

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report
Cake decorating

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

Val's first in at Keith Park Retirement Village

Circulation is 10,000 print copies.

Editorial contributions are free from cost. Advertising starts at \$35 plus gst for a business card size.

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

August 2021



Greetings

It is interesting and useful to read two books about the same subject that have completely different opinions. The first I read covered the familiar stories about how man-made global warming has created increasing concentrations of "greenhouse" gases associated with the burning of fossil fuels particularly over the last 150 years. Recently the levels of, in particular, carbon dioxide have increased more rapidly. There is loss of ice in Antarctica and more acidity in the oceans.

The second book provided a sincerely-presented and persuasive analysis of the conventional understanding of the issues. It quoted numerous scientific opinions and research that conclude that virtually all of the assertions of the scientific basis on climate change are incorrect. The climate has changed in the past, and there is no consensus in the scientific community. The temperature readings which indicate a warming trend are taken in warmer areas such as cities, so the evidence is flawed and changes in the sun's energy may be heating up the earth. In fact we are heading into an ice age. Glaciers are growing and the sea level rise is exaggerated, and is due to changes in the ocean floor. The oceans are cooling and acidification isn't serious.

Clearly both views cannot be correct, so we should check the accuracy of what we read, especially on social media.

You can be confident of the accuracy of what is on offer in our locality, just look through this month's Westerly for ideas. If you or a family member might be considering a retirement village, read about what's available locally. Do you have grandchildren overseas? Read a new book by a local author - links are in the article. Look out for the new health facilities that are opening in the neighbourhood, as well as our usual health suggestions. Have you thought about giving your time to the community patrol?

If you are involved with house maintenance there is plenty of support available, and now is a good time to be planning next summer's garden. What about trends in the property market? Read Graham's column to find out. There are some tasty food outlets on offer. See the new ideas in the pets section. At the back of the magazine you can check out some interesting developments that will make a difference to our community.

Enjoy reading your Westerly magazine, and keep safe in August.

John, editor



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

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People & Places

Val's first in at Keith Park Retirement Village

Val became the first ever resident at Ryman Healthcare's Keith Park Retirement Village last month after looking forward to the big day for months beforehand.

Everything went like clockwork for the long-time Hobsonville resident, with her housemovers turning up early, taking just 1.5 hours to load up and then a matter of minutes to drive the short distance from her home to the village on Scott Road.

With her daughter Maree and granddaughter Jess following in a convoy behind to help with the unpacking, all that was left to do was take the lift up from the basement car park, cut the red ribbon and turn the key in the lock, all while members of the sales, operations and construction teams looked on!

While her first impressions of the block were the lovely wide hallways, Val saved her biggest compliments for her new two bedroom apartment.

"I'm in! she said. "Oh it's beautiful!"

Meanwhile, Maree and Jess explored the layout, cooing over the wide waterfall benchtop, the luxurious curtains and the elegant marble tiles in the bathroom.



"She's really been looking forward to this day," said Maree. "I'm so happy for her, it's going to be great."

Having lived in Hobsonville for 21 years, West Harbour for six years before that and then 35 years down the road in Ranui previous to that, Val is glad to be able to remain out west, and the same distance from her beloved Helensville Golf Club.

"I play every Wednesday and Saturday" she said.

By midday, Val's family, joined by grandson Ethan, had already filled the kitchen drawers and cupboards and were setting up the bedroom and lounge furniture.

Joining her on the first day were residents Vic and Alena who are her next door neighbours.

Their reaction on seeing their sunny corner apartment was equally enthusiastic.

"It's lovely! It's bigger than we expected," Alena said.

"It's great to finally be in," Vic added.

Project Manager Aurelian (Ricky) Ciobanu joined the sales and operations teams in welcoming the new residents to their new homes.

"It's been an intense few weeks getting to this point and the whole team has put in a huge effort to help us get over the line which I am so grateful for," he said.

The weekend's tornado and wild weather the weekend prior had delayed some final landscaping touches, but key thing was that the building was safe and ready to start enjoying.

"We did have some challenges but we pulled through and we made it and it looks really beautiful.", Ricky said.

The focus is now on ensuring that the next group of residents have the same great move-in experience.



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Community News

English speaking opportunities

Is your spoken English stopping you from sharing coffee with a friend, buying groceries, going shopping or making new friends? Come and join us for a weekly group chat. Together we'll learn English in a friendly and fun place, and it's free. We meet in the Headquarters Building at Hobsonville Point (214 Buckley Avenue, Hobsonville 0616) from 10am - 11am on Thursdays starting from 29 July. If you are interested, email english@hobsonville.org.nz or telephone 022 541 1476.



40 Hour Famine promoted at Discoverers

Annabella Third spoke at the June gathering of Discoverers, Hobsonville Point. She recently attended the World Vision Youth Conference and is passionate about addressing the food shortage among children in sub-Saharan Africa. For the 40 Hour Famine she got sponsorship for a 40 kilometre walk. The next meeting of Discoverers will be at 3.30pm on Sunday 25 July in the Baffin Lounge of the Headquarters Building. The theme for the gathering is, "Being neighbourly." Contact Barry Jones 022 0683 873. Email beejaynz05@gmail.com.



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Book now for Term 3 classes - Check out the timetable. www.abclanguage.co.nz.

BreastScreen NorthWest

NorthWest Shopping Centre and Waitemata DHB are pleased to announce the opening of a new clinic: Kia Ū Ora BreastScreen NorthWest.

Located outside at the top of Maki Street, the clinic offers free breast screening for eligible women aged 45-69. Appointments are necessary and are available Monday to Saturday.

To enrol in the BreastScreen Aotearoa programme and to make an appointment, please phone 0800 270 200 or email enrolments@bswn.govt.nz. You can find more information on our website, northwestshoppingcentre.co.nz/store/breastscreen-aotearoa.



Summerset Connect presents David Hartnell MNZM

He's not one to gossip but...No one is recognised as knowing more about Hollywood than celebrity journalist David Hartnell MNZM. He's spent a lifetime reporting on Hollywood's scandals of the rich and famous and counts a handful of celebrities as life-long friends.



This is your chance to meet David and get the inside scoop on the outrageous gossip he can't print in his columns. This time his lips won't be sealed! This entertaining talk will be followed by refreshments.

Date and time: Wednesday 18 August, time 2pm.

Please RSVP by 13 August to Reception on 09 915-8920. Seats are



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Community News

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RIVAL Wealth

RIVAL Wealth is an award-winning financial advice business who began in 2008 during the Global Financial Crisis. Our name means to encourage people to 'challenge' their financial positions and make better financial decisions.



With over 3,000 clients nationwide and managing \$350 million of investment funds under advice, expanding into New Zealand's largest city was a logical next step. We have recently opened an office in Auckland, bringing our team of advisers to 9 with 11 support staff.

While some people think financial advice is expensive, it's quite the opposite with us. Local Financial Adviser, Daryl Buckingham offers a no charge financial review for local residents in Kumeu, Waimauku, Riverhead, Coatesville and surrounding areas.

At a time when property prices are at all-time highs and bank deposits are at all-time lows, we are seeing a huge demand from people wondering what to do next. This is how we can help, with quality advice.

Massey Community Patrol - CPNZ

The purpose of CPNZ is to empower communities to prevent crime and create safer environments through the utilisation of trained and equipped volunteer patrols.



With massive growth underway in the North West area bringing a new town centre at Westgate, 5500 new dwellings in the Hobsonville Point area and growth in the Marine Industry, volunteer patrollers are rostered to work in pairs and give as many hours as their schedule will allow. They have full backing from NZ Police (while remaining financially independent) and are the eyes and ears for Police gathering

intelligence and reporting incidents.

Massey/Westgate/West Harbour/Hobsonville/Hobsonville Point/Herald Island/Whenuapai and Greenhithe patrol (known as Massey Patrol) are responsible primarily for our area covering areas tasked by Massey Police, patrolling neighbourhoods, particularly where there has been a spike in crime, major carparks and just providing high visibility within the community. Massey patrol use Massey Community Police Station as their base. Patrols cross borders when required, covering "hot spots" in other local areas or major events such as missing children/elderly. All patrols are logged onto the Police DCC (District Command Centre) for safety purposes and have direct access to Police Communications.

If you want to come and get your own "better work stories", meet like-minded people who are concerned about their neighbourhood and work with your local cops as eyes and ears only, call Massey Police on 09 832 4099 or find Massey Community Patrol - CPNZ on Facebook, and send us a PM for an application - age no barrier - full training given - hours to suit your schedule. We'd love to meet you.

helloworld Travel Hobsonville

I thought it would be good to show you our new office - yes we are open for business. Hayley and Lesley and myself are available to our clients by appointment, you can see our office is small so we can't cope with everyone at once so we do ask that you let us know when you would like to come and see us. If you drive down Totara Road in Whenuapai you will see our sign, we have great car parking and you can park right outside the office, very good if it's raining.



Last weekend we were at the Cook Island Travel Show and wow, there were about 3000 people through on the day. Unfortunately there were so many people we didn't get a chance to talk to everyone who wanted to talk to us, but give us a call and we can help you. I have to say New Zealanders only have one place to travel to and we have gone to Rarotonga in droves and

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Community News

unfortunately that has meant there is now limited availability, but if you haven't booked and want to go we will do our best to find you a holiday in the Cook Islands.

It is so sad to see our friends in Fiji in trouble with COVID and as an office we have donated to their cause. We look forward to being able to support them when borders open again by sending our clients to their lovely shores.

The new future of travel is going to mean that if you want to travel you are going to need to be vaccinated. A lot of countries are specifying this as a condition of entry and New Zealand is following that trend that we will open to vaccinated travellers. The three of us in the office are vaccinated so when borders open we will be free to travel.

Please contact us on phone 09 416 1799 or email hobsonville@helloworld.co.nz, we look forward to hearing from you.

Group spotlight - Edmonton Scout Group

This month we spotlight Edmonton Scout Group, and thank them for this article.

In 1961 the New Zealand Cricket team toured South Africa, Stand by Me by Ben E King was top of the pops and Edmonton Scouting Group opened its doors to the first of many generations of Scouts and Cubs. Many of us have ideas of camping, tying knots and kids

running around wearing scarves - all this is still true, but in the new millennium is there still a place for Scouting?

If you ask the current batch of Keas (5 - 7), Cubs (8 - 10), Scouts (11 - 14) and Venturers (15-18) and you will get a resounding 'Yes!' Scouts is now unisex and covers a wide range of ages. It provides opportunities to have a go at activities as diverse as fishing to sailing, camping to flying and pretty much everything in between. There are badges to be earned, new friends to be met and challenges to overcome.

You may have thought in this age of screens and devices there wouldn't be much call for this type of group - but the growing numbers of young people joining up would show that this is just as relevant and enjoyable as it was 'back in the day'. Don't take my word for it, pop along and check it out for yourself.

Edmonton Scouting Group, 10c Coletta Lane, Te Atatu South

www.edmontonscoutinggroup.weebly.com or email us: edmonton@group.scouts.nz. Do you want to know more about Scouts, then head to www.scouts.nz, or email me: zl.waitoru@zone.scouts.nz. Craig Paltridge, Waitoru Zone Leader.

\$85 = Exposure for a month

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 20,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at editorial@thewesterly.co.nz.

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Your brand + your message = your success

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

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

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

In response to advertiser demand we offer the following options:

Business Card Advertising:

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



Display Advertising:

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



Front Cover and Inside Page:

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

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



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

In Brief Updates

The Mobile Car Specialists

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

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

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

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

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



What should you ask your accountant?

Many people believe that their visit to their accountant is a 'once

a year' thing. But we can do so much more for you than just creating and lodging your tax returns. When did you last meet with your accountant and ask them about the return you get on your investment in your business? Ever thought of asking for ideas on how to deal with the bottlenecks in your business? Or what could possibly be the bottlenecks? Have you looked at your gross profit and wondered why it decreased this year? Have you asked your accountant if they could help you plan (for the future, retirement, succession, or for a rainy day perhaps)? When did you last discuss your cash flow or bottom line or age of debtors with your accountant? Your accountant has extensive knowledge and experience, and are a valuable resource you could and should tap into, just ask...

If you'd like to ask us some questions about your business and how we can work together to achieve your financial goals, please contact the friendly UHY Haines Norton Kumeu team on 09 412 9853 or email kumeu@uhyhn.co.nz - we'd love to help!

Self-healing - you can heal yourself

We often do things for other people, but wouldn't it be nice if we could do something nice for ourselves without having someone else do it for us. One way we can do something special for ourselves is to learn the Healing Art of Reiki.

Reiki is one of the tools that you can use to recharge your batteries and give yourself the opportunity to heal yourself.

Learning Reiki with Astramana™ Healing Services, you will learn self-healing. This is taught during our level 1 class. We spend time learning and practising self-healing.

We, at Astramana™ Healing Services have the following saying, "How can you heal someone else, if you can't heal yourself"! You owe it to yourself to show yourself love and to remove some of the excess baggage you may be carrying and one of the easiest and best ways is through self-healing.

