pool and Panoramic Perfection – Lifestyle

Many have commented that this is one of the best properties in Helensville with near new HEBEL construction, double glazing with a north west aspect that will take your breath away.

Situated high on the rolling hills that form the Helensville Native Reserve it offers the best of privacy, spectacular 180 degree views, hobby grazing and a short drive to convenience shopping, parks and inner harbour boat ramp.

The home is Hebel construction, regarded by many as the ultimate

rendered masonry finish, providing high gain insulation performance and durability. High quality double glazing and excellent hardware through the home delivers satisfaction for the buyer that is looking for a higher class of home. Constructed stronger to satisfy a higher wind zone.

Easy living by design, the home has an open plan entertaining kitchen-dining-lounge that creates superb indoor/outdoor flow that encapsulates the expansive view, while a formal lounge/home theatre room and a separate office ensures you have the dedicated spaces required for business and entertainment. Offering five large bedrooms, three w/c's, bathroom, large ensuite and dedicated laundry. From an impressive entertaining lounge, large sliders lead to an outside dining/entertaining alfresco area and in-ground pool,

Hot Property



all enjoying all day sunshine and panoramic views from Woodhill to the Kaipara Harbour. This home has the benefit of central air, while an open fireplace lined in schist gives you the feeling of being in the heart of Central Otago!

Garaging is 4 cars (two doubles) with workshop and additional out-buildings for boat, stock or storage. Access to the property is through the electric gate with a nice scenic drive up to the property. Offering an impressive 350sqm home on 1.6 hectares (4 acres), that supports a small olive grove and sheep grazing. Good fencing and water in all five paddocks.

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



Home & Garden

Solarcraft – solar carports are here

Not every home, business or property is fit for solar panels on their roof. There may be too much shading, it could be hard to reach or there simply may not be enough space or sun. These are all things we check out when we get a new inquiry for solar on any home, business or shed.



Here's another option. One that also offers a practical space for sheltering your vehicles.

A solar carport - to shade your cars from the sun while the sun hits the panels and feeds power to where it needs to be.

Solarcraft customise your carport to fit either a couple of cars for residential use or a whole fleet of vehicles for a big company. You can have a solar sun-cover only or add a weather tight kit to make it more waterproof.

Solarcraft have new products coming in all the time, plus 10 years of experience. We can translate any technical solar jargon into easy-to-understand info for you. Contact us anytime. Email info@solarcraft.co.nz Phone 0508 272389 or visit www.solarcraft.co.nz.

SPS Plumbing Services Limited

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

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

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

I cover most aspects of plumbing and treat every job as if I was working on my own home. I strive for customer satisfaction and believe in getting it right first time.

My services include: Hot water cylinders, new builds, bathroom renovations, plumbing maintenance, kitchens, toilets, spouting, water mains, burst pipes plus dishwasher and washing machine installation.

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

Mitre 10 Mega – Tradie's Corner

Getting it done with Mitre 10 MEGA Westgate & Henderson.

With the effects of COVID-19 on local businesses becoming more apparent, the owners of Mitre 10 MEGA Westgate and Henderson are continuing to highlight the local businesses within our community that partner with their stores.

The aim for store owners Dave and Elaine Hargreaves is to provide our local tradies with a 'message board' for their names, contact details and websites. "We are committed to our trade customers, their businesses and our wider community" says Dave. "They're a large part of the lifeblood of our business, and we really want to acknowledge them."

While the lockdown may seem like a distant memory for some, Dave understands many local businesses are still feeling the effects of it, and may be for some time. "I think this is another one of the ways that we are able to give back to the community and businesses we service."

"We are continually being asked for trade contacts by our customers, so we thought this would be a great forum to promote such sectors" says Elaine. "While we continue to receive such great support from our local trade partners, we will always continue to reciprocate this as much as possible."

Pest Control Workshop

Sunday 23rd August (9.30am to 11.30am).

New Zealand is an ideal natural environment for many kinds of pests to thrive and consequently wreak havoc with local or indigenous animal and plant life.

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Weekends: 8am to 6pm

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MEGA**

**WESTGATE
& HENDERSON**



MEGAWestgate
MEGAHenderson

Home & Garden

If you're having problems keeping pests under control, would like to do your bit towards pest eradication or simply like to know more about the interesting topic; then this is an ideal workshop for you.

Our presenter for the event is Cam Rathe, owner of Rural Pest Control. Cam is a local expert in this field with nearly 18 years' experience gained across the region within many areas including clearing pests from some of DOCs most sensitive locations. Topics to be discussed will include: Various types of pests (animal and vegetable), Problems caused by various pests, Eradication/control techniques.

These relaxed and interactive events are very popular so booking is recommended, though not essential, as spaces are limited (see below for booking details).

Afterwards you will also be able to stroll around the beautiful 1Km nature trail which has over 40 marvellous sculptures created for our 2020 exhibition by local and international artists on display. *

We also have our cute little coffee shop on site plus of course the Plant Centre for you to browse through.

Our knowledgeable and friendly staff will also be on hand to help with any garden related questions.

* Trail not suitable for wheelchairs or walking frames.

Venue location: 1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa. Tickets: \$20 per person. To Book: info@kaiparacoast.co.nz or 09 420 5655.

It's time for a break!

After the stresses and uncertainty of lockdown, of monitoring the rapid changes, stresses have built up in all of us.

We were operating at 100%+ - with full-on drive to get through. It's a bit like a 100m sprint. Then at some point the realisation sets in... "Things are actually going ok - I don't need to keep this intensity up". We can't keep sprinting indefinitely!



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So what do you do now? You move out of sprint mode to reduce the stresses you are feeling.... and take a break.

Grass and plant growth has eased a bit so it's easy to take a good couple of weeks away with no news and no internet doing activities you love to do. NZ has many terrific places to go that are moderately priced and very accessible - and there aren't many people there at the moment. A big winter holiday recharges you mentally and physically ensuring your physical and mental energy stays high.

Your local Jim's Mowing guy is likely to be taking a bit of a break over the next month or so. We recommend you do the same - and I know a terrific guy who could care for your lawns while you do.

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

Growing fruit trees

This is the time of the year to plant fruit trees, and at Awa Nursery we have plenty to choose from. Planting now ensures they have the rest of winter and all of spring to establish before their first summer. You will want to choose a sheltered, open sunny spot for your fruit trees, with good drainage. Once you have chosen your tree or trees, (remember some trees need a pollinator) prepare your site well. Dig a hole that is slightly deeper than the root depth of your plant and partly fill with a good garden mix. Place some



slow release fertiliser tablets in the bottom as well. Most of our fruit trees are recently potted, having come to us bare rooted. The soil in the bags will be loose and the roots of your fruit tree must be kept moist. Try not to disturb any new roots developing. Before back filling the hole, position the tree stake so you do not damage any roots. Firmly compact the soil, making sure your tree is no deeper than it was in the pot. Water well. Water is very important when growing new trees, and regular watering in dry periods over spring and summer is a must. Mulch your trees, which will conserve moisture, protect the roots, add nutrients and prevent the growth of weeds. Make sure you do not have to mulch too close to the trunk. Come and see us at Awa Nursery and get your orchard underway.

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

Property Management update

A post Covid-19 Property Management update from Private



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Home & Garden

Residence - Property Management Specialists.

