

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report
Countdown project

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

The Parkhouse Café

Circulation is 10,000 print copies.

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

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

December 2021



Greetings

When an unexpected crisis occurs, it is helpful to have strategies for coping. Auckland author Elias Kanaris was on a plane flying from the UK to a conference in America in September 2001 when terrorists flew into the Twin Towers in New York. In his new book *Leading from the Stop* he describes the diversion of his and 37 other planes to Newfoundland when US airspace was closed (leadingfromthestop.com). Suddenly 7000 individuals had to be accommodated in a small town, and Kanaris spend five days in a Salvation Army hall.

Do you have emergency planning? Don't forget to download insurance, passport, house, car details etc onto a memory stick to put in your emergency box. During times of adversity you need a communications plan. It might be worth creating an accessible list of people with their contact numbers kept in a safe place. When things change suddenly there is a time of transition, when you wonder if you are going to make it. You may need to take a risk to move out of your comfort zone instead of being paralysed into in-action. This could include letting go of what has worked in the past. Change from denial and fear to positive action and hope. If a job seems too great, break it down into manageable steps. As we have been reminded so often during the past two years, let kindness be your guide. If there is a leading individual in your circle, don't forget to give them recognition.

We are finishing the year with a magazine that should provide interest to all our readers. If you want ac-tion, reach out to play some tennis or take up roller skating. Take advantage of our local food outlets, but be extra vigilant when travelling on the busy roads. While alcohol is a traditional way to celebrate the sea-season, it has its downside and a project to minimise harm is being developed locally. So keep your mind clear and enjoy the season as hopefully life becomes less restricted.

We are grateful to all our contributors from the community who provide the material for you to enjoy read-ing, and thanks also to our advertisers for their support. Many thanks to Graham, Stacey, Geoff and Gail for all their work through the year that makes this magazine happen. It hasn't been an easy year, but let's hope for better things in 2022. Our next issue will be in February.

John, editor



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People & Places

Parkhouse Café



In 2017 the farmhouse that stood proud on this part of Whenuapai was carefully moved to the corner of Ripeka Lane and Brigham Creek Road, completely refurbished and given a new lease on life as the local eatery that it is today.

The Parkhouse opened in May 2018 as a place for anyone to come to for honest food, coffee and treats using fresh seasonal produce and local suppliers.

The Parkhouse is a place for breakfast, brunch, coffee, lunch and dinner dates; A place to watch on from the deck with a beverage while your kids play on playground; A place to celebrate, relax and catch up.

We love hosting groups of all types and size. We also love holding events. So bring your partner, bestie, family or friends. We've got space for you all and want you to all feel welcome here at The Parkhouse.



Mia and her husband have been living in Auckland for 20 years, with their two children.

Their dream was to own a modern, spacious, peaceful, kid friendly café.

"We are striving to operate a café and now they feel very lucky to be a part of this lovely community" says Mia.

"We received great support over the recent Lockdown and feel our customers are a massive part of us."

"We are very grateful and are determined to bring the best to our customers."

Lookout for a new Summer menu coming soon, it has some great classics with some trendy twists. Make sure you visit The Parkhouse Café and Restaurant and help support a local business.



Open Monday to Friday 8am - 3pm and Saturday - Sunday 8am - 4pm.

Phone 09 416 3355 or email hello@theparkhouse.co.nz.

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Community News

Coming soon to Te Manawa

Te Ara Poutama - Level Up. Auckland Libraries Summer Reading Challenge.

Level up your reading and have fun with Auckland Libraries this summer holidays - at home or out and about. Log your daily reading and complete activities to earn Level Up badges and rewards using the Beanstack Tracker app or online: www.aucklandlibraries.beanstack.com.

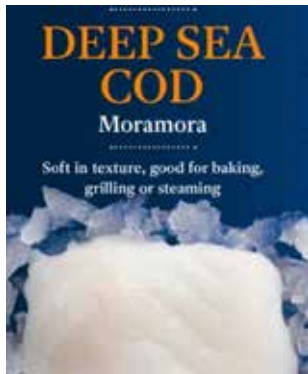


Open to children aged 5-12 years. All Auckland Libraries members will receive programme and registration info via email in December 2021. For updates, sign up for a free membership at www.aucklandlibraries.govt.nz.

We are located at 11 Kohuhu Lane, Westgate - opposite NorthWest Mall.

Countdown project lands new fish name in Maori Dictionary

What's in a name? Well, quite a lot if you're a Deep Sea Cod that has spent centuries unnamed in te reo Māori, only to be thrust into the linguistic spotlight in 2021. Nau mai haere mai to the mighty moramora. Moramora or the Deep Sea Cod is the most recent addition to the official te reo dictionary, and its not-so meteoric rise through the ranks has come about due to an initiative between Countdown, te reo Māori advocacy group Ōkupu, and the Te Aka Māori Dictionary.



