

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report
A date for your diary

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

I AM HOPE - Gumboot Friday

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 2022



Greetings

The fuel of recent generations has been provided from coal, natural gas and petrol; we find it hard to believe that we have used up more energy in the past century than all previous centuries combined. In doing so we have disturbed the systems on the planet we depend on, biodiversity, hydrologic cycles and the cycles of natural waste disposal. These have developed over millions of years to create the complex life forms we wonder at, but often take for granted. So we will have to stop using up so many natural resources.

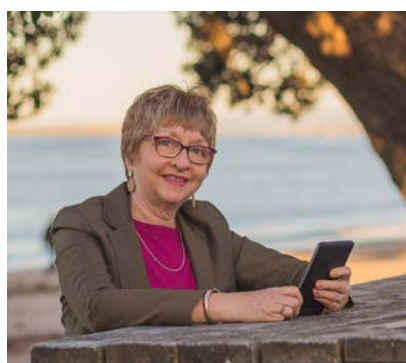
It is a fantasy that we can continue to enjoy our current rate of energy usage, merely by replacing our fuel sources with renewables such as solar or wind power, and that this will shrink our ecological footprint. Renewables require fossil resources and the mining of more metals and rare elements, all continuing to disrupt natural systems. We certainly need to change to a "circular economy", by designing things that last, and recycling raw materials repeatedly, instead of using new materials each time. However, there is a limit to what can be achieved, as recycling inevitably loses material with each cycle. Our current rate of consumption is unsustainable, and we will have to change our attitudes to what we use, rather than hoping that clever technology will allow us to use energy at the rate we have been used to. Google "newsroom cheap abundant energy" to read more.

I hope you will enjoy the contents of this month's Westerly. Read about the support by Graham McIntyre and the Waitakere Volunteer Fire Brigade for the I AM HOPE Gumboot Friday appeal, helping to reduce the stigma of mental health. Local elections are due in October, and details are coming in to help you make the important decision on who you should vote for to run the Local Boards for the next term of office.

As usual, the magazine contains a range of tips, from de facto relationships and your assets, to a new skincare product for wrinkles, fun rather than winning in West Auckland school sports, and facing climate change with hope. So much to read, and a month to do it.

All the best for August.

John, Editor



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People & Places

I AM HOPE - Gumboot Friday



Mental health is something that can affect each and every one of us in some way at some time. I AM HOPE aims to promote positive attitudinal societal change around mental health throughout New Zealand, and fund private care and counselling for young people in need.

Here at the Waitakere Volunteer Fire Brigade, we get called to many extremely traumatic incidents. Whilst we have an amazing support network within the Brigade and external support services, there are times when each one of us feels the effects of these incidents and also the influences of friends, family and colleagues - and we may or may not want to talk about it. At every minute of every day there will be someone in our community who is struggling with mental health.

We'd like to help raise awareness and encourage our friends, family and community to 'check in on your mates'.

We are supporting the I AM HOPE team and their Gumboot Friday, providing free counselling support for our young community members.

Our Firefighters will be up early on August 6th to start a 12-hour walking relay around the Waitakere Township to raise funds for Gumboot Friday and we invite you to grab your gumboots and join us for any part of the day, walk alongside us or join in the fundraising activities at the station.

Grab some chalk and write your messages of support on the footpath outside your house or down at the forecourt of the Waitakere Volunteer Fire Station at 10 Township Road, Waitakere Township. Decorate your gumboots, buy a raffle ticket, support the sausage sizzle, give a koha (donation) or just come for a korero (chat) with your community.

Mike King and his I Am Hope ambassadors are looking to join us around midday, so come and meet the team and get ready to be inspired by some key messages to support each other.

100% of funds raised will be donated to I am Hope, Gumboot Friday and may be made to acc.

www.gumbootfriday.org.nz

www.iamhope.org.nz

www.keytolife.org.nz

Waitakere Fire Brigade, 10 Township Road, Waitakere Township. Saturday 6 August 2022, 4am to 4pm.

For more information please contact Graham McIntyre, Chief Fire Officer, Waitakere Volunteer Fire Brigade, phone 027 632 0421 or email graham.mcintyre@fireandemergency.nz.

WALKING FOR A BETTER TOMORROW
12 Hour Firefighters Walking Relay

a fundraising event from the
WAITAKERE VOLUNTEER FIRE BRIGADE
8 Township Road, WAITAKERE TOWNSHIP

SATURDAY 6th AUGUST
4am - 4pm

For people struggling with depression, it can feel like walking through mud every day. So on August 6th, we're asking you to show your support. Put your gumboots on, give a donation, and take a walk in their shoes for just one day.

It's a fun way for kiwis to join in the mental health conversation, while raising money to provide free and timely counselling for any young person in need.

LOTS OF FUN FAMILY ACTIVITIES:

- BBQ
- Coffee Cart
- Raffles
- Fire Station Activities
- Chalk Drawings
- Decorated Gumboot Competition

Join Us @ Midday to...
Meet MIKE KING & the 'I AM HOPE' Team

Proudly Sponsored by:
Waitakere Residents & Ratepayers Association

All funds raised will be donated to the I AM HOPE charity to support Gumboot Friday free counselling for any young person in need.

Geoff Dobson MEDIA

P 027 757 8251

E geoffdobson2017@gmail.com



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Community News

Addictions

Anything that moves you away from a bad feeling towards a good feeling, that you keep doing, is an addiction. There are the usual addictions such as smoking, drinking, drugs, food and sugar, shopping, hoarding, shoplifting, stealing, and gambling.



Other additions include on-line shopping, facetime, texting, sex, porn, violence, and criminal activity. There are also addictions around perfectionism, OCD, and some fears and phobias.

Underneath every presenting addiction is a fundamental belief that either:

"I am not enough" or "I am different" or "It is not available to me"

These beliefs and their associated thoughts and feelings then hold us back from experiencing freedom and joy, in many areas of our life. Are you ready to kick those addictions to the sidewalk?

Visit my website www.terrinenwmancoaching.com or call or message Terri 021 988 757 today or book a free, no obligation discovery call to find out how I can help calendly.com/terrinenwmancoaching.

A date for your diary...

You may be aware that the elections for the members of the Upper Harbour Local Board are coming up on 8 October. The Board's area includes Whenuapai, Herald Island, Hobsonville and West Harbour. Planned local activities include the Scott Point Sustainable Sports Park, the Herald Island Domain and the Hobsonville War Memorial



Rapid Transformational Coaching is a therapy that helps you experience extraordinary results.

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Rapid Transformational Therapist
Certified Hypnotherapy Practitioner

P: +64 21 988 757

E: terrinenwmancoaching@gmail.com

www.terrinenwmancoaching.com



Sessions Online, or In-Person at Hobsonville Point

Reserve. Candidates for the Board will be introducing themselves and answering your questions on Tuesday 6 September at 7pm in the Hobsonville Point Secondary School hall, 70 Hobsonville Point Road. The Upper Waitemata Ecology Network will be facilitating the speakers. Come along to engage with future plans in the Upper Harbour Area.

Kip McGrath Education Centres

Kip McGrath Education Centres have been improving and extending the learning outcomes of NZ school children for over 40 years and is now a global institution with over 40,000 students in 20 countries. New Zealand centres, however, tailor their lessons to the NZ Curriculum Framework to ensure consistency with school programmes.



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

What parents say...

"I would like to take the time to really thank you for the help you have provided our son. He has excelled dramatically since being under your wing. You have given him the confidence in reading that he really needed." Mrs M.

"...I have found the tutors to be so incredibly dedicated to teaching and always have a positive approach to making learning such a fun-filled experience. My daughter thinks going to Kip McGrath is such a treat." Mrs S.

"...Before Kip McGrath I was struggling to help my daughter understand some of her school work resulting in both of us being frustrated." Mrs P

"... We cannot thank you enough for helping our son. His latest report was the best he's ever had." Mr & Mrs G

"... Her report did reflect the extra tuition and her teacher did see a great change in her confidence and achievement." W

"...I am so grateful for the support that Kip McGrath has given my son. His progress has been well noticed by his school." Mrs H

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Community News

Bringing culture into the local toy library

With funding from the Henderson Massey Local Board, the North West Toy Library has introduced a wide range of diverse and cultural toys for its members.

"We know how important learning through play can be, and we are excited to now offer toy library families with a range of Te Reo, Samoan, Hindi and Mandarin puzzles." said Katherine Wilson, head of the cultural and diversity project. "This would not have been possible without the support from the Henderson Massey Local Board and we look forward to continuing working with them in the future."



Located at Westgate Shopping Centre (Shop 2, Westgate Outlet Centre, 7-9 Westgate Drive, Westgate), the toy library has gone from strength to strength now offering over 800 toys for our 200 members.

Many of these toys are pre-loved or brought as part of particular toy projects such as sourcing culturally diverse or NZ made toys.

"Toy libraries are critical to reducing toy waste. We are working closely with volunteers from the men's shed to help us fix or restore pre-loved toys to their former glory for our members." said Chairperson Rosie Cordy.

We are always on the hunt for volunteers to help run the toy library. If you are interested in volunteering please email northwesttoylibrary@gmail.com.

Walkers required for magazine distribution

Are you pounding the streets in this area on a regular basis and would like some spare cash for what you are already doing?

If you are walking several times a week and would like to distribute magazines for us in the area for \$40 please contact Stacey on phone 09 412 9602 or email editorial@kumeucourier.co.nz.

* Distribution average is 300 magazines in your local neighborhood every four weeks.



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"Moving into the village has given us more freedom to do the things we enjoy."

Ross

Former accountant and resident at Ryman's Diana Isaac Village



Scan the QR code to learn more.

KEITH PARK VILLAGE
3 Scott Road, Hobsonville, 416 0750



In Brief Updates

ASB opens flagship advice centre in North-West Auckland

ASB has recently welcomed the first customers to its new look advice centre in Auckland's NorthWest retail precinct. As well as expanding the footprint of the centre, better reflecting the needs of the growing community, locals are getting a first full look at the bank's future branch experience.



ASB West Auckland regional manager Jason Marsh says, "we're really excited to be welcoming customers into our newly revamped home here in the growing suburb of Westgate. We have been working with customers from across New Zealand to design a simpler, easier banking experience and our NorthWest advice centre is the latest step in that journey.

"For instance, we know more customers are wanting to have conversations with our specialists about home ownership and financial wellbeing, and this has driven the need to incorporate more meeting spaces and a space for seminars and education into the building's design."

The NorthWest advice centre will begin holding seminars this month with ASB's West Auckland Community Banker, Sheree Tiatia hosting weekly Better Banking Workshops over the course of July, to help those in need of a hand with banking basics and how to use ASB's technology to manage their finances. ASB's Community Bankers work with customers in areas they'd like additional support such as boosting their financial wellbeing to banking online, either one-on-one or in small groups depending on their needs and in locations convenient to them.



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"Another new feature is the Better Banking Support Bar which is an informal space for customers to get quick help and advice, or support from our team with their banking needs. We will be using this space to facilitate digital education sessions, starting late July and customers are invited to drop-in should they wish to learn more about our online banking channels, or would like a demonstration," says Mr Marsh.

"As well as offering full branch services, we have quick and easy self-service options available at the site including three Smart ATMs and a change machine.

"We have really listened to the research and to what our customers are wanting from their local branch when designing this space, and the result is a warm, vibrant and welcoming area for our customers and our people. NorthWest is the first ASB advice centre to bring all of these new features under one roof and we think people will really enjoy it," says Mr Marsh.

In addition, the advice centre now incorporates a lounge space ensuring customer have a comfortable and dedicated area to sit when waiting for meetings with ASB's team of specialists.

The design incorporates local imagery unique to the West Auckland area including the gannet colony at Muriwai beach and Piha's Lion Rock. The images were captured by Auckland photographer David Straight.

ASB NorthWest employs a team of 16 including two home ownership managers.

Art by Lucia

Lucia has been busy creating wonderful pieces of art, telling the stories of the communities she meets and beautifying spaces whilst doing so.

Her most recent commissions include a mural for Oteha Valley School on the North Shore. As they have a diverse student roll, they wanted that represented, as well as show reference to the natural environment in the area. They wanted anybody coming on to their grounds to know that they are a school in Aotearoa and they wanted their community to understand what is important to them.

Deputy Principal, Sherryl Prangley had this to say about working with Lucia: Working with Lucia was an absolute pleasure. From the outset I could see that she was going to be very easy to work with and the perfect artist to bring our story to life. She listened to our



Andrew Jackson
General Manager

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

In Brief Updates

ideas and responded to our brief while also incorporating her own creative inspiration with a mix of realism and contemporary style. The mural looks AMAZING! I would not hesitate to work with Lucia again on another project. (sherrylp@oteha.school.nz)

Another happy customer was Andrea Steinberg from Ellerslie Medical Centre.

Andrea commissioned a piece to brighten up the outside of the medical centre that they were busy renovating, and they wanted the piece to be representative of some of New Zealand's native birds and fauna, a nature landscape with a peaceful and serene atmosphere.

Andrea had this to say about Lucia's work: Lucia painted stunning artwork for our medical centre. She shares our love for native birds, immediately understood our vision, and took it to a much higher level than we imagined. She designed and painted two areas: one is a colourful panel affixed to our outside fence, the second a cleverly stencilled frieze around the inside of our carpark. We know the beauty of the works will lift our spirits and bring us joy every day, and those of our patients. Thank you, Lucia! The team Ellerslie Medical Centre

Andrea Steinberg, clinic@ellersliemedical.co.nz

Aside from painting large scale outdoor artworks, Lucia also creates digital and traditional canvas art. A recent client was Lisa from Lisa Kay Photography. As a photographer, she is always behind the camera, and she didn't want a traditional photograph of herself, but a painting that represented her love for photography and captured her in a creative way. Lisa responded with this review: I love, love, LOVE my amazing art work by Lucia! After presenting her with a few of my ideas she created a beautiful piece of art work that is very special to me and hangs proudly in my living area. Lucia is an incredibly talented artist and so lovely to deal with. I highly recommend her to anyone wanting something special to hang in their home.

Helloworld Travel Hobsonville

Helloworld Travel Hobsonville has relocated and is currently operating from Riverhead for a short time. It is extremely busy and we are seeing clients, so if you would like to see Carolyn or Lesley we ask you make an appointment.

We had such a great time on our recent Otago Rail Trail trip without cycling, Carolyn has decided to put another one together. It is a 6 day trip starting in Queenstown and 5 days exploring the historic rail trail without the exertion of having to ride a bike. We



have the most wonderful guide who is a local guy and takes us to the hidden gems this area has to offer, you will never discover these on your own. We only take 12 guests so please let Carolyn know if you would like to join her on this next tour, the dates are 24th September and returning to Auckland 29th September 22.

You can contact us on 09 416 1799 or email hobsonville@helloworld.co.nz.