Much like a lot of industries it's been a roller coaster few months, back in March the rental market was affected by urgent legislative measures put in place by the government to try and alleviate the financial impact due to Covid-19. Recently these measures were reviewed, and the Government announced changes to some of the legislation.

Current restrictions on tenancy terminations will ended on 25 June 2020. From 26 June, landlords can give notice to terminate a tenancy under the standard Residential Tenancies Act 1986 provisions. Usual notice periods will apply from the day a notice is given.

This should be positive news for landlords wishing to move back into rental properties and for vendors and purchasers of rental properties with tenants in place.

The six-month rent increase freeze remains in place up until and including 25 September 2020. Only then can notices be served notifying of rent increases with the required notice period of no less than 60 days or residential properties. This freeze was implemented to help soften the blow for people facing potential financial hardship brought by the pandemic.

With the above restriction being lifted we hope to see a positive change in the industry and genuinely hope that these unprecedented times are coming to an end.

Private Residence is a locally based, owner operated Property Management Company. We aim to provide a high level of service and provide honest advice that will leave you knowing you made the right choice. Selecting the best tenants for your property is a key focus and maintaining positive relationships with both tenants and owners is crucial.

With Private Residence you will experience:

- No locked in contracts, just 1 months' notice
- One point of contact for all your property management needs
- Cloud based software with owners and tenant access
- Clear, concise, and regular communication with both tenants and owners

Our services include:

- Free Appraisals

- Casual Letting and On-boarding Service - leave it to us to find you the best tenants and wade through applications, then self-manage.

- Full Property Management - long- or short-term leases

- Inspections - regular or one off

- Absentee homeowner management - our bespoke elite service for owners that are absent or away a lot.

At Private Residence we are all about you and your investment property, we service all of Auckland.

Based locally I'm happy to meet you on site or for a coffee to discuss your Property Management requirements.

Rachel Trafford - Property Manager | Business Owner. Phone 021 872 336 or visit www.privateresidence.co.nz.

Western ITM

Are you looking to pop up a new fence at your place soon? Now you can get a stronger and sturdier one! Western ITM Stores now have 150x25mm Fence Palings at 19mm PRICES... available in 1.2, 1.5 and 1.8 meter lengths.

Polystyrene Recycling - Expol Polystyrene Recycling Service is now available at Western ITM Kumeu!

These "Recycling Collection Pods" allow our store to recycle polystyrene from retail packaging and allows YOU to drop off your own polystyrene waste. Expol then collect it and convert it into new and useful products - like EXPOL QuickDrain, their no scoria drainage solution.

Planning a big clean up in your Back Yard? All Western ITM Stores stock Green Gorilla General Waste Bags. These super handy 3 cubic meter bags hold up to 1 tonne! Supplied flat packed. Collection is included in the price... just \$169.99 incl gst.

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

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Home & Garden

For further information or to have a project or your plans priced contact our experienced Sales Team today! Email: kumeu@westernitm.co.nz or phone 09 417 0141. Western ITM. Locals Supporting Locals. 3 Auckland Stores - Open Monday to Saturday. Whenuapai | Kumeu | Swanson. www.westernitm.co.nz.

Laser Plumbing and Roofing

Laser Whenuapai is based in West Auckland and services the plumbing needs of homeowners, commercial and industrial businesses all over Auckland.



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.

If you are thinking of building a house, we know this requires a lot of important decision making, which is why we will take the time to discuss your plumbing requirements with you and help to create your house into a home. We can offer full plumbing solutions for new builds as well as renovations.

Roofing - 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 7am-4:30pm and conveniently located at Unit 4, 3 Northside Drive, Whenuapai. Visit our website whenuapai.laserplumbing.co.nz for more information.

Waimauku Garden Club

Interested in joining us on our monthly trips?

After 5 months of no trips members met at The Brigham Restaurant and Cafe in Whenuapai for a High Tea.

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Home & Garden

Members enjoyed having this catch up. It was a happy occasion. While there, members filled in a questionnaire to give the committee an idea on how they felt the club should proceed over the next few months.

Potential ideas, a movie at Ryders in Avondale, a visit to the Tip Top Factory and on to Clevedon and gardens in October/November with a pencil booking in for The Brigham for a Christmas Buffet in December.

Our trips are always on the 3rd Thursday of the month.

Please contact our committee members for further information:
Ann 021 035 7406, Bette 021 145 1854, Diana 027 478 8928, Judy 027 272 9994, Moira 027 498 9152, Veronica 027 755 4645.

A haven in Huapai

38 Vinistra Road, Huapai / 162m²

Come and discover where urban family dreams are realised at the new Maddren showhome in Huapai. Ultra-modern and ultra-comfortable, this surprisingly spacious 3-bedroom, 2 bathroom home, promises and delivers. Warm timber pavilions invite you inside this light-drenched, architecturally designed home. High raked ceilings



add elegance and space to the combined kitchen and living area. A wrap-around hardwood deck offers indoor-outdoor flow and connects with the master and secondary bedroom. Despite its modest budget, Vinistra boasts premium black detailing and fixtures that put it a class above. This beauty has the extras and all the conveniences for easy family living. Discover the style of Vinistra. www.maddrenhomes.co.nz/showhomes.

Tile Wright

Tile Wright specialises in all things tiling; we provide high quality services including water proofing, bathrooms, kitchens and splash backs. With over 5 years experience in the industry, we pride ourselves on high quality workmanship.

We cover all of Auckland, have competitive prices and offer a workmanship warranty on all work completed.

Wanting to give your kitchen or bathroom a new lease of life?

Call us today on 027 260 8225 for a free no-obligation quote.



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House 181m² | Section 629m² | 3 beds | 2 baths | 1 living | 1 dining | 2 cars



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House 186m² | Section 18510m² | 3 beds | 2.5 baths | 2 living | 2 dining | 2 cars



Tick The Boxes In Huapai

\$890,000

House 144m² | Section 357m² | 3 beds | 2 baths | 1 living | 1 dining | 1 car



Architectural Kiwitahi Haven

Price By Negotiation

House 207m² | Section 297070m² | 4 beds | 2.5 baths | 1 living | 2 dining | 2 cars

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

Contact Dean Pritchard for more information
027 471 1886 | 0800 020 600 | deanpritchard@signature.co.nz

Pets

BARK NZ

A dog session is presented at Te Manawa Library (11 Kohuhu Lane, Massey) on the first Saturday of each month at 10.30am, with a dog story and interacting with the dogs. This is provided by BARK NZ. New Zealand has one of the highest rates of dog ownership in the western world. The likelihood of a child coming into contact with a dog in their community is more or less guaranteed. Owning and being around dogs has so many wonderful benefits and with the right knowledge, understanding and tools it can be a safe and positive experience for all.



BARK NZ is New Zealand's only registered charity dedicated to supporting our communities by providing education to children on how to be safe around, and have positive experiences with, dogs. They provide established programmes to New Zealand's children at pre-schools, schools and other learning and community facilities, and serve as a hub for volunteer educators throughout New Zealand who have an active interest in the safety of our children around dogs. See the Te Manawa page on Facebook.

Stories from a pet photographer

As an on-location photographer I have had the pleasure of going to some really stunning spots around Auckland for photo shoots with dogs and their families. From Bethells to Riverhead Forest to the Auckland Botanic Gardens and more. I get to explore and capture special photos in the most incredible places...most of which are right on our doorstep. I let my clients decide where in Auckland they would like to go for their photo shoots which keeps my job super exciting and interesting.