Another tool to heal yourself is through self-hypnosis. There are many things you can do with self-hypnosis: better sleep, feeling more energetic, and increase self-esteem.

Astramana™ Healing Services, was founded by International Reiki Master-Teacher and Hypnotist Jason Mackenzie. Having practised and taught Reiki here in New Zealand and internationally for over 20 years, Jason would like to introduce you to self-healing using Reiki. Regular classes are available for those who wish to learn and a mobile service is available for those who wish to receive a treatment.



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In Brief Updates

Check out our website: www.astramana.com or email astramana@gmail.com with any questions or to find out when our next workshop is. Remember you owe it to yourself to look after yourself and be fully recharged.

NZ Mountain Film Festival

Don't forget the NZ Mountain Film Festival being hosted at Sunderland Lounge 27 Hudson Bay Road / Cinema Road, Hobsonville on Friday 10 September. Doors open 6.30pm. Films commence at 6.45pm. Event finishes at 9.30pm. Booked tickets just \$10pp (or \$15pp at the door if not sold out). Under 5's free on laps. Tickets are selling fast. For a trailer, go to New Zealand Mountain Film Festival on Facebook.



Registrations for tickets can be made at www.hobsonville.org.nz/mountainfilm.

Massey Birdwood Settlers Hall – cake decorating

The Waitakere Cake Decorators Club are holding a Cakers Big Day Out in the hall on August 14th.

The event is on from 9am till 4.30pm with a theme of Marine and Oceania. This is a special event; the club holds regular meetings the second Saturday of every month in the hall from 9.30 am to 12.30 am.

The club demonstrates cake decorating at its meetings, with guest speakers. It costs \$5 per visit for 3 visits after which your subscription is \$51 which automatically enrolls you as a member of the NZ Cake Decorators Guild.

The club is over 20 years old and one very special time of the year is Christmas when they meet on the first Saturday of the month, having decorated many cupcakes for distribution to the elderly who are living alone in West Auckland.

The Massey Birdwood Settlers Association congratulations the



decorators on their activities and look forward to visiting their Big Day Out when you can view the mouth-watering decorated cakes.

For further information on hiring the hall, or joining the Association, contact John Riddell by emailing masseybirdwood@gmail.com.

New personal driving service for Hobsonville

Getting out and about and doing the things you have always done is an important part of staying independent. Freedom Drivers Hobsonville, run by long-time local Paul Miller, offers a safe, trustworthy and caring service that is about a lot more than just transport.



"We love to support the local community and our service is designed to provide personalised transport and assistance to anyone needing a bit of extra help getting from A to B. We specialise in driving seniors and trips cover a wide range of outings including the usual medical and business appointments as well as shopping or just a nice afternoon out with a friend or two," says Paul.

"Travelling with Freedom is like riding with a trusted friend or family and you'll build a relationship with a very small team of drivers who you will get to know and trust," he adds.

Freedom prices are competitive and comparable to (and often less) than other options or standard taxi services. Our service is highly personalised with a convenient pick up and drop off at your door. We always escort you to the car and to your destination and we always go 'the extra mile'. We take Total Mobility cards (TM) and we are ACC Registered Vendors. Drivers are fully licensed and NZ Police checked for your protection.

Our service is pre-booked and pre-quoted. To find out more please give Paul a ring on 09 302 2377 or 022 475 7187.

Waitakere Grey Power Association

Waitakere Grey Power Association is holding a General Meeting at the Waimauku RSA, State Highway 16 on Wednesday 11th August 2021 at 3.00pm. Our Guest Speaker will be Councillor Greg Sayers, Rodney Ward Auckland Council. We hold this meeting annually so that our North West members can attend. You are welcome to join



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In Brief Updates

us for dinner at the conclusion of the meeting at your own cost. All members and friends are invited to attend. Mate Marinovich, President, Waitakere Grey Power Association, Office 247 Edmonton Rd, Te Atatu South 0652 Auckland. Please note members wanting to attend the meeting at Waimauku RSA please phone Waitakere Grey Power Office on 09 838 5207 by Monday 9th August 2021 and let us know if you will be staying for dinner at your own cost.

Waitakere Grey Power Association is holding a General Meeting on Wednesday 22nd September 2021 at 1.30pm at the Te Atatu South Community Centre, 247 Edmonton Rd, Te Atatu South. Our Guest Speaker will be Hon. Chris Carter. J.P., former United Nations representative to Afghanistan. Jan Pentecost, Grey Power Federation National President has also been invited to attend the meeting, so this is also a chance for our members to meet and speak to her on Grey Power matters. All members and friends are invited. Refreshments will be provided at the conclusion of the meeting.

Tiny Voices Hobsonville

To get to where we are today - with four beautiful early childhood centre open and thriving across the North Island - we've had to embark on an epic journey. We pride ourselves on being part of a group, hosting monthly events between centres to celebrate our successes, share in the positives and keep our vision alive. On top of this, we strive to enhance our engagement with our local communities through upcoming activities such as Tiny Yoga, Dance, Gym, Chefs and Splash. We are really looking forward to rolling these out throughout the year, as we continue to plan for future opportunities. Our goal will always be to extend our Tiny Learners and provide them with nothing but the best.



During the past year, we have worked hard and weathered every season, all in the name of opening our centres and completing our Tiny Voices vision. Throughout the process, we have certainly seen many small dreams turn into big, exciting pictures.

For me, the Tiny Voices journey began just over two years ago when I first began to put my ideas into action. Since then, I have eagerly anticipated the day when all four of our centres would open and our Tiny Voices family would be created. Many people have worked alongside me on this journey, including some of the founding team members who have been involved since the word go. Seeing my vision come to life - hearing children learn and families settle in within our walls - has made all our hard work worth it. I could not be prouder.

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The first of our centres to be opened was Napier in July, followed closely by Hobsonville and Silverdale in August, before finishing with Wellington in December. In each centre, it has been an absolute privilege to welcome onboard so many passionate and dedicated early childhood educators: people who have put their whole selves into creating a 'home away from home' for our Tiny Voices children.

Thank you to our educators, our chefs, and our wider communities - and thank you to all our tiny friends and families who have joined us in the past year to be part of this amazing journey.

Te Manawa

At Te Manawa (11 Kohuhu Lane, Westgate) on Friday 13 August at 10.30am Judi Cranston from kindyRock will be partying with our pre-schoolers. Everyone is invited to this fun session. Join Judi Cranston from kindyRock for an exciting music session with singing, dancing, moving and grooving.

Scouts Horse Race Night fundraiser

Our annual Waimauku Scouts Horse Race Night is on Saturday 11 September 2021 at the Muriwai Golf Club.

It makes for a great team building / social club, friends night out.

We have 7 of our 8 races sponsored, so there is just ONE lucky last sponsorship available, please get in touch ASAP if you want to be lucky last.

Tickets are just \$20 each, or \$140 for a Table of 8, (works out at \$17.50 per person) we are including pizza, and casual hot & cold finger food, tea/coffee & baking.

The bar will be open, and if you wish, we can provide a local shuttle transfer home (at additional cost)

The horses are raced on a wooden track, the Scouts roll giant dice, the race caller calls the races; the TV screens will show the races & the odds for the bets.

We will have raffles, auctions & games in between the races, so it is a really fun night, and sells out quickly.

The Horse Race Night is always heaps of fun and very popular, and all those who attend have a community focused 'support local' attitude.



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In 2019 we had over 140 participants, whilst 2020's was cancelled due to Covid.

Feel free to contact Tanya Franklin - Waimauku Scouts Committee - on 021 2549169

Thank you so much for supporting our youth, all proceeds from the night will be going towards our "new hall" project, we have moved an old Scout Den to the back of Pollard Lane in Waimauku.

This is a huge project that has been 5 years in the planning and we are so excited that it is finally happening.

Netsafe

If you experience online bullying, abuse or harassment based on your colour, race, ethnicity or nationality, you should be aware that the Harmful Digital Communications Act tackles some of the ways people use technology to harm others online. This Act aims to prevent and reduce the impact of online bullying, harassment and other forms of abuse and intimidation. Under New Zealand's Human Rights Act, it is illegal to discriminate on the basis of who you are, in many areas of public life. If you have been abused in this way, talk to someone you can trust, a close friend or whānau, or contact Netsafe, Need to Talk, Lifeline or Youthline. Save texts and emails and take screenshots of anything that might disappear later. Make sure you keep track of dates, what has happened, who you think did it and why. Most social networks have safety centres with tips on how to deal with abuse on the platforms. For more details visit [netsafe.org.nz](https://www.netsafe.org.nz).



Enriching your loved one living with dementia

When I started working at a rest home for people living with dementia I was fascinated by the range of activities offered to the people living there. Some were group activities whilst others were offered on a one to one basis with a caregiver or activities coordinator. The outcome of these activities



and interactions was the people were generally happier, stimulated, and more settled. Most rest homes and dementia facilities employ activities coordinators or diversional therapists for this very reason. When my wife Julie and I created Mindjig Limited one of our goals was to create a resource to bring activities products that are used in dementia and rest homes to people who may be caring for a family member at their own home. To enrich the life of their loved one whilst also helping the carer/family member.

You can find these and other helpful products at our website www.mindjig.co.nz. You are most welcome to contact myself, Jonathan, or Julie by email at info@mindjig.co.nz or call 09 600 3251 or call/text 022 480 3022. If you are caring for a loved one living with dementia we thank you for all that you do.

House of Travel Hobsonville

We've been booking some Mega deals for our clients to Australia, Rarotonga and those looking towards 2022 and further afield. If you'd like to join our mailing list to get a "head's up" on future specials, instore events and exclusive discounts please email hobsonville@hot.co.nz.

We have also been busy supporting our clients affected by the Australian lockdowns and bubble pauses. They all have peace of mind knowing we'll be here to help no matter what.

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

We're with you every step of the way.

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

Booking with us is so easy and convenient, whether you have time to pop in and see us in-store, over the phone or in exchange of emails. We are well set up to make the process as easy as possible, no matter where you are. Some of our clients are even overseas!

It's never been more complicated to leave NZ and return back. With online travel websites not offering accurate information or taking any responsibility for these requirements, booking travel on the internet or Googling the answers to border regulations is a massive risk to take, in an ever-changing environment. With the security of a





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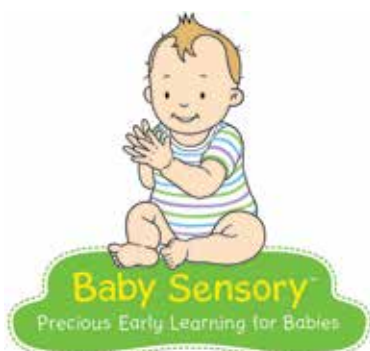
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What's on at Kumeu Arts?

This August we will be holding our annual ceramics exhibition in the main gallery. This is always one of our most popular displays and visitors love viewing the array of clay works made by the talented ceramic artists in our community. Everything in the exhibition will be available to



purchase - so don't miss out. Later in the month will be something completely different. 'Members Only' is... "An artwork based on the beauty and individuality of penises" by artist Fiona Campbell. Fiona collected 100 Penis Prints over about a year which will be assembled into a wall work and displayed in our Pod Gallery. She states that "It's not a political work, it's not a sexual work, it's a visual artwork". Come and see for yourself from August 24th - you're allowed to laugh. Find out more information on this and all the other fun things happening here at www.kumeuarts.org.

Image courtesy of Matty and Paul Nache Gallery of artists Evan Woodruffe and Glen Hayward viewing Members Only.

Fundraising Luncheon

The Kumeu Show Committee are hosting a fundraising luncheon for the 15th October 2021 to raise funds for the 100th Kumeu Show on the 12th & 13th March 2022. The aim is to make this a special event.

We are honoured to have Rt Hon Sir John Key offer his time to be our Speaker for this event. Rt Hon Sir John Key has been our Show Patron for many years and continues to support our show.

Tickets are on sale now. Cost \$125 for individual tickets and \$1000 for a table of x8. We would appreciate local business support to make this a successful fundraiser.

Venue is the Kumeu Showgrounds and time 12pm - 3pm.

We would like to thank those who have already booked a table and individual tickets.

Please contact Lizelle on 021 040 3218 or email info@kumeushow.co.nz if you wish to book a table or ticket. Please note that we have limited tickets available.



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Safer Communities



June was one of the warmest on record and then we went straight into a freezing cold July!

The good news is that we are past the shortest day of the year and are now heading towards the summer months.

The Waitakere Volunteer Fire Brigade is actively recruiting so you are up for a rewarding challenge give Graham a call on 027 632 0421.

If you are looking for safety information, then visit the Fast Fire Facts link below. There are 37 safety videos on YouTube

that are only between 12 and 30 seconds long and are a great source of safety information for people in a hurry.

Fast Fire Facts - YouTube

Keep safe

"Are YOU up for a challenge to be a Volunteer Firefighter.."