Final stages of Summerset pre-selling now

If you've ever been curious about village life, now's the time to get in touch as the final stage of the village is pre-selling now and proving to be popular.

We'd love to give you a taste of the Summerset life that our residents love so much and show you around our beautiful village and show homes.



Our stunning range of brand-new two bedroom villas could be your last chance to secure a home here at Summerset at Monterey Park, so don't miss out. We offer the experience of luxury living in the thriving Hobsonville community.

These villas offer you the opportunity to move into a brand-new, modern home in a lively and established village. Modern, bright and spacious open plan living, contemporary kitchen, large bathroom and laundry, outdoor living and garden, single garage with internal access and much more.

There are two Open Days in August, Wednesday 10th August, 10am - 2pm and Sunday 21st August, 10am - 2pm. Please RSVP to 09 951 8922 if you would like to come to these.

For more information or to view plans and pricing, book your private appointment with our Sales Manager, Nicola Redmond, today on 09 951-8922 or nicola.redmond@summerset.co.nz. summerset.co.nz/Hobsonville Office 1 Squadron Drive, Hobsonville, Auckland 0618.



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In Brief Updates

NZ Mountain Film Festival

Look ahead to the NZ Mountain Film Festival being hosted at Sunderland Lounge 27 Hudson Bay Road, Hobsonville on Friday 9 September. Doors open 6.30pm. Films commence at 6.45pm. Event finishes at 9.30pm. Early-bird tickets just \$10pp (or \$15pp from Tuesday 6 September if not sold out). Under 5's free on laps.



Last year was sold out and there are four inspiring short films to see (featuring three NZ Award Winners in 2021). Traversing the Night (40 mins), Ô'Parizad (36 mins), We Don't Usually Have Ice Creams (10 mins) and House of The Gods (44 mins). These are being hosted by Hobsonville Community Trust and Hobsonville Real Estate Ltd.

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

Bridgestone Westgate

Bridgestone Westgate - your local family owned store, supporting West Auckland for over 25 years

Thank you to "the Westerly" for giving us the opportunity to showcase some of the positive feedback we receive from our customers:

We are so grateful to our customers who take the time to write a review on Facebook or Google, and customers like Tara who take the time to email and send us great feedback

"I wanted to extend my compliments regarding the service I received from Sean at your Westgate store today. Sean was exceedingly friendly, knowledgeable and efficient. I will definitely go out of my way to go back for his service in the future.



114 Hobsonville Road, Hobsonville, Auckland
Phone 09 416 7227 • Email manager@hobsonvillersa.org.nz

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

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

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

THE SMALL RSA WITH THE BIG HEART

Please do not hesitate to contact me if you require any further information. Cheers, Tara."

We work hard to keep our Community #safeontheroad and it is gratifying when customers recognise our hard work - this Community is amazing and we are glad to be part of it.

Caring

We all care for each other, and show it in different ways. But caring takes on a different dimension when one is caring for a loved one with particular needs or through a prolonged debilitating condition such as dementia. It can be a very challenging time for both the patient and the carer. Sometimes a helpful, caring product can prove invaluable. We started Mindjig to offer such items and enjoy receiving



feedback from customers who have found our products a great help to their loved one and in many cases to themselves too. 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.

Come down to Catalina Bay and support your local businesses this winter

If you haven't been down to Catalina Bay lately why don't you come and visit one of your local businesses? There is a lot on offer, from coffee and donuts to Pilate's classes. Although the construction fencing may make it appear otherwise, all businesses are open and easily accessible on foot.



Free public parking is available on Launch Road and Bomb Point



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In Brief Updates

Drive and from there you can take the stairs directly down to Catalina Bay. The coastal walkway is also still open and unaffected so you can enjoy your coffee or pastry along the waterfront if you would prefer the scenic route back to the carpark or bus stop.

Go to the hobsonvillepoint.co.nz/catalina-bay webpage for more detailed information as well as a map showing all the parking locations (including mobility parking), pedestrian access, the drop off/pick up zone and bus route.

Discoverers

Discoverers church warmly welcomes people who are keen to engage with significant issues. Past monthly gatherings have focused on promoting peace, persevering when things get tough, how to act compassionately to oneself and to others, ways of coping during testing times. Discoverers church emphasises informality. It meets in the Baffin lounge with its comfortable sofas and easy chairs.

Discoverers church encourages the sharing of ideas and personal experiences and affirms the contribution of each participant. Discoverers church explores how faith can contribute to healthy living. Discoverers church meets on the fourth Sunday of each month from 3-30pm to 4-30pm in the Headquarters building 214 Buckley Avenue Hobsonville Point. For further information contact Barry Jones 022 068 3873 Email beejaynz05@gmail.com Facebook: "Discoverers Hobsonville."

House of Travel Hobsonville

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At House of Travel Hobsonville we're proud to be part of an award-winning company that sets out to create the best holiday options with our customers. Our dynamic team of experienced travel experts, with almost 50 years of combined industry experience, intertwine insider knowledge and first-hand destination experience, with your ideas to make dream holiday plans a reality.

We believe that the best holiday experiences are created together. From annual family holidays and weekend getaways to luxury cruise escapes and adventures off the beaten track, we're here to help ensure your holiday planning is easy and enjoyable.

Walkers Wanted

Are you pounding the streets in this area on a regular basis and would like some spare cash for what you are already doing? If you are walking several times a week and would like to distribute magazines for us in the area for \$40 please contact Stacey on phone 09 412 9602 or email editorial@thewesterly.co.nz * Distribution average is 300 magazines in your local neighborhood every four weeks.

- Our expert travel consultants work with you to create an unforgettable travel experience.
- We believe an awesome trip starts with good planning and truly listening to your thoughts, ideas, previous travel experiences and expectations.
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House of Travel Hobsonville. Corner of Hobsonville Point and De Havilland Roads, Hobsonville Point. 09 416 0700 Hobsonville@hotmail.co.nz.

"Why keep art on a wall when you can wear it and share it with the world?"

doodlewear is a New Zealand-based online clothing store specialising in bringing curated NZ Art from the gallery to your wardrobe. Our doodlewear HQ is at Auckland's picturesque Hobsonville Point.

doodlewear clothing range caters to the whole family with comfortable crews, super warm hoodies, on-trend tees, tote bags, and 100% cotton tea towels and cushion covers so you can enjoy more of your favourite artists' prints at home.

doodlewear is proud to support New Zealand-based artists of every genre, and every artist has their unique style; it's hard to pick a favourite. With an environmentally friendly approach to producing exactly what our customers want, we get each product printed individually to order with love in New Zealand.

Explore our online shop www.doodlewear.co.nz



Hi I'm John Riddell

This election

VOTE FOR ME for the Henderson Massey Local Board and the Lincoln Ward of the Waitakere Licensing Trust

#betterroadsideparking
#transparency



View us on Facebook John Riddell

Local Government Elections 2022

or check out our website johnriddell.co.nz

Authorised by Dr E Ali, 3 Jammen Drive, Massey, Auckland 0614.

Ph 09 8324213

In Brief Updates

Pictured: doodlewear 'Ode to the Flowers' (2021) limited edition art print t shirt by doodlewear owner and NZ Contemporary Artist Anna Mollekin.

SeniorNet West Auckland

SeniorNet is all about seniors helping Seniors with their computers, laptops, tablets and smart phones. Our tutors work with you at your pace to make it easier to understand. We hold Help Days on the 2nd and 4th Tuesdays of the month from 10am to 11 am. These are held at our rooms upstairs in the Henderson RSA, Rainside Avenue Henderson. If you are having difficulty accessing on-line banking, handling emails, adding photos to emails etc. anything you are not sure of, please call and see us. No appointments are necessary and we can help with both Android and Apple devices. A help fee of \$5.00 is payable. We have computers on site so please bring your own tablets, phones or laptops.

If you would like more information on SeniorNet please phone us on 09 837 7600. Our office is not always manned so please leave a message, we will get back to you.

Waitakere Greypower Association

Waitakere Greypower Association had a mid-winter lunch at the Hobsonville RSA on 29th June 2022 and twenty-three members attended on a wet and miserable day. The food was excellent and everyone enjoyed themselves after a very long break due to all previous Covid restrictions. Unfortunately three of the Committee caught Covid at the lunch. As a result we had to close our Office to allow the Committee members to self-isolate for the required seven days. Please mark the following Waitakere Greypower Association

General Meeting in your diaries. On Wednesday 28th September 2022, Waitakere Greypower Association is holding a General Meeting at 1.00 pm at the Te Atatu South Community Centre, 247 Edmonton Rd, Te Atatu South. Ph 09 838 5207. Our Guest Speaker will be Julie Chapman Chief Executive of Kidscan, who supply school lunches and wet-weather gear to over 100,000 children. All members and friends are invited and light refreshments will be served at the conclusion of the meeting. We are always keen for new members as we advocate successfully to local government and government over a wide range of issues affecting Seniors. Written by Mate Marinovich, President Waitakere Greypower Association.

Keep New Zealand Beautiful

The iconic Kiwi charity Keep New Zealand Beautiful (KNZB) has announced that its annual Clean Up Week, New Zealand's largest movement against litter, will take place from 17 September until 23 September 2022, with registrations open now.

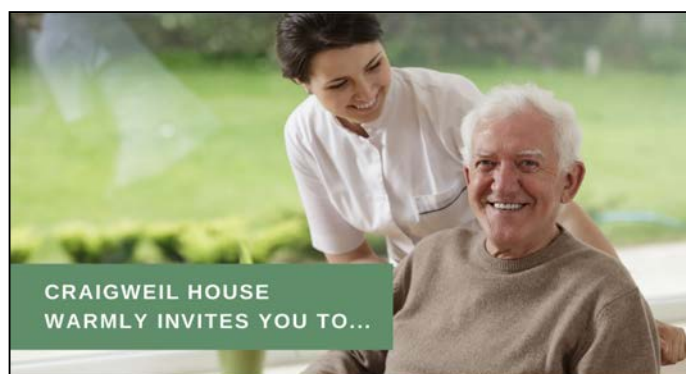
This annual community initiative aims to focus New Zealanders' attention on just how much litter is out there, with volunteers last year joining together to help remove approximately 300 tonnes of litter across the country - an area equivalent to 2,600 rugby fields.

Here is Clean Up Week in a nutshell:

Keep New Zealand Beautiful (KNZB) is a renowned charitable trust with a proud 55-year history of helping Aotearoa keep communities clean, green, safe and beautiful. Now, more than ever before, KNZB's mission and sense of purpose is relevant as the world tackles unprecedented environmental changes and challenges.

Keep New Zealand Beautiful encourages Kiwis nationwide to 'Do the Right Thing' during Clean Up Week, running from 17-23 September. This is a fantastic opportunity for friends, schools, business or local community groups to participate in New Zealand's largest clean up event to help remove litter and rubbish from local environments. Clean-up events, to register an event and more can be found at www.knzb.org.nz.

This initiative is vital to Aotearoa as being clean and green is crucial for our own health and the wellbeing of our waterways, flora, fauna and whenua. Another important aspect is the protection of our much-valued tourism industry, our climate future, and the wellbeing of generations to come.



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Safer Communities

During last winter, Kumeu and Waitakere saw unprecedented flooding. Floodwater can pose a drowning risk for everyone— regardless of their ability to swim.

Swiftly moving shallow water can be deadly, and even shallow standing water can be dangerous for small children.

Put safety first. Don't take any chances. Act quickly if you see rising water. Floods and flash floods can happen quickly. If you see rising water do not wait for official warnings.

Head for higher ground and stay away from floodwater.

Stay out of floodwater.

Floodwater can contain:

- Downed power lines
 - Human and livestock waste
 - Household, medical, and industrial hazardous waste (chemical, biological, and radiological)
 - Coal ash waste that can contain carcinogenic compounds such as arsenic, chromium, and mercury
 - Other contaminants that can lead to illness
 - Physical objects such as lumber, vehicles, and debris
 - Wild or stray animals such as rodents
- Exposure to contaminated floodwater can

cause:

- Wound infections
- Skin rash
- Gastrointestinal illness
- Tetanus

Remember:

- Always follow warnings about flooded roads.
- Don't drive in flooded areas—cars or other vehicles won't protect you from floodwaters. They can be swept away or may stall in moving water.
- Do not drive through standing water if downed power lines are in the water.
- Do not attempt to cross moving water on foot. If you are in no immediate danger, stay where you are and wait for help to arrive.
- Shut off electrical power and LPG tanks in your home to avoid fire, electrocution, or explosions.

During a flooding event, emergency services will be very busy. Only call 111 if you or anyone else is in immediate danger, cannot escape to higher/safer ground or requires medical assistance.

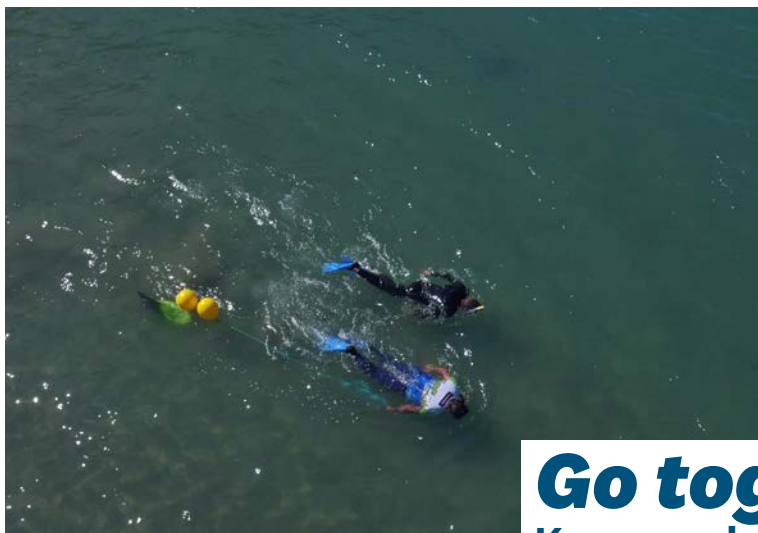
On another note - In recent months, the local fire brigades have been called out to a number of animal rescue incidents. The wet weather has caused higher water levels in streams



and soft, muddy ground. This can result in livestock, particularly horses, entering these waterways and being unable to get back out. Due to the unpredictability of animals, these rescues are one of the most high risk incidents that Fire and Emergency attend. To prevent these incidents from happening, please restrict access to these areas where possible with electric tape or permanent fencing.



Tom Kearney
Senior Fire Fighter
Waitakere Fire Brigade
Phone 09 810 9251



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Anyone can drown, no one should.

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World Drowning Prevention Day 25 July

Property

Property market report

When some agents are blowing smoke let's look at the facts:

Supply of property listings on the market are up, in part, due to residual listing pressure and sales not clearing the back-log of stock in density areas where urban design and spec-building activity has been high.