I recently had a shoot in Riverhead forest with a beautiful family and their seven dogs. Yes, seven! We met at our secret forest spot in the evening which meant that we had gorgeous golden light streaming through the trees, creating the most magical scene. There are remnants of huge fallen trees which lend themselves nicely as posing spots, not to mention the wispy long grass which makes it

look a bit like a scene from a fairytale. The dogs were in heaven getting to explore such a magical place, and so was I. The photos turned out beautifully.

If you were to book a photo shoot for your dog or family, where would you go?

All of my pricing and session information is on my website. Let's create some magical memories for you to treasure forever! www.dogandco.nz.

Cat lovers urgently needed

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

Can you spare two or three hours once a week?

Also loving homes needed for some of the friendly rescue cats.

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



DIY cat toy - kitty treat treasure chest

This home-made toy will test your cat's focus, reflexes and solving skills. It will also reward them for their time and effort with a treat.

What you will need:

- Sticky tape
- ½ dozen toilet rolls
- Piece of card - coloured or not
- Some treats or toys

1. Sticky tape the rolls together - 2 x 3 formation.
2. Tape the cardboard to one end of the toilet rolls so it has a back.
3. Place the toilet rolls with the cardboard on the floor and sprinkle in some treats/toys.



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Pets

4. Place on the toilet rolls on their side with the cardboard end against a wall.

Then sit back and watch puss figure out how to get the goodies. At Kanika Part Cat Retreat we have lots of toys in each suite for your kitty's pleasure. Phone 027 550 1406, email info@kanikapark.nz.

Mouse and rat poisons: The risk to your pets

At this time of the year rats and mice come sneaking into the house to avoid the cold and look for easy pickings. There are just a few things to know before you reach for the rat bait.

Poisoning from rodenticides are one of the most common types of poison cases seen by vets. The best way to avoid an animal being poisoned is to be careful with the use and application of the poisons.

Ensure they are put away in secure cupboards, remember that cats can climb and even if they don't eat the poison they could knock it off the shelf where it could be made available to the less discerning



pet (or child). When placing the bait ensure it is placed in a secure container that only rats and mice can get into.

The identification of what your pet may have eaten is paramount to enable the vet to treat your pet correctly. Take the container, packet, bottle with you so that they can identify the poison and treat accordingly.

Remember that our pets can also be poisoned by eating a rat or mouse that has ingested poison. So watch for symptoms and if you have any concerns take your animal straight to the vet.

Symptoms differ depending on the type of poison, the amount ingested, the size, age and health of your pet. Many poisons have an anticoagulant that prevents the blood from clotting, causing hemorrhaging and death. Signs can appear over a period of up to 4 days after ingestion. It may be seen as breathing difficulty, seizures, diarrhoea, vomiting, fever, blood in urine, faeces, very pale gums, vomiting and more.

The new baits that are available can stay for up to 4 weeks in the animal's system. They can be treated with an antidote, vitamin K, blood transfusions but unfortunately this may not work.

You will be surprised at the number of everyday household items we are keeping in our home that are poisonous to our animals.

If you have any concerns take your animal to the nearest vet.

For a free downloadable list of poisons go to PET First Aid & Training (NZ) Ltd www.petfirstaidandtrainingnz.co.nz or call 0508 PET FIRST

Information provided by The Dog Safe Workplace - caring for the welfare of your staff and reducing dog bites in our community.

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Graham McIntyre

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graham.mcintyre@mikepero.com

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Food & Beverages

Allely Estate open day success

We were so encouraged to see a strong turnout at our Wedding Open Day - more than 100 couples visited to tour our venue, meet the team, and talk to local stylists, florists, cake makers, photographers, DJs and more. Speaking of DJs, do you know what song DJ Mike Steffens says is pretty much guaranteed to get people on the dancefloor? Footloose by Kenny Loggins. And the most popular song to walk down the aisle to? Check our website for the answer!



We're extremely happy to be welcoming couples to Allely Estate this winter to exchange vows - even if they did initially plan on doing so in the warmer climes of Fiji or Rarotonga.

We're also starting to see bookings come in for Christmas functions, so reach out if you're interested in doing something local, with a local business - we'd love to have you.

athina@allelyestate.co.nz, www.allelyestate.co.nz

Photo by HAP Film & Photography.

Something special for Dad

With Father's Day looming on the horizon, NoShortcuts is making available a special deal; free delivery North Island wide, on each of their gift packs.

It's so easy to choose from the NoShortcuts range, because it offers something for every Dad's taste, from the tried and true Mustard Pickle and Beetroot Relish through to the spicy Sambal Ulek and exotic Feijoa Kasundi.



These products and all the others are 'hand made just like mum made' meaning all the health benefits, flavour and aroma are retained. And of course, there are no added artificial flavours, colours or preservatives.

The award-winning range of NoShortcuts chutney, pickle, relish and jam is wholesome, real food in the fast and easy convenience of a recyclable glass jar.

Make your own 2 or 3 jar gift pack selection for Dad, priced from just \$20, online at www.noshortcuts.co.nz or go to Noshortcutsnz on Facebook.

Peko Peko

Peko Peko has turned 1 since we opened our big place. Thanks for your continued support. We pride ourselves to serve our customers using fresh and good quality ingredients. Using only free range chicken and eggs, rice bran oils, our sauces are all house made with original recipes, and absolutely no MSG and no processed ingredients. You will find home-made fresh salad or unique omelettes in our rice bowls, and different varieties of okazu (side dishes) in our bento style set. And more to see in our menu. Please check our photos on our Facebook and Instagram page. You are welcome to dine in or takeaway. 6/102c Hobsonville Rd. 09 416 1197.



Soljans café

Soljans café is now serving our new winter menu, which has some stunning new additions. Make a booking to come in, or as always, walk-ins are more than welcome.

Winter weddings are also in full swing, with a few new packages available for those who have had to rearrange due to Covid.

We are offering a reduced rate for weddings in winter months up until the end of October, with venue hire fees of only \$1500.

We're also now offering "pop up" wedding packages. Perfect for those who have had their big day flipped upside down and now just want something more intimate and cost effective.

If any of this meets your needs let us know and we can set up a show around to get a feel for the venue itself, no charge and no obligations.



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Food & Beverages

Contact weddings@soljans.co.nz, or call directly on 09 412 2824.

New Zealand herbal brew

Delicious Hot Chocolate Peppermint Drink

If you love chocolate and peppermint, then try this version of hot chocolate for those cold winter nights.

1-2 teaspoons maple syrup or honey, 1 teaspoon cocoa powder, 1 teaspoon peppermint tea, milk (of any kind), and hot water. Using boiling water, $\frac{3}{4}$ fill your mug with the water and add the peppermint tea in a tea ball infuser. Allow to steep for 2-3 minutes, then remove the tea ball. Add the cocoa and sweetener boiled and stir well, then top up with milk.



Certified organic peppermint tea and other herb teas are available on our website NewZealandHerbalBrew.co.nz.

Pig. Smoke. Fire

Ready to enhance your home cooking offering and learn more about butchery, small goods, smoking and cooking over flames? Michael Van de Elzen's Good From Scratch Cooking School has just the class for you; Pig. Smoke. Fire, an informative experience led by talented butcher Francesco Visco and chef Michael Van de Elzen.