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Waitakere Fire Brigade, 10 Township Road, Waitakere Township

(pictured: Firefighter Grevel at a grass fire)



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Property

Property market report

National house prices rose less than 1 per cent from May to June and sales volumes dropped 5 per cent. Real Estate Institute data showed May's median prices of \$817,500 rose marginally to \$820,000 in June, up just 0.3 per cent. Sales numbers fell from 7720 sales nationally in May to 7345 sales last month.

Auckland's median rose only 0.2 per cent, from \$1.14m to \$1.15m and sales volumes also fell 2.4 per cent from 2834 to 2766.

Rising house prices through the country are certainly one of the main drivers for the Reserve Bank's decision to increase the OCR.

Michael Gordon, Westpac's acting chief economist, said the current data "showed that the New Zealand housing market remains strong, but is cooling off relative to its white-hot pace at the start of this year. Sales were broadly flat, while prices rose at a slower pace than in previous months.

"We estimate that June sales are down about 1 per cent in seasonally adjusted terms. Sales are still running above pre-Covid levels, and indeed they were still higher than in June last year, which marked the start of the post-lockdown rebound in activity," Gordon said.

The return of loan-to-value restrictions and the recent tax changes have contributed to some cooling-off of demand for investment properties, although the evidence to date suggests that homebuyers have been quite willing to step into the gap created, he said.

"That could change once mortgage rates, in particular the one and two year fixed rates, start to rise from their lows, as the prospect of OCR increases loom, Gordon said.

"For some time, the Reserve Bank has been holding off on bringing out interest rate hikes to tackle the housing price increases, because the rest of the economy wasn't ready for higher interest rates. Now it is," Jones said.

"We'd expect mortgage rates to start rising in advance of this, flipping what has been a tail wind for house prices into a slight headwind. We'll get an update on the Reserve Bank's thinking," Jones noted.

Jen Baird, REINZ chief executive, said median prices increased by 28.7 per cent from \$637,000 in June 2020 to \$820,000 last month.

"Additionally, five out of 16 regions reached new record median prices, one region saw an equal record and 20 districts reached new record median highs," Baird said.

The median house price for Auckland rose 25% year on year to June 2021 to reach \$1,150,000.

Let's look at the values locally:

Herald Island	\$890,000 to \$2,900,000
Hobsonville	\$556,000 to \$3,250,000
Massey	\$735,000 to \$1,400,000

Swanson	\$1,235,000 to \$1,450,000
West Harbour	\$849,000 to \$1,500,000
Westgate	\$942,500 to \$1,150,000
Whenuapai	\$820,000 to \$1,220,000

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Healthy homes standards

On 1 July 2019 the healthy home standards became law. This introduced certain standards for heating, insulation, ventilation, draught stoppage, moisture ingress and drainage in rental properties. These standards are aimed at ensuring that rental properties are healthier and safer and have lower maintenance costs in general.

All private rentals must comply within 90 days of any new tenancy entered into after 1 July 2021 or any existing tenancy renewed after 1 July 2021. All rental homes must comply with the healthy home standards by 1 July 2024. All boarding houses must comply by 1 July 2021 and all houses rented by Kainga Ora (formerly Housing New Zealand) and registered Community Housing Providers must comply by 1 July 2023.

For any assistance or advice on property rentals or purchases, feel free to contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or on 09 412 6000.

Selling a property when you're splitting up

When everything is a muddle and your feeling broken, please remember you're not alone and you are not the first person to feel what you're feeling. Taking away the emotional waves and the deep centered feelings there is a process that can be helpful and provide clarity. The first aspect to consider is to get your house in order. Copy all your shared documents, contracts, certificates, agreements, bank statements so that both parties have information. Take stock of those around you and the rules and values that you will operate by. Be aware that friends, family, and your pets may seem to act a little differently. What-ever the mood, be present and be mindful and engaged. A hug can solve a host of questions and a request for help and assistance is natural and common. In order to maintain control around how people feel and are effected, some simple measures should be considered.

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Property

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If you set the ground rules early it makes the more challenging aspects, like selling the family home a little easier. Certainly the more you can agree on the better the outcome and the less you will spend with your solicitor. Sometimes things can get confused and mixed up very quickly. If you can't settle disputes, try and work through an independent person that can arbitrate. Failure to arbitrate a solution will come at both a time and a financial cost to both parties as the dispute generally finds its way into the Family Court who can make a decision on the balance of fairness for both parties based on the facts. Over the years I have pulled together a checklist for couples seeking clarity on the things to cover off when splitting up. If you would like this checklist please email graham.mcintyre@mikepero.com and for more information within this series on selling a property when you're splitting up, go to www.graham-mcintyre.mikepero.com/blog/. Contact Graham McIntyre AREINZ on 0800 900 700 or 027 632 0421. (Licensed REAA 2008).

Plan b for home buyers: buying off plan

Yolandie Rivas, ClearStone Legal

With house prices still skyrocketing, it seems that there is an upward trend for first home buyers to buy new builds off the plan. At the moment there are various developers selling apartments, terraced housing complexes and new subdivisions off plan.

The obvious benefit that makes off plan buying more attractive, is that these properties are sold through negotiation with the developer and not at auction. You have time to withdraw your KiwiSaver funds and may even qualify for a HomeStart Grant of up to \$10,000 each on a new build property.

Some developers offer good value for money and sometimes even throw in a furniture package and yes, everything will be modern and brand new once your home is built!

Potential drawbacks are the long wait and the market uncertainty. Will the property still have the value of the purchase price when it is finished? Sometimes what is marketed on websites and brochures are only rough illustrations, and not how the finished house or development will ultimately look. You also usually need to pay a 10% deposit now and fully commit to the purchase with an estimated completion of 1-3 years. If something changes in your personal



circumstances between signing the contract and completion, you could end in hot water and not getting a mortgage or even worse, you can end up losing your deposit!

We help our clients through this daunting process by doing a thorough review of the off-plan agreement to highlight the risk and to help navigate an overwhelming agreement which could easily be up to 80 pages.

Some ways to protect yourself in this process is to ensure the deposit is held by as stakeholder until both the Record of Title and Code of Compliance Certificate have been issued. If for any reason either of these are not available then after an agreed period of time a sunset clause provides for the purchaser to be able to cancel the contract and have the deposit refunded to them - this is particularly necessary if a developer or builder goes under half way through a development. Sometimes we see a sunset clause being available to both the developer and the purchaser - in all cases you want to try and get the sunset clause to only to be for the benefit of you as the purchaser.

If you're considering buying off plan, or if you have any other conveyancing needs, give us, ClearStone Legal incorporating Kumeu-Huapai Law Centre, a call on 09 973 5102. We would be happy to assist you.

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Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 20,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at editorial@thewesterly.co.nz.

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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 \$
HERALD ISLAND	1,700,000	809M2	270M2	1,850,000		1,200,000	198M2	198M2	1,168,000
	2,000,000	1048M2	366M2	2,900,000		1,200,000	298M2	210M2	1,300,000
	1,075,000	852M2	170M2	1,771,000		860,000	179M2	167M2	1,151,000
HOBSONVILLE	1,095,000	268M2	215M2	1,380,000		1,050,000	218M2	162M2	1,220,000
	1,300,000	325M2	263M2	1,681,888		1,050,000	231M2	181M2	1,350,000
	1,350,000	356M2	270M2	1,665,000		1,175,000	362M2	210M2	1,448,000
	1,550,000	404M2	336M2	1,860,000		825,000	158M2	143M2	1,050,000
	1,025,000	225M2	206M2	1,325,000		850,000	191M2	152M2	1,170,000
	535,000	297M2	220M2	1,668,000		1,425,000	326M2	314M2	1,775,000
	980,000	284M2	148M2	1,300,000		970,000	184M2	217M2	1,280,000
	820,000	159M2	126M2	1,110,000		1,100,000	809M2	170M2	1,340,000
	801,000	125M2	77M2	890,000		615,000	352M2	321M2	1,630,000
	970,000	198M2	168M2	1,200,000		770,000	149M2	106M2	945,000
	700,000	126M2	91M2	882,000	MASSEY	680,000	609M2	80M2	1,101,000
	2,100,000	1350M2	289M2	3,250,000		740,000	607M2	90M2	1,065,000
	940,000	188M2	201M2	1,280,000		600,000	402M2	80M2	891,000
	790,000	147M2	107M2	1,080,000		660,000	634M2	90M2	955,000
	1,050,000	222M2	213M2	1,438,888		700,000	607M2	110M2	1,050,000
	1,375,000	362M2	273M2	1,757,500		780,000	637M2	165M2	1,300,000
	1,450,000	450M2	300M2	1,750,000		570,000	675M2	110M2	885,000
	680,000	102M2	94M2	911,500		560,000	511M2	80M2	865,000
	1,030,000	247M2	181M2	1,353,000		725,000	603M2	80M2	1,091,000
	920,000	230M2	150M2	1,172,000		680,000	68M2	130M2	900,000
	1,150,000	276M2	207M2	1,490,000		670,000	377M2	108M2	840,000
	1,150,000	235M2	203M2	1,345,000		630,000	670M2	92M2	964,000
	800,000	156M2	132M2	1,095,000		830,000	859M2	130M2	950,000
	535,000	103M2	42M2	650,000		600,000	608M2	100M2	1,000,000
	850,000	143M2	147M2	1,110,000		955,000	835M2	150M2	1,045,000
	1,150,000	330M2	223M2	1,375,000		1,075,000	627M2	192M2	1,325,000
	700,000	95M2	98M2	872,000		840,000	809M2	150M2	1,160,000
	970,000	184M2	217M2	1,270,000		610,000	353M2	114M2	840,000
	665,000	92M2	73M2	825,000		600,000	929M2	90M2	780,000
	1,000,000	225M2	205M2	1,335,000		630,000	463M2	90M2	915,000
	1,201,000	279M2	184M2	1,300,000		680,000	688M2	130M2	960,000
	1,130,000	555M2	210M2	1,400,000		1,025,000	323M2	213M2	1,400,000

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

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



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4 Kellett Road, Ranui By Negotiation

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www.mikepero.com/RX2873331



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4 2 2

By Negotiation

6 Kellett Road, Ranui By Negotiation

An excellent opportunity to invest in a large 969sqm land lot with options to develop, and the space to create. This elevated, flat to gentle sloping land, with established plantings enjoys commanding valley views through to the Waitakere Ranges. The property is on a Northern aspect, has wide driveway access, full services and receives generous sunshine throughout the day. The home offers three bedrooms upstairs and two multi-functional rooms downstairs. Open plan lounge and dining, galley kitchen, with two bathrooms and laundry. Options for an extended family or buyers looking for a teenage retreat. An independent, concrete floor, double garage and workshop with power, firewood storage and garden sheds add value to keep everything in place and out of the weather.

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5 2 3

By Negotiation

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

www.mikepero.com/RX2721189



Graham McIntyre
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Awesome Agent - Highly Recommended. Graham was a pleasure to work with. His honesty and professional manner are impressive. Communication was a key factor in selling my house quickly and efficiently. From our first meeting I knew I had found the right agent and have nothing but praise for him. If you are looking for a trustworthy real estate agent then Graham is your man. Thank you Graham for your advice and support. You are still my favourite agent. **Aerin**

Graham McIntyre
027 632 0421 | 0800 900 700
graham.mcintyre@mikepero.com





TRANQUILL, COUNTRYSIDE ESTATE WITH POOL

5 2 3

By Negotiation

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By Negotiation

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www.mikepero.com/RX2896086



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



TOTALLY AWESOME or my lads might say 'Pawsome experience'

Graham is truly an experienced, fun professional to deal with, he certainly knows his stuff and keeps you fully informed at all times of what is transpiring during the entire process. I felt totally at ease with his easy going manner and it certainly helped to have someone you could share a good laugh with along the way. **Dianne**



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COUNTRYSIDE VIEWS WITH INCOME OPPORTUNITIES

6 6 3

By Negotiation

911 Old North Road, Waimauku
By Negotiation

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

www.mikepero.com/RX2769416



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Central's Tips

August 2021



Plant potatoes to crop in time for Christmas dinner, and get the seed sowing underway (indoors). Do some herb garden maintenance, and sow mesclun for summer salad. Snails are wintering over, so go on the attack!