The opposite is true in the rural and lifestyle market where listings are few and seller expectations are elevated. What we are seeing is a strong demand by property migrators to move away from high density living into green spaces. However lending restrictions prohibit significant prices being paid in many instances.

The performance of auctions hit a record low with one sale out of twelve auctions through all of Rodney and Waitakere districts within the Barfoots auction rooms highlighting the lending restrictions in place and the scarcity of open finance arrangements.

We are having good sales success within this current market with Vendors that appreciate the market has passed full tide and accepting value at a mid-level but certainly still up significantly from 2020 prices. We always said that values which rise quickly due to artificial demand are just as quickly brought down, and the words unsustainable price rises were just that "unsustainable".

So, my suggestion is to select a great agent that has been around for a long time, is AREINZ, and communicates well and develop a plan and a price that will have you on and off market in a sensible time frame. Consider the marketing elements that herald the biggest bang for buck.

With so much speculation and smoke blowing, I welcome the opportunity to have a conversation about your home, the exclusive marketing we can offer, and the time frame you'll spend on market. This is at no cost to you and will provide clarity and confidence.

Let's look at the sales from last month:

Hobsonville	\$620,000 to \$2,000,000
Massey	\$730,000 to \$1,525,000

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**Mike
James**

Managing Director

☎ 021 413 660

✉ mike.james@therentshop.co.nz

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Swanson	\$960,000 to \$1,375,000
West Harbour	\$1,130,000 to \$2,960,000
Westgate	\$850,000
Whenuapai	\$1,210,000 to \$2,300,000

Give me a call today on 0800 900 700 for more information. After 17 years of making people my priority in real estate, you will benefit from unparalleled experience, care and commitment. It costs no more to use a more experienced customer focused agent that puts you, front and centre. Graham McIntyre phone 027 632 0421 email graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

Buying your first home, are you eligible to withdraw money from KiwiSaver?

The KiwiSaver First Home Withdrawal Scheme is a huge help for first home buyers looking to enter the property market in New Zealand.

If you have been a contributing member of KiwiSaver for at least three years, have not owned a house or land before and have not made a KiwiSaver withdrawal before, you may be eligible to withdraw your KiwiSaver money to buy your first home.

You can withdraw:

- all voluntary and compulsory contributions from your employer,
- your own contributions, and
- tax credits

However, a minimum of \$1,000 is required to be left in the account.

In some circumstances, you may qualify for a previous homeowner withdrawal through Kainga Ora if you have owned a house before, but no longer own any property and you're in a similar financial position as a "first home buyer".

We recommend that you contact your individual KiwiSaver provider and check their individual policy on withdrawals for first homes.

By Fiona Taylor, Smith & partners, email fiona.taylor@smithpartners.co.nz, phone 09 837 6845.



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Property

Proposed regulation of property managers

A few months ago, the Government proposed a licensing scheme which would make property managers, who manage tenancies on behalf of landlords, subject to a code of compliance and a fit and proper person test.

The Government's new licensing scheme for Rental Property Managers will not include landlords who manage their own properties, and in my opinion, this is not a well thought through process.

Calls to regulate the property management industry have increased in recent years particularly since the last election. Tenants or landlords would be able to complain about the behaviour of Property Managers and individuals or organisations could face levies. Next month's blog "Beware of The Cowboys" will highlight exactly why in my opinion regulation is needed.

Whilst I welcome the proposals, it should include landlords who manage their own properties, as currently they would not be subject to the regulation scheme. More than half of rental properties are managed by private landlords, not Property Managers, so only half the industry would be regulated, and the Government's aims in my opinion would not be achieved. In saying this I have seen a huge shift from private Landlords managing their own properties to engaging a Property Management Company because of the new legislation introduced making it a more challenging and demanding role.

While it is not perfect, the proposal has the bones in place for a framework that will be transformative for the rights of tenants all around the country and make a material difference to them. Regulation of the industry has been long overdue, and the country's rental sector would be better for it.

There will be better quality properties, which are better managed. Tenants will have warmer, safer homes, and landlords will be able to know and trust their property managers. It is a win-win situation. We are very pleased at The Rent Shop that we have already had over 90 percent off our staff complete the Level 4 Skills training in Property Management. In my role I am constantly upskilling and training on all new areas of the RTA.

While residential Property Managers who are members of industry bodies follow minimum competency and practice standards, the sector as a whole is not regulated. With the New Zealand rental



market changing and a greater portion of people renting, it is important to make sure that property owners and renters have confidence that property managers meet their legal obligations.

The proposed regulatory system includes registration, licensing, training, and education requirements, together with industry practice standards and a complaints and disciplinary framework to hold property managers to account.

The Government is seeking feedback on proposals for the regulation of residential property managers. The proposals aim to promote public confidence in the delivery of residential property management services and protect the interests of property owners, tenants and other consumers.

As a property owner and investor, you want to place your investment in the hands of a property manager you can trust, that would look after your property as if they are their own?

Mike James 021 413 660 or email mike.james@therentshop.co.nz.

Could you be in a de facto relationship? Can your assets be protected?

By Debra Barron, Solicitor at ClearStone Legal

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



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

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Property

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

In deciding whether a de facto relationship existed, the Family Court considers each case on an individual basis and considers nine factors of the relationship with different emphasis on each factor. In no particular order these are as follows:

1. Do you stay over or live together? (you could live apart but often stay the night at each other's house)
2. Is there sharing of money or financial dependency? (ie do you pay some of your partner's bills or groceries?)
3. Is there care/support of children? (which may be from previous relationships)
4. Do you own, use, buy or share property together (eg lending your car, sharing furniture, using or sharing chattels etc)
5. Is there commitment to a shared life? (this can be determined in many ways including booking events/holidays in advance, acquiring pets, financial/time/emotional commitments etc)
6. Is there a sexual relationship?
7. Are you viewed by others as a couple? (How do others see your relationship together)
8. Who performs household duties?
9. How long have you been together?

Not all of these factors need to be happening in order to fall under the definition, and to establish relationship property and a sharing of assets.

In general, when a de facto relationship falls within the definition of the Property (Relationships) Act 1976, and lasts for at least three years, if the relationship ends (due to death or a break-up) there is a presumption of 50% sharing of property. Property can include

the family home, savings accumulated during the relationship, Kiwisaver/superannuation, joint bank accounts, assets/liabilities which were for mutual use and benefit (eg a car, furniture or credit cards) and assets acquired during the relationship etc. This can result in your partner making a claim against you (or your estate - despite what your Will might state).

If you've contributed more money to a major asset than your partner, you could lose your contribution.

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

Title approval clauses in sale and purchase agreements

A due diligence clause usually maximises your protection as a purchaser because it provides for you withdrawing from an agreement on almost any basis.

However, in the absence of a broad due diligence clause there should at least be a solicitor's title approval clause.

Without it, you as a purchaser take a risk about things on the title including easements or land covenants.

That is, while it is possible to object to a mistake or a defect on a title, there are situations where the easement or land covenant is not defective but unsuitable for your purposes.

The easement or land covenant for instance may involve lengthy restrictions against your freedom to build, fence and landscape the property with materials of your choice.

Or, an easement in favour of another person, while not defective, prevents you doing other things on your land such as further building within that easement envelope or carrying on certain activities.

For this reason, it is sometimes helpful to include your lawyer before you sign a purchase agreement for a property.

This is especially so if you want to make an offer with a minimum of conditions in order to facilitate getting to agreement.

For more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

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4am - 4pm

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All funds raised will be donated to the I AM HOPE
charity to support Gumboot Friday free counselling for any young person in need.

Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HOBSONVILLE	1,150,000	162M2	133M2	1,448,000		1,000,000	450M2	160M2	1,035,000
	1,365,000	213M2	199M2	1,320,000		1,275,000	809M2	130M2	845,000
	820,000	103M2	72M2	845,000		820,000	760M2	80M2	730,000
	1,550,000	330M2	182M2	1,675,000		1,300,000	693M2	140M2	1,100,000
	1,495,000	326M2	256M2	1,770,000		1,050,000	608M2	90M2	970,000
	1,675,000	373M2	273M2	1,863,888		910,000	413M2	130M2	810,000
	1,195,000	200M2	172M2	1,325,000		1,050,000	649M2	90M2	802,500
	1,100,000	226M2	154M2	1,175,000		850,000	405M2	80M2	732,500
	1,170,000	196M2	162M2	1,200,000		1,125,000	621M2	200M2	1,000,000
	790,000	82M2	70M2	860,000		960,000	460M2	153M2	1,010,000
	860,000	104M2	85M2	866,000		700,000	852M2	90M2	729,000
	1,850,000	408M2	299 M2	2,000,000		1,200,000	832M2	90M2	860,000
	1,850,000	421M2	284M2	1,950,000		1,050,000	750M2	160M2	979,500
	1,265,000	213M2	193M2	1,310,000		1,700,000	1174M2	90M2	1,290,000
	1,775,000	362M2	305M2	1,810,000		1,250,000	650M2	190M2	1,210,000
	1,320,000	280M2	186M2	1,350,000		1,000,000	649M2	95M2	800,000
	1,175,000	131M2	127M2	1,300,000		1,425,000	1366M2	130M2	1,525,000
	1,810,000	396M2	309M2	1,921,000		800,000	158M2	79M2	945,000
	1,150,000	170M2	157M2	1,250,000		1,225,000	1356M2	92M2	1,075,000
	1,210,000	199M2	171M2	1,305,000		820,000	85M2	77M2	818,000
	740,000	63M2	66M2	710,000		1,200,000	611M2	97M2	960,000
	985,000	132M2	125M2	1,020,000	WEST HARBOUR	1,390,000	395M2	260M2	1,480,000
	990,000	160M2	112M2	1,000,000		3,360,000	799M2	596M2	2,960,000
MASSEY	925,000	193M2	92M2	978,000		1,450,000	698M2	220M2	1,435,000
	820,000	788M2	90M2	800,500		1,155,000	459M2	150M2	1,156,000
	1,200,000	662M2	190M2	1,195,000		1,485,000	700M2	270M2	1,425,000
	1,125,000	451M2	243M2	1,390,000		1,175,000	644M2	91M2	1,160,000
	1,150,000	609M2	96M2	1,180,000	WESTGATE	810,000	142M2	82M2	850,000
	750,000	897M2	90M2	760,000	WHENUAPAI	1,100,000	827M2	109M2	1,310,000
	950,000	560M2	186M2	1,160,000		1,195,000	319M2	172M2	1,235,000

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

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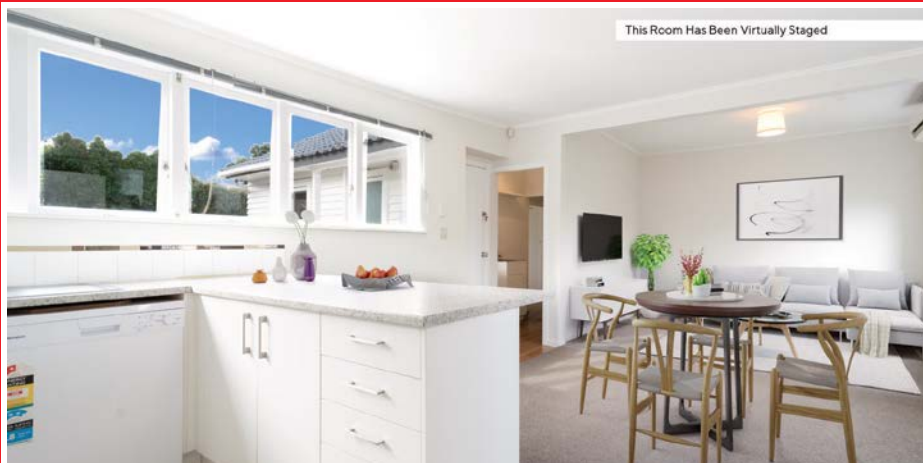
If your expecting to house all of the family plus some, you'll need a big home with multiple living and outdoor spaces, you'll also need some clever parking options and a fully fenced yard for the cutties and the critters. Well you've found just that. A near new, multi-level home that delivers more than you thought possible in its price category. Tucked away, off-street parking for four cars (tandem) and double garage, moving up to an expansive lounge-dining-kitchen with direct access to sunny and expansive entertainment decking and fully fenced yard, peppered with mature trees for shade and ambience. Two bedrooms and bathroom and guest w/c on this level and up-stairs three more generous bedrooms, separate lounge and bathroom. Delivering the perfect environment for a mixed, blended or growing family.

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Testimonial

“ **Highly Recommend Graham!**

Our sale was a difficult transaction which had many facets to it that needed to be brought together to make the deal. All through this process (which involved L3 lockdowns, tenants and the Kumeu floods), Graham kept his cool and sense of humour. He communicated with us regularly and found pragmatic solutions to every obstacle that came up. His local knowledge and many years experience in this 'game' showed and he thoroughly deserves his commission.

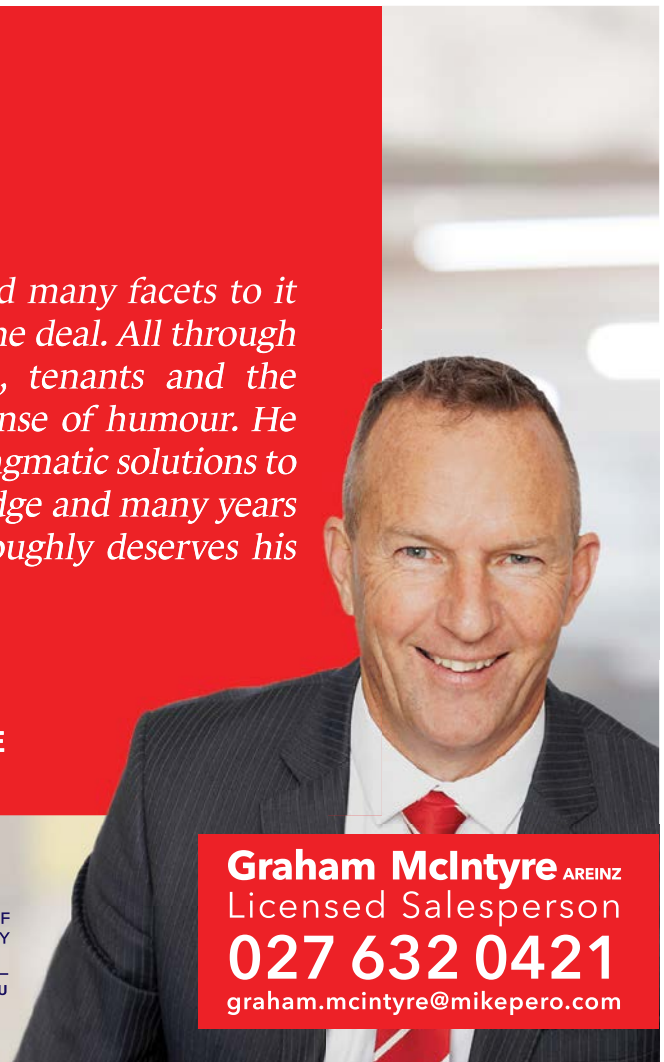
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3 1 1

Asking Price \$1,445,000

8 Oraha Road, Huapai
Asking Price \$1,445,000

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



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX3226379

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DOUBLE GLAZED, FULL AIRCON, AS NEW - PERFECTION

4 1 1

Asking Price \$1,167,000

29 Hewlett Road, Massey
Asking Price \$1,167,000

Beautifully presented to a high (as new) standard offering exceptional buying with four bedrooms and large open plan entertainment living, linking to expansive private decking ensuring you have the best of indoor and outdoor living this summer. Hard to find, this home represents a high standard of finishing and hardware found in a new build and with the development option extended under the mixed urban classification which this property sits. Three bedrooms, bathroom and laundry with open plan entertainers kitchen, dining and lounge upstairs and bedroom with walk-in or nursery downstairs, all linking to decking and stepping down to lawn and single garage and workshop. Fully fenced with electric, sensor gate.