This full-day experience will teach you how to break down a small beast into restaurant-quality cuts and small goods, to replicate in your own home cooking regime. Guests will be treated to a session discussing techniques and skills, demonstrated by butcher Francesco, and pick-up top butchery tips.

The day will begin running through the butchery of a pork body; boned and rolled legs, shoulders, butterflied cuts, racks, ribs, belly and sausages. Then chef Michael Van de Elzen will take over and teach wet marinades, dry rubs, and salsas to perfectly match with pork. The outdoor Engel fireplace will even be turned on hot, to showcase how to cook pork cuts over open flames for a lunch treat.

Guests will also learn the art of plating, ensuring every dish is as beautifully presented as it will taste, meaning the next dinner party you host will be very well received.

To conclude the day, a late lunch will be provided for all, with various cuts of meat, sauces, delicious yoghurt flatbreads and fresh greens from the extensive gardens. All to be enjoyed with a glass of tasty, local wine or craft beer, over views of the magnificent Muriwai Valley area.

The Good From Scratch Cookery School is based in Muriwai, West Auckland and offers farm-to-fork cooking classes as well as demonstrations and a space for private events. Established by Michael and Belinda Van de Elzen in 2019, the school embodies their philosophy; food is best when it's prepared from scratch.

For details on when the next Pig. Smoke. Fire class be held, visit goodfromscratch.co.nz.

Cinta Malaysian Restaurant

Newly opened outdoors in the town square at NorthWest Shopping Centre, share a true Malaysian dining experience with friends and family.



Locally owned and operated, owner William Law has been offering authentic Malaysian cuisines in Auckland since 2007. William and his team are passionate about introducing diners to a wide range of his favourite Malaysian dishes. A family friendly restaurant, experienced chefs create mouth-watering cuisine, including a children's menu, which was lovingly put together to entice younger diners.

All dishes can be adjusted to suit a range of palates and cultural requirements, with a great wine list and special cocktails also on the menu. For something different try Malaysian afternoon tea, with traditional special tea and Malaysian cake.

The friendly Cinta team take pride in sharing a passion for food and they look forward to meeting you. Bookings recommended.

Open Monday-Wednesday 10am-9pm; Thursday-Sunday 10am-late. Cinta Malaysian Restaurant - 46-48 Maki Street NorthWest Town Square. Phone 09 213 2819.

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Health & Beauty

Children's Eye Exams

In addition to a full eye test (1 hour) we assess; Difficulties at school (history and symptoms). Muscle balance (eyes working together properly). Dominant eye (for better reading skills). The ability for eyes to follow a moving object (tracking). That both eyes focus clearly for reading (specs required?).



Spectacles, contact lenses and/or exercises may be prescribed which may assist your child to achieve better maths and reading, increased self-esteem, clearer writing and increased concentration, and reduced headaches and tiredness. A much calmer child altogether!

Contact us for a discussion or an appointment on 09 416 3937.
Hobsonville Optometrists, 413A Hobsonville Road, Hobsonville.

Shoe Care Tips for Suede

Caring for Suede Shoes - Suede is a beautiful material that looks great although requires a bit more care than flat leathers, where you can cover stains, scraps and cuts with polish.



Prevention is the first step so when you purchase your suede footwear, also purchase a water protector spray, this will put a silicon layer onto the suede which will help repel stains and dirt. Apply before you wear the shoes, let dry overnight.

Brush your shoes with a suede brush regularly to remove dirt and also to revive the nap, do this with a proper suede brush, follow the grain of the leather and use gentle motions. Respray the shoes each time you do this and also between time.

Additional Care tips: Always brush the nap in the same direction, this will keep the shoes looking clean and stop you just brushing dirt around the shoe.

Do not leave your shoes in the sun, this will fade the colour. Keep them cool, dry and well aired.

If your shoes do get wet, try to absorb as much moisture as possible before leaving to dry naturally. You can then deal with water marks once they are fully dried.

If you get mud on them, leave it to dry before brushing off in a sweeping motion, again so that you don't just brush the dirt around the shoe

Avoid harsh chemicals, these will damage both colour and material; keep it as natural as possible.

When should your child see an orthodontist?

So you've noticed a problem with your child's teeth and are wondering if they might need braces. Maybe they have bucked teeth (often resulting from thumb sucking), crowded or overlapping teeth, an overbite, visible spacing between the top and bottom teeth when biting, an under bite, large gaps or centre top and bottom teeth that don't line up. But when is the right age for an orthodontic consultation?

Actually, the younger the better. Starting the process of correcting orthodontic problems early can be extremely beneficial for your child. A consultation and assessment in children as young as 7 years old can improve their chances of minimising or even avoiding full orthodontic treatment (and greater expense) later on. At Fraser Dental we can begin orthodontic correction early with children aged 7 or 8 years old.

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

Muscle wasting of old age and ways to stop it

Loss of muscle mass with age is called sarcopenia and affects around 10-20% of individuals over the age of 65 years.

In a new study 95 men aged between 65 and 90 years with various degrees of sarcopenia were compared along with the nerve activity with 48 healthy young men aged between 18 and 40 years. Results showed that the older men as expected had a lower muscle mass compared to the younger men. The nerve bundles or motor units of the muscles were 65% lower among the older adults with or without sarcopenia. Those with no sarcopenia had a 26 percent higher nerve activity than younger men. Similarly those with "pre-sarcopenia" had a 41 percent higher nerve activity than the younger individuals. Men with sarcopenia tended to have lower nerve activity.

This means that the muscle quality and quantity changes with age. However, maintaining healthy muscle mass with age could mean

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Shoe Talk™ we talk shoes

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

Health & Beauty

that quality of muscle activity was preserved for longer.

Younger people have 60-70,000 nerves controlling movement of their legs down from the lower back or spine, this number declines with age. Around 30- 60% of nerves are lost to age, and that leads to muscle wasting.

Therefore the research suggests that older adults must maintain healthy diet and also regular physical activity to keep their muscles strong and functioning. It is recommended that 150 minutes (2.5hrs) of moderate intensity activity per week or 30 minutes 5 days a week, accompanied by strengthening exercises at least twice a week.

This research shows that a patient specific strength based exercise program from your physio along with 30 minutes of moderate intensity exercise 5 days a week will help minimise muscle wasting and loss may be prevented but recovery of the lost muscle fibres is not possible.

At Hobsonville Physiotherapy we have 6 physiotherapists with plenty of experience in developing specific exercise programs to meet your needs and help you find your 'Freedom in Movement' so book an appointment today and let's keep you moving.

Emma Steel - Hobsonville Physiotherapy, phone 09 416 4455.

Be a bad host to those winter bugs

COVID 19 has shown us how important it is to look after our health. If we can be more proactive when it comes to our health, hopefully we will be able to reduce the risks of getting sick. Here are some things you can do to be a bad host to all those bugs and help strengthen

your immune system.

Eat well, Exercise regularly, Deal with stress, Get adequate rest, Drink lots of water and Resolve pain.

Start by picking one of these that you could improve and try to make a few positive changes. Small consistent changes are the key to making massive long-term improvements.

Elevate Chiropractic, helping you feel, move and function better.

For more information visit our website www.elevatechiropractic.co.nz or call the clinic on 09 413 5312.

Do you remember when?

Do you remember when you were a little girl and you would imagine what you would do when you grew up?

You would dress up like it, even have arguments with your parents when they wanted you in a dress for dinner out. But you knew who you were and were determined that a superhero or doctor outfit was what you were wearing and was absolutely fine going out dressed like that.