Earlier this month Countdown introduced joint te reo Māori and English language labelling on all its packaged New Zealand seafood products, a project spearheaded by Countdown team members who, through their own personal journeys with te reo, wanted to pay respect to Tangaroa and the fishermen or kaihao who provide their fresh seafood for all Kiwis to enjoy.

Countdown's Director, Corporate Affairs, Safety and Sustainability, Kiri Hannifin says "While we've had te reo signage in our stores for a

number of years now, we are always looking for further opportunities to celebrate te reo and help make it part of the everyday language our team and our customers use. While these might seem like mere labels, they have proven to be more than that. We know we have a role we can play in revitalising te reo, and we hope it can demonstrate to other businesses how easily it can be done, and why it's important," said Kiri.

"We're incredibly proud of our mahi to bring te reo into everyday life and we're looking forward to continuing to embrace this precious taonga," she said.

Fun ways to keep your brain active

There has been a bit of press recently about dementia/Alzheimer's and how it can affect any one of us. Choosing a healthy lifestyle and keeping mentally and physically active are a few of the ways we can try to keep our brains healthy. Keeping ourselves socially connected is also very important. Puzzles, games and creative outlets are great ways to keep brains engaged and wonderful for uplifting spirits.

Our website Mindjig, www.mindjig.co.nz has been created with this in mind. To enjoy with friends or alone, we have a range of games, puzzles and activities to suit all ages and abilities. We also have great products for seniors and those living with dementia. Feel free to get in touch with Jonathan or Julie via email at info@mindjig.co.nz or call 09 600 3251 or call/text 022 480 3022.



Children preparing for Christmas

Discoverers church in Hobsonville Point is hosting a Children's Christmas craft event for children who want to make Christmas decorations for their homes.

The details are;

- Date: Sunday 19th December.



RYAN JACKSON

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

P: 09 810 8609.

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Community News

• Venue: Headquarters Building 214 Buckley Avenue, Hobsonville Point.

• Time: 3-00pm to 5-00pm.

Vaccinated parents are welcome to attend with their children.

Intending participants please check with Barry Jones 022 068 3873 beejaynz05@gmail.com to see if the COVID 19 level will allow the event to be held.

Ditch the picnic, hit the court

With summer just around the corner and many winter sports cancelled, tennis is a great option for everyone in these uncertain times. It's naturally physically distanced and offers the opportunity for all ages to get out and have a go - regardless of your ability. Classes are available for ages 5+ at West Harbour Tennis Club on Picasso Drive, and with low ratios of coaches to students and no contact, it's a safe, fun option. Have a look at what's available at www.kiwitennis.co.nz/venues/west-harbour-tennis-club/. If you're not keen on coaching but just want to have a hit, West Harbour tennis club is



now open for court booking and ball machine hire. Check it out on www.whtc.co.nz.

Farewell 2021 and welcome 2022

What an interesting year we have had in 2021. There have been a lot of changes and still some more changes and challenges ahead. Despite everything, let's try not to look at 2021 in a negative manner but instead try to look at the positive things that have come out of it.

The events of 2021 have given us the opportunity to take a good look at ourselves and some of us have started to bring changes into our lives such as studying, working from home, spending more time with our family, taken up new hobbies, travelling around New Zealand when permitted, but more importantly, taken time out for ourselves to self analyse and see what changes we need to make to enhance our lives.

What will 2022 bring? That's a good question, we can only hope that it will be an easier year than the past couple of years. It can be



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HOBSONVILLE
HEARING

Community News

a year where we can continue any new habits we have developed and look towards any opportunities to learn new things and have new experiences.

Astramana™ Healing Services can help you move into the new year by offering you the opportunity to learn new skills such as Reiki, this will help you to give back to yourself and also to help others, maybe an opportunity to set up your own business. Learning Reiki is great for those who are massage therapists and anyone who has interest in Energy Healing. For those that are curious to look into the future we offer Tarot readings. And to those who want to explore and heal the past, why not try a Past Life Regression or even a Life between Lives Regression. If you have a fear or phobia, such as flying, spiders etc, why not try Hypnosis to overcome that fear or phobia? Let's make 2022 a positive year for all!

We have some new exciting services and courses that will be available to you in 2022.

Astramana™ Healing Services, was founded by International Hypnotist, Reiki Master-Teacher and Clairvoyant & Tarot Reader Jason Mackenzie. Please visit our website: www.astramana.com or email astramana@gmail.com with any questions or to book a session, workshop or a New Year's Tarot reading.

We look forward to working with you and we wish you all a very Merry Christmas and Happy Holidays, all the best for 2022 and we look forward to welcoming back our current clients and look forward to meeting our future clients in 2022.