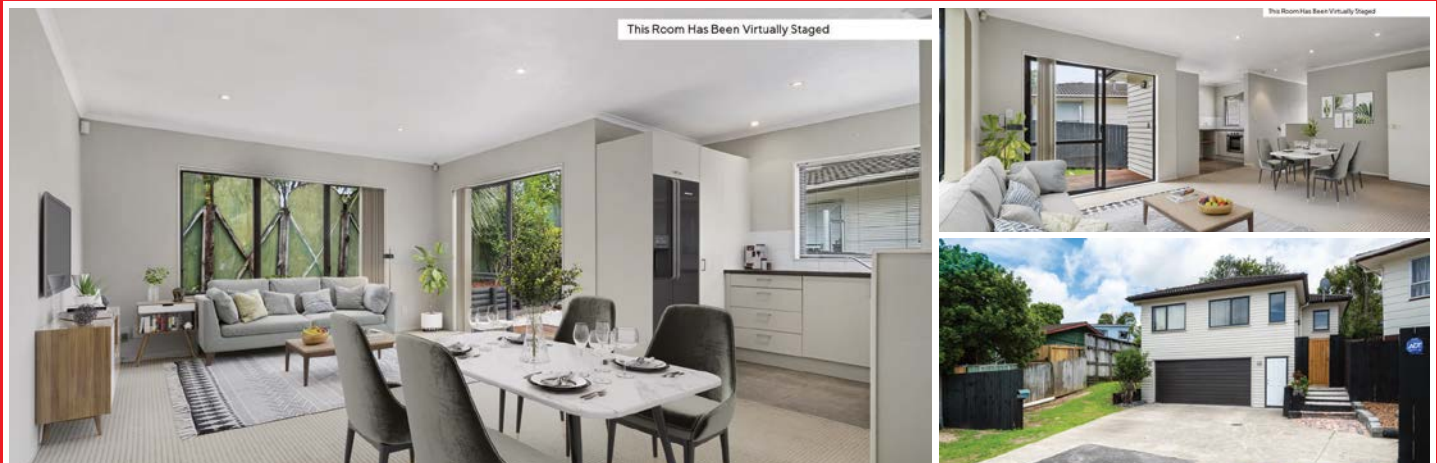
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DOUBLE GARAGE, VACANT, VALUE IN WEST HARBOUR

3 2 1

Asking price \$967,000

100 Moire Road, West Harbour
Asking price \$967,000

Double garage internal access, seldom found in the area, palisade weatherboard and tile roof. This is a robust and sensible home that you can enjoy or add value to. If you've been searching for a smart and simple three bedroom home in West Harbour this property should top your list. A genuine standalone home on 354 square meters of land (approx) with established gardens and secure fencing. The landscaping is contrasting and modern which integrates with the home through north facing decking and slider. An open plan lounge, dining and kitchen with central hall to three good sized bedrooms and bathroom. Close to West Harbour Primary School, Parks and Bus stop across the road, while North West Mall and Westgate shopping is a very short drive.

www.mikepero.com/RX3136972



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

Testimonial

“ *A really great experience!* ”

It was so great to have an agent representing our property who was very easy to talk to. Graham was hugely knowledgeable on the local area and guided us in a way that felt really comfortable and we felt he had it perfectly sorted. Nothing was a problem. He is extremely professional and was also able to connect and help get us through the stressful times. Our property sold within 2 weeks and we feel Graham played an important part in that.

Rob & Keri - Verified by RateMyAgent

Mike Pero | REAL ESTATE



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FIRE AND EMERGENCY
VOLUNTEERS
HE RÖPŪ KOTAHI TĀTOU



Graham McIntyre AREINZ
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IDYLIC PARK LIKE SETTING - CHARACTER ESTATE

4 2 2

By Negotiation

216A Fordyce Road, Helensville
By Negotiation

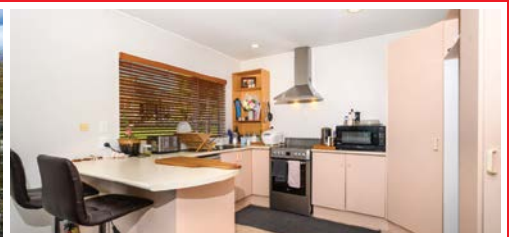
Often sort, but seldom found, this is an absolutely private glade, offering uncompromised peace, an abundance of tranquillity and a home that delivers unequalled character. A short drive from Parakai and Helensville, this is a park-like setting offering an established grassy outlook framed by mature exotics. The home sits a-top this glade enjoying commanding views through the lawn and northward toward the kaipara harbour. An interesting and colourful entertainers home, this five plus room, home offers multiple bedrooms, bathrooms and lounges which allows the purchaser to apply your own interpretation to the home, hosting generous proportions and exciting dimensions which must be seen to be enjoyed to its full potential.

www.mikepero.com/RX3160359



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



BIG ON VALUE - SMALL ON PRICE

3 1 1

By Negotiation

369A Hobsonville Road, Hobsonville
By Negotiation

A home that makes the most of its 392sqm section (more or less) with generous parking, single garage and wrap-around lawn peppered with shrubs and hedging. Bigger than it looks, this three room home delivers more than many others with open plan kitchen, dining and lounge and direct access into the roof loft for storage. Located in the heart of Hobsonville, a short walk for groceries and convenience shopping, with access to schools, parks and the inner harbour close by. Fee simple freehold title and an honest pedigree, take a look today.

www.mikepero.com/RX3197566



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



BRICK AND TILE ON 817SQM - DON BUCK ROAD

3 2 1

By Negotiation

417 Don Buck Road, Massey
By Negotiation

Set in Terrace Housing and Apartment Buildings Zone this is a fantastic land banking option offering brick and tile low maintenance construction and easy access to services in the future. Offering three bedrooms plus office and extensive upstairs downstairs living and storage options including workshop and internal access garage. You can enjoy the property as a solid and well constructed home with the zoning potential for future investment making this property a very attractive buy for today with an eye to the future. Close to Massey shops, Westgate shopping precinct, motorway access, Massey Primary and Secondary Schools. Let nothing hold you back. Finance options available through Mike Pero Mortgages today.

www.mikepero.com/RX3197524



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

Testimonial

“*For the first time in selling our home for nearly 26 years We have been very happy to have chosen Mike Pero and of course our amazing Graham McIntyre as our selling representative. His quiet determination to achieve the very best deal possible filled us with confidence every step of the way. He has our highest recommendation for handling any situation with ease and humour. He will be our go. to. man. for any future real estate matters. Thank you Graham our real friend indeed.*

Peter & Pat - Verified by RateMyAgent

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Hot Property



Beautiful Bungalow in Waitakere Township

Majestic 1950's three bedroom home in a quiet hamlet, overlooking farmland and yet close to schools, services and park.

Set on 850 square meters, this is a unique home that can host the full joys of family and friends in an environment that extends to alfresco living, outdoor pursuits and garaging tinkerers, all in the confines of this fully fenced property.

Lovingly presented to reflect its pedigree and offering a neutral canvas for you to fully express your individuality.

Available immediately for you to claim and move on in.

Close to transport links, convenience shopping, Waitakere Primary School, and a short drive to Swanson Rail Station, Bethells Beach and Westgate Shopping hub.

Motivated Vendor welcomes your interest today - You won't be disappointed.

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

Hot Property



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Home & Garden

What's your personality?

Have you ever thought about how much your home can reflect your personality? At Maddren we've been building bespoke homes for many years now and we've noticed a few interesting trends when designing houses for our clients.



Clients who appear more on the introverted side of the scale often like to include more privacy measures in their homes, such as tinting all the glass facing the road or fully fencing their section, including gates. They like to have a room all to themselves such as mini library, man cave, art studio or workshop. Bedrooms for these folks tend to be at the back of the house, well screened from neighbours, and they often prefer to have a wall separating the entrance from the living areas. They're also quite partial to a U-shaped courtyard for their outdoor living requirements.

Looking at the other end of the scale, we've had clients who appear more extroverted that are quite happy to have their deck facing a walkway. They tend to be more focused on outdoor entertainment, with large party areas and outdoor bars on their wish lists. They also often request more flexible spaces when designing their home, making it easier to open up big areas to cater for large groups of family and friends.

With lifestyle changes and working from home more common since the onset of COVID-19, there's been a shift in how people want their homes to work for them. Everyone wants to design a flow that makes their new lifestyle easier, but the types of changes vary greatly depending on the priorities and personality of the individual clients. Some want easier access to the garden for fresh air. Some want their study closer to the kitchen for easier access to snacks and coffee - and for keeping an eye on dinner. Some like their office to have a view of the swimming pool for their eyes to relax on away from the

WHAT'S YOUR PERSONALITY?



With lifestyle changes and working from home more common since the onset of COVID-19, there's been a shift in how people want their homes to work for them and their families, depending on changing priorities and yes, our personalities!

When it comes to houses one size definitely does not fit all. At Maddren, we think the best homes reflect a little bit of you.



maddrenhomes.co.nz 0800 666 000

screen, while others prefer their study far away from all the living spaces, to limit noise and interruptions.

When it comes to houses one size definitely does not fit all. We think the best homes reflect a little bit of you. Talk to Maddren Homes design and build consultant to learn more. 0800 666 000, visit www.maddrenhomes.co.nz or 248 Main Rd, Kumeu.

Tile Wright

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



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

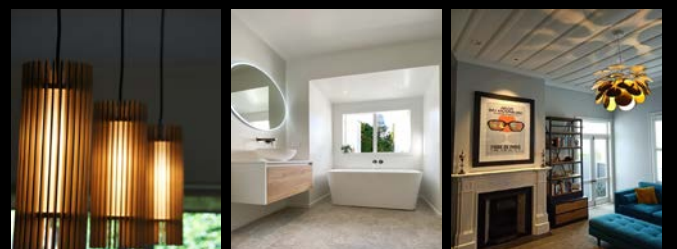
Light up your lifestyle

We Kiwis are known for our laid-back lifestyles. Spending summer nights enjoying a BBQ with friends, and winter evenings huddled around firepits and pizza ovens, we make the most of our outdoor spaces. Which is why it's so important to ensure that lighting around the exterior of your home does exactly what you need it to do.



Garden Lighting: Transform your garden and entertaining area with lighting that highlights details and shows your property off at night. Landscape lighting can really help to bridge the gap between an indoor living room and an outdoor living room, and it's a great way to not only extend the hours you can utilise your outdoor living space, but it also enhances the ambiance and safety of your backyard.

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Home & Garden

Security and Driveway Lighting: Security lighting helps to add an extra layer of defence to your home. It provides enough illumination to clearly see and identify people or objects outside your home. Not only is it a deterrent to criminals, it also ensures safety for your loved ones when coming and going from your home at night.

Whether you're looking to light up your outdoor living area, or boost the level of security around your home, there are plenty of outdoor lighting options to suit every house and every budget.

If you'd like to discuss outdoor lighting options for your property, give the team at Blackout Electric a call on 022 500 5856 or email us at info@blackoutelectric.co.nz.

Pitted/fairy crassula – pest weed

Finding something pretty growing on the side of the path and bringing a cutting home to propagate is a cheap and popular way to bring variety and colour to your garden. Succulents, for example, are easy to grow and to look after and spread well to fill up gaps in your planted beds or rock gardens. But be careful! With so many noxious weeds happily growing in Auckland, it's easy to accidentally bring home something that could become a problem – not just in your garden, but in native bush in your area. There are even succulents you need to avoid.



Pitted or fairy crassula is one such easy-to-mistake plant. It looks like many other succulents, with circular, fleshy leaves covered in small, pitted spots, and in spring and summer has small, pink, flowers with four pointed petals, on long pinky purple stems.

Pitted crassula is a National Pest Plant Accord species, which means it must not be bred, released, distributed, sold, or moved. It spreads easily by dropping small plantlets from its flowers, and even small

broken segments of stem can form roots and grow. People dumping garden waste over their back fences is one of the main ways it ends up in our parks and native areas. It forms a dense mat that crowds out other plants, out-competes native plants, and unfortunately grows well in many different places, including coastal areas and sand dunes, banks, rock walls, volcanic cones, and the edges of streams and forests.

If you have mistakenly planted pitted crassula, or find some growing in your garden, dig it out. Make sure to get all the small stems and put the whole lot in your rubbish bin so that it goes to landfill. Re-plant with non-invasive succulents, and if you really like the crassula, there are others such as crassula variegata that are not problematic – check with your garden centre.

Growing fruit trees

It 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



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Home & Garden

us at Awa Nursery and get your orchard underway.

Jim's Mowing

Here's a 5 star review from one of our internal client surveys. Hannah in Riverhead. "We received a call immediately from the local agent, he called to give a quote that afternoon, and after agreeing the quote managed to squeeze us in earlier than agreed which was fantastic given the state of the property (newly purchased and overgrown with weeds). Would highly recommend based on the exceptional service we received."

Gary, gary.turton@jimsmowing.co.nz.

Supply chain issues

Many businesses are struggling with supply chain issues as we continue to be limited with Covid moving through our community. Businesses have limited floor staff, warehousing and distribution teams are overworked, and truck drivers are one of the most in-demand specialists of the year. We are all in this together and New Zealand Biosecurity is wanting to help our fellow importers and exporters with their supply chain challenges. We have team members who are Accredited Persons and can support you on short notice to devan containers or help load containers. Do you need a one-off landscaping visit to maintain your commercial area? Do you need someone to come out and do a one-off pest control visit and update



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rat traps, spray for ants at entry points, remove weeds from cracks and seal cracks in devanning areas? Call the team and get someone out to help and make your importing/ exporting services that much easier on 09 447 1998.

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Working closely with its long-standing suppliers, Signature Homes forecasts their builds well in advance, locking in pricing and material orders early to enable price certainty for its clients.

