

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

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

Mitre 10 MEGA Westgate

Circulation is 10,000 print copies.

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

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

August 2023



Greetings

A New Zealand fiddle-player recently gave an interview from America, where she has moved to work with an expert boot-maker, making cowboy boots. While originally they would have been for cowboys and ranchers, they are now trendily in demand by musicians and others who can afford around \$10,000 a pair for bespoke footwear. While principally made from cow leather, French calf and kidskin, they also use alligator, ostrich, lizard, elephant and Italian kangaroo leathers. It reminded me of a letter from his sister-in-law to my shoe-maker great great grandfather in 1824 asking him to make her "a pair of single solid walking shoes, and one pair of black satin ones by Wednesday". No pressure then!

How do we find ourselves in such diverse occupations and what chance meetings in our lives set us on paths to jobs we might not have imagined when we left school? While we may choose to work in an area of our interest, skills or educational results, sometimes we depend on what is available locally, family influences which may limit us geographically, or the flexibility of a job which may improve our work-life balance. We may seek purpose in a career to have a positive impact on others or society. All the same, someone we meet may encourage us towards a particular employment. The unplanned can change our lives.

Magazines, unlike novels, don't have a plot, so it's fine if you prefer to start reading from the back and find the lowest local petrol prices, and the plans for the new bus network and the international food store coming to Westgate and NorthWest. Elsewhere this month's Westerly starts with the giveaway at Mitre 10 MEGA. Read about the benefits for West Auckland women who prefer the opportunity for women-only swimming sessions. If your lawn is soggy after all this rain there is a strategy. Don't get scammed if you are tempted by Facebook trading. There are courses for using a laser cutter in community design, and for children to learn the skills of speaking in public.

As usual, there are suggestions for so many facets of life in our community, events, activities, property, tips on health and beauty, food, pets.

Just keep reading and take care this August.

John, Editor



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COVER PHOTO: Mitre 10 Mega Westgate Team

PRINT RUN: 10,000 copies, Treehouse Print

EMAIL DATABASE: Sublime NZ

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

Articles are not to be re-published unless written consent is granted from the publisher (Graham McIntyre).

People & Places

Mitre 10 MEGA Westgate

The Big Haul

Loaded Trailer Giveaway - Mitre 10 MEGA Westgate & Henderson
Spend \$50 or more in store at either Mitre 10 MEGA Westgate or Henderson during 10 July and 12 August enter your receipt unique code online and be in-store at Mitre 10 MEGA Westgate on 12th August 2023 to be in to win a brand-new Jobmate Charger Trailer 8 x 4 with cage and loaded with prizes to the value of \$10,000 with the draw happening at 1pm on Saturday 12th August 2023 at Mitre 10 MEGA Westgate.

*To enter the draw and for full Terms and Conditions visit: www.mitre10.co.nz/thebighaul

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MITRE 10 MEGA
WESTGATE & HENDERSON

* Promo ends 12 August 2023 at 12.30pm. One entry per transaction over \$50. You must be in-store at 1pm on 12 August 2023 at Mitre 10 MEGA Westgate to have a chance to WIN. Show your email receipt of entry and receive a numbered entry ticket before 12.30pm on the day. To enter the competition and for full T's & C's, visit: mitre10.co.nz/thebighaul

Mitre 10 MEGA Westgate, the largest hardware store in New Zealand!

Our undercover trade department is a one stop shop for all your project needs, drive in and speak to one of our specialist staff. Every department in the store is growing, with a particular emphasis on our outdoor living section in the middle of the store. We are the biggest supplier of Weber BBQ's in West Auckland. Come and see our extended range of garden supplies indoor/outdoor plants and our fabulous huge giftware department where you will find something for everyone.

We offer great regular special deals, follow us on Facebook or Instagram to be the first to know what is on offer (facebook.com/M10MEGAWestgate & instagram.com/megawestgate) and course we have our price guarantee "If you find a lower price on an identical in-stock product, we will beat it by 15%" conditions apply.

Mitre 10 MEGA Westgate isn't only just a one stop shop for all your project needs - it's a great place to meet and greet with friends and family, enjoy a hot cup of coffee and something to eat at the Columbus Café while the kids enjoy the playground. Add in the fact that we are 100% NZ owned and operated, what more do you need! the team at Mitre 10 MEGA Westgate look forward to seeing you here.



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Community News

NZ Mountain Film Festival

Look ahead to the NZ Mountain Film Festival being hosted at Sunderland Lounge 27 Hudson Bay Road, Hobsonville on Friday 15 September. Doors open 6.30pm. Films commence at 6.45pm. Event finishes at 9.30pm. Early-bird tickets just \$10pp (or \$15pp from Tuesday 12 September if not sold out). Under 5s free on laps. Free popcorn. BYO drinks & snacks.



There are six inspiring short films to see (featuring five NZ Award Winners in 2023). Janawaar (11 mins) USA. Turn the Corner (10 mins) NZ. Momentum (20 mins) Australia. Flow State (23 Mins). Changbang: Return to the Shining Mountain (21 mins) NZ. These are being hosted by Hobsonville Community Trust.

Registrations for tickets can be made at www.hobsonville.org.nz/mountainfilm or scan the QR code for tickets.

Scott Point School

On Friday, June 23rd, Scott Point School hosted an unforgettable Jumping June day filled with energetic activities. Students spent the day demonstrating their skills in both small and large skipping rope routines, all while enjoying lively Jump Jam sessions. In between the jumps and skips, quizzes and educational videos about hearts added an exciting touch of knowledge to the day's events. It was a joyous and educational celebration, highlighting the significance of physical activity and heart health awareness.



With unwavering enthusiasm and a united sense of purpose, our school community came together to raise an astounding \$7,151 in support of this important cause.

Throughout the month-long Jumping June event, students, teachers, and parents showcased their boundless energy and determination, engaging in various jumping activities to raise funds for cardiovascular health. Everyone was immensely proud of

the students, staff, and parents for their unwavering dedication and generous contributions.

Hobsonville Community Trust

Hobsonville Community Trust (HCT) is organising another community meal on Friday 1 September at Sunderland Lounge 27 Hudson Bay Road, Hobsonville from 6 PM to 7:15 PM.



There's nothing quite like eating together and making new friends or chatting with existing ones...especially on these cold winter nights. So come along and enjoy a range of yummy food and have some good company.

HCT will provide the venue & rice (big thanks to Indian Summer) and they just need you to bring a mains dish to share (or if you're coming alone, you can bring some bread or a side if you prefer). Their previous community meals have had a great turnout and the buffet that resulted was fit for kings. Everything leftover goes to the local foodbank to support those in need.

All ages are welcome and it's free but you do need to RSVP before 30 August at hobsonville.org.nz/eat as there is limited space available.

Open to anyone living within the Hobsonville area.

Writing your life story: don't know where to start?

Writing your own story takes courage. It can feel daunting, and maybe you're stumbling over where to begin. Living Narratives has written a downloadable guide that helps you work through how to start. The guide is based on our professional and personal experience of what makes a memoir work, and gives you tips and ideas to help you along. Download the guide at www.livingnarratives.co.nz/getting-started - it's free!



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LIVING NARRATIVES



Community News

When you are done, Living Narratives can turn your words and pictures into a stunning book; you might choose to get multiple copies printed to share with others, or get just one, for yourself, that will one day be passed on to new generations. For more information, contact Imelda at Living Narratives. Phone 021 211 8758 or imelda@livingnarratives.co.nz.

Dance24Seven

Wow! This year has gone so fast. We are over half way and gearing up for the show. We had a massive few weeks with our exams under Asia Pacific Dance Association, NZAMD and RAD Ballet - some of our dancers undertaking the mammoth task of 8 exams this year. There are just so many classes to choose from, many just do it all.

As we start working on the show, this is the time to come in and try something new - have you ever wanted to try Musical Theatre? Or maybe Hip Hop? Or... well the list could just go on, there is so much to choose from. Come along for a free trial at Dance24Seven and find out why this is the company that combines excellence with FUN.



Discoverers Hobsonville

"Our spirituality strengthens our identity, our sense of self-worth and inner strength, and our capacity to be loving caring persons." Howard Clinebell

Discoverers informal church, at its gathering on Sunday 27th August, will be exploring how our spirituality can develop and be nourished. These spiritual needs will be addressed;

- Discovering and developing the capacity for wisdom, creativity and love.
- Experiencing deep connections with other people and with God's wonderful creation, the natural world.
- Developing spiritual resources to help heal the wounds of grief, guilt, shame, resentment, and self-rejection.

Discoverers informal church meets at 3-30pm in the Baffin lounge, Headquarters building 214 Buckley Avenue Hobsonville Point on the 4th Sunday of each month.

Worker wanted

Witt Limited has a fulltime job vacancy for plasterboard fixers and stoppers, to join our busy team. The pay rate is between \$22.70 to \$27.78 per hour depending on your skill level.

The job requires you to be able to work Monday to Friday at 8.30am to 4.00pm, worksite locations within the Auckland region. Having your own vehicle is preferable.

For more information, contact our administration Yorsaeng (Bella) at 021 058 1139 or Email wittltd@hotmail.com.

For further information contact Barry Jones. Phone: 022 068 3873
Email: beejaynz@gmail.com Facebook: "Discoverers Hobsonville."

Te Kori Scott Point

Progress is continuing at Te Kori Scott Point (formerly the Sustainable Sports Park) with tinges of green appearing across the site. After a year of earthworks, drainage and topsoiling, informal recreation areas have been sown with grass. The first two sports fields will be sown in the spring. Concreting of paths and cycleways has started. A wetland area has been shaped around a natural aquifer and is being planted. The first baseball diamond is under construction.



Joshua Carder Drive and Craig's Way road extensions are being sealed, and a roundabout to link them has started. A new toilet and changing room facility has been installed. This was made off-site and craned into place. The cladding is made from a plastic wood composite using fully recycled materials, which is resistant to warping and requires no painting. Work continues with laying the artificial playing surface of the baseball diamond, sealing of the car park off Squadron Drive and construction of boardwalks.

RSA Hobsonville

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

In Brief Updates

Final call to show your barn and win

Your time is almost up to achieve bragging rights on "Barns We Love" a showcase of really cool barns that you have inherited or created. It doesn't matter what you store or how full you have made it, just showcase the style and the feel and we'll be the judge of "Oh My God, I want one" measure.



The old, the new, and everything in-between, a visual tribute to the kiwi barn, shed and sanctuary.

Take a photo today and email to editorial@kumeucourier.co.nz with your name and email address or email the word barn to 027 632 0421.

Entries close 15 August 2023 at 5pm.

Vouchers from Mitre 10 Mega, Aussie Butcher, Hunting and Fishing to be won. So get off the couch and get the phone and get us some pictures, it could deliver \$100 from one of your favourite retailers.

Shai Navot

Crime is becoming a big issue this election. We are bombarded with constant stories about youth crime and ram raids, and talking to people in our community it is clear that people are concerned about their safety. You may have also noticed that some politicians are (predictably) using this issue to grandstand about being "tough on crime". But all they are coming up with are ideas that are either *already the law* or will do NOTHING to reduce offending or reoffending.



Here's an example. National's "tough on gangs" policy is to have Judges uplift sentences of gang members because of their affiliation. It already IS the law to increase an offender's sentence if the offending related to their participation in an organised criminal group. National's policy would therefore only cover non-gang related offending. Rather illogical.

And another one from ACT. Proposing to move 17 year old offenders from the Youth Court into the District Court (DC). It already IS the law for 17 year olds who commit serious offending (including aggravated robbery and serious violence) to be dealt with in the DC. ACT is therefore proposing to send low-level offending (such as minor traffic, driving or property offences) into an already stretched DC system. To achieve what exactly? Judges sentencing first time 17 year old offenders have a raft of sentencing options available - including discharge without conviction, conviction without sentence, or low level community work hours.

The Youth Court process involves family group conferences to establish a plan for the young person that addresses the underlying drivers of their offending, which is then under the direct oversight of a judge. If that young person does not follow the plan, the Court will then give them a more serious sentence. Reducing re-offending is the primary goal of the Youth Court. Sending more youth offenders to adult court will miss the opportunity to help those young people turn their lives around.

The only way to truly get tough on crime is to address the underlying factors. Without that, all we have are meaningless slogans by politicians to win votes.

Shai Navot is The Opportunities Party's Candidate for Upper Harbour, practicing lawyer and a former Crown prosecutor.

shai.navot@top.org.nz

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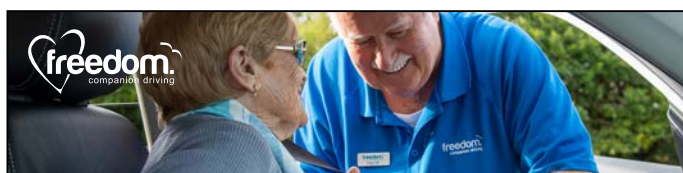
Scenic Cruises Event - We have over 40 people at our event recently held at Huapai Golf Club. They were interested to listen to our New Zealand representative talk about River Cruising in Europe for 2024 and Carolyn spoke briefly on her recent cruise on the luxurious Scenic Eclipse.



As a side note if you missed the screening of Maritime Masters on TV, it is going to be rescreening on TV3 so look out for it. It is Scenic Eclipse starting her journey to Antarctic from San Diego, so it was really interesting.

We are a specialist store for Scenic Cruises so come and see us if you are interested in River Cruising or Antarctica.

Canada and Alaska Evening - Please register for our Canada and Alaska evening for September. We will be covering Rocky



Paul Miller

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In Brief Updates

Mountaineer and Princess Cruises.

If you want to be kept up to date with what is happening and the latest specials please register for our emails on www.helloworld.co.nz/westgate and hit subscribe. Contact us on 09 416 1799 or email westgate@travel.helloworld.co.nz.

Welcome home to Orion Point

For two weeks, Bruce and Sheryl Sherrock had the unique privilege of having Hobsonville's newest retirement village, Metlifecare's Orion Point, all to themselves. An experience Sheryl described as "magic."



"It felt like we had our very own personal resort. The staff are so kind and caring and will go above and beyond to make you feel like you have made the right decision in moving to Orion Point."

For Sheryl and Bruce, the decision to move to Orion Point was driven by the desire for a brand-new village with a non-cookie-cutter feel. "We knew a little bit about Hobsonville, and Orion Point appealed to us as it felt sort of 'boutique'. The markets on the weekend are just perfect. You can catch up with friends for a coffee and a donut, or

lunch and even dinner in the evening. There is so much to choose from." The peaceful coastal location also greatly appealed to the couple. "From our apartment we can see the sea from one side of the deck and on the other side we can see the bush. Once the coastal boardwalk is finished, we will be able to walk down to the wharf and hear the birds chirping along the way."