Message from Massey Police

We all love our mobile phones. They are a life-line these days containing business contacts, important reminders, precious and treasured photos, many of which are totally irreplaceable. Imagine the panic of losing it.

Some tips for keeping your phone safe and getting it back should you unfortunately lose it.

If handed into a Police station and not locked, it's easy.

However if your phone is locked, we don't have any magic formulas for unlocking it or locating you. Keep phoning it, we will keep it charged for a period, in the hope you are looking for it. It's amazing how many phones are destroyed because we can't find the owners.

The biggest tip for getting back a locked phone is prevention. Take a photo of your business card and set it as your wallpaper. While it's cute to have your kids or your puppy as your screensaver,



your business card details could be the difference between being reunited with your phone or not. If you don't have a business card, get creative. Make up a note, "if this phone is found - please call (Put your nearest and dearest's contact phone number).

And finally, check if your phone has 'Medical Emergency Information'. This is different from Emergency which will allow you to call Emergency services on a locked phone bypassing the password. MEI does the same. You can fill this with info including your name, alternative contact number as well as vital medical info and it can be accessed over a lock down. Massey Police Station, 390 Don Buck Road, Massey. 09 832 4099.

MIQ disaster? Helloworld Hobsonville can help

There is a major flaw with the MIQ system with the Government continuing to maintain MIQ while hundreds of C-19 positive cases isolate in the community and we have over 30,000 people stuck overseas trying to get an MIQ space.

Helloworld Hobsonville are able to help take the pain out of the quarantine booking process. We set up a Travel Registration for you under our own account and we'll register you for the room release dates, attend those on your behalf, wait in the virtual queues and try to match an MIQ vacancy on the calendars with a target date you give us so that you can focus on other stuff. If this sounds like a plan, then give us a call and we can talk you through the process. Our contact details are 09 416 1799 or email hobsonville@helloworld.co.nz.



Waitakere Greypower

Waitakere Greypower Association President and Committee Wish All our members and friends A Merry and Covid-free Christmas and A Happy and Healthy New Year 2022, We are in the process of organising meetings and guest speakers for 2022. Our Office will be closed from 17th December 2021 and will re-open in the first week of February 2022. Written by Mate Marinovich, President, Waitakere Greypower Association. Phone 09 838 5207.

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Your brand + your message = your success

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

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

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

In response to advertiser demand we offer the following options:

Business Card Advertising:

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



Display Advertising:

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



Front Cover and Inside Page:

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

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



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

In Brief Updates

Safe Store

The ever changing light display that you see from the Western motorway, shines from Safe Store Westgate. Illuminating the night sky, the lights often match local holiday themes such as Diwali and Christmas.



Constructed in 2015, to support the growing Westgate community, Safe Store Westgate offers something for everyone. There's a place for your boat or vintage car, a unit for while you renovate or move house, or a large space for keeping your business inventory organised. Whether it's for work or simply to declutter your home and give you back room for living, Safe Store has a solution for you.

With continued commercial and residential growth in the Westgate area, demand for storage continues to increase. Work has recently commenced to extend the Safe Store facility with another 500 units being built behind the current complex.

Contact Safe Store today to get a quote for your storage needs. Visit the website at safestore.co.nz or call 09 416 9399.

Crime Stoppers

In December Crime Stoppers will be distributing a free wall planner from Henderson through to Westgate. Crime Stoppers is an independent charity helping New Zealanders prevent crime by providing an anonymous and simple way to pass on



information. They are not the Police. They protect their sources and destroy all identifying details of a report. They receive around 60 calls every day and more than 1000 online reports a month, from people wanting to pass on information about crime without revealing their identity. Serious crimes are not just media headlines; they are alarming incidents that no-one wants in their street and around their children. Anyone with information on a serious crime can make a safe and anonymous report to Crime Stoppers. The range of issues is wide, including combating cybercrime, reports on the distribution of methamphetamine, migrant exploitation, illegal cigarette smuggling (did you know that over 10% of tobacco consumed is illegal?), and workplace bullying. You can call 0800 555 111 any time, or submit an encrypted report at crimestoppers-nz.org. People should continue to call 111 in emergencies and *555 to report traffic matters, while non-urgent crime should be reported to local police stations.

Netsafe

There are so many conveniences to shopping online, but you also need to be careful about who you're buying from and the information you're giving out. Be careful using public WiFi and WiFi connections that aren't secure - someone could see what you're doing. When you're setting up online accounts, make sure you choose a strong password and that you use a different one for every account. You should use Two-Factor Authentication on every account you can - think of it as an extra layer of security to keep your important information safe.