For 39 years, Signature Homes has been synonymous with quality, design and service. When you build with Signature Homes, you're dealing with long-term industry leaders with a proud reputation for putting their clients first.

As a Signature Homes client, you'll also gain access to their exclusive Building Guarantees, which are the most comprehensive in New Zealand. You'll feel a real sense of confidence and assurance when you choose to build your new house with Signature Homes.

A full build service under the one roof

Whether you choose to Design & Build your new home from scratch, build from a pre-designed plan, Knock-Down & Rebuild, Subdivide or choose from a House & Land package - Signature Homes have got you covered.

Start your new build journey with Signature Homes West & North-West Auckland today. Visit signature.co.nz, or call 0800 020 600.

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At Western ITM we welcome do-it-yourselfers, whether you are about to build a new deck, a new fence or even a whole house... It's all possible at Western ITM. As your local timber, hardware and building materials suppliers, Western ITM is here to assist. You can call into any one of our 3 West Auckland stores and check out our selection of quality products and range of services.

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We are also excited to share that we now offer a Supergold card discount. Just let us know you have a Supergold card when you book in your plumbing job, and we will give you 20% off your first hour of plumbing labour.

Wak a Rat Project – Workshop and Subsidised Rat Traps

Rats, Possum and Ferret numbers will probably peak in August as the weather gets warmer and food is in abundance. Warmer winters facilitate mass breeding and a feast upon young native birds and other wildlife. "Rats eat wētā and other insects, snails, frogs, lizards, tuatara, birds, birds' eggs and bats, as well as the flowers, fruits and seeds of plants." (Predator Free NZ) Increased subdivisions and urban sprawl provide further food and warm homes for these pests and predators. Rats can even chew through internet and electrical cables!

Norway rats start breeding as young as 3 months old and can have 20 babies per year. We love nature, trees and a beautiful wild west



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Home & Garden

Auckland but these pests are seriously out of balance.

The community group Predator Free Waitakere Township/Swanson is holding a workshop on August 4th at the Waitakere RSA from 7 - 7.45pm. Subsidised rat trapping toolkits are available along with expert advice.

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Register for the Trapping workshop and purchase your Rat Tool Kit. www.predatorfreewaitakere.org/wak-a-rat-project

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 more bacteria laden than before you started.



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Waimauku Garden Club

Over the winter months our monthly Waimauku Garden Club visits are planned indoors to avoid the inclement weather. In June we had a great mid-winter lunch at The Beekeeper's Wife and a guest speaker, Barbara Wheeler, currently the Curator at Auckland Botanic Gardens. She has also worked overseas in large public gardens and introduced us to her experience at Longwood Gardens in the US which is one of the world's premier display gardens and definitely a place to visit if you are ever in Pennsylvania, USA.

Waimauku Garden Club brings together garden lovers from north and west Auckland who join together once a month to visit private and public gardens. Originally formed in 1969 we have members from Waimauku and Muriwai, Kumeu, Huapai, Taupaki and even as far away as Te Atatu and Orewa. From a small start of eight people, the club has grown to over 70 members and developed into its current format of garden visits and day trips. There is no criteria for membership, just an interest in visiting gardens and socialising with like-minded people.

Run by a small committee of members, we organise day trips on the third Thursday of every month either by comfortable coach for travelling longer distances, or by carpooling for more local visits. We schedule in morning tea and lunch, visiting gardens and attractions within the range of a return day trip from Huapai.

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Home & Garden

Although our trips have been curtailed somewhat by Covid, over the years some of the trips we have made include visits to Mangawhai, Matakana, Pukekohe and Drury, Howick and Clevedon, Auckland Botanic Gardens plus visits more locally to vineyards and gardens in Coatesville and Kumeu. During the winter months we plan indoor activities to avoid bad weather and arrange a mid-winter lunch or a movie and lunch.

For future trips we are planning to go to Hamilton Gardens, the Hundertwasser Art Centre and Quarry Gardens in Whangarei, Cornwall Park in spring, a winter movie day, Kelly Tarlton's and Parnell Rose Gardens.

The Garden Club welcomes new members and we encourage you to join us on our outings. We have a Facebook page which you can follow or join and if you have any queries please feel free to contact any of the committee members as listed below.

Ann 021 035 7406, Diana 027 478 8928, Gail 021344070, Maree 027 496 3006, Moira 027 498 9154 Sandi 02 731 84541.

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West Haven tide chart

Date	High	Low	High	Low	High
Mon 01 Aug	-	03:29	09:49	15:39	22:05
Tue 02 Aug	-	04:08	10:27	16:18	22:44
Wed 03 Aug	-	04:49	11:08	17:00	23:26
Thu 04 Aug	-	05:31	11:50	17:45	-
Fri 05 Aug	00:10	06:16	12:37	18:35	-

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Sat 06 Aug	00:58	07:05	13:31	19:32	-
Sun 07 Aug	01:50	08:01	14:31	20:35	-
Mon 08 Aug	02:48	09:02	15:37	21:39	-
Tue 09 Aug	03:51	10:07	16:43	22:42	-
Wed 10 Aug	04:57	11:11	17:44	23:42	-
Thu 11 Aug	06:01	12:11	18:41	-	-
Fri 12 Aug	-	00:40	07:02	13:06	19:35
Sat 13 Aug	-	01:35	07:58	13:59	20:27
Sun 14 Aug	-	02:28	08:51	14:49	21:17
Mon 15 Aug	-	03:20	09:41	15:38	22:07
Tue 16 Aug	-	04:09	10:29	16:26	22:55
Wed 17 Aug	-	04:57	11:17	17:15	23:44
Thu 18 Aug	-	05:45	12:04	18:05	-
Fri 19 Aug	00:32	06:32	12:53	18:58	-
Sat 20 Aug	01:21	07:22	13:46	19:55	-
Sun 21 Aug	02:11	08:15	14:44	20:54	-
Mon 22 Aug	03:05	09:12	15:44	21:52	-
Tue 23 Aug	04:02	10:11	16:42	22:46	-
Wed 24 Aug	04:58	11:06	17:33	23:36	-
Thu 25 Aug	05:51	11:55	18:20	-	-
Fri 26 Aug	-	00:21	06:40	12:38	19:02
Sat 27 Aug	-	01:03	07:24	13:18	19:41
Sun 28 Aug	-	01:43	08:05	13:57	20:19
Mon 29 Aug	-	02:22	08:44	14:35	20:58
Tue 30 Aug	-	03:01	09:22	15:13	21:37
Wed 31 Aug	-	03:41	10:02	15:53	22:17

Source: MetOcean Solutions.

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

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Pets

Cat lovers - we need your help

The NZ Cat Foundation has a sanctuary based in Huapai which houses over 150 cats. We offer safe sanctuary for older, disadvantaged and un-homeable rescue cats where they can live out their lives in safety and comfort. We need regular volunteers to help with routine chores so our cats can



enjoy happy, healthy, safe lives. We are looking for volunteers who are mature, have a sense of responsibility, are good team players and dedicated animal lovers. Helping at the sanctuary is a popular way to fulfil community service hours for Duke of Edinburgh, St John's, Scouts, Guides, church, university, animal sciences studies, etc. We are happy to sign off on your hours and provide any needed verification of your service. We rely heavily on volunteers on a daily basis and desperately need more.

Financial and food donations are also urgently needed to cover vet and other costs associated with our sanctuary. The NZ Cat Foundation also supports community Trap-Neuter-Return programmes and helps feed and care for many cats living in the community. Please visit our website for more information on volunteering and how to donate at www.thenzcatfoundation.org.nz. You can also email - volunteers: volunteer@thenzcatfoundation.org.nz donations: info@thenzcatfoundation.org.nz.

Kanika Park Cat Retreat

Hyperthyroidism is a very common condition seen in cats of both sexes from around 10-12 years old. The clinical signs are caused by an excess of thyroid hormone in the body. This extra thyroid hormone



causes signs such as weight loss (often marked), increased activity, increased thirst and urination, increased hunger and a dull or greasy coat. Around half of the cats who have hyperthyroidism will also present with vomiting. Thankfully, it is fairly easy to diagnose. Your vet will do blood tests to check thyroid levels and often a baseline panel to assess kidney and liver function among other things. If the tests come back positive, then we need to treat. There are a few different treatment options. Diet treatment - Cats are placed on an iodine reduced diet for the rest of their life. Iodine is needed to make thyroid hormone. This is best suited to indoor cats as they need to eat only the diet and no extras for it to be effective. Medical



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therapy - Reduces the production of thyroid hormone. Two options are available, tablets or a topical gel. It is not a permanent fix and medication must be given daily for the rest of the cat's life or the signs will return. Kanika Park Cat Retreat phone 027 550 1406 or email info@kanikapark.nz.

Dog walk and brekkie club

Do you want to meet other dog owners in the area? Or do you want to socialise your dog with others in the neighbourhood?

I'm a dog photographer in Hobsonville, and as a fellow dog owner, I've noticed how our dogs can help us make friends and get out of the house. This is a fantastic way to get to know people and dogs who you see on your morning walks.



Search for Yellow Lab's dog walk & brekkie club on Facebook or go to <https://www.facebook.com/groups/yellowlabdogwalk>

We meet once a month, take our dogs for a walk (usually part of the coastal walkway) and end in a local dog friendly cafe in the West Auckland area to a sit down coffee/ breakfast. The puppies can chill after our walk, and we get to enjoy a good coffee & eggs bene with nice friendly company.

Please don't bring your pup if (s)he is not ok with other dogs, but the doggies will stay on lead, so if you'd like your dog to build his/ her confidence around others, then please join.

Follow @yellowlabpetphoto on Insta/ Facebook to be reminded of upcoming walks. Our next walks are on 13 August & 11 September.

Boredom in dogs

Yes, it is real - dogs do get bored, just like people. Most of the pampered pooches are on their own at home these days while their owners are away working. They don't have to hunt or work for food anymore and their favourite dishes are ready served on a plate every few hours.

It is a proven fact now that due to lack of mental stimulation from getting caged for long durations or due to lack of exercise the dogs get bored. Bored dogs mostly do silly things like dig up the back yard or chew the rugs or furniture or rip apart shoes or socks or eat wood or stones or tissue papers etc. Mostly bored dogs bug the owners for attention, but boredom could eventually lead to apathy, stress and anxiety and reduced interest in toys or food.

There are many ways to fix the boredom in dogs

Huapai Vet Clinic

Dr Gary Duggal (BVSc)

New Clients Welcome!

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Email: huapaivet@gmail.com

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Pets

1. Exercise - It would be ideal to go for 40-60 minutes daily walks around the block or at a local park. Leash walk is a good way to meet other pets and people and exercise. It helps if we change the walking routine every now and then to give the pets a different landscape and new smells.
 2. Playing fetch preferably with a ball or soft toy (and not with a stick) - dogs love it. Some dogs would rather have their owners go and fetch the ball; in which case a leash walk is a better idea.
 3. Playing games at home - it could be hide and seek or fetch or rough and tumble on the bed. It keeps them bonded, engaged and mentally stimulated.
 4. Basic Obedience Training at home - Dogs love learning new tricks and getting rewarded when they perform. It keeps them mentally stimulated, and they improve with taking commands on day-to-day basis. Try and spend a few minutes daily teaching them simple commands and repeat the old commands.
 5. Put them to work - It is true that "a working dog is a happy dog". It can be working the flock of sheep for a farm dog or sport for agility dogs or walking or running or swimming for house dogs. You can put their nose to work by hiding treats or give them little tasks at home. Enrol in dog agility training or a puppy class and it's a great way to socialise and get some exercise.
- Dr Gary Duggal, Huapai Vet Clinic phone 09 412 2223.

Raw Food Direct

Gary Withers has been buying raw meat mixes to feed his dogs for many years and has watched his dogs thrive on the quality products he sources from the Waikato. "To find a supplier that produces meat products for dogs that are free of hormones, preservatives and antibiotics that also understands the correct balance dogs need between muscle meat, organ meat, bone and tripe is a great find here in New Zealand", he goes on to say his dogs are prized for their great condition and shiny coats which he attributes to the quality raw food he feeds them.



When he and his partner's interior business was closed due to the problems caused by Covid, Gary saw this as an opportunity to offer these same meat products to the general public, so he started Raw Food Direct. There are many suppliers currently offering raw food for dogs and cats but he has found them either too expensive, the mixes incorrectly balanced or the quality compromised through the processing. Also many are not medicine free, something Gary feels very strongly about.

Walkers Wanted

Are you pounding the streets in this area on a regular basis and would like some spare cash for what you are already doing? If you are walking several times a week and would like to distribute magazines for us in the area for \$40 please contact Stacey on phone 09 412 9602 or email editorial@thewesterly.co.nz * Distribution average is 300 magazines in your local neighborhood every four weeks.

He supplies only to the 'local' market and isn't interested in growing the business so big he can no longer offer a personal service to his fast growing list of customers. Check out his website for a full list of products and prices on www.rawfooddirect.nz.

Cobber loves 'reading the air'

I am typing to the dulcet tones of our dog Marby's gentle snores - do you have an animal 'shadow' that likes to be with you wherever, whenever? Marby is ever hopeful that I will head outside. I don't think the rabbit and bird populations are as hopeful - she tells them to stay away from the house area with quick dashes in their vicinity and the occasional, somewhat indignant, bark. So far no animals were harmed in the making of her scatterations, and bemused fantails often hover just out of reach to Marby's frustration.



I had the pleasure of chatting with Cobber recently. His early life didn't feature a cover and meals on wheels - he was mustered from the Kaimanawa Ranges in 2018. His first couple of years saw him roaming the central north island of NZ in a wild herd that started to form in 1876.

It probably comes as no surprise that Cobber senses the world differently from a domesticated horse. He communicated his vast environmental awareness by sharing a visual field stretching to the mountains and a feeling of expansiveness in my body - stretching my senses over a large geographical area.

When I asked Cobber his favourite thing, he immediately showed an image of his nose tilted up to 'read' the air which appeared full of different coloured and textured strands. To his nostrils the air was rich and nuanced. His person pointed out that this is the same posture as the Kaimanawa Heritage Horse logo.

Images of hills and herd mates flowed with the words 'my world is a horse world'. A mind movie showed how he smells the ground to decide what he wants to eat - plants and minerals. Cobber visual of the earth showed it vibrating and he listened with his feet and body.

Thanks Cobber for inviting us into your world. At times we can be oblivious to our environment, but our horses never are, and mustered horses that lived in a 'horse world' in their early life feel their wider environment intimately at all times.

All Animal Communications are done remotely, via a photo and insights are shared via a recorded Zoom call so you can re-listen as often as you wish. Please contact Suze Kenington at facebook.com/AnimalsInYourHeart or AnimalsInYourHeart.com.