You would talk about it all the time.

You would watch TV shows or read books about it.

You would draw pictures of it and stick them all over your bedroom walls so you could see it every day.



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Nominations for the 2020 McIntosh and Fraser Dental Group Orthodontic Scholarships open on 1st August 2020!

This year we are awarding **two prizes of \$10,000** to deserving students for orthodontic treatment.

We are looking for students who have a clear need for orthodontic treatment and are currently attending selected West Auckland and West Harbour schools.

Visit: fraserdental.co.nz/scholarship for full details.

Nominations open on 1st August and close on 31st August 2020.

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www.fraserdental.co.nz
1 Wiseley Road, Hobsonville



Fraser Dental

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If anyone asked you who you were dressed up like, you would stand tall and say with 100% "I'm a superhero" or "I'm going to be a doctor when I grow up".

No matter what anyone said or told you to do, you stood your ground, strong, tall, determined and confident in who you were and what you were capable of achieving.

My question for you today.....

Where is that little girl full of confidence, determination, strength, resilience, motivation and imagination?

She is still there, she is still within you.

You ARE capable of anything! And it is NEVER too late to create a life you LOVE.

At the age of 35, I am just starting my triathlon adventure. This is something I have wanted to achieve and do since I was 16 but I started listening to others saying no or you can't, then "you're too old now, you would be competing against 20yr old energy bunnies"..... but you know what, if it isn't their dream or their goal, 9 out of 10 times that person will not get why you want to do it or how important it is to you.

Let your imagination show you what is possible, then go out and do it no matter what anyone tells you. Then.....

Find your tribe who supports you, cheers you on, pushes you when you need a nudge, lifts you up when you falls and is standing on that finish line screaming & cheering you on.

You are capable of ANYTHING.

It's time to show that little girl inside you just how strong, determined and amazing the grown up version of you has become.

Ready to start your fitness journey with a tribe of like-minded females?

Awesome! Let's catch up and find out how we can get you started today - contact Melissa 021 798 435 or feel free to check out our FB page www.facebook.com/benefityou.co.nz.

What's in my foot?

Feel like you have glass or a thorn in your foot but don't remember standing on anything? You may well have a corn or a verruca! While these two lesions produce similar symptoms in the foot, they are quite different from each other and therefore their treatments differ. A corn is a densely packed cylindrical mass of dead tissue, with the tip pointing into you. They generally form over areas of high pressure, such as bony prominences or scar tissue. Corns are generally found on the toes and forefoot but can also be on the heel or midfoot. They can be easily and painlessly removed by a Podiatrist. The difficulty with corns is that if the pressure that caused them is still present, they will return, your Podiatrist should discuss with you ways in which you can reduce the chance of them returning.

Verrucas are viral lesions that have a cauliflower like appearance. Like all viruses, they are contagious so can be picked up from other family members or at communal bathing or changing facilities. The virus takes over the skin cells and starts growing larger. The body is always working to clear viruses, and sometimes verrucas clear on their own. If they don't it tends to be either because the immune system is unaware the verruca is there (because they are on the skin it is harder to detect the presence of a virus), or because the immune system is focussing on other more pressing matters eg growing, keeping you well etc. If you are continually sick, the body will not prioritise clearing the verruca, it will instead focus on getting you well. Treatment of verrucas therefore is dual sided - supporting the immune system to do what it does well - clear viruses, and applying a topical treatment to treat the verruca from the outside. Generally topical treatments work effectively if the verruca is young, however if it has been there for longer than a few years surgical and laser treatments are the next options. Both of these work well, provided the immune system is strong!

For corn and verruca treatment (and other lower limb queries) give the team at Hobsonville Podiatry a call on 09 390 4184.

Working from home?

Experiencing dry, tired eyes and headaches?

With a large portion of Kiwis still working from home we are using computers and digital devices more than ever before, and all of that screen time can be hard on our eyes. Dry eyes, eye fatigue and headaches are just a few of the symptoms you can experience following extended periods of screen use. Talk to the team at Westgate Optometrists about a pair of blue-light-blocking computer lenses specifically designed to optimise your eyesight while viewing your computer screen or digital device. These lenses give you a wide, clear field of vision without forcing your eyes to continually refocus (or excessively focus) and reduce the amount of work your eyes have to do to keep objects at various distances in focus. The blue-light-blocking coating is a key part in not only reducing glare and unwanted reflections, but also controlling the amount of blue-light exposure, which has been linked to being an accelerant to age-related macular degeneration, as well as causing poor and interrupted sleep at night.

All of this contributes to significantly affect your overall well-being throughout the day, and the addressing of which has been shown to significantly increase productivity. So, are you experiencing some of the symptoms of digital eye fatigue? Phone the friendly team at Westgate Optometrists on 09 831 0202 to arrange an appointment.



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Located at 4/46 Maki Street. Opposite NorthWest Shopping Centre and the Kiwibank, around the corner from Goode Brothers Restaurant.

So you have a disc hernia?

40 years ago disc hernias could only be discovered during a surgery or on autopsy and their role in back pain and sciatica was obscure. Then after CT and MRI scans becoming widely available doctors thought the cause of the majority of the spinal issues could be identified and fixed surgically or otherwise. Now, few years down the track, we know that things are more



complex. Indeed, some patients suffer from disc hernia that causes compression of a nerve resulting in pain, tingling, weakness etc. In other patients disc hernia might be a complicating factor, however, pain might be caused by muscle spasm, joint restrictions and tissues tension. This latter group can benefit greatly from manual treatment, such as manipulation by an osteopath, chiropractor or physiotherapist. And it has been found that many people develop intervertebral disc hernia without any significant discomfort.

Finally, majority of disc hernias tend to improve and shrink a bit with time and thus easing the symptoms. It might take a few months or some years though, so be patient here. At Family Osteopathic Clinic we are have got experience treating back pain in relation to disc hernia with or without nerve compression and will be happy to assist. Phone 09 417 0097, www.familyosteo.com.

Boost your energy: healthy and natural options

Don't you just love it when you have lots of energy? You achieve heaps, and you feel good about your life. Having lots of energy is not just about feeling good. You need energy to make every part of your body work. Heck even sleep requires energy!

How can you get enough?

ATP is the energy molecule of the body. For the mitochondria to make ATP (energy) you need heaps of nutrients including good fats, amino acids from protein, oxygen, iron, magnesium, B vitamins, CoQ10, and vitamin K2.

The recipe for boosting your energy is simple in theory even if it is a

little hard to implement at times: eat well, exercise moderately, and engage in practices that help you cope with modern day stress such as yoga or meditation.

If you are doing all these things and you are still tired, then we might need to assess your nutrient status. You might have low iron, B12, or magnesium levels for example. There is one patient in my clinic currently that I suspect has liver damage related to previous poor lifestyle choices, and we are investigating if liver damage is the cause of her fatigue.

I have recently started trialing Myomax for some of my clinic patients who need an energy boost. Myomax contains pyruvate and vitamin K2, and has been shown to:

- increase energy production in mitochondria by 40 to 50% (wow!);
- increase cardiac output by 12%; and
- increase endurance capacity by 30%.

Having energy to burn is such a joy. Come into Massey Unichem Pharmacy if you feel you need a bit of an energy boost. We love to help. Martin Harris 396 Don Buck Road, Massey 09 833 7239.