Look for a padlock symbol in the browser window when you browse, log in, register and check out. Only enter your credit/debit card details on a webpage that begins with 'https://'. Check your refund options before you purchase. Buy online using a credit card or a well-respected payment service such as PayPal. Buying with a credit card gives you better protection than a debit card. If something goes wrong, you'll be able to try to get a chargeback through your bank. A chargeback is where the money paid to the retailer is reversed out of their account and put back into yours. You can also shop online using a disposable credit card, such as a Prezy card. If the disposable credit card details fall into the wrong hands, they'll only be able to spend what you've pre-loaded on the card.

Some retailers will ask if you'd like to save your payment details for next time. Think carefully before doing this. The safest option is to only save payment details if the website uses a trusted third-party payment system like PayPal, Apple Pay or Google Wallet. Always check your credit card statements to make sure there's no

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In Brief Updates

fraudulent charges being made. If you spot something, contact your bank immediately. For more details visit "Shopping online safely" at netsafe.org.nz.

Christmas shopping in Covid times

Doing your Christmas shopping online or even buying online in Covid times can mean not having to deal with shops - and sometimes you can get real bargains when you buy online. But make sure you know what protections you have before you hit the check-out button. You may also want to think about delivery times - they've been stretched at present.



If you buy goods or services online, there are some really important things you need to know about who you are buying from because this can affect what your consumer rights are if the sale goes wrong. You're covered by the Consumer Guarantees Act and the Fair Trading Act for goods or services sold by a business that is based in New Zealand - even if you bid for it in an auction. But if the seller is not a business or if they are based overseas you don't have much protection.

We've seen cases where people have bought from Facebook, and paid their money only for the goods not to arrive. We've also seen cases where the buyer has taken a screen shot of the payment, so the seller in good faith has given the car to the buyer - only for the funds never to arrive in their account.

If you do want to buy from a private seller, you can minimise your risk by getting their full name and address (in case you need to track them down later), checking the feedback from past customers, and - if at all possible - inspecting the item before you hand over your money.

If you bought your presents from a New Zealand trader then those presents are covered by the Consumer Guarantees Act, even after you've gifted them, and this also applies if you bought them on sale. That means they have to be fit for purpose, acceptable quality and fit their description. If you buy from an overseas based business and run into problems - you may be able to get a chargeback if you've paid by credit card.

If you have a problem with something you've bought it's always best

to talk to the seller first. But if you haven't been able to sort it out by talking to them, come and see us at Te Manawa Kohuhu Lane Northwest. You could also phone us on 09 833 5775 or toll free on 0800 367 222, or send us an email massey@cab.org.nz - we also have information about consumer rights on our website www.cab.org.nz.

Season's greetings from the House of Travel Hobsonville

Located corner Hobsonville Point and De Havilland Roads opposite the Hobsonville Point Primary School.



With optimism rising that 2022's finally looking like the year we get to reconnect with friends, family, see new places, experience different cultures, discover authentic foods and create lifelong memories bubbling in our hearts it's already shaping up to be an exciting year. We have had such an awesome month catching up with clients new and old who are starting to dream the dream and plan for 2022. Why not start to formulate your own?

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

We're with you every step of the way.

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

Booking with us is so easy and convenient, whether you have time

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

It's never been more complicated to leave NZ and return back. With online travel websites not offering accurate information or taking any responsibility for these requirements, booking travel on the internet or Googling the answers to border regulations is a massive risk to take, in an ever-changing environment. With the security of a physical store, experienced consultants, 100% Kiwi business owner operated, TAANZ bonded and local, who better to be your travel agent wingman?

Your ideas + our knowledge = better holidays.

Please keep us in mind when planning and booking your next trip.

Merry Christmas from Buzz and the Team at House of Travel Hobsonville, 225 Hobsonville Point Road (Cnr Hobsonville Point Rd and De Havilland Rd) Hobsonville. Hobsonville@hotmail.co.nz 09 416 0700.

Craigweil House

Ghouls, monsters, and witches haunted Craigweil House on Halloween as residents dressed up to celebrate the ominous occasion.

Craigweil House has been having a Halloween party annually for a few years now. The dress-ups create a lot of laughter and banter, and this year was no exception.

The wonderful catering team also made a special Halloween cake



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decorated with jack-o'-lanterns, spiders, bats and haunted houses.

Trick or treating (especially at Shelly Beach), Halloween parties and watching scary movies - Halloween is slowly catching on in New Zealand.

Hopefully, local families will be able to get out trick or treating and have a great Halloween next year.

Pictured above: Norah and Elaine hold black and orange signs saying 'Happy Halloween' to the community from Craigweil House.

Hospice brings light to the community

If you would like to see one of the most special displays of Christmas lights in Auckland, head to Hospice House on Te Atatu Peninsula this December.