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Food & Beverages

Brewery bingo

Play everyone's favourite game of chance and numbers in the Hallertau bar. Your irrepressible hosts Liv & Donna crank the cage and call the numbers. At \$10 for five games there are numerous ways to win and with a Pizza & Beer (or wine) deal for \$29 a fun night out is guaranteed. Bingo happens from 6.45pm every other Tuesday Aug 2nd, 16th & 30th. Hallertau - 1171 Coatesville-Riverhead Highway, Riverhead, phone 09 412 5555, email hoppy@hallertau.co.nz. Opening hours; Monday - Closed. Tuesday to Saturday - 12pm to 10pm. Sunday - 12pm to 9pm.



Hibiscus grenadine recipe

This is a very simple yet delicious and versatile recipe with a very vibrant colour. Hibiscus grenadine is great for use in both non-alcoholic and alcoholic beverages, and is also excellent for sweetening sour apples in apple crumbles or stewed fruit, giving them a lovely pink colour.

A healthier, less shelf-stable version could be made using fresh or dried stevia, although it will not thicken to a syrup and would require a thickening agent such as agar agar or corn flour.



Ingredients: 2/3 cup pomegranate seeds (approx. 1 medium fruit or 1 packet of pre-packaged seeds), 1/2 cup sugar, 1 Tablespoon orange zest (juice the oranges and use as the orange juice part of the drink), 1/8 cup Hibiscus flower tea, 1/2 cup water

Method: Bring everything to a boil in a saucepan and allow it to simmer for 5-10 minutes to thicken the syrup a little. The longer the syrup cooks for, the thicker it will become. Remove from heat and allow to cool before straining into a clean vessel. Store in the refrigerator for up to one week.

Serving: As the syrup is very heavy in nature, you can add it to a glass of orange juice, soda water or lemonade and it will sink to the bottom of the glass. You may also add the syrup to the glass first, then fill the glass with ice and gently pour your orange juice or lemonade over the ice and the syrup will still remain on the bottom of the glass.

To see other herbal recipes and to purchase certified organic hibiscus flower tea and other herbal teas, visit our website: www.NewZealandHerbalBrew.co.nz.

Peko Peko

We are glad to announce that we have finally launched an online takeaway order from our website. You can also book your table through the same page. We are the only Japanese-owned Japanese restaurant in the neighbourhood so please come try our authentic Japanese dishes. We use only rice bran oil, free range chicken and eggs, homemade sauces and we pride ourselves on serving fresh and honest food. You can find us at 102c Hobsonville Rd, check our Facebook and Instagram @pekopekonz or visit our website www.pekopekojapanese.nz Fully licensed with Asahi tap beer, Japanese Sake and Soljans wines. Phone 09 416 1197.



Soljans Estate Winery

Soljans Estate Winery has you covered for your next function. We have the capability to accommodate functions of any kind, whether it is a birthday, a work celebration, a conference, or anything in between, come and celebrate amongst the vines in our gorgeous venue at the gateway to Kumeu wine country. Only 20 minutes away from Auckland city, but a world away from the hustle and bustle.



Our functions coordinator will be with you every step of the way, to make sure your function is everything you dream of and more. Our flexibility and ability to tailor will ensure your journey is stress-free.

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Food & Beverages

showcasing our heritage with delicious Mediterranean inspired dishes. With an array of outstanding wines to choose from, you can treat your guests to the best of what Kumeu wine country has to offer. To chat about your function, email Sophie at functions@soljans.co.nz, or call us on 09 412 5858. Come, sip, enjoy!

The Hunting Lodge and Brix & Co

The Hunting Lodge and Brix & Co are looking for some amazing people to join their team. Want to work in an amazing winery location? The Hunting Lodge & Brix and Co are hiring so you can become a part of the story. We are proudly 100% family owned and operated.



The Hunting Lodge: We're looking for some hospo heroes to join our fun, fast paced and dynamic team. On site, we have a stunning events centre, lawn bar and iconic restaurant. We are hiring for: Restaurant Maitre D/ Duty Manager - Full time. Events Coordinator - Full time. Front of House & Events Waiter/Waitress - Part time & casual.

Brix & Co: Our aim is become New Zealand's beverage hub and we are making great strides towards this ambition with some of NZ's most well-known drinks brands joining our clients list for manufacturing. We are hiring for: Production & Bottling Operators - Full time

Please send your CV to helen.charlton@brix.co.nz or get in touch for more information about the role of interest.

Allely Estate Open Day

Wedding and functions venue Allely Estate in Kumeu has an open day on Sunday August 7 from 11am. Allely Estate was the venue for the NZ Bride & Groom Wedding of the Year 2020 and is opening its doors for people to come and have a look. "You will be able to view our gorgeous venue with one of the team. From 11am-3pm we will have vendors in attendance, samples of our delicious cuisine paired with our gorgeous bubbles. "From making memories, to timeless moments, we help you create them all at Allely Estate."



RYAN JACKSON

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

P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland

Allely Estate includes an historic villa, a marquee and hidden gardens at 393 State Highway 16 on the corner of Old North Road, phone 09 412 7206, email info@allelyestate.co.nz or visit www.allelyestate.co.nz for more information.

Good from scratch cookery school

It has been a wet and wild winter for us on the farm like for so many of us, but this Winter warmer is delicious and a dish I fondly remember as a child!

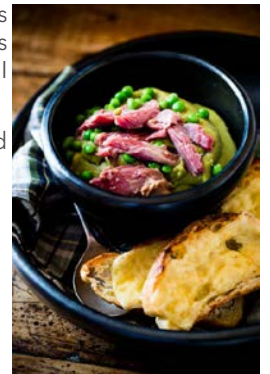
Dutch pea & pork hock chowder w smoked cheddar toasts.

Ingredients

- 1 smoked pork hock
- 2 carrots, peeled and quartered
- 2 onions peeled and quartered
- 2 bayleaves
- 2 ltrs vegetable stock
- 3 cups green split lentils

Instructions - Place all the ingredients into a slow cooker or a large pot with a lid. Bring to the boil, reduce the heat and simmer (covered) for 1 1/2 hours. Remove the hock and set aside, blitz the rest of the soup until smooth. Pick the meat from the ham hock and add to the soup. Serve hot with cheese toasts

For the toast - Spread the Dijon mustard over the ciabatta slices then top with grated smoked cheese. Place under a hot grill until cheese is golden and bubbling. www.goodfromscratch.co.nz.



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The Nano optical collection is the most recommended children's brand by optometrists and ophthalmologists worldwide. It has been developed to meet the needs of our most demanding, tireless and playful customers: kids! Available in a huge selection of colourful



options and ranging in size to suit ages 4 to 14, all frames feature an innovative concept that sets them apart from ordinary children's frames. As well as being virtually indestructible they come with two separate, removable headband systems. The innovative design helps to keep the glasses in place under any circumstance in a kid's everyday life. And available to try here at Westgate Optometrists. Phone our friendly team on 09 831 0202 for more information. 4/46 Maki Street. Opposite NorthWest Shopping Centre and Kiwibank.

Reiki -are you ready to receive?

Reiki is a word a lot of people have now heard of, but not everyone really knows what Reiki is. Reiki comes from a Japanese word meaning "universal life force energy".

A Reiki session is performed by a trained Reiki Practitioner who has received an attunement and training from a Reiki Master. A session usually lasts for about an hour, the recipient remains fully clothed, and the Practitioner gently places their hands on various parts of the body and allows the Reiki energy to flow. The hand positions used have been designed to cover all the major organs and chakras.



During a Reiki session, everyone will experience it differently, some of the common experiences are heat, coolness, tingling, some may not feel anything, that is also perfectly normal. Most people feel very relaxed after the session and it's not uncommon for people to fall asleep during the session. It has been thought that an hour's Reiki session is similar to 8 hours sleep.

Reiki is becoming very popular in hospitals, rest homes and is used at palliative care centres. Studies have shown that Reiki can assist people with cancer and other illnesses. Animals love to receive Reiki.

Today, there are many forms and variations of Reiki, At Astramana™ Healing Services we offer the following styles of Reiki: Usui, Holy Fire iii Reiki and Karuna®, Gendai and Komyo Reiki (the latter two are Traditional Japanese Reiki). We offer classes in these methods of Reiki. Feel free to look at our website to see what classes we have available. If you have a group of friends interested in learning Reiki, we will be happy to arrange an exclusive class for you and your friends.

Astramana™ Healing Services, was founded by International Reiki Master-Teacher Jason Mackenzie. Having practised and taught Reiki here in New Zealand and internationally for over 20 years, he would like to introduce you to the stress-free art of 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.

Check out our website: www.astramana.com or email astramana@gmail.com with any questions or to find out when our next workshop is.

Leaky lungs and leaky gut


Research and interest in the gut microbiome and how it affects all of our body systems and health is an exploding field of science. Most of the recent focus has been on the relationship between the gut and the brain especially in regards to mental health.

There has also been some research on the link between our lungs and the gut - this relationship has been long known about but thanks to Covid has reignited the research.

We know that when there is an alteration in gut bacteria, this increases the severity of respiratory infections such as flu. Those with IBS are at a higher risk of developing asthma, Evidence also shows that people with chronic respiratory conditions are highly likely to have inflammatory bowel disease.

The lungs themselves have their own microbiome and dysbiosis can occur and cause not just problems for respiration but also affect the gut. For example, the bacteria that cause pneumonia can also damage the lining of the intestines. When we have 'leaky gut', certain substances move across from our gut into our bloodstream that shouldn't be there and cause inflammation due to an immune





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Health & Beauty

response. If we have 'leaky gut' it is highly likely that we have 'leaky lungs' (because it's made of the same material - mucosal lining) which means we could be breathing in substances that also pass into the bloodstream that shouldn't be there.

Diet impacts the health (diversity) of the gut microbiota (good bugs). The gut microbiota ferments fibre and creates short chain fatty acids which are hugely beneficial for gut, metabolic, mental and lung health. Breathing in 'bugs' from reflux or from the lymphatic or blood circulation can influence our immune response and cause inflammation. Our lungs have their own microbiome which is influenced by our gut microbiome...which is influenced by what we eat and so the cycle begins again.

My Top Tips

1. The good old Mediterranean Diet has been shown to be fantastic for reducing inflammation and providing the nutrients needed for a healthy immune system (important for respiratory health) as well as nutrients for a happy microbiome.

2. It is paramount that you eat a fibre rich diet which includes polyphenols (colourful plants) and prebiotic and probiotic foods i.e. LOTS of plants, eat a rainbow, 30 different types a week.

"A fibre-rich diet changes not only the intestinal microbiota, but also affects the lung microbiota, indicating the influence of nutrition on lung immunity. The dietary fiber increases SCFA levels in blood, thereby providing protection against allergic inflammation in lungs...better lung function and lesser risk of lung disorders...and a reduction in mortality from respiratory disease".

3. I don't necessarily recommend a specific probiotic but, Lactobacillus casei shirota or L. rhamnosus GG appear to have some good research behind them.

If you are interested in finding out more then read my blog or watch my videos. Find me on Facebook: www.facebook.com/sarah.brenchley.5/

Using a Post-it note to improve posture

Most of us spend a lot of time sitting (or standing) in front of our computer.

Ultimately, we often end up in that rounded shoulder, head forward posture and this can often lead to a cranky back.

Here is a simple tip to help try and minimize this using a post-it note.



Simply stick a Post-it (or any sticker) on the side of your computer screen.

Whenever this sticker catches your attention, think about 'sitting up straight'. The simplest version is to lift the sternum up and tuck the chin a little.

Over the course of the day, if you correct your posture regularly, you will become stronger in this position, and it will become a more normal.

For a video showing this tip, check it out on our Instagram page @drcraigbuscomb. Elevate chiropractic, www.elevatechiropractic.co.nz.

West Auckland academic develops world-first skincare product for export market

A New Zealand skin cancer expert has developed the world's first vegan, non-injectable wrinkle-reduction serum - and will star in an international Netflix documentary on skin.

The product is designed to meet growing demand in the US\$5bn global dermal filler market with a natural alternative to injectable wrinkle fillers - as well as one that can be tolerated by those with sensitive skin and pregnant women.



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Trial data published in the Journal of Clinical & Cosmetic Dermatology, which used 3D imaging to measure changes in patient skin, shows the new serum was able to reduce the depth of wrinkles by up to 22% after three weeks.

Dr Sharad Paul, adjunct Professor at Auckland University of Technology, and senior lecturer of Skin Cancer Medicine at University of Queensland, says development of the No-Tox technology in the serum represents over a decade of research and patient trials.

Dr Paul, who has been featured in Time magazine as one of the world's celebrity scientists, says his research into skin lines, and understanding how wrinkles develop at a molecular level led to the creation of a new product line for the cosmetic market.

"When we look below a new wrinkle at a microscopic level we can see a process known as lymphangiogenesis underway, which is where a new lymphatic vessel is formed under the skin.

"I have often said that you can't have bad health and good skin and the rapid onset of wrinkles is really a reflection of what is going on both externally, such as UV damage, and internally, which may include chronic illness or even emotional stress - manifesting on the skin as premature ageing," he says.

Dr Paul who is currently filming an international documentary on the origins of skin colour for streaming service Netflix across California, Africa and Korea with Emmy Award winning director Nicholas Claxton, says initial US sales have significantly exceeded their projections.

He says talks are underway with national retail chains in the US to expand their bricks & mortar channel presence base with a new distribution deal secured for the North American MedSpa channel. The product will also be presented at the International Esthetics, Cosmetics & Spa Conference (IECSC) in Las Vegas later this month.

"Globally the dermal fillers market is forecast to reach US\$9bn within seven years.

"We know there is a significant niche looking for more natural alternatives to injectable fillers and the vegan cosmeceutical market also has significant potential for us.

"Our direct-to-consumer channel has sold over 1,000 units of product within the first six weeks of going on sale in the US.

"This channel alone has put us on track to reach a seven figure revenue within the first year and has meant we can bring forward our omni-channel expansion into other international export markets - including UK and Asia," he says.

Dr Paul, author of bestseller The Genetics of Health, says a second clinical trial is underway which will compare the efficacy of prescription retinoids with No-Tox technology - marketed under the 'Skin by Dr Sharad' brand.

Is it COVID? Again?

By now, everyone knows someone, a household member, friend, colleague of workmate who had COVID.

As much as we wish, vaccination or a COVID infection does not seem to protect everyone equally or fully from getting COVID again. And it certainly does not prevent one catching the flu bug or the common cold.

The wet and cold weather probably contributes to this all as well.

So this winter, keep your immunity up by:

- Keeping warm - dress warmly and stay out of the rain
- Eating fruits and vegetables daily
- Sleep well - don't stay up too late working or playing computer games
- Don't over-exert yourself - no marathons in the rain please
- Drink plenty of plain water - unless you have a medical reason otherwise
- Stay stress free - anxiety and stress can reduce immune responses
- Wear a mask - it does prevent breathing in any aerosolised germs

Whatever you are going to catch this winter, a strong and healthy immune system will do you well!