While these pioneering residents relished the peace and quiet when they first moved in, they have enjoyed meeting the residents who have since moved into the village. "It was exciting sharing our stories with the next residents to move in. They are all lovely, and I'm sure we have made new lifetime friends!"

For more information about Orion Point contact Adelina 0800 005 877.

St Vincent de Paul Massey

St Vincent de Paul Massey is now a 13 strong volunteer food bank which operates with support from St Paul's Parish, St Paul's primary school, Pak'n Sav Lincoln Rd and Baker's Delight in Pt Chevalier.

With the cost of living rising every week, that is mortgages, rent, food, petrol and diesel and people's work hours being cut, families and couples are finding it extremely tough and are reaching out more and more for food parcel assistance.

A lot of people feel worried about asking for help, but that is what it

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6PM

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In Brief Updates

is all about in our communities, people helping people.

St Vincent de Paul Massey is grateful to be part of this wonderful community and to be able to carry out the mission of St Vincent de Paul providing support and promoting human dignity.

If you would like to support your local St Vincent de Paul by donations you can contact Marion Carrodus, President of the Massey Vinnies on j.carrodus@outlook.com

We are a registered charity so all donations are tax deductible.

St Vincent de Paul Massey Conference Account No. 12-3020-0488828-00.

Manning Funerals

Some people may recognize me from my daily circuit around Hobsonville Point each morning with my band of canines, while others may know me as the business owner of Manning Funeral Cottage, but today, I want to talk about my other passion - elephants!



Prior to Covid, I travelled twice yearly to Thailand to volunteer at Elephant Nature Park in Chiang Mai, the home to over 120 rescued elephants who can finally put behind them the decades of abuse of working at riding camps, or in shows, all for the degrading entertainment of humans. Not only does Lek open her sanctuary to elephants, but she also provides a home for some 3000 other animals; dogs, cats, pigs, rabbits, water buffalo, horses, to name but a few.

Saengduean "Lek" Chailert, the founder of Save Elephant Foundation has been a life-long activist for the Asian elephant and has received many global awards over the past two decades; including being named one of Time's Women of the Century, receiving a prestigious award in Thailand from President Macron of France, or being welcomed to the White House by then Secretary of State, Hillary Clinton. It is exciting that Lek will be visiting New Zealand for only two screenings of her new documentary "Elephant Mother"; one will be in Auckland and the other in Christchurch. The documentary covers the plight of the Asian elephant during Covid, and the crucial role Lek has played in alleviating their suffering. Following the screening, she will hold a Q&A. There will be light refreshments, a bar and raffles. This will be a rare opportunity to hear this inspirational woman.

Join us at the Fairway Events Centre, Argus Place, Wairau Valley, Auckland on Thursday, 14 September 2023 from 6.30 p.m. Tickets

are now on sale through Ticketek. Search "Elephant Mother" at premier.ticketek.co.nz.

When tech meets sustainable design

The RE:MAKER SPACE in Westgate, Massey has just purchased a refurbished laser cutter for community design courses. A laser cutter has a focused and high-energy laser beam which is pointed at various materials (thin wood, fabric, foam, plastic and cardboard), strong enough to melt and evaporate the material upon impact, until the material is separated, and the cut is made. The resulting materials' vapour is blown out with special gases and high pressure. The machine can also engrave any design onto the product or design.



There will be four programmes available to the community in Term 3. The ReCreators are excited to be able to combine design and tech for upcycling purposes. Laser cutters are the perfect machines to take old materials and then turn them into professional designs and products.

The courses in July and August will run over four weeks and are available for people 14+ - so suitable for teens and adults. At the end of the course participants should be able to; Confidently design using Inkscape or other apps, Know how to cut 0.1-5mm cardboard, cardstock/paper, fabric, 0.8-5mm wood on a laser cutter, Understand all health and safety around using a laser cutter and Understand what materials can be used and how to upcycle using a laser cutter.

Health and Safety is a huge part of the course as you can blind or gas yourself with this machinery. But once you understand how to manage and mitigate all the risks, participants will then learn how to draw on Inkscape which can be used for endless designs. The course aims for people to master 3 material types and understand settings for the machine to cut or engrave. Selecting the best cutting process depends on the specific application, the product/design needs and other critical factors.

Once you have laser skills, you can make almost anything - jewellery, boxes, 3D animals (put together with multiple 2 dimensional shapes) - the possibilities are endless. And you can get many materials for free by understanding how upcycling works.



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In Brief Updates

To book a spot, get in touch with ger@therecreators.co.nz or go online to www.remakerspace.nz.

Ten Feet Tall

Ten Feet Tall has been working with students in Hobsonville, Greenhithe and Albany for the last 10 years in teaching children from Year 1-13 speaking and performing confidence. Ten Feet Tall (tenfeettall.co.nz) runs Speech & Drama classes that are educational, fun, skill-focused and tailored to your child's individual development and interests. Often only the best Public Speakers get into school debate teams. We are on a mission to give all students an opportunity to learn debating skills so that they can develop important critical thinking skills, writing skills and speaking skills. It's also fun to do with friends.



We are running a 'Debate Day' on 13 August, an annual community event designed to give children an opportunity to try debate and gain some skills. The day includes: an introduction to debate for beginners with a range of fun activities and a competition and workshop day for those with debate experience. Suitable for both those new to debating and those with experience from Year 4-10.

Information and booking here www.tenfeettall.co.nz/holiday-programme-and-events/. Tickets are \$30 for the full day, Bring a friend and we will give you and them a \$10 discount. Use 'BRINGAFRIEND' as the discount code.

Sunday 13th August from 10-4pm at Pinehurst School, 75 Bush Road, Albany.

Summerset at Monterey Park

Summerset at Monterey Park offers luxury waterside retirement living in the thriving area of Hobsonville. Residents can often be found strolling the tree-lined streets, chatting with friends in the café or taking part in village activities. It's a lively, caring community, enabled by a team of professional staff who are dedicated to ensuring residents get the most out of their retirement.



The final release of homes features our sought-after premium villas. These spacious villas come complete with a contemporary kitchen, open plan living, large bathroom and laundry, spacious outdoor living area, single garage with internal access and much more.

"They are such spacious homes. Our neighbours are so friendly and

a Good Choice!

Having a choice is a good thing, and that's why we've changed your local to a Liquorland or a Super Liquor.

Bringing you better choices at great prices, while continuing to support our community.

Terms and conditions apply.



Make your choice!

At each of our new stores we're giving away \$1500 to two local community organisations. Every purchase earns you the choice of where you'd like to see your contributions go.

Head in store to place your sticker on the organisation you support.

Find out more at thetrusts.co.nz

 the trusts
Keeping it local

LiquorLand

Super Liquor



In Brief Updates

joining activity groups in the village really helped settling in. This home fits our lifestyle perfectly!"

Peter and Jill, residents of Summerset at Monterey Park.

To view our show homes, see plans and pricing, get in touch with our Sales Manager, Leonie Keatley on 09 951 8922. www.summerset.co.nz/hobsonville.

Distance Families: Another book in the wings

I'm researching the third and final book in the Distance Families book series, Being a Distance Grandchild. I will publish it in 2024.

Distance grandchildren can be one day old, one-year-old or 51 years old. Some were distance grandchildren as a child, some as adults and some as both... now and/or in the past.

Every few days, I Zoom chat with past or present migrant/expat distance grandchild somewhere in the world. My question is always, "How is it (or how was it) being a distance grandchild?" Repeatedly they comment, "I have never been asked this before". Why, because most times they had no choice in where they were raised and the fact that they ended up geographically separated from their grandparents.

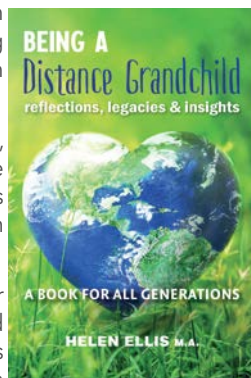
They tell incredibly varied stories. Unexpected, pop up thoughts surprise them. Childhood experiences are being connected to their adult viewpoint. Themes of legacy and respect surface. They talk about global family life and the impact of being distance grandchildren.

After we talk, I transcribe our conversations. You'd think you'd remember conversations until you transcribe them and see how wrong you are.

So what happens then? The stories constantly swirl in my head, taking on a deeper meaning. I compare findings. I re-read our conversations. Each reflection is like a jigsaw piece finding its rightful place. Sometimes reflections even appear in my dreams and my brain gives them a sub-title and a tentative chapter 'home'.

All my interviewees enjoy the experience. It is an honour to be the temporary custodian of their reflections and stories.

Looking ahead to 2024... would you like to receive a one-off email



when the book is published, and additionally go into a draw to receive a free autographed paperback edition? Click on this link... www.distancefamilies.com/grandchild-notice.html

Helen Ellis, M.A. is a researcher, author, anthropologist, veteran of Distance Parenting & Grandparenting and Founder of DistanceFamilies.com. She is the author of Being a Distance Grandparent and Being a Distance Son or Daughter, the first books of a three part intergenerational book series highlighting the 'how it is' of Distance Families. She will publish Being a Distance Grandchild in 2024. Please visit the SHOP page at DistanceFamilies.com.

Charge your value

In today's competitive business landscape, small businesses often face the challenge of determining their worth and charging accordingly. Many small businesses owners hesitate to charge for their knowledge, expertise, and the time they invest in training and learning their craft. However, it is crucial for small business owners to recognise their value and charge accordingly, as this not only sustains their business but also acknowledges the worth of their skills and experience.

Understanding the Value Proposition: Small business owners must thoroughly understand the unique value they offer to their customers. Whether it's a specialised skill set, extensive industry knowledge, or years of experience, recognising and articulating this value is essential. Customers are willing to pay for expertise and quality, and by charging for your value, you establish a fair and sustainable pricing structure.

Time and Effort Invested: Behind every successful business lies countless hours of training, learning, and skill development. Small business owners often underestimate the value of their time and the effort invested in becoming proficient in their field. By charging for the time spent on education and training, owners not only ensure their own growth and development but also communicate the value they bring to their clients.

Differentiating from the Competition: Setting prices based on the value provided allows small businesses to differentiate themselves from competitors who may be offering lower prices but lacking in quality or expertise. By demonstrating the value they bring to the table, small businesses can attract customers who appreciate the level of service, knowledge, and dedication they provide.

Communicating Value Effectively: It is crucial to effectively communicate the value you offer to potential clients. Utilise marketing strategies, such as case studies, testimonials, or client success stories, to showcase the positive outcomes and benefits that result from your expertise. Demonstrating the impact and value of your services will help clients understand why your prices are



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justified.

Small businesses play a vital role in the economy, and it is essential for them to charge for their knowledge, expertise, and time spent training or learning their craft. Recognising and valuing their worth not only supports their sustainability but also contributes to the overall perception of the industry. By embracing their value, small businesses can confidently charge what they deserve and establish themselves as trusted professionals in their field. Remember, your expertise is valuable, and it is crucial to reflect that value in your pricing structure.

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.

Women-only pool sessions changing lives in West Auckland

Culturally-appropriate women-only pool sessions are providing multiple life-changing benefits for West Auckland women.

Since mid-2019 the Whau Local Board has funded a Community Waitākere Community Developer, Shalema Wanden-Hannay, to facilitate and support the strengthening of community in New Windsor. This work led to the creation of the New Windsor Community Hub, which is now a Charitable Trust.

The Hub team identified the need for culturally appropriate women-only pool sessions and organised a session in the New Windsor Pool at the end of 2020. This session was well attended and participants were very enthusiastic and keen for more opportunities.

Shalema, a lifeguard, born and raised in the wild west coast waters at Karekare Beach, says she was deeply moved and humbled by the experience of supporting women.

"A good number of the women had never been in a pool before, to immerse in the water and to float. I realised just how much I took for granted the opportunities I've had in my life to experience and form a bond with water. Initial sessions were greatly over-subscribed. For cultural reasons many young women and women need to keep their bodies covered around men which radically limits opportunity for women to experience water activities," explains Shalema.



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The swimming sessions have now expanded and are running at Kelston Girls School, Massey High School and New Windsor School.

Waitakere Arts Centre

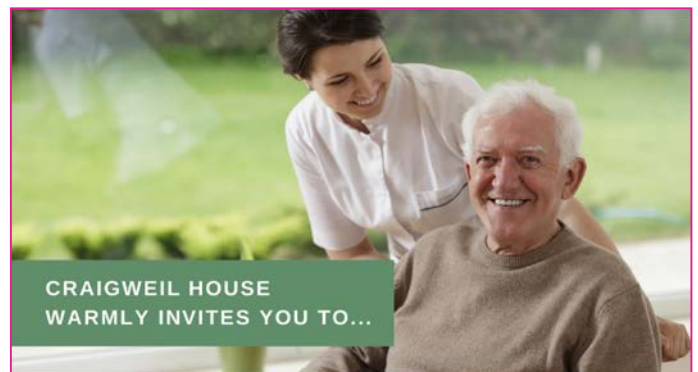
Waitakere Arts Centre is located on Corban Art Estate. Waitakere Arts started as a group of ladies meeting weekly in a chicken shed, spending time together socialising and being creative. That was nearly 60 years ago.

Soon the group expanded, and they needed a better meeting space, and in 1971 they were meeting at a space in Vodanovich Road in Te Atatu South. Some years later they ended up using a room at the West Wave Pool and Leisure Centre, and eventually ended up in the Old Garage on Corban Art Estate, where we have been for over a decade.

And for the past 36 years we have hosted The Trust Annual Awards Exhibition in Shed 2, on Corban Art Estate. This year we will be doing it all again, with over \$15,000 worth of awards to be awarded to youth and established artists, generously granted by The Trust Community Foundation.

We have one of the largest prize-money pools to award and acknowledge New Zealand artists, and we are excited to host this year's event from 23 September, to 1 October. We encourage all artists to enter, as many previous winners have gone on to create and establish successful art careers, using this exhibition as a springboard to their futures.

To learn more about our organisation, or to keep up to date with happenings, head on over to our website waitakerearts.com.



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National committed to looking after seniors

By Cameron Brewer

This month's column is written for our seniors. Many are deeply worried about the cost-of-living, with rising prices for everything, including groceries.

National has a plan to fix the economy to address the cost of living, lift incomes and improve the services - including hospitals - that you and your family rely on.