Planning ahead

Manage the colour of your hydrangea flowers, more pruning to do and a great time to plant hedges. Shop for trees and shrubs this month as possible shortages of varieties may loom and go looking in the garden for signs of new growth



In the Edible Garden

- **Prepare a potato patch** – Plant sprouted seed potatoes by digging a trench and cover lightly with soil. Every few weeks 'hill' up the soil, covering the foliage to leave only the last set of leaves
- **Sowing seeds indoors or under cover** is a great way to feel like you're starting the summer vegetables, even if it's still cold outside. Start tomato, capsicum, eggplant and zucchini seeds now
- **Herb garden maintenance:** lift and trim the roots of mint, then replant. Mint increases its root size very quickly in proportion to its foliage growth and will be invading the rest of the garden! Other herbs such as thyme and rosemary can be trimmed and tidied to make way for new growth
- **Rosemary is a versatile herb for structure in the vegetable potager.** Upright varieties make great hedges and prostrate types spill elegantly over the side of raised beds. Their blue flowers brighten winter gardens and keep the bees around
- **Mesclun and rocket** can be sown directly now, in preparation for mixed leaf summer salads
- **Snails** will be wintering over in old cabbage, kale and silver beet leaves. Cull them or use bird friendly bait to restrict their populations or all your new seedlings will disappear overnight

The rest of the Garden

- **Get the flower colour you want:** hydrangea flower shades reflect the type of soil they are growing in: to be certain of blue flowers, spread aluminium sulphate (often sold as Hydrangea blueing tonic) around the bushes. For pink flowers, use lime around them instead. But remember, white flowers stay that way and white hydrangeas prefer do best in light shade
- It's also **pruning time for hydrangeas and hibiscus.** Thin out the dead wood and cut back to budding leaf nodes, making clean cuts
- Late August is a great time to **plant hedges** and perennial borders for the summer garden. Mulch after planting and, when planting perennials, remember the snail advice given above
- **Clear areas in the garden where bulbs and deciduous plants are beginning to emerge through the soil** – this exposes them to light and sun and encourages growth
- **It's peak 'tree season' at the garden centres and nurseries.** This year don't delay in making your choices – most budding of fruit and ornamentals is done two years before the plants hit the marketplace and 2022 could see shortages of popular varieties as a result of the 2020 lockdown

Project for August

Tree planting

Deciduous fruit and ornamental trees are traditionally planted when they are dormant. This reduces transplant shock and allows them to come into leaf and flower as they adjust to their new situation. Using Garden Mix or Nutrasoil in the planting hole adds fertilisers and compost to condition the existing soil. If you're digging into clay soil, add a handful of gypsum in the bottom of the hole to soften the clay pan and allow roots to penetrate. Mulching and staking will improve tree establishment as the season warms up and spring winds arrive.

For more info visit www.centrallandscapes.co.nz





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Getting into the garden as spring approaches? There's a free Central Landscapes loan trailer in your neighbourhood, so you can get stuck into that project you've been waiting all winter to do! Open 7 days.



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Hot Property



House and Minor Dwelling – The good Life

Set on 1.25 hectares (approx. 3 acres) this beautiful property has been sculptured to satisfy a diversity of options and interests with a modern family, extended family or home with an income. Delivering the "good life" with two vegetable gardens, an orchard, herb garden, and chicken run for self-sufficiency and option for grazing animals. The gardens are beautiful, easy care, low maintenance and accentuate private walking pathways and a gentle drive through to Minor home and the Main Home. Kids will love to explore / spend hours of fun

in the gardens. A large flat area has been set aside for an arena, extensive shedding, football pitch or grazing. The choice to graze animals or have as an extensive lawn is your choice. Only a 5 minute drive to Helensville Shops and Helensville School and around 41 minutes off peak to Auckland CBD, described as the best of town and country. Enjoying strong craftsmanship, cathedral ceiling features in the main home and an extensive recently completed full renovation, the property offers the best of the old with the convenience of brand new fittings, appliances, and refurbishment. The Main Home is four bedroom, two bathrooms and offers options for multiple lounges and dining areas to make the most of the conservatory and the extensive valley views. The split is three bedrooms and a bathroom upstairs with one bedroom, bathroom, lounge, kitchen, laundry and conservatory

Hot Property



downstairs. Alternatively you can use the entire downstairs for living and entertaining with options for multiple lounge areas. A separate double garage with extensive loft provides options for an office, teenage retreat or chill out zone. Multiple accessory building and woodshed makes things easy, secure and orderly. The fully consented minor is a short walk from the main house and delivers privacy and intimacy with a modern near new one bedroom with kitchen, lounge, bathroom and laundry. A fantastic area with extensive wrap around decking, set away from the Main Home and purpose built to take in the breath-taking scenic views through the valley. 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

Tile Wright

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Hybrid systems for residential homes and businesses

Hybrid Solar systems are the most popular residential solution for those living in urban areas.

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grid solar electricity as you can use the power from the sun through your panels in the daytime (as it gets produced) with excess energy being stored in your batteries to utilise in the evening and during power cuts.

Plus you are still connected to the grid as a triple back-stop. Best of both worlds.

Any excess power collected also gets fed back to the grid for a credit on your power bill. Many of our clients are only paying their line fee because of this amazing set-up and some are even on plans that allow that charge to be credited by their exported power credit too.

Solarcraft can customise a brand-new system to suit your needs or add a battery to your existing solar system. Want to know more? Contact us any time at email info@solarcraft.co.nz or phone 0508 272389 or visit www.solarcraft.co.nz.

Growing fruit trees

Now 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.

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

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

Western ITM

With all the excess water currently around a sure remedy to reducing it is installing Marley Drainflo/Draincoil. Drainage lowers the ground water level whilst retaining moisture in the pores of the soil.

Handy Tip: If you are about to prepare a driveway or gateway ensure you install Landtex Mud Cloth. Landtex is a woven polypropylene roading fabric for use under gravel on roads, driveways, parking areas, farm access & races. Landtex spreads the vehicle wheel loadings, prevents mud being pushed up & the gravel lost into the soil/ground below.

Did you know we carry the complete range of low-density polyethylene pipe, threaded pipe fittings & stock water troughs? We also stock Hansen Easy Fit Poly Fittings.

Redband Gumboots are a true Kiwi icon and will see you through these damp conditions. Available now from all Western ITM Stores for just \$79.99 per pair incl GST, offer valid on men & women's styles 01/07/21 to 18/07/21 or while stocks last.

These and many more products are available from your local Western ITM Store. For further advice/information visit us instore today OR visit westernitm.co.nz for a free quotation.

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Window furnishings and floorings @ new store

A world of stylish products, fantastic specials and inspiration awaits you at the brand-new Carpet Court / CurtainStudio showroom in Kumeu. Whether you are renovating, building new or just want a few attractive accents in your decor, the beautifully laid out store offers a wide range of window furnishings and



carpets for everyone - from students to first time home owners, right through to retirees. With Carpet Court being one of New Zealand's largest flooring suppliers to residential, insurance and commercial markets, together they are a one stop shop that offers the complete interior package.

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

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

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

The Carpet Court / CurtainStudio showroom is at 2/190 Main Road, Kumeu. Phone 09 869 7659, email kumeu@carpetcourt.nz.

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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.



Or maybe you are thinking of building a house? We know building a new home 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.

Laser Plumbing & Roofing Whenuapai also has all your drainage and roofing issues covered too. From blocked drains to overflowing gutters, sewer drainage to complete re-roofs, we do it all. Give us a call today. Our dedicated and knowledgeable team is focused on providing excellent service to our customers. No job is too big or too small for Laser Plumbing Whenuapai.

So...get in touch with Laser Whenuapai today on 09 417 0110 or whenuapai@laserplumbing.co.nz for all your service needs. We are open five days a week from 7:30am-4:30pm and conveniently

located at Unit 4, 3 Northside Drive, Westgate. Visit our website whenuapai.laserplumbing.co.nz for more information.

Importing goods into NZ

Importing goods into NZ can be a challenge, especially to meet your MPI requirements for transitional facilities. If you have a Transitional Facility but your Accredited Persons have called in sick, or are on leave and you have a container arriving, New Zealand Biosecurity Services can help. They have trained Transitional Facility Operators as well as Accredited Persons that you can use on a temporary basis to help devan your containers. If you have a change in the number of containers that you are importing and don't want to have



to pay the hefty fees to renew your Transitional Facility License, call NZBSL and they can apply for a transitional facility under their global license and do all the hard work for you for a very low fee. If you want to know more call us on 0800 382 436 or email us on mtf@biosecurity.net.nz.

Tile and grout cleaning and re-colouring

Are you tired of looking at your lovely tiled floor and walls only to be disappointed by the dirty stained grout lines? Traditional cleaning methods actually leave your grout dirtier and bacteria laden than before you started? Grout is porous, and dirt, grime and bacteria soak into the surface leaving it unsightly, unhealthy and practically impossible to clean using normal cleaners. Give GroutPro a call, we deep clean (vacuum extraction) and re-colour your grout to look like new again.



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

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

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

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Why you should consider building more than one home

So, you're thinking about developing your property? If you have the means available, it's worth exploring the opportunity of building two or more houses to maximise the value of your land.

If you own a section (or your home is on a subdividable section) near a main city or town centre, it may be worth more than you think. Better yet, you can add even more value by building a brand-new Signature Home - in fact, why not build more than one!

Multi-unit development is fast becoming a popular way to maximise the value of a property. Demand for housing in New Zealand far outstrips the number of homes available, putting upwards



pressure on prices, making it an ideal time to build. Signature Homes' specialist development services provide home solutions personalised to you and your needs, making it easy to become a property investor. There's a range of options to choose from, including duplex and terraced plans, ensuring you receive great returns from your investment.

You can save money - When you build with Signature Homes, you're doing business with one of New Zealand's leading residential building companies. This means you can take advantage of the relationships with the country's best building material suppliers that we've built and nurtured during our 38 years in operation. These savings in materials, sites, project management and design are only amplified when you build more than one property on your site.

Building efficiency - Terraced housing is an environmentally friendly way to build and takes up far less land than larger homes, making them cost and time-efficient. All our homes can be built to Homestar 6 standards and Signature Homes is a proud member of the Green Building Council.

You get your own team - If one of our Urban Collection of plans or other designs doesn't work for your section and investment goals, our architects and designers will work closely with you to design a solution perfect for your situation. Whether you want to build two or 20 homes on your site, we've got you covered.

View our range of Plans online or in the Kumeu office. Call our team at Signature homes West Auckland to discuss your option; obligation free 0800 020 600 <https://www.signature.co.nz/page/westdesignbuild>.

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Community Gardens

In case you haven't seen us, Kumeu Community Gardens is at 45 Oraha Road, opposite the park and pathway through to Kumeu Arts and the library. We've been making great progress, with our winter harvests yielding chard, carrots, radishes, herbs and other hearty greens. We've been busy planting new season greens too, so kale, beetroot, rocket and other veges are all under way. In the last month we also planted 600 natives around the site, so we're providing habitat and water quality improvements while we grow.



You can join us every first Sunday of the month from 2-3.30, to plant and weed and to grow our community. Bring your spare seeds and seedlings and help community resilience and food security. We've had great support from the community and businesses so far, including donations to sustain our operations, and equipment, such as watering systems from Water FX, which will keep everything alive. You can help at our Givealittle page, www.givealittle.co.nz/cause/kumeu-community-garden or contact us on Facebook.

Join us!

Getting ready for winter

The sun is shining, the birds are singing and the distant buzz of weed eaters, lawnmowers and chainsaws in action can be heard. It's starting to get cooler and that's a great time to be in the garden. There's a lot of action as people get ready for winter - mowing those overgrown lawns, weeding the gardens or trimming their hedges. The time spent now on those activities is well rewarded as they

stay looking good for a long time because the cooler temperatures reduce the speed of regrowth.

It's also worthwhile to check the rest of your property to be sure it is ready for winter - maybe a pre-winter fertilise to boost the lawn before temperatures drop, a weed spray to tidy up the pavers or a spray to get rid of dangerous slippery mould and gunge from paths and walls. The changing season also sees the leaves changing colour and falling, they do look spectacular but can be a nuisance, and so collecting leaves and clearing the gutters before the winter rains come are important tasks too. Maybe you want to install gutter guard to prevent those leaves getting stuck in the gutter too.

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

Get better work stories!

While Auckland sleeps, parts of our HydroVac team leap into action, making the most of the quiet to work under the cover of dark!

One night last week, team leader Brent Murphy and his team spent the midnight hours cleaning out sediment in a vault - this involved using our trucks to suck out all the debris that had settled onto the floor: inorganic materials, pine needles and more. It was up to 150mm high off the floor!

They also cleaned out motorway storm filters - very important at this time of the year when lots of rain can cause flooding if they're not clear.

The best bit about these jobs is that you can really see the difference in the before and after - very satisfying! If you'd like to be a part of a great team, doing work where you can see the difference, check out the careers page on our website - we'd love to hear from you. www.hydrovac.co.nz.



A rolling stone gathers no moss

As they say, however a strategically placed moss rock, in your landscaped garden, can be a very appealing and enhancing feature. I have been a stonemason for most of my life, and have worked with many different types of stone over the years. I have enjoyed working with a material that is in nature, virtually impervious

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Home & Garden

to decay. Structures built with rock still stand thousands of years later. Although I have worked with stone in many different ways, from chisel cut bluestone for intricate stone walling and paving, to building seawalls, what I enjoy most now is working with stone in its natural uncut state. That is, sourcing interesting moss rocks and boulders, from large (up to 3 tonne), down to pebble size. It can be used for landscape features, such as building dry stone retaining walls, etc. With a bit of tuition, it's possible to build your own stone feature, whatever that might be. Often it's really a bit like doing a jigsaw puzzle. We have a large supply of interesting looking moss rocks and boulders. If you're interested, give me a call. Dave 027 1962 19.