Stay safe. Dr Frederick Goh, www.rhdoctors.nz.



How long do dental implants last?

Most people know that dental implants are an excellent solution for replacing missing teeth, whether it is a single tooth, several teeth, full



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upper arch, lower arch or both. As implants can be a considerable investment for many people, one of the questions we are most often asked is: how long do dental implants last?

The longevity of dental implants depends largely on oral hygiene and lifestyle factors. The good news is that when a dental implant is maintained with excellent oral hygiene through great brushing and flossing routines (as well as seeing your implant dentist every year) it can last for a lifetime. That's why it's considered to be a permanent tooth replacement option, because with the right care you may never need to replace it. In contrast, a crown typically needs to be replaced every 10 or so years as it wears down.

If you're interested in learning if dental implants are right for you, contact the friendly Fraser Dental team at 1 Wiseley Road, Hobsonville on 09 416 5050 or email info@fraserdental.co.nz.

Stay well tips for a big winter

This winter is already shaping up to be a doozy. We are helping record numbers of people to get their flu vaccines to protect themselves and their families. Many of them describe having been ill recently or having members of the family who have succumbed to the winter bugs. Let's not be scared of what might happen but just take some good sensible precautions and trust in what you are doing. Here's my top nutrition medicine tips for avoiding getting sick from winter's bugs.

1. Antiviral Immune-Boosting Tonic:

I have designed this herbal tonic in combination with medical herbalists. This tonic is my personal main strategy for staying well. It contains a number of practitioner-strength herbs like echinacea, olive leaf, pau d'arco, andrographis, elderflower and licorice. The good news is that the high quality herbs we use are potent in terms of effectiveness. The bad news is they are also potent in terms of taste (not in a good way).

The herbs have actions like reducing the replication of viruses and bacteria as well as boosting key immune cells like your NK (Natural killer) lymphocytes. These guys are like the SAS of immune cells: deadly assassins targeting bacteria and viruses in your body.

2. PureDefence with NAC

NAC has the ability to stop viruses (especially respiratory ones) from replicating. This is particularly important early in the infection. Because reducing viral load often means the difference between a mild sniffle and more serious "man-flu" infections. NAC also has anti-inflammatory properties which is helpful to reduce the aches and pains that can accompany winter bugs.



PureDefence with NAC also contains quercetin, vitamins C and D, zinc and elderberry. These are amazing nutrients in their own right for supporting a healthy and bug-free winter.

Come in and chat to our team at Massey Unichem Pharmacy about whether these Winter Wellness nutrients are suitable for you and your family. And if you don't like bad tasting tonics, I have some yummy ones as well. Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.

Process old feelings

If your feelings weren't noticed and responded to as a child, then you may have experienced Childhood Emotional Neglect. You may not have learnt how to process, integrate or express your feelings as a child so they could still be affecting you today.



Old feelings trigger you when you are unaware of them. Once you realise you are being triggered by old feelings you can take control. Put a label to the feeling/s. Face the feelings by sitting with them and allowing yourself to feel them. They will pass quicker once acknowledged. A good way to do this is by journaling your feelings. Get out some paper and just write out how you are feeling.

What we resist persists so if we stop resisting and feel then we can heal. Get up and move your body and move the emotions out of your body as feelings are energy in motion. You can watch videos on my website to help you find healthy ways to do this.

If you need help with your emotions. Get in touch.

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Winter wellness update from The Doctors Massey Medica

Have you heard? Flu vaccination eligibility has now been expanded to include tamariki aged 3-12, along with people over 65 and Māori and Pacific people over 55, people with serious mental health or addiction needs, pregnant people and those



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Important phone numbers regarding Covid:

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- Covid Healthline: 0800 358 5453
- Assistance with Food support: 0800 512 337
- Welfare phone line: 0800 512 337.

Appointments are currently at a premium, please ring in advance to book your appointment for repeat prescriptions, or request your prescription on the patient portal. If you have not yet signed up to Health365 please ask to do so. Above all, stay warm, stay well. The Doctors Massey Medical, 394 Don Buck Road, Massey 09 831 0170.

Driving eco eyewear: Land Rover specs

Car manufacturers set green targets for manufacture of vehicles - but Land Rover has gone the extra mile and applied ambitious eco standards to their popular men's eyewear range.



For Eyes in the Kumeu Shopping Village are proud to introduce Land Rover frames made from sustainable materials derived from castor seed oil; non-GMO, BPA free, and sustainably farmed in arid areas to combat deforestation. The material supplier is an active member of the ground-breaking PRAGATI initiative in India which works to improve working conditions, create awareness for sustainable farming and increase yields due to more efficient farming practices.

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VICTORIA SHORT TO STAND FOR COUNCILLOR IN UPCOMING 2022 LOCAL GOVERNMENT ELECTIONS



Deputy Chair of the Hibiscus and Bays Local Board Victoria Short has launched her election campaign for a seat at the top table to bring proactive change for residents north of the bridge.

I am proud to announce I will be challenging the incumbent Councillors for an opportunity to represent our community around the top table as one of the two Albany Ward Councillors. As the current Deputy Chair of the Hibiscus and Bays Local Board, I have seen first-hand the missed investment opportunities for our area, a council that ignores the views of our residents, and the lack of respect and appreciation for our rates.

Having called the North Shore home all my life, I now have the privilege of bringing up my two daughters in this beautiful part of the world. Prior to being elected to Auckland Council, I was the local eyes and ears for the Hon. Murray McCully and Erica Stanford MP. This gave me a comprehensive understanding of policy, legislation and government agencies and the impacts it has on our local residents. I am a volunteer trustee for Life Education Trust North Shore and a member of the Institute of Directors.

This term Central Government introduced the Three Waters Reform and the National Policy Statement on Urban Development, both of which will have long-term effects and cause significant changes in our community if not managed and monitored correctly.

The Three Waters reform effectively removes control away from the generations of ratepayers who have built and funded our water infrastructure to the tune of billions of dollars and will lump us into one water entity area with Northland. I have serious doubts that this new water entity will be able to deliver the key water infrastructure investment we so desperately need and seeds control to unelected, unaccountable appointed officials.



The National Policy Statement on Urban Development directs councils to remove existing planning rules to allow developers to build to greater heights and density in traditionally suburban zones. I am extremely concerned about the impact for existing homeowners and the removal

of parking requirements for new developments. We are still heavily dependent on vehicles, and there is still little foresight into mass transport options for the North Shore.



A key reason why I am motivated to win a seat at the top council table is to fight for the reinstatement of critical overdue projects in our area. I was gutted to learn that vital projects have been deprioritised and will likely be deferred unless we have a loud active voice fighting to get this back on the books in Town Hall.

We are fortunate to have some amazing restoration groups who are instrumental in planting tens of thousands of natives each year, keeping our waterways healthy and our bush and residential areas pest-free. However, with intensification around the corner, it is crucial that we ensure these groups are funded to continue the work they are doing. These spaces will only become more scarce and valuable, so we must protect them.

I strongly believe we should invest more in sports and in the upkeep of the community facilities we already have. Investing and keeping kids in sports is one way to help channel some of the antisocial behaviour we are experiencing into something far more productive. In addition, investing in the facilities they use, helping them with equipment and giving more opportunities to try a different sport attracts more kids and families into a healthy productive lifestyle.

If you would like to know more as to why I am standing head over to

➔ www.victoriashort.co.nz

Or to share your thoughts and feedback please reach out to

➔ victoriashort.ecb@gmail.com

➔ 0224162207

This article is the views and opinions of Victoria Short, they are no way the views of the Hibiscus and Bays Local Board or Auckland Council



VICTORIA SHORT

FOR

**ALBANY WARD COUNCILLOR
2022**

Authorised By Victoria Short, PO BOX 35764, Browns Bay, Auckland 0753

Area Columnists

Taking a village approach to improve food security

When community partners came together last year to share experiences and ideas around strengthening food resilience and growing a healthy food future in West Auckland, several underlying themes shone through - all focused on taking a village approach.

This idea of building a 'kai village' is now at the heart of a new initiative in Massey and Glenavon.

The Kai Village concept was identified as an opportunity to develop strong community connections, foster local food growing and consumption, and work towards building better food resilience in local areas, explains Healthy Families Waitākere Systems Innovator, Rea Kenkel,

"There are many whānau and individuals who struggle to put food on the table every day and every week, and this has been exacerbated by Covid-19.

"West Auckland has an abundance of food relief initiatives, and more than 50% of these currently operating provide free food by way of food banks, pātaka (community pantry) and community dinners. These are certainly valuable in increasing access to food for our vulnerable communities. Still, despite the array of free food available, families continue to face insecure food sources ultimately impacting their health and wellbeing."

The Kai Village will be focused on building a strong local food system that shortens the distance between food producers and consumers. The emphasis is on prioritising the localisation of all phases, from growing, foraging, preparing and packaging to sharing, eating and recycling.

Two initial areas in West Auckland have been identified for scoping and to test what the Kai Village could mean for each community.

"These areas are Massey and Glenavon, which both have vibrant community hubs that have the potential to be central to the Kai Village. It puts all decisions relevant to kai in the hands of the local people involved with feeding their community, resulting in direct decision-making that ensures community needs are being met," adds Rea.

In the Massey Kai Village, initial community outreach has been completed, with a wider wānanga (group discussion) taking place to share ideas and future planning. A similar process is expected to



start shortly with the Glenavon Community Hub.

Kai West has led the initiative with support from an array of local partners, including Healthy Families Waitākere, Community Waitākere, EcoMatters, Massey Matters, WEST, MPHS, Glenavon Community Hub and Fair Food, and the Henderson-Massey, Waitākere Ranges and Whau Local Boards.

Physical activity focused on fun for West Auckland schools

A cluster of West Auckland schools is putting fun ahead of winning when it comes to tamariki sports and physical activity - and the move is providing winning results all round.

The 14 schools, all part of the Whau Cluster, have been changing their approach over the last three years with a strong focus on the GoodSports and Balance is Better frameworks.

Balance is Better (www.balanceisbetter.org.nz) is an evidence-based philosophy to support quality sport experiences for all young people, regardless of ability, needs and motivations, with the key focus of keeping young people involved in sport for life and realising their potential at the right time. Good Sports (<https://aktive.org.nz/what-we-do/good-sports/>) is about creating positive sporting experiences for children and young people by supporting and educating parents, caregivers, coaches, teachers and sport leaders who contribute to children's sport.

Whau Cluster Coordinator at Sport Waitākere, Amber Craig, says the Whau Cluster schools have been focused on shifting mindsets from a strictly sport-focused delivery and tournament schedule.

"This has seen us offer more play and active recreation opportunities, non-competitive festivals and events with side carnival-style game stations. We've also partnered with community to offer prizes for 'giving it your best shot' and demonstrating great sportsmanship, and encouraging greater inclusivity for all students."

The mindset change has been supported by a number of key initiatives across the cluster including hosting a coaching workshop for coaches and leaders across the Whau area.

"This helped get everyone on the same page around offering high quality experiences for tamariki where winning is no longer



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the focus. Instead, the emphasis is on offering fun opportunities whereby students still learn physical and social transferable skills, but leave behind the 'skills and drills' mentality," explains Amber.

Discussion around GoodSports is also included in school cluster meetings and volunteer appreciation has been prioritised through simple measures like offering volunteer recognition packs which include a card for a free coffee, a thank you medal and letter of appreciation.

Specific school events, such as cross country, have been improved with initiatives like the addition of obstacle courses, pompoms and party whistles for track marshals around the course, and encouraging all students to keep clapping and cheering until every student has crossed the finish line.

All activities across the Whau Cluster are underpinned by a vision that was developed with input from all schools and partners.

"The vision emphasises fun (pārekareka), perseverance (manawanui) and respect (whakaute), and has been a valuable tool for highlighting desired behaviour and mitigating negative actions. The impact of our vision in action across all activities is that we're seeing a wider variety of students attending and participating - not just the typical 'sporty' ones we always used to see.

"Ultimately we want to drive greater participation for everyone - and the results speak for themselves which is wonderful to see," adds Amber.

"We'll continue to work with industry partners to further develop our collective mindsets and ensure we are engaging more tamariki, ultimately helping them to develop a lifelong love for sport, recreation and healthy activity."

Facing climate change with hope

How do we engage with the pending crisis of climate change with resilience, courage and empowerment? How do we support our younger generation with this challenge?

Recently, I read Paul Hawken's book 'Regeneration - Ending the climate crisis in one generation' and with that, a sense of hope



that we could do something was ignited.

The book offers so much possibility, so much is being - can be done. It argues that we can reverse Climate Change - there is the science and the know-how, but what is missing is the political will and fully engaged people determined to do something about it.

The world is experiencing unprecedented weather events, fires, melting permafrost and coastal erosion due to sea level rises. The urgent voices to do something about climate change before the damage is irreversible are mounting; from governments, climate change scientists and the Intergovernmental Panel on Climate Change.

Our children are feeling the stress of climate change - anxiety levels in children are unparalleled and probably multi-layered. Our children have a right to be kids and not burdened, but they know, it's everywhere, hovering.

Carrying on 'life as normal' mixed with periods of denial can feel like the best option. Leaving it to governments, experts, leaders, 'the powers that be' to solve the problem. But - at a gut level, deep down, most of us know that this isn't going to bring about the change needed to mitigate the worst of it. We all need to play our part - but how?

Collectively we have a job to do; this is something we can tackle together within our local communities.

The Upper Waitemata Harbour area is an amazing environment that invites us to protect and restore it. Our harbour, foreshore, mangroves, and reserves offer us with opportunities to keep planting trees, remove environmental weeds, trap animal predators, clean up our harbour and protect our mangroves. All of these ecosystems are degraded and they all are, a great sources of carbon sequestration. In our own backyard, we can make a big difference to lessen the impact of climate change.

David Attenborough in his video 'The Truth about Climate Change' makes a plea for us all to take up the challenge of re-greening the planet to mitigate climate change. This call for action, offers us a way to engage our communities and our children with hope and enthusiasm.

It's a humble job but a simple one.

While many young families have busy lives, they may have space to adopt a small piece of reserve, stream or foreshore that needs to be restored. For others, there are many of us with time and resources to make a difference - conservation groups are always looking for volunteers. Most importantly, we can talk to our children about what can be done - how they can be part of the pivotal change we need to make.