National will increase superannuation payments every year and ensure they reflect increases in average after-tax wages. In fact, our commitment to reduce the taxes paid by average-wage earners means the Super will go up faster too.

National will continue the winter energy payment. We will also review the Retirement Villages Act, which is now 20 years old.

Most importantly, National will reduce waiting times for elective surgeries like knee and hip replacements by bringing back the previously successful health targets Labour scrapped.

National also restore law and order and hold serious young offenders to account. All New Zealanders deserve to feel safe at home and at the shops.

Authorised by C Brewer, 107 Great South Road, Epsom, Auckland.



Hospice West Auckland dragonflies

Dragonflies have a special significance at Hospice West Auckland. A beaded dragonfly and the Dragonfly - Te Kapowai verse is given as a special keepsake to every family who has lost a loved one in our care. The beautiful dragonflies - each one completely unique - aim to bring comfort to those dealing with loss.



Dragonfly-making workshops are held regularly at Hospice House, 52 Beach Road, Te Atatu Peninsula, and out in the community. Members of the public of all ages are welcome to join these workshops and make their own beautiful creation. It's a wonderful opportunity to give back to the community and learn more about Hospice West Auckland and the services they provide. Follow Hospice West Auckland on Facebook at www.facebook.com/hospicewestauck for details of upcoming workshops and other Hospice House community activities.

Europe first half of 2024 - Now is the time

If your sights are set on Europe for 2024 now is the time to start planning with us. Planning ahead and booking early is the key to get the best choice of fares, tours, cruises and accommodation at the best prices. Another reason to book early especially for the European summer is the Olympics start in Paris during July 2024 which will no doubt influence availability and pricing.



Demand is super high for 2024 and there is only a limited amount of airlines and seats departing NZ each day. Buzz recently returned from the UK and Europe last month on a trip he booked in August 2022. Booking early gave him the best choice of routes and it was easy to get a good priced fare and allow for a stopover in Singapore to break up the journey.

This is also a great time to look at South Pacific holidays for the first part of 2024 which are now on special.

We're a locally owned and operated Kiwi travel company who remained open and accessible during the pandemic when many other travel companies closed or relocated home. If you want to book with a Travel Agency you can trust will be there for you look no further. Open 9-5.30 Monday to Friday instore. Too busy to pop in? Video appointments available, or email hobsonville@hotmail.co.nz or call 09 416 0700.

Greypower

I attended the Greypower Federation Annual General Meeting at the Brentwood Hotel in Wellington from 27-29 June 2023 in my

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capacity as Zone Two Director Greypower Northern Region along with our Waitakere Greypower Association delegate, Fiona Whelan. A total of 13 Remits were discussed and voted on by delegates from the 71 Greypower Associations in the country all affiliated to the Greypower Federation. Jan Pentecost, the Greypower Federation President, chaired the Annual General Meeting. Delegates are the only ones who can vote on Remits and other matters on the Agenda. Greypower Federation Board members, also known as Zone Representatives and Zone Directors have speaking rights to Remits and other Agenda items but don't have voting rights. This year there was an election for National Vice President as Peter Matcham the incumbent Vice President from Zone Four stood down after a number of years on the Greypower Federation Board. The election for Vice President was held between the two nominees who put out CVs to all Greypower Associations. The two nominations for Vice President were Gayle Chambers and David Marshall. The successful candidate as the result of the vote by delegates only was David Marshall who is the new Greypower Federation National Vice President for the following two years. Gayle Chambers remains in her position as Zone Director. The 2024 Greypower Federation Annual General Meeting will be held at the Brentwood Hotel. Our core business in Greypower is advocacy on behalf of all people over 50 years old. Written by Mate Marinovich President Waitakere Greypower Association and Zone Two Director Greypower Northern Region 22 Carter Rd Oratia Auckland.

Doodlewear

Celebrate Father's Day with a unique gift from Doodlewear, the exceptional online clothing store in Hobsonville Point. Wear art proudly and share it with the world. Our curated collection features stunning artworks transformed into wearable masterpieces, perfect for art-loving dads.



Spoil Dad by gifting him high-quality, comfortable art print t-shirts, sweatshirts, hoodies, and tote bags. Each item is printed with love in New Zealand; we do not mass-produce but instead, have each order individually printed.

Our collaboration with incredible New Zealand artists offers a range of themes, styles, sizes, and colours, allowing Dad to express his individuality. If you're unsure about his preferences or size, surprise him with a gift voucher.

Visit doodlewear.co.nz today to find the perfect Father's Day gift that shows your love and appreciation. Connect with us on Instagram and Facebook @doodlewear.nz for more inspiration.

Pictured: Doodlewear 'Kaimoana' art print Men's sweatshirt by New Zealand Illustrative Artist Lesh Creates.

Flippin' Fun Trampoline Park

The place for parties, skills, toddlers and much more bouncing fun.



With the school holidays over Flippin' Fun's normal week day activities are back. Of course it's not just in normal bounce sessions when you can experience the benefits of trampolining. We have a range of skills and activity classes to suit you and your schedule. Check these out for Term 4.

Flip Fit Classes - with summer on the way it's time to start thinking about getting back that beach bod.

Flip Classes - Fly with the best. For age 8 yrs+. Learn new tricks to impress your friends.

Junior Flippers - a fundamental movements programme for kids aged 5 -7 yrs teaching skills core to many sports.

Little Flippers - a super fun toddler session for the 5 & unders - no older kids allowed.

Parties, End of School Year & Christmas functions - Flippin' Fun caters to all types of events. They're enormous fun and hassle free. We are taking bookings now so view our party webpage or contact us directly to plan your bid event.

For pricing and times be sure to check www.flippinfun.co.nz or call us on 09 833 6880.

Facebook trading scam

A Facebook trading scam is when a person poses as a seller on a 'buy and sell' Facebook page or group, or sets up a fake business page. They then pretend to have goods or services for sale, but once they receive payment they don't follow through with the deal. Often a fake Facebook page will look legitimate. If they have a Facebook page you should look at the reviews on the page to see if previous customers have had problems with them. You can also

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look out for blue or grey 'ticks' on the page which are given to pages or profiles verified by Facebook. There are risks when trading on all online platforms. Facebook buy and sell pages and groups are not moderated by Facebook. The safest option is to only pay the seller after you have inspected the goods in person. However, if this isn't possible it's important to remember that if the deal looks too good to be true, it probably is. Unfortunately, it can be difficult to get money back that has been lost in one of these scams. The usual way to deal with this kind of dispute in NZ is to go to the Disputes Tribunal. Please note that you will need to have an address for the seller and there is a fee to apply. For full details, search "Facebook Trading Scams at netsafe.org.nz.

Extract from Worksafe news story

Experience no substitute for risk management - The death of a West Coast flooring company employee has drawn a strong warning from WorkSafe New Zealand to businesses not to rely on the experience of workers in the absence of proper risk identification and management. In March 2019 an employee of Coastwide Flooring Limited was installing carpet in a Greymouth building using a strong organic solvent-based adhesive. The worker had 17 years' experience in the industry. He was found unresponsive by a co-worker and died three days later in Christchurch Hospital's intensive care unit.

WorkSafe's Investigations Manager for the South Island, Steve Kelly, said the company had a lax approach to health and safety. "The particular adhesive the worker was using was known to be a health hazard, but the company had not undertaken a risk assessment on its use; it had no safe system of work for working with the adhesive - particularly in relation to ventilation and the use of fans; and nor did it provide effective information, training and instruction for workers," he said. "The company largely relied on the experience of its workers to protect themselves from the effects of the adhesive, and that approach was simply unacceptable. "Since this tragic incident, Coastwide Flooring has implemented a suite of improvements to its operations, but for this worker, that is too little too late," Mr Kelly said. Today the business appeared in court for failing to ensure the health and safety of its workers and was fined \$60,000 and ordered to pay reparations of \$105,000 to the victim's family.

Coastwide Flooring Limited was sentenced at the Greymouth District Court on Thursday 29 April. A fine of \$ 60,000 was imposed. Reparation of \$105,000 was ordered to be paid to the victim's family. Coastwide Flooring Limited was sentenced under sections 36(1)(a), 48(1) and 48(2)(c) of the Health and Safety at Work Act 2015. Being a PCBU having a duty to ensure so far as is reasonably practicable,

the health and safety of workers who work for the PCBU, while the workers are at work in the 29 April 20212 business or undertaking, namely while installing flooring, did fail to comply with that duty, and that failure exposed the workers to a risk of death, or serious injury. Carries a maximum penalty of \$1,500,000.

Need to sharpen up your Health and Safety? If you think your organisation could sharpen up its health and safety, reach out to the team at Securo Health and Safety. Having a proactive approach to your Health & Safety could save your employees life and the company a hefty fine. If you don't already have an upcoming scheduled appointment, then contact John Riddell email securo4@securo.co.nz or check out www.securo.co.nz.

Healthy families

For people everywhere, food is the great connector. Being able to share food in a culturally appropriate way plays a significant role in our physical, social, and emotional understanding of the world around us. As access to nourishing, affordable kai becomes further and further out of reach for many people in Aotearoa, people are looking back at past practices to inform a new pathway into the future. The Mana Motuhake o te Kai - food secure communities' framework - was created by the West Auckland Kāhui Māori Collective for people who want to learn how mātauranga Māori principles can inform growing, sharing and preparing kai.

The framework is bringing a fresh perspective to projects that are led by the Healthy Active Learning (HAL) team at Sport Waitākere. Improving the wellbeing of tamariki and rangatahi through kai and nutrition is a key focus for the HAL team, who work predominantly with schools.

"The HAL team has strong connections to schools and extensive knowledge of school curriculum. I've been helping to familiarise them with the framework, and together, we've identified several areas where schools might be able to use it alongside their learning plans", explains Giuliana Sewell, Systems Innovator for Healthy Families Waitākere.

Several schools in the Massey area have expressed their eagerness to include more agricultural education in their curriculum.

"We presented the Mana Motuhake o te Kai framework to the teacher leads from three schools in Massey and they gave us some great feedback. The next step for us will be one on one sessions with the schools to map out how they can use the framework as a guide for their kai initiatives", says Sewell.

Mana motuhake o te kai was designed from an ao Māori point of view but also supports the inclusion of ideas and practices for all people.



Pete Sinton
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The daylight hours are less, and we often find ourselves driving to and from work in the dark. Roads are wet and with patience pushed to the limit, drivers are often seen taking unnecessary risks with the loaded weapon they drive.

Glances around while in queues often reveal how many of us are resorting to checking our phones at any opportunity.

Nearly all road accidents are avoidable and caused by negligence. By simply exercising some patience, maintaining your vehicle, following the road rules, and ensuring our mobile phones are not a distraction we can all limit the chances of ourselves and other road users becoming another NZ road statistic.

Gone are the days where a departure at 6.15 meant a quick drive along the motorway to the office.

Our local areas have seen a lot of additional development and it does not take much to see how this has impacted our current roading infrastructure since we have minimal options for public transport.

Whilst this is a topic that could spark several areas of debate and frustration it does raise the concern that I expect all drivers have experienced. Road rage.

Watching the clock tick over as our frustration rises at how other road users do not understand the concept of how to merge or give way only adds to the frustration of our daily commute.

Jamie Shaw

Deputy Chief Fire Officer
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Know your limits

If in doubt, go home and try another day.

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Property

Property market report

Housing sales are lumpy, prices up slightly, fewer listings and buyers hesitant.

Latest data from the Real Estate Institute of New Zealand (REINZ) delivers very mixed messages, with sales volumes inconclusive but prices firm.

The REINZ recorded 5629 residential property sales nationally in June, down 4.1% compared to May, suggesting market activity remains at a low ebb.

The national median selling price was \$780,000 in June, unchanged from May, but down 8.2% compared to June last year.

However the REINZ House Price Index (HPI), which adjusts for differences in the mix of properties sold each month, was up 0.4% nationally in June compared to May.

There was less stock on the market, with a total of 24,676 residential properties available for sale at the end of June. That's down 7.5% compared to May, and down 6.1% compared to June last year.

New listings were also down, with 6218 received in June. That's down 15.5% compared to May, and down 21.2% compared to June last year, suggesting vendors remain hesitant about selling.

Salespeople continue to report increased first home buyer activity with the easing of LVR [loan-to-value ratio] restrictions that came into effect on June 1.

Although activity has increased, caution remains as interest rates, an election and further financial strain caused by the cost of living tempers investment.

In the three months ending June 2023, 15,934 sales have occurred, a 1.2% increase year-on-year.

A lack of listings and the challenge of navigating the current economic climate are putting.

The Median price point in Auckland is static showing down 22% from peak, but still almost 3% up on 2018 prices.

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rentshop

**Mike
James**

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Swanson	\$880,000 to \$1,600,000
Westgate	\$712,000 to \$950,000
West Harbour	\$1,238,000 to \$1,600,000

If you want to have a chat about value, progressing to another home, or renovation, give me a call today on 027 632 0421. A small investment in time can pay healthy dividends in this confused market. Contact me on 027 632 0421 or email graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

Cleaning out the gutter clutter

As a landlord, it is crucial to prioritise the preservation of your property's integrity and appeal. One key aspect of property management involves annual exterior washing and gutter cleaning. New Zealand's diverse weather conditions expose properties to various environmental elements that, if neglected, can lead to significant damage.



In this blog, we aim to shed light on the importance of these maintenance activities and delve into why they are crucial. By understanding their significance, landlords can make informed decisions that ultimately impact the longevity and value of their properties.

New Zealand's geographical regions experience a wide range of weather conditions, including wind, rain, and sun. Each of these elements can leave a lasting imprint on the exterior of your property. Over time, dirt, dust, and debris accumulate on walls, roofs, and windows, causing paintwork to fade and the facade to appear worn-out. Properties situated near populated towns or suburbs are particularly susceptible to faster grime accumulation, resulting in discoloration and potential exterior damage.

An annual house wash serves as a powerful preventative measure against these issues. By effectively removing built-up grime and debris, the visual appeal of your property is restored, and its market value is preserved. Moreover, annual cleaning can mitigate the growth of mildew and mold, which can trigger allergies and respiratory issues among occupants.

Professional house washing services ensure a thorough and efficient cleaning process, utilizing safe and highly effective methods to safeguard the exterior of your property from potential damage.

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In addition to maintaining aesthetic appeal, gutters play a pivotal role in protecting the structural integrity of a home. They collect and redirect rainwater away from the house, preventing water seepage into the walls. Water damage can lead to mold growth, structural rot, and decay. However, gutters can become compromised by the accumulation of debris, such as leaves, twigs, and dirt, obstructing the system and causing water overflow that may damage the roof and foundation.