Pilates

"Physical fitness is the first requisite of happiness. In order to achieve happiness, it is imperative to gain mastery of your body. If at the age of 30, you are stiff and out of shape, you are old. If at the age of 60 you re supple and strong, then you are young" Joseph Hubertus Pilates.

The nation's populace is growing older. This ageing demographic needs to stay active, strong and flexible to live a long and full life. Pilates works for everybody. For ageing adults, benefits include efficient breathing, improved postural alignment.



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Working with clients over 65 may seem daunting - how does one apply the Pilates method to an older body that is not so cooperative, perhaps relatively unfit? How does one keep the integrity of Pilates with a body that may present severe limitations of movement? I have an in-depth understanding of the Pilates method

I find an increasing number of older people coming to my studio to get the help and relief that conventional medicine or prescribed activities cannot provide. I am not a healer or a doctor but I do have the tools knowledge and experience to provide the individual with the skills they can practically use to improve quality of life. Older people are an amazing age group to work with. They enrich my life as much as - if not more than - I assist them. They are truly inspiring!

Phillipa Hamblin-Wong is an Advanced Classical Pilates Instructor, trained in the original Pilates method. She has been teaching Pilates for 20 years. She works across a broad range of fitness, needs and ages (10-87 years). Her main foci are rehabilitation and restoration. 09 413 8238 (Greenhithe) pilates.nz@gmail.com / www.nzpilates.co.nz.

Home-based hearing aid service

After more than 20 years as an audiologist, Lisa Greene saw a need for an in-home audiology service. She has established Hear 4U Limited, to support people with hearing needs, in west and north-west of Auckland. Lisa worked for Bay Audiology in Kumeu for the past 8 years, after many years working predominantly as a paediatric audiologist. She noticed that for many people, making it into the clinic for appointments was difficult. Many clients rely on family members for transport, and family often have to take time off work to get clients to appointments. Lisa will work with people of any age, and is happy to support people living in care facilities.

While people can make individual bookings, Hear 4U Limited has a subscription model where people can receive regular home visits throughout the year. Hearing aid batteries and most consumables are included in the subscription fee. The focus of this service is on

maintaining people's hearing aids, to ensure people get full benefit from them.

More information about Hear 4U Limited is available on the website at www.hear4u.nz or Lisa can be contacted by phone 0800 119 510.

Post lockdown lingering injuries

Have you injured your hand, wrist or elbow during lockdown? Sporting injury, fall off a ladder, injured while doing DIY around the house, caught in the dog lead? Pain lingering months later? Don't ignore that pain; we can help at The Hand Institute.

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

Lockdown body

Life globally and here, at home, has undoubtedly changed with "The Covid". Our collective experiences to date may mean that life never quite returns to how it was before, and we must hope that we all take forward something that we have learned.

One thing that has really struck me personally and professionally are the effects that lockdown has had on our bodies. It is no secret that I love patterns be they based in the movement, postural or mental domains. Patterns are key to our very existence and continued survival, but they can present an interesting paradox as any given pattern may be both beneficial and detrimental to us. Or, put another way, at what point or under what circumstances may a pattern cease being good for us and actually start affecting us negatively?

Unpacking these thoughts a bit more I found that the answer to this is not an easy one. In my clinical observations, since we have been able to re-open the practice, I have noticed that there are two broad types of patient presentation upon which physical or musculoskeletal patterns exert their influences in different ways.

Firstly, consider the person who leads a sedentary lifestyle; sitting during their daily commute and then at their desk all day. The impacts of these fixed physical, postural patterns upon their life are real and measurable. This person finds that, because of lockdown, they are released from these demands and are able to enjoy more balanced patterns in life. Working from home, or even pressing pause on work life, affords them more time and reduces the demands that these physical patterns require of them. They may even find that they are able to engage in some new active patterns - walking or cycling.



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Secondly and the corollary to the above example, is the person who, due to lockdown, is unable to work their physical job and has to become more sedentary. The effects of their normal physical patterns of movement are also real and measurable. This person essentially enters an enforced rest state and may also take up some new patterns of movement.

Now, depending on the individual, a person in each of these scenarios may respond positively or negatively. The change in the physical patterns may be just what one person's system needs and that change enables healing and repair to occur. However, there may be an individual whose system is so upset by the changes that the metaphorical rug is pulled out from underneath them and their musculoskeletal system enters a breakdown.

These ends of the spectrum are real for some people but the reality for most of us is that we exist somewhere in the middle. Becoming more aware of the effect that patterns have upon all aspects of our lives is essential and only then may we understand how to mitigate them. Dynamicity and variation to our patterns is the key and finding different ways to do things may be exciting and challenging.

Osteopaths are experts in recognising and identifying patterns, and we love helping people understand how important they are in their lives. Creating this understanding and exploring solutions can really make a positive impact on health and quality of life.

David Baskeyfield, Osteopathic Natural Health, Waimauku & Helensville.

Finally, safe for all ages to see their dentist

What a beautiful country we live in. New Zealand has been amazing at controlling and minimising Covid-19. We are so grateful to be able to say that it is now safe even for our more vulnerable age group of 70+ y/o to head out, explore and have fun.



And now that we are resuming normal life, we encourage everyone to continue their regular maintenance check-ups. Oral health is closely related to your general health. Your mouth changes as you age. Healthy eating, effective home oral care and regular dental visits are the three essential steps to maintain healthy teeth and gums for all age groups. Yet, as you get older extra precautions are needed. Just like you visit the doctor more often, you will find that increased regular maintenance visits to the dentist are going to bring real benefit to your health.

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- **Lenses to correct red-green colour-blindness**



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website: www.foreyes.net.nz

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

Here at Kumeu Dental we can now offer non-invasive procedures like durable sealants, giving long term protection for high risk exposed roots, as well as implants, bridges and crowns in situations where the structure of the tooth has already been compromised.

Ring our friendly team at Kumeu Dental on 09 412 9507 to book your regular dental exams. Catch any dental problems as soon as they develop to keep costs lower & teeth happier & healthier. Looking forward to seeing you soon!

Does Your Child See Well?

The head of the University of Auckland's School of Optometry and Vision Science estimates one in ten children in New Zealand needs glasses and don't have them because the school screening is inadequate. "Sight problems in primary school children are remaining undiagnosed for years due to insufficient eye checks." Says Professor Steven Dakin, "and short sightedness and long sightedness are not part of preschool testing."



He reveals new technologies to treat myopia early, and slow progression: Specialty contact lenses recently invented by NZ vision scientists. Some specialty spectacle lenses are also effective. Specialty eye drops. Time outdoors in natural light - not new, but now scientifically proven to slow the onset and rate of myopia.

Matthew at For Eyes in the Kumeu Village fits myopia-control contact lenses. He's also proficient in specialty spectacle lenses and a tint to improve your child's visual processing, thus supporting healthy eye development whilst accelerating learning. Phone 09 412 8172 for appointments.



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Area Columnists

Are you future focused?

Are you focused on today, or where you want to be?

With small teams typically making up SME businesses the owner is often spending all day working in the business, making sales, solving burning issues and dealing with a mountain of phone calls and emails.

How often you take time out to consider what you want your business to be in a few years' time, and how far you are along the journey. Without a firm destination, decisions are often ad hoc and a response to what is happening on the day.

What do you need to consider? It is a good idea to focus on a 3 to 5 year time frame.