Waimauku Garden Club

June saw us at The Riverhead in a room with a view of the river, to celebrate our mid-winter Xmas. A cosy venue, good food and service.

We were also privileged to have Sarah Carley from Biosecurity to speak to us and educate us and share some exhibits for us to handle.

She was so interesting. She also has her own trained beagle who assists her.

On the 15 July we are off to Northcote to The Bridgeway for morning tea, ice cream and movie, followed by lunch at The Northcote Tavern.

Trips coming up:

August- RNZYC to see the America's Cup and visit The Weta Workshop

September- Cornwall Park and farm/Astrodome

October- Maungaturoto/Matakohe

November- Lavender Hill

December- Botanical Gardens for morning tea, Drury/ Puriri Garden, Ardmore Cafe for lunch, McNicol Homestead, Clevedon.

Our trips are always on the 3rd Thursday in the month. Come and join is. Contact any of us: Ann 021 035 7406 Diana 027 478 8928 Donna 021 233 0974 Judith 027 272 9994 Moira 027 498 9152.

West Haven tide chart

Date	High	Low	High	Low	High
Sun 01 Aug	01:12	07:13	13:33	19:38	-
Mon 02 Aug	01:59	08:03	14:26	20:34	-
Tue 03 Aug	02:49	08:55	15:23	21:30	-

Wed 04 Aug	03:41	09:50	16:21	22:24	-
Thu 05 Aug	04:34	10:44	17:14	23:14	-
Fri 06 Aug	05:27	11:34	18:02	-	-
Sat 07 Aug	-	00:01	06:18	12:21	18:47
Sun 08 Aug	-	00:45	07:06	13:05	19:29
Mon 09 Aug	-	01:29	07:51	13:47	20:11
Tue 10 Aug	-	02:12	08:35	14:28	20:53
Wed 11 Aug	-	02:56	09:18	15:11	21:36
Thu 12 Aug	-	03:40	10:02	15:54	22:21
Fri 13 Aug	-	04:25	10:47	16:40	23:07
Sat 14 Aug	-	05:12	11:34	17:29	23:55
Sun 15 Aug	-	06:01	12:24	18:22	-
Mon 16 Aug	00:47	06:53	13:20	19:21	-
Tue 17 Aug	01:42	07:50	14:22	20:25	-
Wed 18 Aug	02:41	08:53	15:28	21:29	-
Thu 19 Aug	03:44	09:58	16:32	22:32	-
Fri 20 Aug	04:49	11:01	17:33	23:31	-
Sat 21 Aug	05:51	12:00	18:28	-	-
Sun 22 Aug	-	00:27	06:50	12:54	19:20
Mon 23 Aug	-	01:20	07:43	13:43	20:09
Tue 24 Aug	-	02:09	08:32	14:29	20:55
Wed 25 Aug	-	02:56	09:17	15:12	21:40
Thu 26 Aug	-	03:40	10:00	15:54	22:23
Fri 27 Aug	-	04:22	10:41	16:35	23:05
Sat 28 Aug	-	05:03	11:21	17:18	23:47
Sun 29 Aug	-	05:44	12:03	18:03	-
Mon 30 Aug	00:29	06:27	12:48	18:52	-
Tue 31 Aug	01:14	07:15	13:38	19:47	-

Source: LINZ.

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Pets

Kanika Park Cat Retreat

You can't chat with your cat, but there are many ways to know how your cat feels.

Cats love to feel in control of their environment. When they do, they will mark their home using facial markings and leave "happy messages" (or pheromones). This happens when your cat rubs its face against furniture or nuzzles up against your legs.

Things that may disturb your cat's need of stability and impact your cat's behaviour. For instance, every time you move furniture, bring in new furniture, do a major housecleaning, renovate your house etc... This can remove the "happy messages" left by your cat

Other things that may affect your cat's happiness are access to food, heat, water, litter, attention and competition in the household with other cats, as well as visitors to the household.

Perhaps the biggest change that your cat can go through is moving home. Entering a new home with none of the "happy messages" on the walls will create a big stress for your cat.

At Kanika Park Cat Retreat your pussy cat will have its own room, with plenty of places to relax eg: on a cushion, in a bed, on a shelf or blanket.

P: 027 550 1406 | E: info@kanikapark.nz | W: kanikapark.nz | FB: facebook.com/kanikapark.



Responsible cat ownership

Responsible cat ownership has not really been a thing in New Zealand, and is not mandated by government as it is in many parts of Australia. However increasing numbers of people are starting to keep cats differently, for a variety of reasons.

Leonardo is a 2 ½ year old ragdoll cat who lives with his family in Hobsonville Point. For the first 16 months of Leonardo's life, he stayed inside, and now only goes out a few daytime hours each day. His owner, Maylene, explains that her previous cat was injured either by a car or in a fight with another cat (they never found out which) and what followed was ongoing health problems and "astronomical" vet bills.



While staying inside, Leonardo is entertained by a few toys and games with his owners. He goes out while Maylene is at home, then asks to come back in. "He really seems to like his mostly inside life". He has never been hurt, and a side benefit, Maylene says, is that she doesn't "have to deal with gross dead things" on her doorstep. If they move to a house with a suitable back garden, Leonardo's family would consider getting a cat proof fence. There are several available in New Zealand now, including small electric wires and clever spinning devices such as the Oscillot system (<https://catfence.nz/about-oscillot/>).

Other benefits of keeping cats safe and indoors in the daytime include fewer illnesses such as Feline AIDS which is surprisingly common in New Zealand and spread through bite wounds, happy neighbours, a longer-lived cat, and better protection for some of our vulnerable native birds.

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.



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 if 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 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





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swimschool@parakaisprings.co.nz

Pets

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.

Dog Safety for Early Childhood Education Centres

Covid was very messy for everyone and unfortunately, the charity 'Kids Safe with Dogs' could not afford to keep running. So as one of the founders of the charity we decided to purchase the IP and we are now looking at putting a package together for Early Childhood Education Centres.

We at the Dog Safe Workplace have been involved in educating our communities about dog safety since 2014.

Prior to COVID Kids Safe with Dogs instructors visited primary and intermediate schools to pass on this knowledge. Now, after talking to various parents and early childhood centres we realised that there is a large group of children that are missing out on learning how to stay safe when they interact with dogs.

Each year we see thousands of New Zealanders bitten and starting to teach children about dog safety from a very young age does make the difference. To solve this, we have made a few changes to the programme, and we will be offering a Centre Run package. This means that every early childhood education centre will be able to teach all the children in their care about "The Three Golden Rules" for interacting with dogs. There are lots of fun activities as well like models of each of the characters to make, colouring in, join the dots and even a fun song to learn on dog safety.

If you think your child's Early Childhood Education Centre would be interested in the package, get them to contact us admin@dogsafeworkplace.com or 0508 DOG SAFE.

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Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 20,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at editorial@thewesterly.co.nz.

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Food & Beverages

Jesters Westgate

Second Pie Van Launched

Another new addition to the Jesters Westgate family is our brand-new pie van. We will be using this van to keep up with the demand of delivering pies to the people in our local communities. Please contact us if you're interested in booking the van for:



- Events - we can cater to all sizes, from sports club days to weekend markets or A&P shows.

- Weekly visits - Let us know if you & your workplace would like to become one of the businesses we stop in on during the week.

- Workplace morning tea/lunch shouts- Someone leaving? End of year celebration? Contact us to take the stress away from organising food.

We have a range of pies to suit all dietary requirements, adults & kids.

Send us an email at amljesters@gmail.com or call us on 09 832 6060.

Sweet As Crêpes

Sweet As Crêpes began in 2007 when an ambitious twelve-year-old girl called Annabel Shepherd set up a stall at the very first Coatesville Market north of Auckland. The name was a play on words incorporating Annie's own initials.



The single crêpe maker and a queue each week soon grew and multiplied into a small family business.

We specialise in making large, thin, fresh French crêpes on the spot. Over the years, traditional flavours such as tangy Lemon & Sugar, Apple & Cinnamon and Butter & Sugar have been complemented by favourites such as Salted Caramel, Nutella & Banana, and the ever-popular Berries, Chocolate & Cream—giving our offering a distinctly Kiwi twist. We've also added a range of savoury crêpes which are proving extremely popular. Our best-sellers are the Classic Ham & Cheese and the Very Vege—cheese, feta, pesto, semi-dried tomato, fresh basil and cracked pepper are all wrapped up in a large thin, crêpe and toasted to perfection so that its crisp on the outside yet molten and deliciously gooey on the inside.

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

BORIĆ Food Market

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

Some people enjoy just watching us "twirl" our crêpes; most cannot resist having a taste! We now have a huge following of local crêpe-lovers who seek us out, loyalty cards in hand, to get their crêpe "fix" wherever we are. From small beginnings, we now run two unique, custom-built food trailers at markets, school fairs, private functions, weddings and corporate events from Auckland to Matapouri.

You'll find us at the Catalina Bay Farmer's Market every Sunday from 8.30am-2pm.

We are the local experts in this field and strive to live up to our founding motto that our crêpes are "#flippingood". Contact Lisa Shepherd for more information.

Tel: 021 67 87 62 Email: info@sweetascrepes.co.nz Website: www.sweetascrepes.co.nz Facebook: SweetAsCrepes Instagram: sweetascrepesnz.

Peko Peko

We started our new dine-in menu this month. There are some new dishes and photos on the menu, we added a set menu, beef bowls, desserts and a new kid's menu for both lunch and dinner time. We would love all our customers to enjoy our homemade style meals. We only use rice bran oil, free-range chicken and eggs, NZ prime beef, NZ king salmon and fresh local ingredients as much as possible. Please visit us to check our new dine-in menu, you can also find our trading hours and other information on our Facebook page. We are located on 102c Hobsonville Rd, next to Hobsonville Primary School. Phone 09 416 1197.



Cinta Malaysian Restaurant

A truly Malaysian restaurant owned and operated by a local West Auckland Malaysian.

In 2003, we opened our first restaurant in the Westfield Downtown food court. Later, we expanded to Dominion Road (Auckland), but the restaurant was closed to give way to the Government light rail project. Currently, we have



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Food & Beverages

a total of three restaurants: two in the Auckland CBD, the ground floor of the AMP building and 51 Shortland Street; and one at Westgate, 264-248 Maki Street. The fourth restaurant is on the way, located at Mercari Way, Albany.

Cinta means love in Malay. At Cinta, we have a strong passion and love for Malaysian food, serving the traditional food of Malaysia. The food is a combination of the local Malay, Chinese and Indian cuisine. We serve Malay satay, Rendang, curries and the Nyonya Curry Laksa; the Indian Roti; the Chinese fried Kway Teow; and many other traditional dishes in our lunch and dinner menu. During lunch hours we boast a large street food menu and we are pleased to say that our fantastic drink selection is sure to have something for everyone.

Our food is MSG-free. Instead of MSG, Cinta pairs authentic spices sourced directly from Malaysia with the freshest local, NZ produce. We strive to share our passion for delicious, exotic, spicy, sweet and sour Malaysian food, in a friendly and relaxed atmosphere. We create an ambience that sets you up to fall in love with our food and restaurant. Our style of cuisine is perfect for and encourages sharing. We would love for you to enjoy and share a true Malaysian Restaurant dining experience with your friends and families.

Invite your friends, family or business to share a wonderfully Malaysian dining experience with Cinta. Group bookings are available, as well as the option for tailored menus. We are open 7 days a week from 10:30 am to 9 pm. Bookings and Enquiries call 09 213 2819.

Winter at Allely Estate

As an events venue, spring and summer are definitely our business seasons, holding birthday parties and weddings pretty much every weekend from October onwards. For us, winter is a time to get all those jobs done that we're too busy to address during summer, like replanting garden beds, painting, handyman tasks and more. But that's not to say we don't have some great events on in colder months! We just had St Pierre's staff join us for a few days for corporate training away from the office, and in the next few weeks we're hosting a 16th birthday party, a few gorgeous mid-winter weddings and a Breast Cancer charity event with 300+ people attending to raise money for a good cause - we can't wait!



One of the pluses to holding an event at Allely Estate is that we have a plan b if it rains - our villa and marquee makes it easy to stay dry and warm if the weather gods aren't shining on your special day. If you're looking for a beautiful venue to hold your wedding, party

or corporate event soon, call us for a tour - we'd love to show you around! www.allelyestate.co.nz, 09 412 7206.

Kumeu Food and Vines Festival

Kumeu Food & Vines Show for the 13th November 2021.

Calling all wineries, breweries and local restaurants. Please book today for a spot at our 1st Kumeu Food & Vines Fest.