Hospice West Auckland lights up Hospice House every year, giving a special sparkle to the Peninsula while reminding everybody that Hospice is there for them. Each individual light on the building represents a life of someone the charity has cared for.

The lights are made possible by the generous support of local businesses and are perfect for a family outing in the evening. You will find the lights sparkling at 52 Beach Road, Te Atatu Peninsula, from 10 December onwards (8pm to midnight).

Hospice West Auckland has been providing end-of-life care to people with terminal illness and support to their families since 1987.

To help keep the light on at Hospice this Christmas, you can make a donation here: www.hwa.org.nz/donate/donate-now.



Leasing vs buying business equipment

The dilemma over whether to lease or buy equipment for running your business is a common one for business owners. As well as depreciation, maintenance costs and lease terms, there are three main things to consider:

1. What is your capital position? This can make your decision quite

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In Brief Updates

straight-forward. Surplus capital and a strong cashflow could make investing in buying your own equipment a good option. But if capital is stretched then leasing may make more sense.

2. Is this equipment for the short-term or long-term? Will it be fit for your future needs or is it in danger of wearing out or becoming obsolete, in which case leasing can be a better option.

3. Is your business focused more on growth or profitability? Businesses focused on growth and expansion should try to retain as much capital as possible and conserve cashflow, which means leasing equipment. But if profitability is more important, then purchasing equipment can allow you to lower operating costs to maximise gross profit.

The friendly UHY Haines Norton Kumeu team can help you decide whether leasing or buying equipment is the better financial option, both for your current situation and the future. For this and all your accounting needs contact them on 09 412 9853 or email kumeu@uhyn.co.nz.

Massey Birdwood Settlers Association news

Like many businesses and other not for profit group, the lockdown has been affecting how we operate, and the groups that use our hall operate.



While we have been waiting to reopen the Association have been busy upgrading the hall, not only to take account of Covid, but also to improve the security around the hall and for our users.

Earlier this year the Association applied to TTCF and Auckland Lottery for funding towards CCTV cameras and were successful in our application. The cameras are being installed and will be operational from December.

To help with hygiene of users and to help lower the risk of contracting Covid, the Association have also installed five hand sanitising stations throughout the facility with an extra one for the Redhills Community Kindergarten.

The Association is also refreshing a number of our signs, and the first one to upgrade was the Trust sign.

The community is so lucky to have the Trusts as without them

community halls and the many community organisations who use our hall and other community facilities would find it hard to raise the income to operate and the West would be poorer for it.

John Riddell.

Looking for a new lockdown hobby?

Get your skates on and join us for a class. We're bringing roller skating to Hobsonville Point. I'm your coach Macarena Carrascosa from Hey Macarena and my mission is to get as many people on skates in Tāmaki Makaurau as possible. Join our expert roller skating coaches for an adventure on wheels. Roller skating ticks all the boxes. Fun for the whole family, exercise that makes you forget about the time and great for your mental health.



Join us on Mondays at the Sunderland Lounge carpark on Cinema Road during level 3 or inside Sunderland Lounge once everything opens again. We run two classes; 4pm All ages Learn to skate (parents, teens and kids) and 5pm Adults Learn to skate. Find more info on instagram.com/heymacarena_coaching and facebook.com/hey1macarena or email info@heymacarena.co.nz

Bookings essential. Ask us for the booking link.

Where does your business fit?

SME businesses fall into one of four categories.

Very few are "IDEAL" where owners receive a large income plus dividends as directors working "on" their business, not "in" it. The business is a very valuable asset.

Some provide a great "LIFESTYLE" where owners receive generous salaries but no dividends. They are still required to work "in" the business so business value multiples are low.

Most provide owners with a relatively low paying "JOB" and no dividends. Owners often have a high mortgage as the business needs periodic cash injections. Business has no goodwill value.

Many are "FAILING". Owners receive extremely low returns for hours

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they work, often living off equity growth in their home. The business loses money, has no value and is in danger of imminent failure.

Where does your business fit, and are you happy with that? Which category do you aspire to fall into? As you head into the Christmas break, consider your goals for your business, for both next year and 3-5 years ahead. If you need help planning how to move up the triangle, get in touch for a chat.

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.

Backyard inflatable cinema

Want to spend a night with your family and friends under the stars? Backyard Flicks NZ has got you covered! We have giant Backyard inflatable movie screens that are sure to be the hit of the party! Our screens go up within seconds and all you have to do is plug them in. It could not get any easier. We have everything you



need to make your backyard experience memorable, from inflatable couches with blankets and pillows, Littles packages, air loungers and most importantly, popcorn machines!! As if that isn't enough, we also offer indoor and outdoor Sleepover packages so the kids will be sorted for the night catching up with their best friends and having the time of their lives. We have brand new exciting packages coming out so keep an eye out on our Facebook page www.facebook.com/backyardflicksnz or head straight to our website

www.backyardflicksnz.co.nz to secure your spot now!