The importance of annual gutter cleaning, therefore, cannot be overstated. Regular maintenance ensures gutters work optimally, preventing water damage to your property. Professional gutter cleaning services offer thorough and efficient cleaning, significantly reducing the risk of water damage.

The merits of annual house washing, and gutter cleaning are numerous. Not only do these activities preserve the appearance and functionality of your property, thereby protecting its market value, but they also prevent costly water damage, reduce potential health risks from mold and mildew, and identify issues early, preventing expensive repairs in the future.

Now, the question arises: why hire a professional? While some landlords may opt for DIY house washing and gutter cleaning, engaging professionals ensures the job is done safely, effectively, and comprehensively. With their expertise and experience, professional cleaners employ safe and efficient methods that won't cause damage to your property.

At The Rent Shop, we collaborate with professional tradespeople who specialize in these maintenance activities and offer annual servicing for rental properties.

By prioritizing annual exterior washing and gutter cleaning, landlords can protect their properties, enhance their market value, and ensure the well-being of their tenants. Don't let gutter clutter accumulate or grime take over—take action now to preserve your property's integrity.

Should you require further assistance or advice concerning your property management needs, please contact Mike James 021 413 660 or mike.james@therentshop.co.nz.

Sorting out your relationship property

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

the couple.

Couples may prefer that the PRA does not apply to all or some of their relationship property. This could either be in anticipation of or during a relationship, or at the end of a relationship. A contracting-out agreement would then be necessary to achieve this. The PRA sets out certain formalities which are required for a valid contracting-out agreement. These requirements include that:

- each party must have independent legal advice before signing the agreement;
- the signature of each party must be witnessed by a lawyer;
- the lawyer witnessing the signature must certify that he or she explained the effect and implication of the agreement to that party.

It is important that these requirements are met to have a valid agreement. Otherwise, you may have to approach a court to validate the agreement (which can be expensive). It can also result in assets being exposed to creditors which you may have thought were taken out of their reach.

For any advice on PRA or any other legal matters you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

Selling a property when you're splitting up

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

Understand and commit to: a) Individual bank accounts, b) Payments for essential goods and services, c) Agree to historic daily or weekly activities, d) A standard of behaviour and communication

If you set the ground rules early it makes the more challenging aspects, like selling the family home a little easier. Certainly the more you can agree on the better the outcome and the less you will spend with your solicitor. Sometimes things can get confused and mixed up very quickly. If you can't settle disputes, try and work through an

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independent person that can arbitrate. Failure to arbitrate a solution will come at both a time and a financial cost to both parties as the dispute generally finds its way into the Family Court who can make a decision on the balance of fairness for both parties based on the facts. Over the years I have pulled together a checklist for couples seeking clarity on the things to cover off when splitting up. If you would like this checklist please email graham.mcintyre@mikepero.com and for more information within this series on selling a property when you're splitting up, go to <https://graham-mcintyre.mikepero.com/blog/>. Contact Graham McIntyre AREINZ on 0800 900 700 or 027 632 0421. (Licensed REAA 2008)

Why it pays to have a Mortgage Adviser on your side

When it comes to home loans, not all banks view and assess an application in the same way.

They all have varying policies, pricing and services. Things like self-employed income, overseas or rental income and multi ownership structures may be treated differently, affecting the amount you can borrow.

Additionally, banks have tools to gauge the suitability of an applicant such as stress test rates and UMI (uncommitted monthly income) calculations which differ across all the lenders. The UMI is a calculation that the bank does to assess how much uncommitted income you will have left over at the end of the month - No two banks have the same calculation, a Mortgage Adviser can quickly test this before submitting your application.

With the recent relaxation of the Loan-to-Value ratio restrictions, banks are now able to open up the doors to more low deposit borrowers. It can be quite tricky trying to navigate the options as there are so many available, so my job is to make sure that I find every dollar possible for my clients in this ever changing market.

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This could be the difference between you securing the property you want or not.

So how do you know if you are getting the most out of your borrowing power?

You really need to be casting the net wide and looking at what every bank has to offer. This is where having a Mortgage Adviser on your side really counts.

The expert help of a Mortgage Adviser can make all the difference. From navigating the lending landscape, to getting your mortgage application shipshape, we are here to support you at every step of the way.

If you would like some advice around your particular situation, please don't hesitate to get in touch with me for an obligation free chat.

Stephen Massey - Loan Market, Call 021 711 444 or check out my website loanmarket.co.nz/stephen-massey.

What happens when a buyer can't settle?

You've secured an unconditional sale on your property, booked the moving truck, and got your ducks all lined up, in contemplation of a smooth move on settlement day. But what happens if the Purchaser throws a spanner in the works and defaults? Although the vast majority of transactions we see go without a hiccup, there is always a risk of a buyer not completing the purchase. So what options are available to you, should you end up in this position?



An Agreement for Sale and Purchase is used to buy and sell property and is a legally binding contract committing the buyer to completing the purchase on the agreed settlement day. The Agreement includes a clause which outlines what happens when the buyer does not complete (in lawyer-speak, this is called defaulting). Should this occur, the seller is entitled to charge a daily penalty until the buyer completes the purchase. This penalty interest rate is calculated on the unpaid purchase price at the interest rate on the front of the Agreement (usually 12% - 16% pa).

If the Purchaser does not settle, then we can issue a settlement notice. This means the Purchaser will have 12 working days to settle. After that, you have the option to cancel the Agreement and keep the buyer's deposit (up to 10% of the purchase price). This is why a

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larger deposit is ideal from the seller's perspective, as the deposit can cover any real estate agent commission that is due and then the balance is yours. You don't have to cancel the Agreement, you could go back to market and see if the first Purchaser can settle before you sell to someone else. You are then in a position to sell your property to an alternative Purchaser. You can also claim any loss on the subsequent sale from the original Purchaser - for example if the property sells for less.

There is also another remedy - suing for specific performance. This means going to Court, seeking an order for the Purchaser to complete the settlement. We find most often that the reason Purchasers don't settle is due to lack of funds, so going to Court may not be the best option and will involve significant time and money.

It is highly stressful when a buyer defaults, but you can rely on us to advocate on your behalf to achieve a successful outcome for you. We recommend seeking advice before signing any Agreement for Sale and Purchase, so it is tailored to your specific circumstances. So, give us a call on 09 973 5102 for a no-obligation chat or make a time to come and see us at either our Kumeu or Te Atatu Peninsula offices.

The what, why and how of mediation

What is a mediation actually like? What can you do to best prepare for it? Where do things go wrong? And when you are both so far apart, is it worth even bothering?

We talked to high profile mediator Tony Lendrum in episode 4 of the Divorce Café podcast, to find out how he goes about mediating a dispute, why he thinks it's worth doing, and what are its the limits or risks.

What is mediation? Mediation is a dispute resolution process that provides an alternative to going to Court, whereby parties engage in a structured and semi-formal discussion with an independent mediator who assists them to resolve their dispute.

If parties can reach an agreed settlement of their dispute, at the end of the mediation an agreement is prepared documenting its terms, and is signed by the parties and the lawyers.

Why mediate? There's a lot to like about mediation:

- it is one of the most efficient forms of dispute resolution, and can enable parties to avoid the stress and expense associated with court proceedings.
- it is a confidential process, which enables parties to deal with important and sensitive issues privately.
- there is no obligation to settle - it is a voluntary process - meaning that the parties decide whether any of the proposed solutions meet

their needs.

Mediation lacks many of the adversarial parts of litigation - for example you will have an opportunity to speak if you would like to, and you will not be cross examined. Because it is voluntary and aims to reach a consensus, mediation can also improve relationships in a way that litigation rarely can.

An effective mediator can also bring the interests of children into the mediation, including in certain instances hearing from the children in advance. Tony Lendrum says that he will sometimes use the following approach:

"[I] ask the parents to imagine that their children are, for the day's purposes, all between 14-16 years old and that they will be listening closely to what their parents say to each other, and more importantly, how they say it over the course of the day."

Tony's top tip for people preparing to go to mediation is not to "anchor" to a particular position, but to be open-minded to a range of outcomes. Crucially, parties should consult their legal representative and ensure they have all the information they need to make an informed choice to settle, or not.


It's a legally binding settlement - Among the many benefits of a mediation for resolving a dispute, are risks that arise from the fact that people are different, in their priorities and the power they wield in the relationship. These are factors discussed in the Court of Appeal's decision in what Tony Lendrum considers a pivotal case: *Hildred v Strong*. Mediations need to be handled by experienced mediators and lawyers because despite those power imbalances, *Hildred* confirms that in the absence of some fairly extreme bad conduct, the parties will be considered to be "able, adult parties who are separately represented" and the agreement will stand.

Hildred v Strong showed that that agreement is a contract that is effective to alter what would otherwise be the legal rights of the parties - even if: the parties later change their minds, the agreement isn't what a Court might have given them, or they later consider they didn't have all the information they needed from the other to properly agree anything.

Either party may walk out of a mediation without an agreement if the process isn't serving them. That's important because if a party does stay, they will be considered to have stayed and settled for their own rational reasons.

If you'd like to hear some great tales of the mediations Tony has been involved in or just to be better prepared for your mediation, listen or watch our conversation on the Divorce Café podcast through our website, on Youtube, Spotify or wherever you get your podcasts.

Taina Henderson is a director and relationship property lawyer at Henderson Reeves specialising in helping people into and out of relationships and can be contacted at tainahenderson@hendersonreeves.co.nz.



Loan Market

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Area Property Stats

Every month Mike Pero Real Estate Hobsonville assembles a comprehensive spreadsheet of all the recent sales in the area that reviews the full range of Residential transactions that have occurred.

To receive the full summary simply email the word "full statistics" to hobsonville@mikepero.com. This service is free from cost.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HELENSVILLE	960,000	450M2	101M2	840,000		1,050,000	265M2	158M2	965,000
	820,000	491M2	120M2	765,000		1,300,000	608M2	220M2	1,070,000
HOBSONVILLE	1,400,000	254M2	189M2	1,390,000		930,000	486M2	80M2	750,000
	750,000	0M2	80M2	757,500		1,250,000	673M2	214M2	1,160,000
	1,045,000	170M2	110M2	925,000		870,000	0M2	100M2	590,000
	1,175,000	203M2	173M2	1,280,000	RIVERHEAD	1,975,000	0M2	350M2	2,280,000
	1,000,000	134M2	161M2	1,170,000		1,550,000	804M2	236M2	1,720,000
	815,000	0M2	84M2	630,000		2,100,000	800M2	294M2	2,800,000
	1,000,000	163M2	91M2	889,000		1,180,000	809M2	98M2	1,050,000
	1,575,000	359M2	228M2	1,275,000		1,230,000	809M2	134M2	1,220,000
	1,325,000	220M2	169M2	1,290,000		1,555,000	809M2	160M2	1,352,000
HUAPAI	2,000,000	4182M2	268M2	1,630,000	SWANSON	1,825,000	571M2	338M2	1,600,000
KUMEU	1,175,000	360M2	180M2	1,100,000		880,000	459M2	133M2	880,000
	1,200,000	352M2	166M2	1,040,000		1,135,000	5598M2	134M2	960,000
	730,000	629M2	220M2	1,395,000		1,085,000	348M2	147M2	1,050,000
	1,625,000	601M2	226M2	1,480,000	WEST HARBOUR	1,480,000	664M2	210M2	1,238,000
	1,075,000	0M2	239M2	1,065,000		1,758,000	743M2	350M2	1,600,000
MASSEY	980,000	573M2	140M2	740,000		1,565,000	417M2	248M2	1,520,000
	1,250,000	809M2	147M2	682,500	WESTGATE	1,010,000	219M2	97M2	950,000

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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3 1 1

By Negotiation

8 Oraha Road, Huapai By Negotiation

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



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3 2 2

By Negotiation

14 Kerlin Crescent, West Harbour By Negotiation

Located close to Marina View School and in a cul-de-sac location with a sunny Northern aspect and great street appeal. Certainly a stand out from the crowd, this meticulously cared for three bedroom, two bathroom home delivers more than most. An appealing layout with entrance foyer leading through to lounge and dining and entertainers kitchen. Three large bedrooms, with main bathroom, separate laundry, en-suite and walk in wardrobe off the master. Good storage and internal hallway access to the double garage. Generous sunshine and alfresco to Northern decking and step-down access to extensive 700 plus square meter fully fenced and gated section.



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BRICK AND TILE, ELEVATED, SUNNY, ONE LEVEL

3 2 2

By Negotiation

16 Chalmers Close, Orewa
By Negotiation

Beautifully crafted and immaculate inside and out, this home offers elevated sunny living all on one level. From the foyer entranceway to formal lounge and kitchen dining with indoor outdoor flow to northwest patio, lawn and easy care garden. Off the central hallway, three generous bedrooms, main bathroom, master with ensuite and walk-in. Excellent storage, large double garage, with ample offstreet parking. Outstanding street appeal and close to lake walking track, parks, school and convenience shopping. An excellent example of premium Orewa real estate at its best.



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Don & Angela

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Hot Property



Brick and tile, elevated, sunny family home

Located close to Marina View School and in a cul-de-sac location with a sunny Northern aspect and great street appeal.

Certainly a stand out from the crowd, this meticulously cared for three bedroom, two bathroom home delivers more than most. An appealing layout with entrance foyer leading through to lounge and dining and entertainer's kitchen.

Three large bedrooms, with main bathroom, separate laundry, ensuite and walk in wardrobe off the master. Good storage and internal hallway access to the double garage.

Generous sunshine and alfresco to Northern decking and step-down access to extensive 700 plus square metre fully fenced and gated section.

A home that presents at its best today and for years to come, certainly crafted for longevity and a home that you'll appreciate the first time you enter the gates.

Close to schools, amenities, parks, convenience shopping, inner harbour and transport links.

Hot Property



For more information on this property call Graham McIntyre on 027 632 0421 or graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

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Gardening with pots – Easy as 1-2-3!

We love landscaping with pots. Whether you have a tiny balcony, poolside patio or a sweeping backyard, adding pots and plants will instantly give form, structure and interest to your outdoor space.

You can use them to create zones, add greenery or blooms, grow veggies, or hide unsightly features. They are a landscape designer's best friend.

If you want to joosh up your outdoor space with pots and plants, our top design tip is always to remember the 'Rule of Threes'; a design concept so easy to use you almost can't go wrong. Here's what we



mean.

Three pots - For maximum impact, we suggest selecting three pots of the same colour or material in the same style and shape.