How big do you want your company to be? Where are you going to be operating? What products/services are you going to be offering?

Who is your target market? Which customers should you be working with, or not working with?

What level of quality of your product or service do you need to consistently deliver to your customers?

What do you want your minimum standard of customer service to be?

What is your point of difference? Why should customers buy from you instead of your competitor?

What type of culture do you want to have in your company?

The next step is to break it down into milestones that you want to achieve in 6 months, 1 year, 3 years and 5 years.

Now that you decided where you want your business to get to, you need to write it down. It does not need to be a lengthy business plan that get lost or not looked at again. It can be put into a simple one page plan, or even just a statement on your office wall.

Writing down your plan has several advantages. By putting it into words you are solidifying the ideas that have been floating in your head. It becomes a commitment that you are more likely to stick to.

It is also able to be shared with others.

Sharing your plan with your staff enables them to know where the business is heading. They may have some ideas on how to help you get there, and it becomes a focus from which to make decisions on a daily basis in your business. If everyone in the business is heading in the same direction, there is less wastage of effort, less distractions, and you are more likely to reach your goals.

Sharing your plan with others also allows you to be held accountable for your actions. Just like having a fitness partner gives you motivation to turn up and keep going, a business partner or trusted business advisor can help hold you accountable and ensure you are on track.

Review your plan at least annually. Review what progress you have made in the last year and celebrate your successes.

Focus on the future.

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

Craigweil House

Craigweil House recently acknowledged the great work that our Diversional Therapists Flora and Theresa did during the Covid 19 Level 4 Lockdown - entertaining both residents and staff keeping up morale when everyone was in isolation.

But our Diversional Therapy Team doesn't just include our own staff but also our fantastic Music Therapist from Helensville Retts van Dam at Mapu-I-Musika Therapy Fale and also our outside entertainers who visit to provide live music and a sing a long.



Retts has recently joined our team providing music therapy and entertainment for our elders some of whom now find it difficult to express themselves due to cognitive decline, dementia or stroke, but find that playing a musical instrument, drum or just being present in the group provides the restorative pick me up that ensures that their mental, emotionally and physical wellbeing is being maintained - not all therapy is medical - a smile and a laugh in good company has more therapeutic benefit than an extra pill.

The residents at Craigweil depend on support from outside groups - don't be shy! - we are always looking for contributions from willing and enthusiastic volunteers - school age to retirement age!

Now that Level 4 lockdown is over - our Diversional Therapist have

Your brand + your message = your success

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

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

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

In response to advertiser demand we offer the following options:

Business Card Advertising:

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



Display Advertising:

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



Front Cover and Inside Page:

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



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



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

Area Columnists

once again started taking our residents out on day trips in our fabulous minibus - look out for more stories and adventures of our outings over the next few months.

We will be celebrating Mid-Winter this month with a special celebration for our residents - so if you see Christmas light and decorations in our front sunroom - no - you are not going crazy!

Pop in for a cup of tea and a chat - we offer a free complimentary day stay experience if you are currently considering day respite or if longer permanent care for your loved one is needed, we have vacancies for Memory Care, Hospital and Rest Home admissions.

Slow computer?

We have the solution to satisfy YOU and your bank account.

If you've got/ experienced a slow operating computer, you will agree it can be a headache. Fortunately we can offer you the most affordable way to boost your computer's operating system that not only reduces loading times by up to 50%, but has options to increase your storage capacity.

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For more please come to IT@Hand Computer Services on 322 Main Road in Huapai (opposite Mike Pero). Phone 09 412 9227 or Email huapai@itathand.co.nz.

Kiwis still in need post Covid-19 lock-down

While the majority of Kiwis are living an "almost normal" life in the current Covid-19 environment, thousands are struggling in the aftermath of lock-down.

During the lock-down period, the not-for-profit Citizen's Advice Bureau (CAB), was flooded with inquiries, receiving tens of thousands of calls and recording 1,978,745 page views on its website cab.org.nz

Most people find life is now returning to a new normal, but for others it's a struggle just to put food on the table for their families.

Food, shelter, clothing and water are the four necessities of life and it's fair to say those fundamentals have been tested like never before. The turmoil for so many families (the loved ones we couldn't hug), businesses (closing either temporarily or permanently), jobs lost and homes at risk (owned or rentals), was surreal.

The CAB played a significant role in providing support to Kiwis, from the elderly or children isolated from their families, stresses on those who were isolated from their loved ones, through to families through to advice on how to access benefits and help during lock-down.

The organisation works closely with a number of government departments and is now handling calls on behalf of WINZ from people requesting food parcels. The relevant local CAB then puts the caller into contact with their nearest foodbank.

With increased numbers of people needing support as a result of COVID-19, please think how you could help.

1. Donate food to food banks - most major supermarkets have a collection point where you can place food items (not perishable/fresh food) and they will make sure they go to the right place (i.e. foodbank) Please no products past use-by dates.

2. Donate money to the food-banks - The foodbanks are typically not-for-profits but still have overheads. Check out <https://www.foodbank.co.nz/>

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A snapshot of just some of the many ways the CAB supported Kiwis over and above 'business as usual' enquiries

- 17 March: CAB closes face-to-face services. The CAB service continues to be available by 0800 367 222, website, email and live chat.

- Alert Level 4: CAB provides an 0800 phone line for people in prison to access. During lock down CAB staff and volunteers responded to more than 600 calls from prisoners at a time when no visitors were allowed and time out of the cells was minimised.

- Alert Level 4: A group of more than 300 volunteers begin proactively calling potentially vulnerable people aged 70+. On behalf of NEMA (National Emergency Management Agency) and MSD (Ministry for Social Development). By the end of lockdown, 14,000 phone calls would be made.

- The timing, number and flow of calls to CAB was directly impacted by government announcements - for example housing/ tenancy issues, accessing WINZ support and migrant worker status.

Citizens Advice Bureau is present in more than 80 locations around Aotearoa. The CAB service is provided by approximately 2,500 volunteers, who help around 500,000 people each year.

NorWest Community Patrol Trust seeking volunteers

We are part of Community Patrols of New Zealand (CPNZ) charitable trust that empowers communities to prevent crime and to create safer environments in neighbourhoods around Aotearoa.



Become a part of our friendly group consisting of about 50 volunteers and help us to conduct regular vehicle patrols around Kumeu, Huapai, Taupaki, Riverhead, Waimauku, Muriwai, and Woodhill.

We work closely together with NZ Police and assist the Police in achieving the principles of its 'Prevention First' model and in alignment with the 'Safer Communities Together' motto.

We will provide ongoing support and training for enthusiastic community minded people who are ready to 'give back to your community' through patrolling once or more times per month.

If you are interested to join, please enquire at Kumeu Police Public Counter or contact Colin Strong on 022 674 8238 or 09 412 9171, or Jan Henderson on 027 281 7676 or 09 4129818.

Countdown calls it what it is. Period.

Countdown is now calling products like pads, tampons and menstrual cups exactly what they are across its online shopping platform, re-naming the 'personal care and sanitary products' and 'incontinence products' categories to 'Period and Continence Care'.

This move will see Countdown deliver a world-first for supermarkets, with no other local or international retailer using the word period to describe the products women buy for their period. Products previously described as 'intimate hygiene' will also now be categorised online as 'genital washes and wipes'.