Albion+Co

With Christmas fast approaching it's time to start thinking about gifts for your friends and family. Normally the chore of Christmas shopping means hours of shopping, and finding a car park? Impossible! That's why this is the year for online shopping, and why not



support small local businesses while you're at it.

Albion+Co is a small local business that takes the hassle out of gifting by providing unique and personalised gifts without breaking the bank. Established in 2020 we began with small personalised gifts and have now expanded to include gifts to suit all your gifting needs. From baby items and personalised sleepwear to custom gift boxes and glassware, we have something for everyone.

Another big part of our business consists of wedding items to add a personal touch to your special day. This includes gifts for your bridesmaid and groomsman, as well as personalised favour and signage. Weddings aren't all about the gifts, they're about the love shared. But it's always nice to thank the people that will be standing by your side through one of the most important days of life.

Not sure or already have something in mind and just need it personalised? Albion+Co also offers DIY Decals that you can apply to just about any surface and create your own personalised gifts.

ALBION+CO - visit www.albionandco.com, email albionandco.nz@gmail.com.

Te Whau Pathway consultation now open

Aucklanders are being invited to have their say on the design of Te Whau Pathway, as the project takes its next steps following Resource Consent being granted in 2020.

The pathway, being built in stages, will link the Waitemata and Manukau harbours. When complete, it will improve access to the Whau River and create new off-road walking and cycling connections for commuting and recreation.

Consultation is open for feedback on the pathway design and the locations of play areas, access points, and rest areas along the pathway.

Tony Miguel, Whau Coastal Walkway Environmental Trust Chair says that this marks a real milestone in the process.

"For many people, seeing the completed Pathway will be a dream come true," he says.

"There has been an enormous amount of hard work done to get the pathway to this point, and it is fantastic to see how the path could potentially look".

Auckland Council and the Trust want to encourage people to get involved and have their say when the consultation opens. This project will be a generational transformation, opening the Whau river and connecting communities in a way that hasn't been possible



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In Brief Updates

for generations.

"Without doubt it will become one of the jewels in Auckland's crown and when complete will attract people from all over New Zealand to come and enjoy the pathway".

"The key to that enjoyment will be the places along the path for people to stop and enjoy the scenery, the places people are able to play and access points to the path from the existing transport network. This is why this consultation is so important."

"On behalf of the Trust, I want to thank the New Zealand Government, Auckland Council, the Whau and Henderson-Massey Local Boards, Auckland Transport and The Trusts Community Foundation (TTCF) whose funding has enabled the project to progress".

The consultation is open from 22 November until 20 December, and you can provide feedback in a number of ways:

1) Social Pinpoint - add comments to an online interactive map or talk with a Chatbox here:

2) Online feedback form at <https://akhaveyoursay.aucklandcouncil.govt.nz/te-whau-pathway>

3) Email tewhaupathway@aucklandcouncil.govt.nz

There is also a webinar taking place on 2 December 2021 from 5:45 to 7:15pm through the app Microsoft Teams. You will be able to hear more about the project and proposed designs and ask questions. Visit Te Whau Pathway to find out more.

The Mobile Car Specialists

Here we are again... facing another end of year with the jolly fat man, and a hot Kiwi Xmas summer - well... that's if you're allowed one! Oh dear... what interesting times we live in.



To all our customers over the

past few years - THANK YOU. We truly appreciate your business and trust in us.

To everyone reading this - enjoy this time with family and friends and loved ones. And choose to be free. See you in 2022.

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Te Whau Pathway Consultation
22 NOVEMBER - 20 DECEMBER 2021
www.tewhaupathway.org.nz/consultation

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In Brief Updates

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Scouts

As we head into the summer holidays, I usually reflect on all the wonderful things that the Scouts have achieved over the last 12 months and look forward to the summer events ahead such as camps and regattas. Sadly, most of the summer events are now cancelled as we look at the uncertainty around the coming months.



Scouts Aotearoa have embraced the lock down challenges well and have provided lock down activities the youth can do at home and have also provided weekly Scouting from Home programmes to help keep the youth engaged.

This is obviously a difficult challenge for any sporting organisation such as Scouting, but one the organisation is embracing well.

In 2022 we will see the introduction of Digital Scouting. A 100% online scouting group to accommodate young people who are not able to attend physical scouting for various reasons eg. They are immunocompromised, neuro diverse, restricted by the location etc.

The Digital Scouting Group is by no means a replacement to physical Scouting and with 8 groups in the Waitoru Zone, access to a local Scout Group is fairly easy for most families, but gives families more options to be part of the country's largest youth organisation.