Three colours - Choose three plant colours or shades that complement one another. The colour doesn't have to be in flower form either; foliage can be just as colourful, and remember, green is a colour too.

Three textures- If you prefer the look of the more reserved, all-green colour palette, consider mixing three different textures to make it more engaging. Mix spiky grasses, large-leafed shrubs, and softer mounding perennials to create visual interest.

Three words - "Thriller, filler, spiller" - Keeping this handy phrase in mind will help you to create harmony and balance in your larger containers (60cm + in diameter). The "thriller" is the centrepiece, usually a tree or taller shrub that grabs attention. The filler "fills" the pot and covers the soil. The "spiller" is a trailing plant that spills over the edges of the pot to create balance with the thriller.

Would you like help choosing the best pots and plants for your space? Visit one of our monthly Pop-up Studios at our warehouse in Hobsonville. Bring some photos, measurements and the aspect of your space, and one of our design experts will help you to the most appropriate pots and plants. Easy as!

Our next events are Saturday August 19th, and Saturday September 16th.

Visit our website events page for more details.

City Botanics specialises in small urban gardens, courtyards, patios and balconies. If you are thinking about transforming your small outdoor space, contact Martin for a free consultation on 027 215 7884 www.citybotanics.co.nz.

Whenuapai Floral and Garden Circle

With the club still in recess for the winter, I thought I would share a recipe. Our rhubarb is growing well and I recently made Rhubarb & Ginger Muffins.

Ingredients are 100 g melted butter 1/2 cup sugar 2 eggs 1/2 tsp baking soda 1/2 cup warm milk 1 tsp vanilla essence 2 cups finely chopped rhubarb 2 tbsp finely chopped glace ginger 2 cups self-raising flour 2 tsp ground ginger. Preheat oven to 200 degrees C, grease 12 muffin pans. Beat together butter, sugar & eggs, dissolve soda in milk and add to batter, along with essence, rhubarb & ginger. Fold in flour & ground ginger until just combined. Divide mix into pans. Bake 15 minutes until risen and lightly golden and bounces back to the touch. Best eaten on the day but can be frozen. Variations include swapping rhubarb for feijoa, pear or apple. Or



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ginger for cinnamon and chopped walnuts. From Anyone can Bake by Annabel Langbein.

For more about our Garden Club, and if you wish to come along, please phone Doreen Brown on 09 832 3020 or Judy Garrity on 09 833 5592. Entry fee is just \$4 plus another dollar (optional) for the raffle (good prizes). Until next time, Happy Gardening from Mary Anne Clark

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If you're seeking knowledge and direction, let's join forces to discover your current standing, and the remarkable possibilities that lie ahead. Together, we can determine what can be achieved and create a plan to make your dream home a reality.

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Looking for new home inspiration? Visit our Huapai Showhome to experience the difference, located at 190 Matua Road, Huapai. Open daily from 12pm-4pm.

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



Kumeu Community Gardens

Why does gardening make us happy?

Besides the physical benefits of being in the outdoors, physically exerting yourself, and hopefully receiving the benefits of some well-deserved Vitamin D from the sun (do we see sun anymore in NZ?), scientific research has shown there are other physiological benefits

to be gained from spending time in the garden, especially the Kumeu Community Garden.

There are two chemical triggers released in the human body when we apply ourselves to gardening:

When our hands or body interact with the garden, mycobacterium found in soil can improve brain function and boost our mood as serotonin (happy chemical) production is increased. Note, there are also some links to disease and infections, so mild doses recommended!

Researchers have hypothesised that as we humans evolved over the years as hunters/foragers, when food was found or caught dopamine is released in the reward centre of the brain. You may yourself notice when you smell freshly picked fruit or when you harvest some of your own home.

Chemicals aside, communal closeness is well-recognised by many cultures as being positive to our psychological and physiological well-being, our ancestors once roamed the earth hunting and foraging as a community.

Dirty hands and brimming baskets!

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Dealing with a soggy lawn

Last year I talked about it being wetter than I had experienced while mowing (since 2005), but this year has seen even more rain. Rainfall records, and it's been continuous. Although just recently we have had some breaks and the soil is recovering, many lawns were saturated beyond the bond strength of the soil -the soil no longer

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Home & Garden

has structure and ends up with the consistency of porridge. The lawn can't even be walked on let alone mown.

It's not just the amount of rain - if it all fell in one day it would flow and drain away, and the lawns would quickly dry out - but it's the way it has fallen. Lots of rain day after day, which means the lawns don't get a chance to drain and after about three days of saturation they lose strength and turn to 'porridge'. Some lawns are so soft I'm thinking of buying a hover mower and a set of snowshoes to strap onto my mowing boots.

So how can you help your lawn cope better with next winter?

1 - Keep your car off the grass. Even when conditions are ok, a car compacts the soil, squeezing out the airspaces and sealing it up, this affects the lawn in winter by preventing the water draining. In winter when the lawn is soft any cars on lawns will make a huge mess.

2 - Stop cutting the grass so low. We seem to have a tradition in NZ of wanting really, really short lawns, and it's not good for the lawn. There is roughly the same amount of plant material above and below ground, so long lush grass will have long, large roots below the ground. This helps keep the soil together when it is soft, more importantly it aids good soil structure and air spaces and gives a pathway for drainage. And in summer the lawn will tolerate drought better as the roots go deeper to find the moisture lower down.

3 - Aerate the soil - if a small lawn maybe use a screwdriver or garden fork, stab it in and lever back & forth to make air holes, or for a larger lawn hire an aerating machine. This gets air, water and nutrients further into the soil and the soil can breathe and drain. It results in healthier grass and a better draining soil.

4 - if its heavy clay, you may want to add sand and compost as this

breaks up the clay, it also helps microbes and earthworms to do their thing and get that soil structure back.

Further possible steps beyond this can get a bit expensive like adding drains, or redoing the slope or creating gentle swales to redirect the water and stop it pooling over your lawn where the soil stays wet for long periods. As I said above, it's the multiple days of saturation that cause the sogginess, if you can get the water away reasonably quickly you can reduce the chance of the soil turning to mush.

While we can't do much about the rain, we can prepare our lawn for next winter, we can treat it better and get it into the best possible shape for coping better and making a quick recovery.

Regards

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

Tile and grout cleaning and re-colouring

Are you tired of looking at your lovely tiled floor and walls only to be disappointed by the dirty stained grout lines? Traditional cleaning methods actually leave your grout dirtier and bacteria laden than before you started?



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Grout is porous, and dirt, grime and bacteria soak into the surface leaving it unsightly, unhealthy and practically impossible to clean using normal cleaners. Give GroutPro a call, we deep clean (vacuum extraction) and re-colour your grout to look like new again.

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

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

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

Another service we offer is a high-quality Belgian garage carpet (suitable for office spaces and rumpuses, etc.)

I've been a franchisee of The Pro Group for 7+ years and we're well established with proven results. Contact me for a free quote: Mark Bowers 027 477 2231 - Email mark.bowers@theprogroup.co.nz.

Do you need an electrical inspection before purchasing?

A purchase of a home will most likely be the biggest asset you have. Most people buying a home will get building inspection completed prior to purchase. The same should be done for electrical inspections. Unfortunately, many people do not consider investing in these inspections when making the biggest purchase of their life.



An electrical inspection prior to purchasing the home is also very important. This type of inspection identifies unsafe wiring and alerts you to any potentially dangerous situations. Electrical issues may add up to quite significant dollars, especially if the home has insufficient power, faulty equipment or needs parts upgrading, rewiring, power boxes, safety switches, etc.

An electrical pre-purchase electrical report could include (but not be limited to; Identifying electrical hazards, testing safety switches, evaluation of the electrical service, testing of smoke alarms, a check for dangerous exposed wires, inspection of power sockets and lights, identify outdated wiring and switchboard examination.

Here at Blackout Electric, we are more than happy to complete any pre-purchase inspections for you with a report at completion identifying any areas of concern, recommendations for work to be completed and a quote for the recommended work.

Having a report like this done can give you peace of mind when purchasing your home and significantly reduce potential electrical risks to the property.

If you're in the process of purchasing a property and would like an electrical report done get in touch and we'll be happy to help.

021 708 097 | info@blackoutelectric.co.nz | www.blackoutelectric.co.nz.

Winter pest control

Winter is always a key time for pest animal control. While temperatures are still low, and there is limited food available, pest traps are the most effective. Possums, rats and mustelids are hungry and often take more risks and are likely to get caught. The additional benefit of setting up traps at this time of year is that we can control a lot more pests before our native birds start nesting.



Possums, rats and mustelids love fresh eggs and will steal eggs from native birds before they hatch. If you need help to set up some traps and do a trapping round in winter before spring starts, give New Zealand Biosecurity Services Limited a call. We can set everything up for you and leave you to maintain the traps, or we can come back on a regular basis and do it all for you. Different pest animals are attracted to different lures and we have the latest tips and tricks. Give our friendly team a call today 09 477 1998.

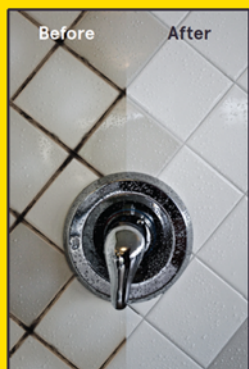
Dirty Tiles & Grout?

Don't put up with it any longer

If your Grout is porous, dirt and bacteria soaks in and leaves it unsightly and unhealthy. Normal cleaning does not improve it.

We'll deep clean the grout and seal it with Colourseal, rendering it stain and waterproof.

If required, we can replace perished, porous cement based grout with waterproof epoxy grout.



Our services: Grout Recolour - Sealing - Regrout - Tile Cleaning - Repairs - Re-silicone - Shower Glass Clean

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The old, the new and the in-between, a tribute to the kiwi barn, shed & sanctuary

We are taking a look into history and all the latest creations, spotlighting what fabulousness there is in our area.

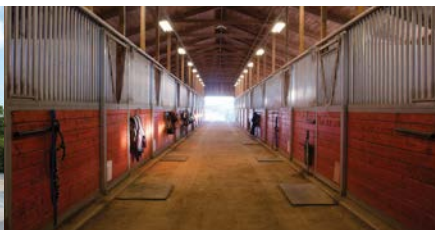
*So come on rural communities – take a photo of your barn, especially those with the “wow” and the “OH MY GOD I want one” factors and enter **Barns We Love**, there are fantastic vouchers to be won!*

Celebrate with us by registering your barn today!

Simply text the word **barn** to **027 632 0421**

and we will get the details to you!

Be Quick!
First 10 registrations go into a special draw to **WIN** a voucher from **Mitre10 Mega!**



SUPPORTED BY



Kumeu Courier
community newsletter



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.



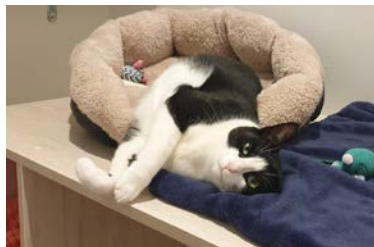
Financial and food donations are also urgently needed to cover vet and other costs associated with our sanctuary. The NZ Cat Foundation also supports community Trap-Neuter-Return programs and helps feed and care for many cats living in the community. Please visit our website for more information on volunteering 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

At Kanika Park Cat Retreat we pride ourselves on providing a luxury stay for your pussy cat. We want your cat to have the same experience as you would if you were on a luxury holiday

We provide all your pussy cat's needs. A spacious airy warm suite for only your cat. Filled with toys, snuggly blankets and restful sleeping spots. Awesome music is playing all the time in the background. They are served wet food for breakfast and dinner with biscuits and water available 24/7. Just before bedtime we give them treats and a hug then say goodnight. In the morning they get breakfast served and their rooms are cleaned and tidy for the start of a new day

We happily give any medication that is required at no extra charge but do ask that it is supplied with clear written instructions. We also



recommend that if your cat is on a special diet that you bring it with you. This will mitigate upset tummies. You are most welcome to bring some things from home to go in their room. We have found that having an item with their or your smell on it helps to make it a more comfortable stay

If you have any questions please contact us on phone 027 550 1406, email info@kanikapark.nz, www.kanikapark.nz.

Why does my dog put its paw on my arm?

As a dog owner, when your furry companion puts their paw on your arm, it's likely their way of communicating and expressing their emotions. Dogs have a rich repertoire of body language, and this behaviour can convey a variety of meanings:



1. Seeking Attention - Dogs often use their paws to get your attention, especially if they want to be petted, played with, or simply acknowledged.

It can be a gentle and non-verbal request for you to engage with them.

2. Affection and Bonding - Dogs are social animals, and they form strong emotional attachments to their human caregivers. Touch is an essential way for dogs to show affection towards their owners. By placing their paw on your arm, they are trying to connect with you and express their love.

3. Comfort-Seeking - Dogs may put their paw on your arm when they are feeling anxious or seeking reassurance. The touch provides them with a sense of security and comfort.

4. Requesting Something - Dogs are clever communicators and can use their paws to ask for something they want, such as food, water, or to go outside for a walk.

5. A sign of Trust and Submission - In a canine social context, submissive dogs may offer their paw to more dominant ones as a gesture of respect and acknowledgment of their higher status. Similarly, when your dog does this to you, they might be displaying trust and acknowledging you as their pack leader.

It's essential to pay attention to your dog's body language and context to better understand what they might be trying to communicate.



RYAN JACKSON

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

P: 09 810 8609.

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Pets

If your dog seems distressed or is excessively pawing at you, it could be a sign of discomfort or a medical issue. In such cases, it's best to consult with a veterinarian to rule out any underlying health problems.

Otherwise, enjoy the affection and connection your dog is trying to share with you. From all the team at K9 Heaven. www.k9heaven.co.nz.

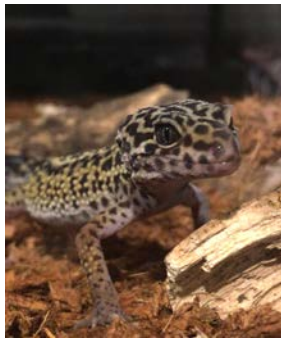
Pet patch pet of the month

Meet Yoshi.

Yoshi is a Leopard Gecko and is coming up 2 years old.

Yoshi loves sitting on the back of his owner Daisy's neck and also loves eating waxmoth larvae.

If you would like to be featured as next month's Pet Patch Pet of the Month please send your entries to info@petpatch.co.nz and if you get featured you get a \$20 store voucher.