If you are local and would like to be a vendor, please contact Lizelle on 021 0403218 or email info@kumeushow.co.nz before the 1st August.

Westbrook Winery

Westbrook is delighted to be supporting Breast Cancer Foundation New Zealand by hosting our second Pink Ribbon Fundraiser! This very special event will include delicious wine and food, raffles and prizes, with goodies provided by Westbrook and other wonderful local businesses. All profits from the ticket sales, sales of raffle tickets and Pink Ribbon Merchandise, and a \$2 donation from every bottle of Westbrook Blanc D' bubbly (our delicious sparkling wine) sold during this promotion, will go directly to BCFNZ - a non-profit organisation which raises funds for education, research and patient support. Learn more about their work here www.bcf.org.nz. It's going to be FUN so please join us at our beautiful Ararimu Valley Vineyard on Sunday 1st of August 10am to 12.30pm. For more information and event tickets go to www.westbrook.co.nz or call 09 411 9924.

2019 Kumeu Pinotage

We have been growing Pinotage on our Estate in Kumeu since 2003, but this vintage is the very first Kumeu Pinotage we've ever made! A bright and vibrant wine in its youth with notes of black raspberry and fresh cherry. With 10 months in French oak, we get smoky notes with hints of dried herbs and sweet tobacco. This will cellar well over the next 5-8 years but is drinking nicely now too! Come in our cellar door and café and give it a try! Available in store or buy online at www.soljans.co.nz for \$32 per bottle.



We look forward to seeing you soon!

Graham McIntyre
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This service is perfect for correcting shape, adding definition and enhancing your features.

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To view Blushed Ink's work please visit our instagram:

www.instagram.com/blushed.ink_with_sasha

To enquire please send us a message on our socials or via email:

blushed.ink.withsasha@gmail.com.



Achilles tendinopathy

Do you suffer from painful Achilles tendinopathy? Do you have pain at the back of your heel but not sure why? Painful to walk in the morning? Can't figure out how to relieve your pain? We may be able to help you.

What is an Achilles tendon?

Achilles tendon is a strongest and largest tendon in our body. It is a fibrous cord that connects muscles at the back of your calf to your heel bone. It controls the smooth transition of our body weight onto the toes by lifting our heels. Also, it is one of the most active tendons in the body especially when you walk or run because it stabilises our body.

How does it occur? Achilles tendinopathy is an overuse injury where it presents with pain, swelling and stiffness of the Achilles tendon. Achilles tendinopathy develops when you over-strain or overload your Achilles tendon repetitively.

Individuals who put repetitive stress on their ankles and feet, such as manual labourers & athletes are at higher risk of developing Achilles tendinopathy.

The Achilles tendon attaches to the calf muscles, so tight calf muscles can increase tendon strain. Therefore, it is essential to do



calf stretching.

In addition, people with certain foot posture or gait styles, have a tendency to develop Achilles tendinopathy due to the greater demands placed on the tendon when walking. If these individuals wear shoes without appropriate support, their uneven loading patterns could further aggravate the Achilles tendon.

Symptoms

-Aching, stiffness, soreness or tenderness in the back of the ankle or heel.

-Tenderness, or intense pain, when the sides of the Achilles tendon is squeezed.

-Lump on the Achilles tendon. When the disorder progresses to degeneration, the tendon may become enlarged and may develop nodules in the area where the tissue is damaged.

Treatment options - The first and most important step is ensuring you have a good pair of footwear to decrease the load on the Achilles tendon and stretching your calf muscles. If you do this and continue to have pain, give the team at the Hobsonville Podiatry a call on 09 390 4184. They can help determine why the pain won't settle & then provide appropriate treatment.

Sleep: Not worth stressing about

Sleep is not just a state of rest, but includes several states which help us to restore physiological function, store memories, clear metabolites, and even tweak our model of the world and increase our understanding of the world. Sleep also helps us keep our circadian rhythm which influences our metabolism.

Despite the obvious importance of sleep, I never tell people that sleep is critical to health.

Stress, anxiety or worrying about sleep increases the levels of your stress hormones cortisol and adrenaline. Cortisol has the job of getting you up and going in the mornings. Adrenaline has the job of giving you a jolt of energy to get you away from that tiger in the wild. It's not rocket science that stress-induced increases in cortisol and adrenaline are no good for sleep.

Don't Watch The Clock:

If you check the time when you wake up, then this can raise your stress levels. Depending on your clock, you may also get a dose of blue light which reduces sleep too. The retinal ganglion cells in the



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Health & Beauty

eye are not involved in vision, but detect the levels of ambient light, especially blue light, to influence the sleep - wake cycle.

A Helping Hand:

If your sleep gets out of balance for too long, you may need something to help you get back into your rhythm. Sometimes a relaxing Epsom salts bath with a hint of lavender oil will be enough. A cup of chamomile tea can also be helpful. Setting up good practices from early evening until bedtime is essential. This is often termed "sleep hygiene". We have a sleep hygiene information sheet to assist you (free of charge).

If you are over 55 years of age, we can prescribe you melatonin (your natural sleep hormone). There are also lots of great nutrients that can help calm your mind or even induce a feeling of sleepiness. Please ask our Pharmacy Health Coaches for the best sleep support options for you. And pick up a free Sleep Hygiene information sheet too. Massey Unichem Pharmacy. Martin Harris. 396 Don Buck Road, Massey Phone 09 833 7235.

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5 reasons to consider cosmetic dentistry

Are you one of the many Kiwis who don't love their smile? Getting cosmetic dentistry can be a big decision, so here some reasons you should consider:

1. Improving your smile gives your confidence and self-esteem an incredible boost. A new smile can make you feel like you can take on the world.
2. Cosmetic dentistry can greatly improve your oral health. Broken, missing or misaligned teeth can cause serious tooth decay, which in turn can also affect your overall health by increasing your risk of a stroke, heart attack and cardiovascular disease.
3. Your new smile will look completely natural, just a much-improved version. Your teeth should never look 'fake' after treatment.
4. Dental treatments are now virtually painless. Improvements to techniques, technology and anaesthesia, as well as sensory management and dental sedation, all make your dental experience positive, stress-free and painless.



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Health & Beauty

5. Cosmetic dentistry can fit into your budget. Look for a dentist who offers payment options like finance cards and dental savings plans. To find out more about improving your smile, contact the friendly Fraser Dental team at 1 Wiseley Road, Hobsonville on 09 416 5050.

Is my gut really leaky?

First and foremost the answer is no because 'leaky gut' doesn't really exist. Our gut is not a pipe that 'leaks'. It is actually more complicated than that and that is why the term is generally not recognised by medical practitioners.

The correct term is 'intestinal hyperpermeability', which is a bit of a mouthful, hence why the term 'leaky gut' tends to be used. Intestinal hyperpermeability just means that our intestines let in food molecules, bugs and chemicals into our bloodstream that shouldn't be there because the system is currently 'broken'.

Our gut is one big tube (like a tunnel) and food travels through the tunnel. Along the tunnel there are gates, these are controlled by our cells and a protein called Zonulin is the 'gatekeeper'.

Certain foods increase Zonulin and allow the gates to open such as black pepper, capsaicin (from chilli), hops (used in beer) gluten, saturated fat (esp, coconut oil), too much omega 6 fatty acids in relation to omega 3 fatty acids, sugar and alcohol plus deficiencies in zinc, vitamin A and Vitamin D. Certain medications, stress (to allow in more nutrients) and inflammation will also mean that these gates open. This is a natural, normal process and is dynamic - the gates



open and close all the time. The problem comes when you have a poor diet, chronic inflammation, unresolved food intolerances, and gut infections that can mean the gates don't close properly and that can drive inflammation elsewhere in the body because of the substances that get into the bloodstream that ordinarily wouldn't be allowed there. This has been associated with diabetes, cardiovascular conditions, allergy, autoimmunity and mental health disorders.

A diet rich in vegetables, whole foods, legumes, nuts and seeds, fermented foods & fish (i.e. the Mediterranean diet) can make a massive difference and allow the gut to heal itself.

If you want to know more about this topic then contact Sarah at sarahb@sarahbrenchleynaturopathy.com to find out about her 'Healthy Gut Programme' and join her free Facebook Group - The Women's WellBeing Circle.

Emotional situations that trigger overeating

If you're an overeater, different situations trigger emotions that send you to the fridge (or dairy) even though you're not hungry. Or, cause you to overeat when you've had enough.

To reduce overeating learn to cope with feelings in healthier, non-food related ways, on your own or with the help of family, friends or professional. Here are ways I deal with these situations:

Boredom: read a book, jump on trampolines, do something creative

Anger: movement helps the most so I dance in the lounge, I yell in the car with the music loud or I journal the anger out - I don't hold back, just let it rip onto the paper

Stress: meditation, deep breathing, listening to a hypnosis track

Fear: deep breathing and facing the fears - speaking up when I'm afraid or saying no when I fear I'll be rejected if I don't say yes

Lonely: reach for connection - walk with a mate, catch up coffee, phone call

Self-Esteem: affirm I am enough no matter what, focus on the good in me, praise myself

Happiness: many people connect happy events to food as we learnt to celebrate with food - try finding other rewards like booking an activity or adventure. Connect and do things that bring happiness without food like dancing, swimming or singing out loud to my favourite music.



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Royal Heights Doctors

Same great location - brand new clinic - Dr Fred is back.

Dr Frederick Goh, a seasoned GP, has 30 years of doctoring experience, and is both a Fellow of the Royal NZ College of GP's and an accredited Singapore Family Physician.

After 5 August 2021, he is accepting new enrolments in a completely renovated clinic - Royal Heights Doctors

His clinic staff have all undergone graduate or postgraduate studies in NZ and are effectively bilingual in English and Mandarin (and even Cantonese).



The clinic is pandemic prepared with a dedicated room inside (with separate ventilation and entrance) for any patients with worrying symptoms so no more need for car park or portacabin consultations in the rain and cold.

Let's get you better.

Open 9am to 5.30pm (Weekdays) and 9am to 1pm (Saturdays).

Come see us at Shop 12 Royal Heights Shopping Centre, 138 Royal Road Massey . Phone 09 393 6313.

The art of lifting

We see a lot of unnecessary back strains and sprains here at Kumeu Chiropractic. With just a little preparation and planning you can save yourself some grief.

For healthy lifting, lift with your legs, keep the load close to your body and get help if the load is too heavy.

Here are some basic steps required for proper lifting.

1. Size up the situation.
2. Keep it close.
3. Spread your feet shoulder-width apart for better balance.
4. Bend at the knees.
5. Tighten up your abs and use your stomach muscles.
6. Make your legs do the work.
7. Give yourself a rest and take regular breaks.

8. If it looks too heavy, it probably is. Don't be tempted.

Master the art of proper lifting and you will be doing your back a huge favour. However, as with any activity, if you strain your back or feel pain, call us at Kumeu Chiropractic right away to schedule an appointment for a thorough Chiropractic examination and necessary care. Waiting usually lengthens the healing process and rarely makes a painful situation better.

Call us at Kumeu Chiropractic on 09 412 5536 for an appointment.

An eye-healthy winter warmer from Westgate Wptometrists

Try this eye-healthy winter warmer recipe from Westgate Optometrists; Pear and Almond Chocolate Brownies. Almonds contain a high level of Vitamin E, which can help to prevent age-related Macular Degeneration and Cataracts.

Ingredients: 150g butter, ¾ cup cocoa, 3 eggs, 1¼ cups caster sugar, 1 tsp vanilla extract, 1 cup (100g) ground or chopped almonds, 1 tsp baking powder, 100g dark chocolate, roughly chopped, 410g can Wattie's Pear Quarters in Clear Fruit Juice, drained and sliced. Method: Preheat oven to 180°C. Line a 22cm square cake tin with baking paper. Melt butter and stir in sifted cocoa until smooth. Set aside to cool. Beat eggs, sugar and vanilla extract until thick and creamy. Fold in cocoa mixture, almonds, baking powder and chocolate. Pour into prepared cake tin. Place the drained and sliced pears over the top and gently press into the mixture. Bake for 35-40 minutes until cooked. The centre will still be a little gooey and the top firm. Allow to cool in the tin before cutting into pieces. Serve dusted with a



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Health & Beauty

little sifted icing sugar or rolled oats. For more information on eye-health or to make an appointment to see one of our therapeutically endorsed optometrists visit our website: www.westopt.nz or phone our friendly team on 09 831 0202. Located at 4/46 Maki Street, Westgate. Opposite NorthWest Shopping Centre and the Kiwibank and just around the corner from Goode Brothers Restaurant.

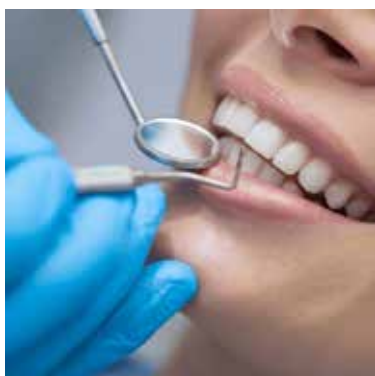
Gum disease and how can a dental hygienist help?