Physical or hall-based Scouting is still a very important part of Scouts Aotearoa, as it gives youth the chance to try new and interesting things.

The list is very long on what youth can achieve at Scouts and the wide range of experiences they encounter during their Scouting journey cannot be matched by any other organisation. Whether it's camping in the rain, flying planes, sailing against each other, swimming, caving, photography and having lots of fun and making new friends.

Conservation is also a very big part of Scouts, and was wonderful

to see Kate Middleton and Prince William attend COP26 last month where they got their hands dirty helping Scouts plant seed bombs. Kate is joint president of Scouts UK and wore a scout scarf tied with the friendship knot.

I liked to wish everyone a wonderful and safe Christmas break and hope to see lots of youth taking up the Scout challenge in 2022 and learn skills that they will use for the rest of their lives.

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

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Safer Communities



Fire Safety

Christmas is a time of giving and joy, not a time of loss and not a time of tragedy.

Beware the multi-plug cluster this season. When the weather is hot and the power usage through devices is increased your cords and multi-plugs get hot and can create an electrical malfunction or a melt-down. Ensure you follow

the simple rule of one multi-plug per wall plug. This will reduce the likelihood of overloading.

Over Christmas, we have extra cars on the road, extra people on the beaches and many boats out on the water. It is a time to be extra vigilant and take some extra time to check your equipment and some extra time to get to your destination. Look out for others

and don't react to the few idiots that don't follow the rules.

Your better to take a breath than to take matters into your own hands. And on that note, it has been a very disconnected year for Brigade members and I wish all Fire and Emergency volunteers the very best Christmas and thank you for your patience and understanding this year. Roll on 2022 when we can get some normality back.

Until then, we wish you and yours the very best for the festive season.



Graham McIntyre

Chief Fire Officer
Waitakere Fire Brigade
Phone 09 810 9251

Feeling taxed by investment challenges?

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Professional property management advice is more important now than ever. At **Quinovic West Auckland**, we have an expert understanding of property legislation backed by a team of property management experts. As a nationwide property management company, our singular focus on a complete property management service is integral to our high quality of service and excellent investor returns.

If you're feeling concerned about new legislation, including the extension of the Bright-Line Test and changes to interest deductibility, ask Quinovic.

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Property

Property market report

The housing market is vulnerable to a correction however the very strong labour market, and high new-house pricing is expected to prevent housing from going into a downwards spiral. The latest national price movement show a consistent 2.3% month on month lift in national house prices, however annual house price inflation is now easing. On a three-month moving average basis, annual house price inflation slowed 0.2%pts to 30.3%. Multiple economists are stating that we're now past the peak of the current inflation cycle, but the pace of moderation from here remains very uncertain, with most signaling that 2022 will bring much weaker price gains (including a few months of price falls as higher interest rate increases)

The economists say in terms of significant headwinds for the market, these include tightening financial market conditions - including rising mortgage rates, tighter macro-prudential policies, Government policy changes, increasing housing unaffordability and the closing gap between housing supply and demand thanks to a booming construction sector. "That's a lengthy list of headwinds, and they may manifest faster than we assume." So what's keeping the market from "rolling over" already?

The economists cite three reasons.

Firstly: "House prices are determined at the margin (where a very small share of the overall housing stock turns over). Currently, there is a very limited supply of houses available for sale. As spring wears on listings are lifting, but on a seasonally adjusted basis they are still very low. That could change, but there's no sign of it yet."

Secondly: "fear of missing out is a common characterisation at the moment of the housing market's "animal spirits". Right now, FOMO appears to be exerting additional cyclical pressure on the market that cannot be explained by the fundamentals and policy settings alone. But with rising rates, and an eventual confirmation that the market is slowing, this sense of urgency could quickly go the other way."

Lastly: "Perhaps the biggest (and more sustainable) platform under the housing market is the strength of households' balance sheets." The economists say the very tight labour market and solid income growth means lifting interest rates are "broadly manageable". "With employment very strong, it doesn't look like a household income shock is about to force the sale of properties and drive a price correction any time soon. "However, with housing debt having lifted very strongly over the past year or so, it'll be a long time before such risks dissipate. "But they also note that construction has become a larger share of employment in recent years. The tight labour market is "certainly more exposed" to housing than it was before this pandemic crisis.

Let's look at the local sales:

Hobsonville	\$683,000 to \$2,150,000
Massey	\$802,000 to \$4,700,000

Swanson	\$1,004,000 to \$1,625,000
West Harbour	\$700,000 to \$2,100,000
Waitakere	\$1,150,000 to \$2,325,000
Westgate	\$805,000 to \$1,250,000
Whenuapai	\$828,000 to \$1,700,000

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The new lending regulations and what they mean

There is a lot happening to the rules around lending at the moment; perhaps most significantly, the Credit Contracts and Consumer Finance Act is changing. To oversimplify it, the changes are meant to ensure borrowers only get lending that is suitable for them - but it also means you may find the process for lending applications is now more complex.