Dental month at Pet Patch

Maintaining optimal dental health for your beloved dogs and cats

As pet owners, it is our responsibility to ensure the well-being of our furry companions, and this includes their dental health. Neglecting dental care can lead to various health issues, so incorporating simple practices into your pet's routine can make a significant difference.

1. Regular Brushing: Introduce brushing early to acclimate your pet. Use a soft-bristled brush and specially formulated pet toothpaste. Brush gently in circular motions. We have a variety of dental brushes and toothpaste available at Pet Patch
2. Dental Treats and Toys: Offer dental treats and toys designed to reduce plaque and tartar buildup while keeping your pets entertained. Come in store to see the range we have on offer.
3. Professional Dental Cleanings: Schedule regular check-ups with your veterinarian to assess dental health and consider professional cleanings as needed.
4. Balanced Diet: Provide a balanced diet, avoiding excessive sugary or starchy foods that can contribute to dental problems.
5. Fresh Water: Ensure access to clean, fresh water to promote saliva production and oral hygiene.
6. Monitor Signs of Trouble: Watch for symptoms like bad breath, swollen gums, or difficulty eating, and seek veterinary advice

DENTAL MONTH SPECIALS

20% OFF VIRBAC DENTAL RANGE

PET PATCH

promptly.

By incorporating these practices into your pet care routine, you can help ensure your furry friends enjoy healthy and happy lives with strong dental health.

JDC Group Ltd - Animology

Featured Product - Glamour Puss No Rinse Shampoo. We don't just help dogs smell and look great, we help cats too. Our range of cat grooming products includes cat shampoos. Our cat shampoos leave your cat's coat clean, conditioned and healthy while also smelling great. Glamour Puss is a gentle spray shampoo, which removes dirt and grease from your cat's fur without the need to rinse.

The deodorising spray also contains aloe vera to soothe and protect the skin while built-in conditioners leave your cat in great condition

Free of parabens, sulphates, silicone, SLS, SLES as well as cruelty free. It's also 100% vegan.

You can find them at most retail stores or contact us directly at sales@jdcgroup.co.nz or phone 027 674 6111. To receive a 25% discount contact us directly and quote "Animology 25% Glamour Puss" in the subject line.



\$100 = Exposure for a month

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

Want a day off your doggo?

Nothing like a little freedom to do what you need to do. Send your dog for a farm adventure!

Doggy Daycare | Boarding | Grooming



Call **09 833 1883** to book your trial day
k9heaven.co.nz

Food & Beverages

Jesters Pies Westgate

School Pie Days

Our fundraising model offers an excellent way for your school to raise funds. Our pies are freshly baked, with delicious flavours, and \$1.00 goes to your school from every pie purchased.

Pies are delivered fresh and hot on the day, labelled for each child and grouped per class.

Contact helpdesk@kindo.co.nz or freephone 0508 4KINDO to arrange a date and get set up.



Siamese Doll

Siamese Doll provides a healthier dining alternative. We have a focus on real food, sustainable and seasonal farming, and support for local agriculture.

We proudly bring our pan-Asia influence into Hobsonville's food scene and our menus provide undeniable taste, flavour and real ingredients, while also maintaining reasonable prices.

Whether it's a quick coffee stop, lunch for two or a birthday bash for 30 people, Siamese Doll has what you need. If you are gluten-free, vegetarian or strictly vegan, Siamese Doll offers a variety of options and can easily alter a dish to meet your dietary requirements. The spot is perfect to take out of towners with the ferry just minutes away.

Lunch from 11am - 3pm and Dinner 5.30pm- Late. Reservations are recommended online or for same day reservations over the phone



09 416 0333. Click and Collect is available at siamesedoll.co.nz. Find us at 3/3 Boundary Road, Hobsonville 0618, and follow us on Facebook.

West Auckland winery listed as a Category 1 historic place

The heritage values of a West Auckland winery whose buildings and associated landscape demonstrate the cultural diversity of our collective heritage and the development of viticulture in New Zealand have been recognised by the country's lead heritage agency.



Heritage New Zealand Pouhere Taonga has listed the former Corban's Winery and Mt Lebanon Vineyards near Henderson as a Category 1 historic place, identifying the complex as having outstanding national importance.

"The winery and vineyards were founded by pioneer Lebanese winemaker Assid Abraham Corban and his family in 1902 and for seven decades formed the centre of the Corban family's wine production," says Heritage New Zealand Pouhere Taonga's Senior Heritage Assessment Advisor, Martin Jones.

Corban Estate Arts Centre invites visitors to celebrate the Homestead's 100th Anniversary at our Auckland Heritage Festival event 'A House of Love' on Sat 23 September.

This event includes a heritage tour of Corban Estate and many of the fascinating findings from the detailed Heritage New Zealand Pouhere Taonga heritage listing report. In addition, a rare chance to view winemaking relics and photographs from the prohibition era, along with a screening of original wine tour footage and a Talk & Tour by fourth generation Corban, Sharon Alexander, is also being presented in collaboration with the Corban Winery Estate Heritage Preservation Trust and West Auckland Historical Society. For booking information please visit www.ceac.org.nz/events.



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Portage Bar

The Boat House Function Centre

33 York Terrace, Riverhead
www.theriverhead.co.nz

Food & Beverages

For extra details search "Corban's" at heritage.org.nz.

West Auckland's finest - Waitakere Forest Blend Honey

This honey batch won the silver medal at the June 2022 Apiculture NZ Honey Awards for Runny/Liquid honey in the darker colouration category. Don Buck Honey was the only winner north of Rotorua.

During the lockdown of Nov-Dec 2021 while many Aucklanders were worried that we might not be allowed to leave town for a summer break at the beach, our honeybees were toiling away to forage nectars from the forests of Auckland's very own Waitakere Ranges. This honey is a dark and beautiful batch of runny honey, and according to a laboratory pollen analysis comes mainly from tawherowhero and acacia flowers with a little manuka and rewarewa.

500g pots, \$14 each. Order through www.DonBuckHoney.co.nz. Orders can be picked up from Massey or couriered to you using Post Haste.



Lemon Verbena Oat Slice

This recipe is based on a ginger crunch recipe where lemon verbena replaces the ground ginger. Lots of variations can be made to the recipe to suit your taste or what is in your pantry; try adding ½ cup of pistachios to the base, or perhaps ½ cup of pumpkin seeds, dried apricots could also be added in place of the currants - the options are endless.

The lemon verbena adds a complex, lemony-grassy-earthy flavour to the slice which is really delicious. Use a high-speed blender, coffee grinder or mortar and pestle to powder the lemon verbena.



Base Ingredients: 150g butter, 2 tablespoons golden syrup, ½ cup sugar, ¾ cup desiccated coconut, 1 ½ cups rolled oats, ¾ cup flour, 1 ½ teaspoons baking powder, 2 tablespoons ground lemon verbena, ½ cup currants, grated zest of 1 lemon.

Icing Ingredients: 4 tablespoons butter, 8 tablespoons icing sugar, 4 teaspoons golden syrup, 2 teaspoons ground lemon verbena, plus desiccated coconut to sprinkle over.

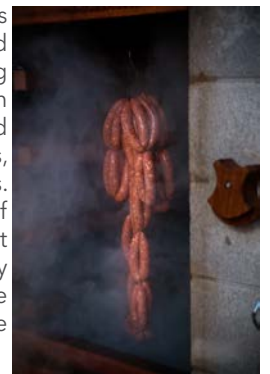
Method: Preheat the oven to 180C. Line a rectangular sponge roll tin with baking paper. Melt the butter with the golden syrup in a small saucepan. Mix all of the remaining base ingredients together in a large bowl, then pour the melted butter mixture over the dry ingredients and mix well. Press into the tin and bake for 15-20 minutes or until golden in colour.

To make the icing, melt the butter and golden syrup together in a small saucepan. Remove from the heat and add the icing sugar and lemon verbena and mix well. It may take a minute or two of mixing to incorporate the butter into the mixture. Pour over the base and spread evenly with a spatula. Sprinkle over the coconut. Allow to cool completely before cutting. Store in an airtight container for up to 5 days.

Certified Organic Lemon Verbena and other herbs are available from our online store: www.NewZealandHerbalBrew.co.nz.

Father's Day Lamb.Smoke.Fire - Sunday 3rd September

This Father's day Good from Scratch is running a Lamb.Smoke.Fire class. Send off your loved one for a great day running through the butchery of a whole lamb with a specialist Butcher, including boned and rolled legs/shoulders, butterflied cuts, racks, ribs, shanks and best of all sausages. The class then gets hands on with chef Mike Van de Elzen who takes over with wet marinades, dry rubs and salsas, all perfectly matched to the lamb. They'll even finish the day enjoying a complimentary beverage around the BBQ and a fabulous lunch.



With tickets at \$300 per person head online and book in that special person in your life.



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www.boricfoodmarket.co.nz




Health & Beauty

It's time

Even though it's winter, you might be finding that you are squinting when you are walking or driving. This is because the sun is lower and the reflection from the road, especially when there has been rain, bounces directly into your eyes. Sunglasses are essential in winter.



At Hobsonville Optometrists we have Maui Jim and Zeal polarised sunglasses into which you can have your prescription. These are the best sun lenses in the world and the warranties they come with are fantastic.

Call in to 413A Hobsonville Road and try them on any day except Sundays.

Meet the team – Steph

Steph is the newest member of the team at Hobsonville Physiotherapy having recently graduated earlier in the year. As well as being a fab physio Stephanie enjoys climbing and adventuring in her spare time. Unfortunately, Steph is currently not working due to a climbing accident in which she broke her ankle. We would like to wish Steph a speedy recovery and can't wait to welcome her back to work once her rehabilitation is



well and truly under way! In the meantime while Steph is recovering, please feel free to call or book online to see one of our 6 other physiotherapists who would love to guide you through your injury and back to full function.

Opening hours: Monday - Friday: 7am - 6.30pm. Saturday: 9am - 1pm. Sunday: Closed. Contact - 09 416 4455, physio@hobsonvillephysio.co.nz.

Why bother?

I've been to many new drug talks and every speaker always has an obligatory one slide advocating diet and lifestyle change. This is in stark contrast to the other ninety-nine slides declaring how good the latest drug is for diabetes, high blood pressure or even erectile dysfunction.



Why do they always glance over that one slide? Because that's not the point of the talk (which is to get you to use a drug), and one speaker even laughed it off as "too hard" and "why bother".

Why bother indeed?

It's so much easier to take a pill than do diet and lifestyle change.

It's difficult to buy vegetables in the cold of winter, let alone cook them.

It's hard to find time to exercise amidst our busy day working, putting food on the table and even squeezing time out to relax and reduce stress.

These are all valid reasons for us not to bother.

The real question is should we bother? And the answer is yes.

Every little change, every bowl of vegetables you eat, every minute spent on the exercise bike at home counts in the long struggle to better health.

Health is like the Kiwisaver, every bit counts in the end, no matter how small.

If you cannot find green leafy vegetables, go the supermarket and buy some frozen Chinese stir fry vegetables. Soak them for 20 minutes in a large bowl of cool water to get out the ice and rehydrate them. Put on a Chinese wok, some rice bran oil (very healthy), some crushed garlic, chuck the veges in and fry till cooked, season with some soy sauce or chicken powder and voila! Stir fried and healthy Chinese takeaway style vegetables for your dinner or lunch box.



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Health & Beauty

That easy.

So, the next time you want to "not bother", tell yourself it's worth it because you are saving your good health.

For more healthy eating tips, pick up a copy of my book and learn the Liberty Diet for FREE. Collect your complementary copy at our clinic or at our good neighbour Royal Heights Pharmacy in Royal Heights Shopping Centre, 138 Royal Road Massey.

Eat Well, Live Well, Be Well.

Dr Frederick Goh Royal Heights Shopping Centre. Phone 09 393 6313. www.rhdoctors.nz.

Are you giving yourself to the winter blues?

2023 seems to be full of weather surprises and it does not appear to be changing. As we are in the chill of winter, we may find ourselves staying inside more, becoming less social and less energetic and some of us may start feeling depressed or down, we can call this the winter blues.



However, you do not need to feel a victim to the winter blues, you can take control and use this time to look forward to the future and know that summer is only a few months away. Remember, we have passed the shortest day of the year, each day going forward, the days are going to get lighter and lighter, so now is the time to take control and not give yourself up to the winter blues.

During this period, here are a few things that you can do to help yourselves stay positive:

1. Do some exercise i.e. Walk around the park or local streets
2. Look at taking some vitamin supplements
3. Set yourself a personal goal e.g. Weight loss, becoming fitter
4. Start a new hobby such as painting or cooking classes
5. Catch up on projects around the house that you have put off
6. Take or plan a holiday somewhere e.g. Fiji, Queenstown, Cook Islands

By doing these various things will help bring you joy into your life and will help create a sense of wellness that will help prevent you falling to the winter blues.

Not only is it important for you to look after your physical self, it's also important to look after your whole self and that means, your: physical, mental, emotional and spiritual self, bringing balance on all these levels will help you to be fulfilled and beat the winter time blues.

At Astramana™ Healing Services we can help you beat the winter blues through one of our many healing workshops. We offer various hypnotherapy sessions, tarot reading, or even a Rife session.

Soon, Astramana™ Healing Services will be offering a psychic self-development course where you can join like-minded people to open your psychic abilities, feel free to email us to register your interest.

Astramana™ Healing Services, was founded by International Hypnotist, Reiki Master-Teacher, Clairvoyant & Tarot Reader Jason Mackenzie. Check out our website: www.astramana.com or email astramana@gmail.com with any questions or to book a session, workshop or a Tarot reading or call us on 021 027 70836. You can find us on Facebook at Astramana Healing Services. Let us help you avoid the winter blues.

Snap Fitness Westgate

Discover the incredible senior fitness class at Snap Fitness Westgate, located at 19 Fernhill Drive, Westgate. Running every Thursday at 8am, this class is tailored to meet the unique needs of older adults.



Led by Club Manager and Personal Trainer Steph, our programme promotes strength, flexibility, balance, and cardiovascular health. No matter your fitness level, Steph will adapt the routines to suit you.

For non-club members, the cost is just \$12 per class, providing an affordable way to prioritise your well-being. However, if you have a current membership with us, this class is absolutely free.

Join us at Snap Fitness Westgate, where you can enhance your fitness journey while enjoying a supportive and friendly environment. Connect with like-minded individuals and forge new friendships.

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Health & Beauty

along the way.

To learn more about our senior fitness class, contact us at 027 576 2710. You can also find us on Facebook as Snap Fitness Westgate. Mark your calendars and get ready to experience an invigorating workout that's designed with you in mind.