Gum disease is caused by an infection that destroys the bone surrounding and supporting your teeth.

Periodontitis usually builds up slowly over many years but some people may have a very active form of the disease that causes rapid loosening and loss of the teeth. Symptoms include loose teeth, bad breath, gum tenderness, receding gums, pus in your gums and gaps opening up in your teeth.

To prevent gum disease, the same good oral hygiene practices that protect your teeth also protect your gums from the bacteria build-up that leads to inflammation and infection.

- Brushing your teeth twice a day with a soft toothbrush
- Daily flossing
- Visiting your dentist and dental hygienist regularly for a check-up and professional cleaning



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Zumba with Fleur

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



Fleur lives locally and teaches classes at the Sunderland Lounge every Tuesday at 7:15pm, Wednesday 9:30am (Zumba Gold) and Saturday mornings at 8:10am. Your first week is free, then it's just \$5 per class.

Oxymels for winter health and more

Oxymels are an old-fashioned herbal remedy, typically taken a teaspoon at a time to aid with all kinds of ills. Their versatility doesn't stop there. They can be used in salad dressings and to create interesting cocktails. You can use any of your favourite dried medicinal or culinary herbs to create a tasty blend. The recipe below creates a deep crimson, rose-scented oxymel which is delicious on its own or in a salad dressing.

Rose, Hibiscus & Lemon Balm Oxymel Recipe

Ingredients: 20g dried rose buds, 9g dried hibiscus flowers, 7g dried lemon balm, 1 cup apple cider vinegar (or enough to cover your herbs), ¼ to 1/3 cup honey

Method: Add the dried herbs and apple cider vinegar to a clean jar with a plastic lid. Shake well and leave to steep for approximately 2



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weeks, shaking daily. Strain the liquid from the herbs ensuring you wring out any liquid. Add the honey to taste.

Certified Organic herbs are available through our online store: www.NewZealandHerbalBrew.co.nz.

Drumroll: Optometrist chooses new frame!

For Eyes Optometrists are well known for their stylish eye wear, and optometrist Molly Whittington finds it difficult to choose a frame when surrounded by so many. Here, she is wearing her new frame from the Spanish Etnia range; a stunning black and gold frame that dresses up and down with ease and is classy but a bit of fun.

"The trends in eye wear are on the one hand for bold chunky frames, which Etnia and Moscot do well for both women and men; and on the other hand, for beautiful translucent frames in pale colours. They are really popular and suit many faces", she says.

For Eyes will post photos of stylish new frame models in future issues of KC - or why not visit For Eyes to see the full range? You'll find them in the Kumeu Shopping Village, between the two sets of traffic lights on Kumeu's Main Rd.



Hear 4U Ltd - Lisa Greene

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

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

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



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Do you have tight hip flexors?

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

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

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

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

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

Brainfit for Life

BrainFit for Life classes are available again, this time to be held at the Te Manawa Library in Northwest Mall.

It is a four-week course, each week is an hour and a half of tips and strategies that will give you the skills vital for maintaining a healthy memory and independence during aging.

You will be taught Dr Allison Lamont's six key memory skills and a toolbox of strategies that enable you to keep these memory skills sharp throughout the aging process.

It is fun and it works.

The next four-week course starts Saturday mornings 10.30am till 12pm, August 7-28. The cost is \$197 and it includes follow ups and handouts. Contact Victoria on 022 033 9552, email Victoria@brainfit.nz, or visit www.brainfit.nz for more information.

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Area Columnists

\$12.6 million upgrade

Waitematā DHB has welcomed a \$12.6 million cash injection to upgrade the Central Sterile Services Department (CSSD) at North Shore Hospital, due to start in January 2022. The funding comes from a \$12 billion infrastructure package, announced by the Government in 2020, in which \$300 million was earmarked for the health sector.



Waitematā DHB Chief Executive Dr Dale Bramley says the upgrade will enable the service to meet future demand as the local population grows. Waitematā is the largest DHB in the country, serving a population of around 650,000 across the North Shore, Waitakere and Rodney areas. This number is expected to reach nearly 700,000 by 2025.

"North Shore Hospital's CSSD sterilises more than two million medical devices each year for re-use in operations and other procedures across the DHB," says Dr Bramley. "This upgrade will support a more modern facility that will help strengthen health services in the rapidly growing Waitematā area."

The announcement of the CSSD upgrade comes at the perfect time; the department will be busy over the coming years, with a number of exciting developments underway within the Waitematā district, including a new 30-bed inpatient ward at Waitakere Hospital (2023) and a major upgrade of Waitakere Hospital's Special Care Baby Unit.

St John Health Shuttle - free community service

The two West Auckland Area Health Shuttles transport people who live in the West Auckland region to their local health-related appointments, and then brings them home again when they are ready. The shuttle service is staffed by St John volunteer drivers and while the service is free, people are encouraged to make a small donation where possible.



Examples of the many health related reasons people use the shuttle service are, for an appointment at the Waitakere hospital or a local

West Auckland medical centre, a visit to the physio, dentist, or to a specialist consultation, or maybe there is the need for a scan, or a blood test.

Despite Covid disruptions in the first five months of 2021 the West Auckland Health Shuttles have completed 1120 journeys travelling over 15,000 km's, safely delivering people to their local appointments. This includes many people who for a variety of reasons may have difficulty in walking, climbing steps, or who are in a wheelchair. Both the shuttles are fitted with wheelchair hoists making entry and exit to the shuttle very easy no matter what a person's mobility issues are.

The free Shuttle service is available to everyone who lives in West Auckland and who has a health-related appointment in the West Auckland area. To make a booking, you simply need to phone the St John Shuttle booking number on 0800 9252 672. (NB Return journeys are not available after 2.30pm)

To be able to provide you with the service you require, we need you to make your shuttle ride booking with us a minimum of 24 hours in advance.

If you have a regular appointment, you can make a series of bookings in advance. If you don't require a pre-booked service on a particular day, please let us know at least 24 hours in advance.

Grandparenting

A Hobsonville Point author has just published her first book. Helen Ellis is a New Zealand researcher, writer and anthropologist who with her husband has been a distance parent for over 30 years and a distance grandparent for over 20 years with family at some time in Europe, Scandinavia, Africa, Asia and America. After a career in travel, event management and business ownership she undertook university studies and began researching the how the impact of being separated from families affects all generations.



Her book details how grandparents struggle, and succeed, to cope with the emotional effects of a life they hadn't imagined with their family being so far away. By some estimates about a million New Zealanders live overseas, and whether they are settled, or living away to use their skills for short- or long-term employment, as a country we can expect that very many parents will spend at least some of their lives separated from their children and grandchildren. This has obviously been exacerbated by the recent effects of Covid

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Area Columnists

on travel.

Ellis found that there had been very little research on this topic, and set about interviewing many individuals and couples both in New Zealand and overseas to seek stories of how people manage in this situation. The family relationships don't remain static, as jobs change, children grow and locations become different on both sides. Reading how others cope, you learn that you are not alone on your journey, and it can help to support your role as a Distance Grandparent. To reflect on how distance may be experienced by children and grandchildren can create an empathy for how they feel, both the good and the bad.

The book covers myriad issues such as the best strategies for good communication, dealing with guilt, family dynamics, and remaining emotionally resilient. Nurturing relationships may be hard with grandchildren who develop different accents (or even languages), traditions, expectations and have little or no experience with what the grandparents regard as the 'home' country. It is a book that provokes much reflection on the nuances of long distance relationships within families, and two further books are planned for the children's and grandchildren's understanding. The book is available in paperback and e-book editions. Visit the 'Shop' page at DistanceFamilies.com for local and global outlets. Also available at Hobsonville Point Pharmacy, 160 Hobsonville Point Road.

Photo by Leanne Silver Photography.

Fresh format - Going West Festival 2021

Going West Festival's 26th season is dialing it up, offering four multi-media Saturday evening events featuring Aotearoa's finest writers of prose, poetry and music once a month from August.

Launching on Saturday 14 August, the richly layered new-format offers something for everyone with a love of reading and ideas.

"Going West Festival is 25 years old this year. We want to demonstrate our commitment to the next quarter century with a fresh programming approach. There will be live music, oratory, performance and kōrero taking place, as well as pop up performances and installations, on multiple stages, with refreshments available throughout the evening.

"You'll hear new work from our literary and musical taonga and



innovative ideas from some of our sharpest young minds. We're keeping the kaupapa that our audiences tell us they love, so we'll be as friendly as ever, and offering compelling insights into Aotearoa's unique narrative culture all in one whare. But it won't all happen in one long weekend.

"The new format is Covid-adaptable. It provides new programming opportunities and it's also going to be a lot of fun," says director James Littlewood.

Award-winning writer and associate professor of creative writing at the University of Auckland Paula Morris is a mentor to the Festival's fresh approach. Together with literary advisors Angelique Kasmara, Amy McDaid, Jack Cottrell and Sonya Wilson, Dr Morris has curated a programme that celebrates Aotearoa as a Pacific nation of increasing diversity under the theme 'Stranded in Paradise.'

"Our group relished exploring books, writers, ideas, and imaginative connections for Going West this year. We looked for events that would engage and absorb diverse audiences, and feature emerging voices as well as established writers. We embraced the challenge of programming for such varied spaces," says Dr Morris.

Gala Night

Theme: Stranded in Paradise

Saturday 14 August, 7pm - 10pm Glen Eden Playhouse \$35 (\$20 concession)

Always a sellout, the Gala night is the Festival's traditional centre piece. This year it features arresting poets Daren Kamali and Karlo Mila, and a significant literary performance curated by singer-songwriter Charlotte Yates traversing her four albums of standout NZ poetry-to-song accompanied by multi-instrumentalist extraordinaire Show Pony and the stunning songstress, Julia Deans. Emceed by Pita Turei. Click on LIVE at goingwestfest.co.nz for details and ticketing links.

Freshen up your business appeal

When was the last time you viewed your business from the eyes of your customer? Taking a walk through the experiences of your customer from first learning about your business through to making payment for your products or services can be a real eye opener.

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Once a customer wants to talk to you, how easy is it? Will the phone be answered if they call you? Will an email or online inquiry be replied to within 24 hours? If you want the customer to come to your shop/office, how easy is it to find where you are, and will they be able to find a carpark easily?

The easier it is for someone to do business with you, the less likely your potential customer is to walk away at each step in the process.

Getting an external person to walk through the customer experience with you is a great way to get a different perspective and to pick up things that someone in the business every day might be blind to.

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

Prequal

A number of companies will be familiar Prequal Management Systems. Some of these systems have gained rapid traction amongst a number of large organisations, particularly following the demise of the ACC Workplace Safety Management programmes (WSMP).



To organisations, ACC WSMP certification provided an assurance to customers, contractors, suppliers, peers and the general public that they had an effective Health and Safety System in place.

For many clients this has left a gap of recognition for their level of compliance to Health and Safety requirements.

Currently prequal systems include:

- Sitewise (Construction Industry - Construction Health and Safety NZ CHASNZ)
- Impac Prequal
- Safe 365 (District Area Health Boards)
- SafePlus
- SHE Prequalification

These prequal systems work on the basis that the contracting organisation requires to be assured that the contractor has an effective Health and Safety system in place and, therefore, make prequal qualification part of the purchase decision.

The contractor is then required to sign up to the prequal scheme at

their cost and submit evidence of their H&S practices. Depending on the scheme it must be renewed every year or every two years.

The major criticism of these prequal schemes is that not one of them is universally recognised. This leads to the unfortunate situation where a company may be required to purchase and comply with one or more different prequal systems to gain work as a contractor to large organisations.

The only recognised national and international certification for H&S is an accredited certification to an International Standard such as AS/NZS4801 - 2001, ANZS18001 - 2007 or ISO45001 - 2018. AS/NZS4801 and 18001 have largely been withdrawn and replaced by 45001.

There are some large companies in New Zealand that have gained certification to ANZS45001 - 2018, but many SME's find the work involved too much and the cost prohibitive.

Recently, a new umbrella scheme has been introduced called TOTIKA which is hoped to encompass many of the prequals and be much more widely accepted.

The name Totika come from the Maori - Correct/Effectiveness.

It is a single framework developed by industry (CHASNZ) and Government that brings many health and safety pre-qualifications together under one umbrella to make the process cheaper and quicker for everyone.

If, you have been asked to complete a prequal to gain contract work and require some help, then John Riddell can make the process much easier and/or you want to find out more about the Totika process, then please contact John by email john@securo.co.nz or click on the website www.securo.co.nz.

West Auckland to get new alcohol retailer brand

West Aucklanders are set to have access to a wider range of liquor retailers under a new move designed to bring greater competition to the region.



For the first time in half a century, consumers will be able to purchase liquor in West Auckland from a retail store that is not operated under The Trusts brand.