General Manager Corporate Affairs, Safety and Sustainability, Kiri Hannifin, says this is another step Countdown is taking to help remove a stigma that many women and girls continue to face around periods and their bodies.

"Words like 'personal hygiene' and 'sanitary products' give the impression that periods - which are an entirely natural part of life - are somehow something to hide to yourself, or that they're unhygienic. They absolutely aren't, and we can play an important role in helping change that.

"We want to help normalise the language around periods and continence as well as making products like pads, tampons and menstrual cups much easier to find when our customers are shopping online.

"Young women, in particular, are passionate about reclaiming the language and calling periods exactly what they are. We want to support that by reflecting this in our shopping environments. We're starting with our online shopping platform, but we'll also be looking at how we can change things in our stores too," Kiri says.

This announcement follows Countdown's work back in 2018 to lower the price of its own brand period products to help address the significant levels of period poverty being experienced by women and girls in New Zealand. Countdown has also worked closely with charities such as The Salvation Army, KidsCan and brands like U by Kotex to help provide period products for women and girls who are struggling to access them.

Additionally, Countdown has started using the term 'continence care' and 'continence products' rather than incontinence to help break down the taboos and barriers that customers seeking out

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Area Columnists

these products have too, particularly men.

"There is a whole piece of work going on in this category to make continence products easier to find in our stores. We want to really understand how we can help de-stigmatise what is again a natural part of life.

"The more we can help bring these terms into the open, and call them what they are without having to use euphemisms, the better it's going to be for our customers and future generations," says Kiri Hannifin.

Four tips to protect the value of your investment property

Whether you are self-managing your own investment property or work with a property management company, there is always a lot to consider when you are a landlord.

During such a busy and everchanging year, pre-emptive maintenance checks and general housing upkeep might fall down the priority list. Crockers Property, operating in the New Zealand housing industry over 45 years, has pulled together some tips that will help keep the hard work simple and protect the value of your investment.

1. When owning or dealing with properties that have water tanks, it is up to the landlord to ensure these are maintained and provide for the collection of safe and healthy water. Be mindful of their state as plenty of things can affect water purity, from roof debris to dead animals. We strongly recommend having a UV filter installed to create safe drinking water for tenants.

2. We are in the thick of winter now, and proper, compliant heating is a hot topic leading into the Healthy Homes Standard deadline (compliance required by July 1st, 2021). Full information can be found on the Government website, however the key notes for

heating cover the following. A heater must be affixed to a wall in the main living room area and be sufficient to heat the room to a minimum of 18 degrees. If using an electric heater or fixed heat pump, it must have a thermostat. A useful tool that landlords can utilise to check their properties heating requirements is the Government online heating calculator. This can be found at: www.tenancy.govt.nz/heating-tool/

3. Crockers operates a dedicated maintenance software programme, which logs all maintenance jobs for each managed property. Each party - the landlord, tenant, and the contractor - receives a communication when a job is logged into the system. If you are looking after a property, it is useful having your own system in place. Keep a log record of key dates, details and costs and set reminders for when regular upkeep needs to happen. It is particularly important to ensure any contractor used has relevant insurance, trade certification and that this is kept on record.

4. While we are all happy for the rainy weather to fill up our dry dams, no one wants to deal with water damage! Always ensure your home has efficient drainage for the removal of storm, surface and ground water to an appropriate outfall. This will form part of the Healthy Homes requirements but is just a good idea in any case to avoid hassles and cost. When checking these, ensure that gutters and pipes are not damaged or blocked and are effectively removing water from the building and grounds of the property. If rainwater is being collected it is important that it makes it into the tank efficiently.

For further property management information or support, please contact Brenda Tregonning from Crockers Property on 022 378 7421 or brenda@crockers.co.nz.

Examples of everyday hazards and risks

No business owner or business manager in New Zealand is unaware of the COVID-19 pandemic health and wellbeing issues. And they are certainly aware of its impact on their commercial activities.

Yet, there are potentially historic and continuous, ongoing, every day, hazards and risks that are just as important, that need to be identified and monitored, in all facets of our daily business activities.

A HAZARD is defined as "a situation, or thing, with the potential to cause death, injury or illness."

And a RISK is classed as "the likelihood certain consequences (death, injury or illness) occur when a person is exposed to a hazard. "Hazardous Substances: Use and collection of hazardous substances and associated safe storage requirements

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Vehicles: Traffic movements around the business site, both inside and outside the premises

Pedestrian movement: Uncluttered passageways and safe pedestrian access on the site

Maintenance: Vehicle and equipment maintenance and safety checks

Procedures: Adequacy and currency of Safe Operating Procedures (SOP's)

Work: Everyday work tasks and how they are performed

Behaviour: The behaviour of workers, and others, in the workplace

Meetings: Benefits of regular Tool Box meetings and positive worker interaction

Fire Fighting: Clear access to Fire Fighting equipment and Fire Exits

Documentation: Need to review records of health monitoring, workplace incidents including near misses, work complaints, sick leave and the results of any inspections and investigations to identify hazards.

Your legal requirements under the Health and Safety Act 2015 do not change because of a pandemic.

Feel free to contact John Riddell from Securo by email securo4@securo.co.nz or check out www.securo.co.nz.

Lions Book Fair

Last weekend of August, Saturday 29th and Sunday 30th will see the Kumeu Community Centre stacked with books being offered for sale, all at \$2, at Huapai-Kumeu Lions' first book fair of the year.

The club holds this popular fund-raising event twice a year and on this occasion it is partnering with Waimauku Scouts who are raising funds for a new building. Thousands of books of very good quality on every conceivable topic will be offered including a large range of children's books, soft covered fiction, sporting, gardening and cooking texts, biography and autobiographies. The fair is from 9am to 2pm on Saturday and Sunday and has become for many, a popular social outing.

Lions welcome donation of books which can be left at the door of the Lions' Den at the Community Centre from Monday 17 August where Lions will be on hand to receive and sort them each day before the fair. Over the years Lions have appreciated the support of people wanting to pass on books they no longer need but tatty old books, magazines and encyclopaedia are not encouraged as they do not sell.

Another local Lions fund-raising project is The Vintage Shop located

in the Pomona Hall adjacent to the Community Centre and opening hours are Tuesday to Friday 10am to 3pm and on Saturdays 10 to 1pm. A wide range of vintage items at very good marked prices are tastefully displayed for customers seeking an addition to their collection or a unique gift for someone. All the stock in the shop has been donated by people down-sizing or no longer wanting to retain an item and sometimes the volunteer workers at the shop are grateful to receive items from a deceased estate. The shop would be worth a visit by those attending the Book Fair or at any of the times when it is open.

Most recently the Lions Club have used profit from The Vintage Shop to fund the purchase of six large outdoor bench-tables located at the Art Centre/Huapai Hub complex.

COGY on Zoom

When are COGY club members meeting next? You may find information during our regular virtual catch up sessions on Zoom. Friday 1pm biweekly, and Sunday 7pm biweekly. Details are found on [facebook.com/gogocogy/events](https://www.facebook.com/gogocogy/events).



Learn French, Spanish and Italian

Bonjour, Hola, Ciao!

As we can't travel to Europe, now is the time to learn a European language so you are all set to go next year.

Take the time to learn French, Spanish or Italian and enrol in one of our language courses.

All language tutors are native speakers. All language classes are @ Kumeu Arts.

Check out the Term 3 timetable. www.abclanguage.co.nz or call Patsy 0274 904 321.





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