Hormone replacement therapy

I'm nearly 60 years old. So the subject of topping up your hormones is dear to my heart (literally because good hormones are good for heart health).

Women's Hormone Top-up Therapy (HTT) has really come out from behind the curtains in the last few years. While previously it was thought that the risks (such as cancer) far outweigh the benefits, nowadays most doctors would say the opposite. Plus, there are strategies to reduce the risk of hormone-dependent cancers including taking aromatase inhibitors like DIM which comes from broccoli.

The risks are lowest if body-identical hormones are used. In the past, we had to get these specially made and they were expensive. Nowadays, estrogen patches and Utrogestan (progesterone) capsules that are available at pharmacies are body-identical, and they are fully funded.

The benefits of topping up your hormones through the menopause include reduced menopausal symptoms like hot flushes, but also higher bone density, better heart health, clearer thinking and mood, and improved libido.

I have had some women who have asked me if progesterone causes weight gain. The answer seems to be no. A systematic literature review has shown estrogens combined with micronised progesterone (which is the most common form of HTT for women in NZ) either has no effect on weight or causes a slight reduction in

weight.

What about the Blokes? Men's HTT is a little less common. However, there is a condition called "Grumpy Old Man Syndrome" that is related to declining hormone levels in men. The low hormone levels can cause men to become grumpy, impotent, and to sweat a lot (not the kind of thing I aspire too!). Testosterone supplementation is either via oral capsules, creams to apply to the skin, or more commonly IM injections every 1 to 3 months.

Like women, men should take an aromatase inhibitor to stop their body turning testosterone into estrogen.

Lifestyle: Hormones are very powerful and can mask all sorts of problems. A healthy lifestyle (diet, exercise and stress) should be optimized before stampeding to the hormones. Supplemental magnesium, fish oils and DIM would be on my list of healthy hormone recommendations. Pop in and chat to our team at Massey Unichem Pharmacy about healthy hormones. We even have some great suggestions to treat menopause and man-o-pause symptoms.

Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.

Hobsonville Chiropractic Centre

We would love to welcome T to our team. You can find T at our office most Tuesday afternoons and Saturday mornings helping Dr Tash DC and Dr Emily DC at the front desk.

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

Freedom from anxiety

I experienced anxiety as a girl but wasn't aware that's what it was. I self-medicated with food, alcohol, smoking and drugs. When I stopped drink and drugs at 24, I then suffered extreme anxiety until 40.

I found out about anxiety when I was rushed to hospital in an ambulance from a work conference. This was first misdiagnosed as food allergies (anaphylaxis shock) so I became very food phobic. I was literally scared to eat.

Then I started having these 'allergic reactions' when I wasn't eating and finally understood they were panic attacks. I felt like my throat was closing, I couldn't breathe, my heart was racing, and I thought I was going to die. I would call an ambulance only to be told it was a panic attack.

I was diagnosed with Generalised Anxiety Disorder, Panic Disorder

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The benefits of massage and acupuncture

Pregnancy is a beautiful journey, but it can also bring along physical discomfort and emotional stress. Fortunately, expectant mothers can find solace in the healing powers of massage and acupuncture. These complementary therapies offer a range of benefits, promoting relaxation, alleviating common discomforts, and enhancing overall

well-being during pregnancy. Let's explore the benefits of massage and acupuncture for pregnant women.

Massage for Pregnancy: Massage therapy tailored for expectant mothers can be a game-changer. It not only provides a nurturing and calming experience but also helps relieve muscle tension, reduce swelling, and improve circulation. A study published in the Journal of Psychosomatic Obstetrics & Gynecology found that regular massage during pregnancy led to reduced anxiety and depression levels, as well as decreased leg pain and improved sleep quality. Massage also enhances the release of endorphins, which not only lift mood but also help manage pregnancy-related discomforts such as back pain and joint stiffness.

Acupuncture for Pregnancy: Acupuncture, an ancient Chinese practice, is another valuable modality for pregnant women. It involves the insertion of fine needles at specific points on the body to restore balance and promote optimal health. Research has shown that acupuncture can effectively relieve pregnancy-related nausea, fatigue, and musculoskeletal pain. A study published in Obstetrics & Gynecology demonstrated that acupuncture reduced the severity and frequency of pelvic girdle pain in pregnant women, improving their quality of life. Acupuncture also assists in turning breech babies, reducing the need for invasive procedures.

Conclusion: Massage and acupuncture offer pregnant women safe and natural ways to enhance their well-being during this transformative phase of life. From easing physical discomforts to promoting relaxation and reducing stress, these therapies provide holistic support for expectant mothers. However, it is crucial to consult with a qualified massage therapist or acupuncturist who specialises in prenatal care to ensure a personalised and safe experience. Embrace the benefits of massage and acupuncture, and let them nurture you throughout your incredible pregnancy journey.

NorthWest Physio + have a Neuromuscular massage therapist and acupuncturist with specialised skills looking after pregnant women. Visit www.northwestphysioplus.co.nz to meet Nicky and May to help you with your journey.

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All aboard the Western Express... P2

Fuel prices a month on... P4

NORTHWEST MONTHLY NEWS

NEWS | COMMUNITY | PEOPLE | WHAT'S ON

AUGUST 2023



An artist impression of the new Foodie building, Westgate Town Centre.

First of its kind new development underway at Westgate

A two-level building which faces the Costco service station at ground level and the newly opened Bargain Chemist at the upper level is rapidly taking shape at Westgate.

Next door, ground works have commenced on a building which will be the home to the long-awaited specialist International food store.

These building's are the first of several large-scale projects underway in the immediate vicinity, more on those in later editions.

The first of its kind Quick Service Restaurant development will co-locate with the Costco service station, famous for the best priced fuel in Auckland.

The complex will feature a line-up of well-known food brands, each with a dine-in restaurant and drive-through, all under one roof.

"This is an innovative concept that will provide a range of convenient food options in one place, and will strengthen the surrounding business' and their offerings" says NZRPG

General Manager Campbell Barbour.

Although exact names cannot yet be confirmed there will be one new food offering that is not yet present in the Northwest region.

"I think it's going to be a very busy spot, and will build on the massive impact that Costco has brought to Westgate," says Campbell.

These exciting additions to Westgate will be open for business by early 2024 with more announcements to be made in the lead-up to opening.

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Auckland Transport artist impression, the front of the bus station on Gunton Drive.

All aboard the Western Express

A new and improved bus network is coming to Westgate and Northwest Auckland.

From November 12, Auckland Transport (AT) will launch a new flagship bus route, the Western Express (WX1), along with a range of other improvements to bus routes in the area.

The bus route changes are partnered with more than 7km of new bus lanes, new bus interchanges near the motorway at Lincoln Road and Te Atatu and at least 40 new bus stops.

Waitakere Councillor Shane Henderson says the changes will more than double the number of people in the Northwest who have access to fast and frequent public transport.

“The Northwest is growing,” he explains. “By 2046, there will be 37,000 new houses, 11,000 new jobs, and nearly triple the number of people travelling along the Northwestern Motorway (SH16).

“Currently people living in the Northwest have limited public transport options and when you combine this with the amount of growth, we are seeing huge pressure on the roading network,” says Shane.

“These changes can’t come soon enough.”

AT’s Executive General Manager of Public Transport, Stacey van der Putten says the changes are about making public transport an

easier, quicker, and more reliable option.

“The new WX1 and 11 routes will combine to provide buses between Westgate, Lincoln Road, Te Atatu and the City Centre in both directions every six minutes, from 7am to 7pm, seven days a week,” she says.

“Local trips to hubs like Henderson will also be much easier, with more buses more often.”

The Northwestern Bus Improvements are seen as the first step towards providing people with more frequent and reliable public transport choices in the area.

Waka Kotahi NZ Transport Agency will continue to investigate long term options for a Rapid Transit Corridor between the city centre and Westgate.

Westgate Bus Station

The design and resource consenting process for a new Westgate Bus Station is underway. Construction on the station is expected to begin in early 2024. In the meantime, there will be interim bus stops at Westgate to support the new bus services.

The Northwestern Bus Improvements are a joint AT and Waka Kotahi NZTA project to deliver a range of short-term bus improvements to support growth in the region.

The project is being funded in part by the

Government to help New Zealand’s economic recovery and create a future pipeline of work.

The COVID Response and Recovery Fund has provided \$50 million of the \$100 million projects to support this work.

More information on the Northwestern Bus Improvements can be found on the AT website. www.at.govt.nz

About the bus route changes

From April to June 2022 Aucklanders had the opportunity to express their views and share their feedback on proposed changes to bus services in West Auckland.

Following consultation in 2022, AT has refined West Auckland’s all-day, 7-day bus network to meet the needs of the wide range of existing and future users.

As a result of the feedback and budget constraints (following the 2023 Auckland Council budget saving requirements, Auckland Anniversary Weekend flooding and Cyclone Gabrielle),

AT has made changes to 13 of the 20 bus routes that were proposed in the 2022 consultation.

The changes will provide:

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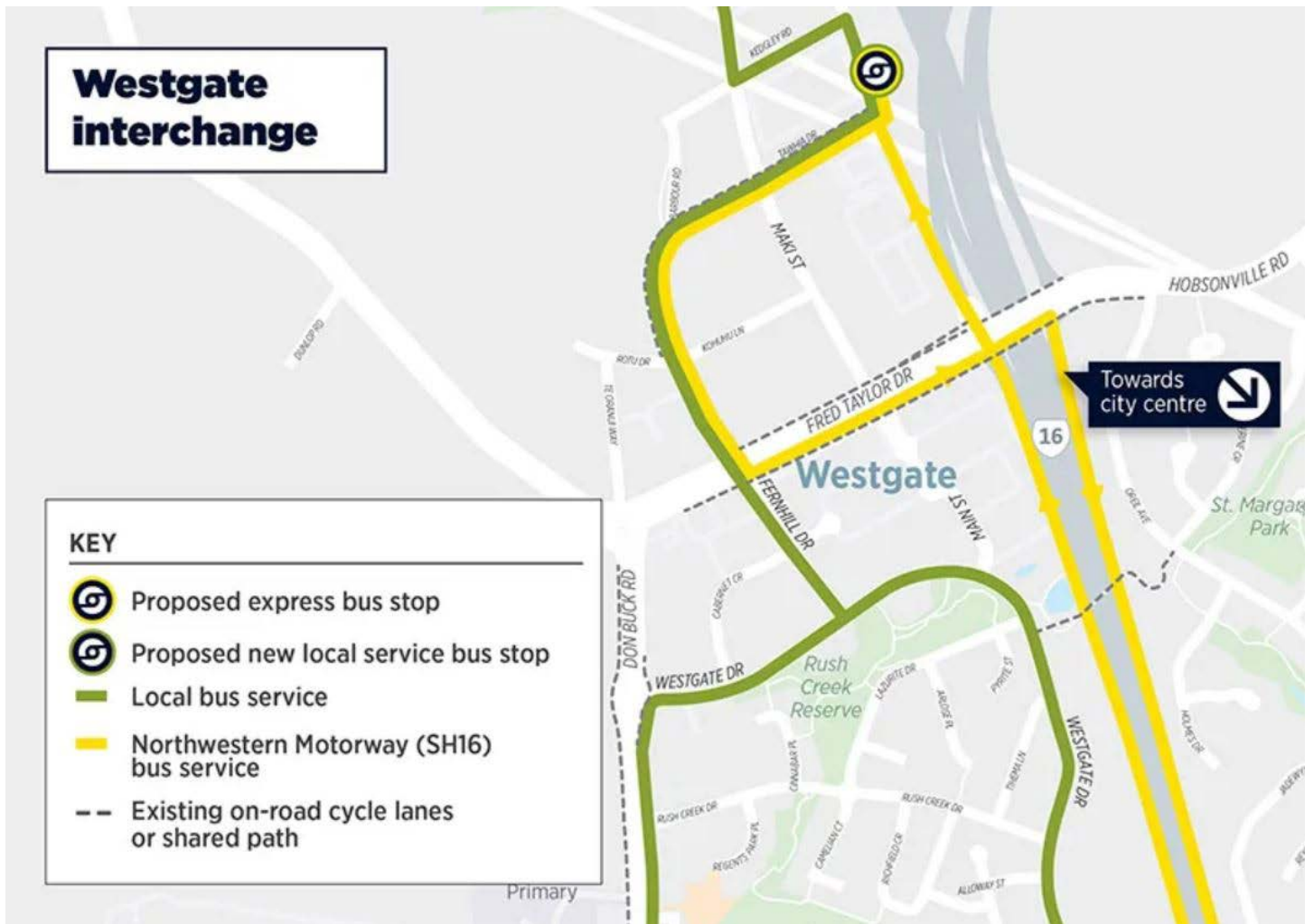
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- Increased access to frequent bus services. (A 'frequent' bus services operates at least every 15 minutes from 7am to 7pm, seven days a week).
- More bus services throughout the day
- A bus network that meets growth expected in Northwest Auckland
- More reliable and quicker bus journeys into the City Centre
- A simpler bus network

View the full consultation on the AT website.
www.at.govt.nz

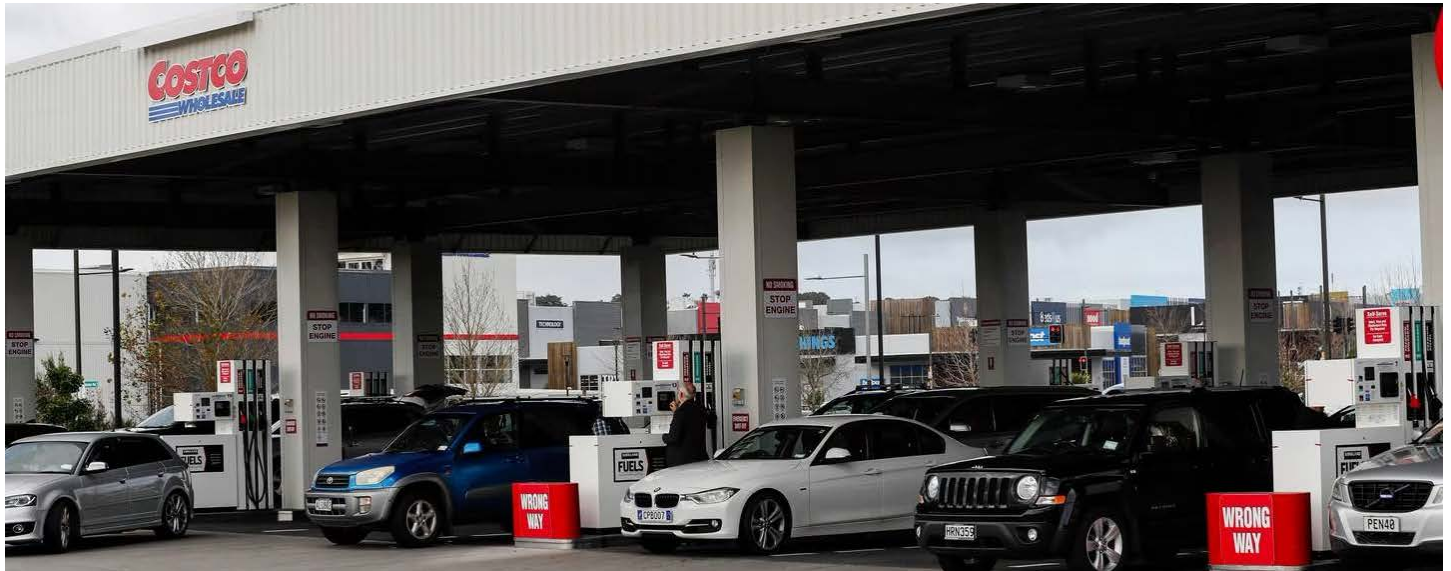


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Costco Fuel Station, Westgate Town Centre.