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The Waitakere and Portage Trusts in West Auckland are two of 19 licensing trusts operating in New Zealand. Each trust has government-authorised exclusive rights on the development of premises licenses for the sale of alcohol in their area.

The move will see three existing Trusts stores (Te Atatu, Blockhouse Bay and Titirangi) become Liquorland franchises as well as the opening of a new outlet under the Liquorland banner in Hobsonville.

Liquorland is one of New Zealand's largest specialty liquor retailers with over 130 stores nationwide.

The Trusts will operate the four stores as a Liquorland franchisee, following the same purchasing model as other franchisees and providing consumers with access to their national promotions as well as Flybuys and Airpoints loyalty programmes.

Allan Pollard, Trusts CEO, says the move will provide increased consumer choice and is part of a multi-million dollar investment and transformation programme planned for The Trusts retail and hospitality business.

He says the new stores will operate under a hybrid model that increases the level of competition in the region but retains the profits locally to support charitable initiatives.

"Our research shows our communities have a desire for the same retail options as any other parts of Auckland and New Zealand.

"At the same time we have designed this new model to ensure profits from stores operating under the Liquorland brand in the area will continue to be donated to local charities and community groups.

"Our goal is to become a high performing community organisation and the provision of greater choice for our customers is an integral part of achieving this," he says.

Pollard says the locations of the four new stores have been geographically distributed throughout the region to ensure the majority of West Aucklanders will live within a 5km radius.

Brendon Lawry, Liquorland NZ CEO, says the partnership with The Trusts will operate in the same way as their other franchisees, bringing an increased product range to local consumers.

"The Liquorland operating model has a number of core strengths including greater buying power, exclusive brands, and expertise in areas such as premium spirits and craft beer. We are also the largest retailer of gin and whisky in New Zealand.

"We know that there are also around 100,000 Flybuys and Airpoints members in The Trusts area who will now be able to purchase from a local retailer as well as redeem Flybuys rewards.

"The Trusts have adopted the Liquorland model without modification - which is a recognition of the potential impact that the size and scale of a national chain will have on West Auckland," he says.

SH16 bus improvements

Prime Minister Jacinda Ardern was expected to turn the first sod on July 27 to mark construction starting on the State Highway 16 Northwestern Bus Improvements to boost bus transport and reduce



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travel times over the next five years.

The joint project between Waka Kotahi NZ Transport Agency (NZTA) and Auckland Transport (AT) involves first stage changes to road and footpath layouts at the Lincoln Road and Te Atatu highway interchanges, including new bus stops, footpaths and pedestrian crossings.

Bus shoulders on the Northwestern Motorway (SH16) between Westgate and Newton Road will also be extended to make it more reliable to travel by bus along the motorway.

Construction work for this part of the project is due to start this month and be completed late 2022, the works designed to provide "a more reliable, resilient and better-connected bus service for the growing numbers of people who live and work in the Northwest".

The longer-term project includes a new bus station at Westgate to provide better connections and improved travel times further west. However, the detailed design and resource consenting process for this part of the project is expected to begin at the end of the year with construction scheduled to start in 2023.

The bus project is being funded in part by the Government through the COVID Response and Recovery Fund supplying \$50 million of the \$100 million projects to support this work.

Visit [Northwestern Bus Improvements \(at.govt.nz\)](http://Northwestern Bus Improvements (at.govt.nz)) for more information.

Charity women's clothing swap and sale

An annual charity women's clothing swap at the Kumeu Showgrounds on Saturday August 7 is raising funds and awareness for Parent Aid North West, a not-for-profit organisation providing free home help to parents with a new baby or pre-schooler.



Bex Holland of Huapai runs the clothing swap with her mum Kate Hattaway and says to swap you sort out your wardrobe and drop off your clothes/shoes/handbags/accessories, along with a \$20 donation (100% of which goes to Parent Aid North West).

"Then come along on the event day, pick up your wristband at the registration table and you can take away with you the same amount of items which you donated."

Swappers are welcome anytime between 10am and 4pm.

"If you want to take home more than your quota it is just \$5 an item, and you can pay via cash of eftpos at our exit desk," Bex says.

Those who haven't donated goods but who want to buy can attend from 1pm on August 7 and pay \$5 an item.

"From 3pm-4pm we clear the racks, and each item is \$1. This is so we can really help out those that need warm, quality clothing, but that may not be able to afford it currently," Bex explains.

"Grab a wristband from the registration table when you arrive, and then you can head in and shop to your heart's content.

"We always have gorgeous bags, coats, shoes, dresses, tops, jeans - many of them including big brands."

Bex says the event relies heavily on sponsors, with inquiries or offers of help on the day welcome.

"And if anyone has clothing racks, shoe racks, coat hangers (especially the clip ones for pants and skirts), or jewellery stands that they would like to donate, we are always very grateful."

More than 6000 items have been donated this year, making it their biggest swap by far.

Left-over clothes will be donated to Koha Apparel, a 'pay as you can' clothing charity.

The first swap in 2016 comprised mainly family and friends.

"We decided to have it at home, but quickly realised we would have to expand for the next year to fit all the clothes into one room," Bex says.

"We raised \$1200 which went to Women's Refuge, and the left-over clothes we divided between Dress for Success and Women's Refuge.

"In our bigger and better venue in 2017 we raised \$1600 which went to Dress for Success, again with left over clothes going to Dress for Success and Women's Refuge.

"Fast forward to 2018, and the clothes donations we had were more than double the previous year." So it was a quick scramble to acquire some more racks and coat hangers before the big day," Bex adds.

"We raised a whopping \$4135 for the Sophie Elliot Foundation - more than double the two previous years combined."

Left-over clothes that year were donated to Dress for Success and the Massey Community Church.

The biggest year for the clothing swap was 2019 - with more than 300 attendees, sponsors, food, clothes galore, and raising \$15,000 for the Mental Health Foundation.

"Our 2020 event was postponed twice due to COVID-19, but we



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were finally able to go ahead on our third date and we raised a fabulous \$10,000 for Parent Aid North West, while all our clothes left from 2020 were donated to a variety of charity op shops," Bex explains.

She says their kaupapa is to support the local community.

"Clothing is expensive, and we want to make quality clothing accessible to everyone and raise money and awareness for an amazing local charity."

Only quality clothes are accepted as donations and buying second-hand is sustainable and keeps textile waste out of landfills, she adds.

This year the clothing swap has moved to an even bigger venue - The Big Sheds at the Kumeu Showgrounds.

Coffee from Harcourts Coffee and Cone, crepes from Sweet As Crepes, and live music from Lauren Collins are provided, while the day includes two big raffles comprising products and vouchers from many Kumeu and Huapai businesses.

Briana Thompson from Second Life Studio is helping with visitors' styling needs, and a team of volunteers in purple shirts will assist on the day.

Contact katehattaway@hotmail.com or bex.holland@outlook.com for more information.

Message from Vanushi Walters

We're past the halfway point in the year now and temperatures here in Upper Harbour are certainly starting to drop.

Recent events across Australia and in Wellington have been a good reminder that we are not out of the woods yet with Covid and sticking to the basics is key. That means staying home when you're sick, keeping track of where you've been, practising good hygiene, and wearing a face covering on public transport.

On the bright side, our vaccine roll-out remains on track, with well over a million doses now administered and almost 450,000 people fully vaccinated. Plus our vaccine supply is set to nearly double this month, with an estimated one million more doses scheduled for delivery.

I was pleased to see also this week that another suite of changes has taken effect that will make a real difference for Kiwi families.

My Labour team in Parliament is focused on securing our recovery, so all New Zealanders can emerge from the pandemic stronger



than ever. It's about keeping New Zealanders safe from Covid, accelerating our rebuild, and tackling long-term challenges like child poverty, housing and climate change.

This week, as part of our rebuild and recovery plan, we're putting into action a number of policies that will help us to address all of these big issues.

We're working to lift children out of poverty by putting more money into the pockets of Kiwi families. This week, main benefits go up by \$20 per week, helping people put food on the table and afford essentials like warm clothing.

We're making sure everyone has a warm, dry place to call home. From this week, all private rental properties must meet our Healthy Homes Standards within a few months of any new tenancy, to ensure they're safe and dry for tenants and families.

We're making it cheaper to buy electric cars so we can reduce our carbon footprint. This week, our Clean Car Discount comes into effect, meaning New Zealanders choosing to purchase an electric or plug-in hybrid car can save up to \$8,625 on their vehicle.

We're supporting people into study and jobs with changes to the Training Incentive Allowance that kick in this week. We've expanded the programme to help around 16,000 sole parents, carers, and people with disabilities on eligible benefits into higher-level study, so these people can start to build new careers.

We're also celebrating a year since we launched free apprenticeships and targeted trades training - which more than 135,000 people have now benefited from.

These are just some of the changes that come in this week, and they're only part of our ongoing work to secure our recovery.

When I speak with people here in Upper Harbour they tell me they want to see a government focused on the issues that matter. I'm proud to be part of a team making sure that as we rebuild our economy, we're also tackling long-term challenges like child poverty, housing and climate change.

Vanushi Walters the Upper Harbour elected MP.

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RYMAN PIONEERS




Peace of mind

Our pioneering approach to retirement living includes our Peace of Mind Guarantees designed to give our residents greater confidence to live the way they want. They provide freedom and flexibility that lets you choose when, where, and how you want to live your life.

1 DEFERRED MANAGEMENT FEE CAPPED AT 20%

The deferred management fee (DMF) is your contribution to the continued maintenance and management of the village, including your unit and the village amenities. It's deducted when your occupancy advance is repaid, which is the amount you've paid to occupy the unit. Your DMF will be no more than 20 percent - one of the lowest in the retirement sector.

For example:

					
RYMAN HEALTHCARE	\$870,000	×	20%	=	\$174,000
MANY OTHER PROVIDERS	\$870,000	×	25 - 30%	=	\$217,500 - \$261,000

2
FIXED BASE
WEEKLY FEE

3
CARE OPTIONS TO
SUIT YOUR NEEDS

4
FEES STOP
IMMEDIATELY

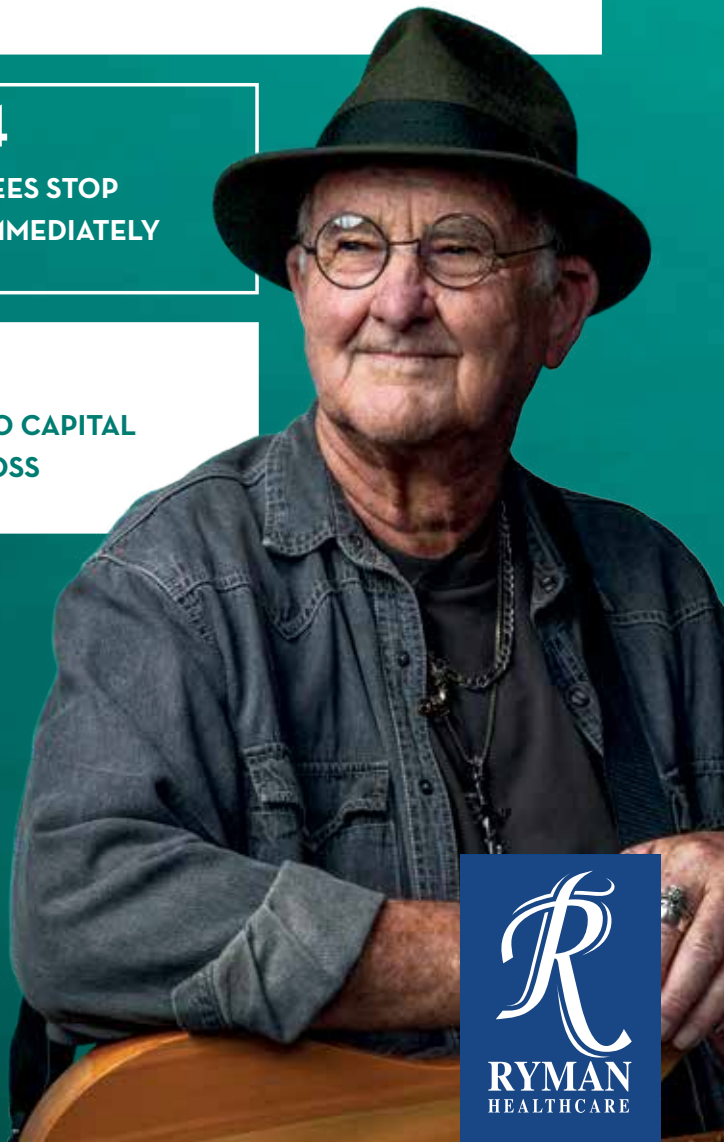
5
NO HIDDEN
COSTS

6
REPAYMENT
PROTECTION

7
NO CAPITAL
LOSS

8
CHANGING
YOUR MIND

9
90-DAY MONEY
BACK GUARANTEE



For full details on our Peace of Mind Guarantees, or our Keith Park Village, call 09 416 0750.

3 Scott Road, Hobsonville

rymanhealthcare.co.nz