Maintaining our family and community wellbeing will require hope as our mainstay. We can do this by staying focused on what we

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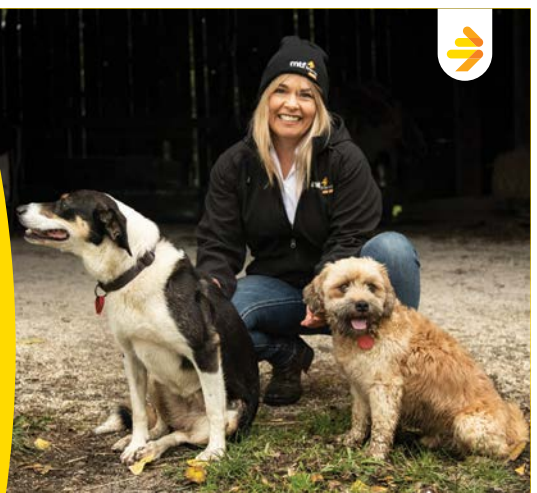
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can do. Conveying to our children a 'can do' attitude will empower them with hope and possibility. We don't need to hide the future from them. Societies have risen to the 'occasion' of their time for centuries. This is our time, our opportunity and with our children, we can all become part of the solution and find hope through action.

Robyn Bigelow, YouTube: ReGeneration - Paul Hawken. For ideas contact: NZ-Climate Action Network www.nzcan.or.

Waste into value

Do you know that approx. 50% of all waste in Auckland comes from the construction industry? It's a mix of brand-new off-cuts being dumped and also old houses (some with beautiful kauri and rimu) going straight to landfill. Building materials are expensive and valuable, so how is it New Zealanders waste so much? These poor behaviours are because of a lack of regulations and systems around ensuring materials last for as long as possible. New Zealand has one of the worst rates of materials to landfill in OECD countries. Because of New Zealand's low population ratio to landmass, we have ended up with a linear economy built on the cheapest landfill prices which in turn is having a detrimental effect on our environment.



The ReCreators are on a mission to enable communities to reimagine waste into value. They are currently piloting a 10 week Circular Design Programme in Glen Innes reusing deconstructed timber and teaching students how to design valuable products. To create a thriving local, circular (zero waste) economy, we need our communities to have skills - like the good old days. Partnering with deconstruction companies and government agencies allows access to materials and venues. The programme delivers 10 weeks of 3-4 hour classes. Participants learn how to use low-risk hand-power tools, how to read assembly plans and work up towards using riskier tools such as drop saws, circular saws and portable planers. The current cohort are also key members of the community coming from church, business association, housing and other backgrounds. The group has made small designs from off-cuts but have worked on a stool, large table and now on their own free design which will be presented at a final showcase event on Tuesday 2 August at the Glen Innes Community Centre.

Beneficial outcomes from this programme include teaching traditional DIY skills, woodwork design, manufacturing processes linked to business pricing. The ReCreators have partner with Ranui



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business Trow Group and Tamaki Regeneration Company with funding from Auckland Council. These ventures deliver community wellbeing through making and aim to support more vulnerable groups into employment.

The ReCreators are hoping to bring the programme to West Auckland in the next 6 months. If you are interested in more info - contact ger@therecreators.co.nz.

Getting ready to reconnect with the world

When buying travel insurance, disclosure is essential

When we plan an overseas holiday, travel insurance and vaccinations are probably at the bottom of the checklist, although that may have changed in recent times with Covid.



It's much more fun to research and plan the accommodation, exotic food options and the 'must dos' while we are away.

The issue of what must be disclosed to insurance companies has been highlighted by cases where cover was declined due to people not disclosing pre-existing conditions.

We all know that travel insurance is important. It can minimise the considerable financial risks of travelling. But people need to do their research by looking at a few options and by reading the terms and conditions before purchasing the policy that will suit their needs.

Typically travel insurance is made up of several different elements:

- cover for medical costs;
- the cost of a flight home if you have to return home quickly due to an emergency;
- reimbursement for non-refundable travel and accommodation costs if you have to cancel the trip or return home early;
- cover for the cost of replacing stolen or lost luggage; and
- cover in case you injure someone (especially in countries where there is no equivalent to our Accident Compensation Scheme) or damage their property.

If someone has a pre-existing medical condition, it is even more important to check the policy carefully beforehand. Even the definition of what a pre-existing condition is, varies from policy to policy. The insurer asks for this information so it can assess the risk you present and decide whether to offer you cover for those pre-existing conditions.



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It is essential to give the insurer accurate information about any risks that may make you more likely to claim on your insurance policy. If you do not do so and later make a claim, the claim is likely to be declined.

Some policies may automatically cover certain pre-existing conditions. Some may specifically exclude some pre-existing conditions. Others may include cover for some pre-existing conditions but charge you a higher premium.

Also, if you develop a condition after you apply for cover but before departure, you generally need to tell the insurance company about that too. Further, if your policy covers you for repatriation or cancellation of travel in case of emergency, you may have to disclose information about any family illnesses which could increase the risk that you'll have to cancel your trip or return home prematurely. For example, if a close family member passes away and was ill before you left, that may be a matter that should have been disclosed or the claim may not be covered.

Many travel policies exclude cover for any mishaps resulting from high risk activities, such as sky diving. Take note if you are planning an adventure holiday.

You may also want to check which countries New Zealand has reciprocal arrangements with for healthcare.

We urge everyone to read the fine print and make sure the policy they choose suits all their needs and to be open about their situation. This avoids any misunderstandings before you head off to enjoy the sights, the food and the culture.

If you have issues with travel insurance - or anything else, we at Massey Citizen's Advice Bureau are happy to help. Contact us 09 833 5775 or 0800 367 222 or massey@cab.org.nz.

John Riddell

Westerly Health and Safety columnist, John Riddell is standing for the Henderson Massey Local Board in this year's Local Government election campaign.

A former Chair of the Massey Community Board prior to amalgamation, John is standing on a platform #betterroadsideparking and #dogfriendlyparks. He will also be standing for the Waitakere Licensing Trust on a platform of #transparency.

John owns his own home in Massey has lived and worked in most parts of the Henderson Massey Local Board area including Te Atatu Peninsula, Te Atatu South, Ranui, Henderson and Glendene. John



is involved and works tirelessly for the community. The following are some of the organisations he is involved with; Secretary Massey Birdwood Settlers Association and Hall (resident and ratepayers' group). Past member Waitakere Licensing Trust (Lincoln Ward). Health and Safety Consultant. Member Henderson Rotary Club. Deputy Chair Keep West Auckland Beautiful. Past President Waitakere Rotary Club. Former Chair and current board member of Keep NZ Beautiful. Community Patroller and H&S Officer Henderson Community Patrols (CPNZ), Member Hibiscus Coast Motorsport Club, Former Waitakere City Councillor, Former Chair Massey Community Board. Former Chair Massey High School and Don Buck Primary Board of Trustees. Former Chair and current Board member Waitakere Cogs (Community Organisation Grant Scheme).

Distance sons and daughters

Local Hobsonville Point author Helen Ellis has just published her second book on the reality experienced by families scattered around the globe. She is a researcher, anthropologist and founder of DistanceFamilies.com, sharing ideas, resources and stories to arm readers with the wisdom to maintain rich and fulfilling relationships with their Distance Family. She and her husband have been distance parents for over 30 years and distance grandparents for over 20 years with family at some time in Europe, Scandinavia, Africa, Asia and America.



What is it truly like being a son or daughter who leaves home to live in an expat/migrant setting? How does it feel to be geographically separated from your parents, grandparents and other family members? Maybe you've left home for your studies, your career, a sense of adventure, for a challenge, for love. But how do you venture forth into your global world and still retain and nourish connections with 'home', always knowing "it was my choice to leave"? If you are a parent, grandparent or extended family member living back home, are you proud and graciously accepting of your family's move or do you harbour feelings of resentment? All reactions and emotions are normal. This book will make a difference to your Distance Family.

The book covers the full range of issues experienced by the children of Distance grandparents. For some Distance sons and daughters, talking about the family back home is like opening the proverbial can of worms. For others it's a deep and wrenching heartache that never goes away, while some Distance families are accepting of the geographical separation and everyone does what they can to



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make things work, it's not a given. The book acknowledges and empathises with the dilemmas of expat/migrant life and being a Distance son or daughter. It also aims to inject a sense of sureness about how to navigate your family role. Sureness delivers freedom from doubt, a belief in yourself and an assurance that you're doing your best - which is all that can be expected.

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.

Netsafe

Online mobile games have become massively popular in the last decade. They can include a broad range of genres from mystery puzzles to role playing adventures. The majority of mobile games will be suitable for people of all ages and fun to play, but there are some that are aimed at a more mature audience. Saving princesses and dressing up unicorns can seem like harmless, fictional adventures, but the cost of these mobile games are very real and can add up quickly. Most mobile games don't have an upfront cost to download them. Instead, the majority of mobile games are supported by delivering advertisements while you play them.

Another common way developers recoup the costs of making the game is to include special content you can buy with real money. These are called in-app purchases. This might be an item for your character or extra chapters in the game. A good way of spotting the difference between content that costs real money and content that uses fictional points earned in the game is to look for a dollar sign next to the price tag. Other games have an upfront cost to play them. This will be the price you see on the App Store or Play Store when you first download them. Games with an upfront cost are less likely to have core functions of the game locked behind in-app purchases and might be cheaper in the long run. Some safety challenges include: Inappropriate content, bullying and harassment, addiction,

pay to play, and complicated terms and conditions. Next month will cover safety with mobile games. For more details search "mobile games" at netsafe.org.nz.

Who is the weakest link?

In this update we are going to examine Rigging: slings, chains, strops and belts and their use with overhead gantries and other lifting devices.



Rigging refers to the use of mechanical load-shifting equipment and associated gear to move, place or secure a load. Lifting loads with rigging predominantly involves working and/or load traversing at height. Risks of workers falling, or suspended loads falling must be considered.

WorkSafe NZ have provided guidance on how to be safe when load-lifting with rigging and an approved code of practice has been produced by The Ministry of Business Innovation and Employment: www.worksafe.govt.nz/dmsdocument/401-acop-load-lifting-rigging

This provides guidance on types of rigging, its uses and load limits for the various forms of rigging.

Overhead gantries can be found in many workshops and factories throughout New Zealand and companies will be familiar with requirements for annual certified inspections, for certificates to be on prominent display and for operatives to be properly trained in their use and maintenance.

However, to lift loads consistently and safely in a controlled manner it is not just the gantry that has to be safe to use. It is everything that is used to complete the process of lifting/moving the load from A to B. This therefore also means the slings, strops or chains that are regularly used.

Unfortunately, the rigging is regularly found to be the poor relation when it comes to suitability and effectiveness for purpose. Too often they are not stored properly, left in places where they can be easily damaged, not regularly checked for wear and tear and not correctly identified for the required load.

Examples of this neglect are unfortunately, too often seen in workplaces as the pictures below illustrate:

Such damage will create "the weakest link" and could lead to a serious accident and/or incident.

Webbing slings should be inspected for: cuts or damage to webbing, damage to eyes, damage to metal eyes or other end fittings and chemical damage.

Webbing slings are manufactured to comply with AS 1353.1* or equivalent.

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Area Columnists

Securo recommends that all rigging used with overhead lifting devices be regularly checked and the attached inspection register template be used to record results and correction actions taken to replace worn and damaged items.

If you require further guidance, your Securo consultant John Riddell email securo4@securo.co.nz or check out the Securo website www.securo.co.nz.

Improving business productivity

New Zealand has a poor productivity record. We are working longer hours for less output. The Productivity Commission's report last year showed that output per hour is 40% below the average of the top half of OECD countries.

One of the findings was that compared with other developed countries, New Zealand businesses are capital shallow, resulting in limited access to technology improvements that can improve productivity. Perhaps this can be contributed to the high number of small businesses that make up our economy - this limits the advantages obtained through economies of scale, having sufficient workforce to take advantage of specialists as well as access to capital.

The question is how do we increase output without increasing the inputs into a business (labour hours, materials and other resources)?

Duplication of effort - One of the biggest flaws of the SME mentality is the duplication of effort. Lots of small businesses are all trying to market to attract the same customers, all have their own website, all have to define their sales processes and health and safety systems, and all have to find the labour and materials to run their operations. How can we either amalgamate or co-operate to reduce duplication and achieve greater economies of scale?

Some businesses have achieved this to some extent, either through a franchise or agency agreement that allows a consolidation of marketing and purchasing power. But can we take this further?

Outsourcing to specialists -

No one is good at doing everything. If we have limited resources to have a specialist in house, we may need to outsource. A good example for smaller businesses is having a bookkeeper. If keeping the accounts up to date is not your thing, get someone who both enjoys doing it and is much faster than you at doing it. Another example is social media and Google ads - we can struggle through the process and try to keep up to date with a forever changing landscape, or we can get someone else who lives and breathes these things every day.

A productivity focus - If you do not have a productivity strategy, productivity is unlikely to improve. Choosing the right strategy will

depend on your business, but there are several that can be broadly applied: Create scheduling systems and standard operating times for jobs, Establish output targets per FTE and have a method for recording actual output, develop KPI's for every employee, establish waste and downtime recording systems and have a plan to reduce both, review tasks for each position and eliminate any duplication. Implement technology to make jobs easier or faster.

The benefits of improving productivity are many - both staff and owners don't have to work extra-long hours or new staff don't have to be recruited, staff are happier, wages can grow, and businesses are more profitable.

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.

Are you thinking about the move to retirement living?

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

The Best of Aged Care Seminar and chat is on 29th September 2022, 10am to 12.30pm, St Chads Church, 7 Matua Road, Huapai, Auckland.

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

You can bring a friend or family member with you to this independent seminar and chat. Morning tea is also provided, however as seats are very limited we need you to reserve your seats early to avoid disappointment. Call 0800 900 700 or email editorial@kumeucourier.co.nz with your name, contact details and seats you would like reserved. Multiple seats will require names and contact details.

"This is a fun, engaged and interactive chat that will talk openly about aged care living and planning ahead" says Graham McIntyre, publisher of Kumeu Courier Magazine, who, with partners Seniornet, Mike Pero and Clearstone Legal will deliver confidence and clarity to your decision making.

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



Parakai Springs
swimschool

ALL AGES

Contact Us: **09 420 8998**
swimschool@parakaisprings.co.nz

Walkers Wanted

Are you pounding the streets in this area on a regular basis and would like some spare cash for what you are already doing? If you are walking several times a week and would like to distribute magazines for us in the area for \$40 please contact Stacey on phone 09 412 9602 or email editorial@thewesterly.co.nz * Distribution average is 300 magazines in your local neighborhood every four weeks.

The best of AGED CARE 2022

SEMINAR & chat

29 September • 10am–12.30pm

ST CHAD'S CHURCH, 7 MATUA ROAD, HUAPAI

Are you or a loved-one considering making the move to retirement living? Don't know where to start, wondering what is on offer? Need support?

We'll help you discover what facilities are available in our area, find out what you need to be aware of, ensure your assets are protected *plus loads more...*

The Best of Aged Care Seminar will provide the answers and ensure you make this next stage in your life comfortable, easy, simple & enjoyable!

Talk to us about what you're wanting & your time-frame - we will facilitate the relationships to make it happen and support you throughout your journey.

RSVP today - bookings are limited!
Family members are welcome

Call 0800 900 700 or

EMAIL editorial@kumeucourier.co.nz

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