Fuel prices, a month on and how this is affecting all of us

A month on and we look at how the fuel price rise has affected our community.

New Zealand commuters saw the Government subsidy end on 30 June this year. This meant the 25 cent per litre discount on fuel was no longer. With petrol prices rising, Aucklanders flocked to the petrol pumps to fill their tanks at the reduced price one last time.

With New Zealanders wanting to seek out the best price possible a huge surge was seen in members of Gaspay app. Gaspay is a fuel finding app that compares petrol prices, it tells you where the cheapest fuel is in your area. The app had almost 6,500 new users on the Friday before the subsidy ended, and a further 3,000 on Saturday. Normal app signups are around 500 new members per day. This app provides commuters insights across the cheapest fuel available and in some cases may push some stations to reduce their prices to stay competitive.

According to the Gaspay app in July the NZ average fuel price was \$2.63 for 91 and \$1.87 for Diesel.

Mid June prices saw 91 Unleaded around \$2.11 to \$2.55 per litre. This roll-on effect of increased fuel affects not only families directly from their pocket but also every household through the cost of everything being delivered by a truck. Freight delivery is basically everything we consume and purchase. Local Northwest families are struggling with the added fuel cost in conjunction with higher living costs. Stats NZ show food prices for June 2023 were 12.3% higher than in June 2022.

Westgate does offer the local community an advantage over the rest of New Zealand regarding fuel prices. With the arrival of Costco Fuel members can get 91 Unleaded fuel at cheaper prices, around 20 cents cheaper than the New Zealand average. So how do the rest of the fuel stations around West Auckland compare?

Costco Fuel*
91 Unleaded \$2.43 Diesel \$1.72
Pack n Save Westgate
91 Unleaded \$2.54 Diesel \$1.81.

Pack n Save Lincoln North
91 Unleaded \$2.55 Diesel \$1.78
Gull Whenuapai
91 Unleaded \$2.54 Diesel \$1.81
Gull Kumeu
91 Unleaded \$2.60 Diesel \$1.87
Gull Sel Peacock Drive
91 Unleaded \$2.54 Diesel \$1.82

*The top 10 cheapest fuel stations for 91**, 6 of these stations were in West Auckland. With Costco Fuel offering 91 Unleaded 20 cents cheaper than the NZ average, this has made a lot of locals happy they are so close to some of the best Auckland fuel prices.*

**Only those with a \$60 Costco annual membership can access the pumps
**Gaspay app -20 July*

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Matariki 2023 - celebrated all over Auckland

Matariki is a time to gather with whānau and friends to reflect on the past, celebrate the present, and plan for the future. In Māori culture, Matariki is the Pleiades star cluster and a celebration of its first rising in late June or early July. This marks the beginning of the new year in the Māori lunar calendar.

The dates for the new Matariki public holiday were announced in 2021 by the Government in partnership with the Matariki Advisory Group. The first public holiday to celebrate Matariki was on Friday 24 June 2022. We celebrated the second year as a public holiday on Friday 14th July 2023.

A range of events were held across the Northwest region throughout the month of July and were thoroughly enjoyed by the all.

Westgate/ Massey

Te Manawa Night Market: a māketē (market) of Māori vendors, with yummy kai (food), arts, crafts and more was on offer on 22nd July.

- Massey Matariki Brunch. The Massey matters hosted a delicious Matariki breakfast prepared by talented local foodies. Celebrating Matariki with kai (food), kōrero (conversation) and waiata (song).

While **Henderson** had a range of events. Corban Estate

- The Dawn Wishes to Hiwa-i-te-Rangi : Where you could write your wishes, hopes or dreams for Matariki on the back of a paper wishbone, before tying it to the whai. During the time when the Matariki cluster is visible in the sky, the gathered wishes were burnt, sending them up to Hiwa-i-te-Rangi to be granted as part of the morning ceremony.
- The Homestead Galleries offered a group exhibition of Māori artists, showcasing works that speak to ngā whetu (the stars), Puanga and the Matariki cluster.
- Kia Ora Shorts film screening to experience te ao e ai ki tā te Māori titiro, the world through a Māori lens. Showing a selection of short films from filmmakers of Māori descent
- Matariki Manu Aute. Corban Estate Arts Education Team offered manu aute (Māori kites) making which combined traditional techniques, such as the tukutuku stitch and binding, with contemporary materials and colours.
- Community Hāngi Picnic
- Marama Matariki Pounamu a full day creating a marama pounamu (pounamu

pendant) in this tikanga-based (protocol-based) contemporary workshop taught by Maha Tomo.

Catherine Street

- Matariki ki Waipareira- Catherine Street was closed off to make room for stalls and a stage for artists who put on a show of kapa haka (cultural arts). This event offered stalls, plenty of music, and information about Matariki for everyone.

Starling Park

- Toi ki te Pāka - Art in the Park An art exhibition created by West Auckland kura alongside Te Kawerau a Maki. Tamariki artworks showcased what 'Matariki means to them' and were exhibited in te taiao at Te Poi / Starling Park in Rānui. Kura (school) whānau (family) and community were invited to celebrate Matariki in te taiao (the environment) while enjoying the amazing Toi ki te Pāka creations from our kura.
- Ngā Moemoeā mōte Tau Hōu Māori: a celebration where you could learn about the special gifts of Hiwa-i-te-rangi and enjoy kai (food) and kemu Māori (Māori games).



Artwork displayed at Starling park, Art in the Park event.

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Body Fit Training is the newest gym to join the Westgate community. So what can you expect at this this new gym?

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Group Strength Training. Backed by science. Proven by results At Body Fit Training (BFT). We use science and technology to drive positive outcomes – at all fitness levels. We've incorporated scientifically proven training techniques aimed at reducing fat and creating lean muscle into a variety of 50-minute training sessions that are overseen by highly accredited coaches in a dynamic group environment.

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- Personal Training in A Group Setting
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are by your side to motivate, educate, inspire and push you to achieve your goals.

- A Unique Community Environment
Our studios are filled with motivating and encouraging members - just like you.

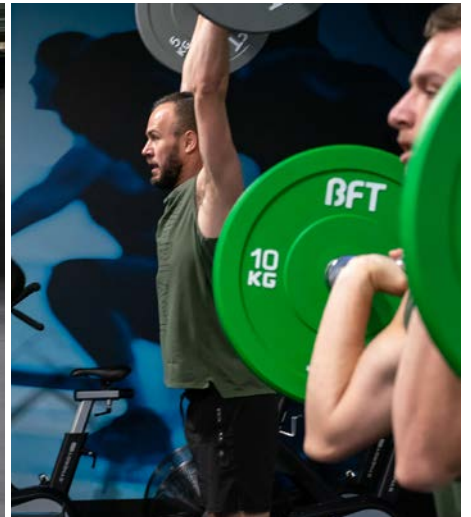
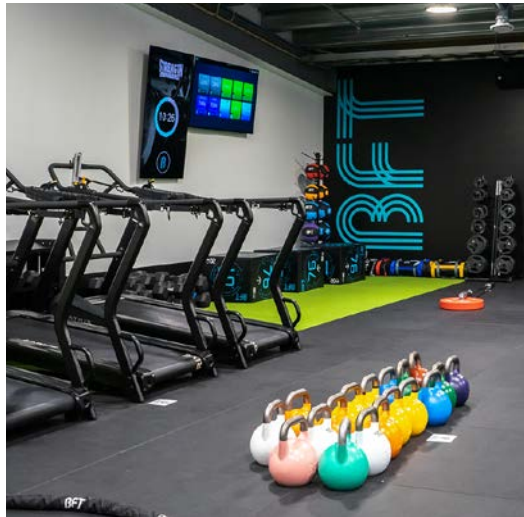
Pricing:

Pricing starts at \$30 for a casual class to 10 passes for \$250. A membership with no limits on classes is \$65 per week.

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Classes start from 5.00am with its last class at 6.30pm daily.

You can find out more about at bodyfittraining.com



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Auckland Tough Guy and Gal Challenge

Kumeu Showgrounds, Access Road, Kumeu

Saturday 5 August 2023

8:00am - 1:30pm

If you want to get down and dirty and have a whole lot of fun, then these unique off-road running events are for you. The events are open to both male and female competitors who are 13 years of age and older. Challenge yourself on a course that includes swamp crossings, a spider's web net climb, crawl under barbed wire, beautiful native bush trails, tunnels, hurdles, a climbing frame not to mention, mud, mud and more mud!

The event has awesome spot prizes, merit prizes, souvenir reusable cup, challenging obstacles, a fun atmosphere, hot showers and plenty of free parking. Grab your friends, workmates or family together for a truly amazing experience.



Quiz Night - Little Creatures

Little Creatures Brewing, 2 Boundary Road, Hobsonville, Auckland

Every Wednesday 7pm - 9pm

Join the weekly ritual on a Wednesday night, where you and your crew will negotiate five rounds of amazing trivia with Gee Quiz.

Your team's street cred, life smarts and common sense will go a long way to ensuring success on the night.

Add to the delicious food and an incredible vibe, it's the place to be on a Wednesday night with plenty of time for laughter.

The quiz kicks off at 7pm and runs for roughly 2 hours. So, grab your buddies and come on down and join one of Auckland's best quiz nights.



Free whānau friendly exercise class

Te Manawa, 11 Kohuhu Lane, Westgate, Auckland

Kōkiri-Ngātahi Auditoriums - Level 3

Every Tuesday 6pm - 7pm

Join Tu Ranga Ora in this exercise programme. The high-energy classes will make you fit and feel great.

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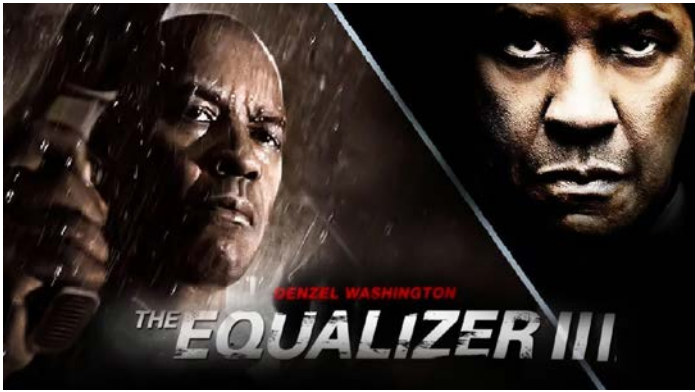


Free Fibre Crafters

Rānui Library, 431 Swanson Road, Rānui, Auckland

Sunday 13 August 2023, 10.30am-1.30pm

Do you knit, felt, weave, crochet, or spin? Would you like to learn how? Come to the new Creative Fibre NZ craft group, usually held every second Sunday of the month at Rānui Library, from 10:30am to 1:30pm.



The Equalizer 3

Release Date: 31/08/2023
 Running Time: 120 mins
 Rating: TBC

Since giving up his life as a government assassin, Robert McCall finds solace in serving justice on behalf of the oppressed. Now living in Southern Italy, he soon discovers his new friends are under the control of local crime bosses. As events turn deadly, McCall becomes their protector by taking on the mafia.

Cast: Denzel Washington and Dakota Fanning.



Strays

Release Date: 17/08/2023
 Running Time: 93 mins
 Rating: R16

Abandoned on the mean city streets by his lowlife owner, Doug, a naive but lovable dog named Reggie falls in with a fast-talking, foul-mouthed Boston Terrier and his gang of strays. Determined to seek revenge, Reggie and his new canine pals embark on an epic adventure to get him home and make Doug pay for his dirty deed.

Cast: Will Ferrell and Jamie Foxx.



Gran Turismo

Release Date: 10/08/2023
 Running Time: 135 mins
 Rating: TBC

Gran Turismo is based on the unbelievable true story of a team of unlikely underdogs - a struggling working-class gamer (Archie Madekwe), a failed former race car driver (David Harbour), and an idealistic motorsport executive (Orlando Bloom). Together, they risk it all to take on the most elite sport in the world. Gran Turismo is an inspiring, thrilling, and action-packed story that proves that nothing is impossible when you're fuelled from within.

Cast: Darren Barnett, Orlando Bloom, Geri Halliwell-Horner, David Harbour, Djimon Hounsou, Thomas Kretschmann, Archie Madekwe, Daniel Puig and Josha Stradowski.



Cats in the Museum

Release Date: 29/06/2023
 Running Time: 79 mins
 Rating: G

A young cat named Vincent, in the company of Maurice the mouse, escapes from the flood in an old harpsichord, which is picked up by sailors and sent to St. Petersburg, where it ends up in the Hermitage. There, Vincent meets an elite feline squad that has been protecting artwork from mice and other pests for centuries. Vincent dreams of finding a real cat family, but does not want to lose his friend Maurice, who saved his life. Vincent has to hide a friend, who also has one "little weakness" - Maurice loves to gnaw on masterpieces of painting. The situation becomes even more complicated when one of the greatest paintings of mankind, the Mona Lisa, arrives in the Hermitage, and it is the dream of all mice to gnaw it. But neither Vincent, nor Maurice, nor the cats of the Hermitage suspect that the painting is going to be stolen. And now Vincent will have to show all his resourcefulness and courage in order to save the masterpiece, protect the honour of the museum and win the love of a cat named Cleopatra from the Egyptian hall.