- Applications will face much stricter assessments, your next small top up may be more thoroughly assessed than your last full loan application.
- Your income and expenses will be much more closely examined.
- Assessments are likely to take longer, and you will likely have to provide more information and answer more questions

So what should you do?

- Start thinking about your lending well before you want it, you'll need to show your lender three months or more of bank statements that show you can service the loan. It's common for people to adjust their spending once they have a home loan - if you can do this in advance, it will make your application much stronger.
- Allow plenty of time for applications, consider getting a pre-approval first and/or ask for a longer finance clause in a sales and purchase agreement.
- Talk to your Mortgage Broker well before you're looking to borrow; we can help plan for your borrowing well before the application stage to make the process as straightforward as possible.

If you'd like a free no-obligation chat about your lending, give us a call - once we're out of lockdown, the coffee is on me.

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Property

Need to negotiate with Santa to get onto the Nice List?

Do you need some help negotiating with Santa? If you find yourself not on Santa's Nice List this year then you have a variety of options. You can decide to do nothing (which may include throwing your toys out the cot, having a moan to your mate/spouse, or just drink the beer the kids leave out for Santa on Christmas Eve), but if that doesn't sit well with you then you could write to Santa and ask him what his problem is. Maybe there is some way you could work it out, or something you could do to right the wrong - maybe Santa doesn't have a clear record of the facts and you could clear up a few misunderstandings. If that letter gets lost in the post or Santa is too busy to respond, then perhaps you could file with the Disputes Tribunal. It's a handy resource as Santa will have to attend in person and isn't allowed to take his lawyer. Assuming your wish list this year is under the magic number of \$30,000 then the Disputes Tribunal will hear your complaint, however they won't make Santa send you presents if they agree you were right but it's a good start to resolving a dispute. Another idea is to ask Santa to meet you for a chat and see if you can work it out - or maybe your lawyer could talk to Santa's lawyer and negotiate a resolution.

If your beef isn't with Santa then ClearStone Legal can also help resolve matrimonial disputes, neighbourly disputes, employment disputes, shareholder disputes - or we can help put an agreement in place before the dispute arises.

If you need some help negotiating with Santa or someone else then contact ClearStone Legal (incorporating Kumeu-Huapai Law Centre). Telephone 09 973 5102 to make an appointment.

What happens when you don't have a Will?

When someone dies without a Will, that person is said to have died "intestate" and the distribution of their assets will be determined by the law.

If the person has \$15,000 or more held by any one financial institution, or own any real estate, their family will have to apply to the Court for "Letters of Administration".

To get the estate administered, it will take much longer and cost a lot more than applying for "Probate" (when there is a Will). Applying for "Letters of Administration" generally takes between four to six months and costs twice as much than applying for "Probate". Sometimes much longer which means long delays in accessing any funds from the estate.

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The process for managing someone's estate when there is no Will is more complicated than if the person had left one. Ease the burden on your loved ones and make a Will today.

To get started on your Will, call Kimberley Brown on 09 837 6847 or email Kimberley.brown@smithpartners.co.nz.

Don't let a Sunset Clause bring darkness

When buying a new build it could take months (or even years) before the title issues and the property is built. In such a case, the sale and purchase agreement should include what is known as a "Sunset Clause". A well drafted Sunset Clause would allow the purchaser to cancel the agreement and have their deposit refunded if the title has not issued or the property has not been completed by a certain date. This is to prevent you as purchaser being locked into a purchase that takes an unreasonable amount of time. It then allows you the freedom to purchase another property.

Some Sunset Clauses allow the vendor to also cancel the agreement. This can be risky for a purchaser who buys a property in a rising market. This is because it may become attractive to a vendor to intentionally delay so that they can cancel the agreement and sell the same property to another purchaser at a higher price. This is one of the reasons why it is important to obtain proper legal advice before signing an agreement to purchase a new build.

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

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Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HERALD ISLAND	870,000	8325M2	180M2	1,450,000		860,000	912M2	180M2	1,351,000
HOBSONVILLE	900,000	150M2	106M2	1,122,000		930,000	431M2	149M2	1,288,000
	780,000	160M2	123M2	1,223,000		860,000	713M2	181M2	1,300,000
	875,000	187M2	181M2	1,324,000		890,000	727M2	90M2	1,420,000
	1,080,000	219M2	186M2	1,300,000		1,425,000	8707M2	219M2	2,400,000
	930,000	170M2	200M2	1,400,000		770,000	693M2	210M2	1,296,000
	990,000	293M2	172M2	1,662,000		590,000	80M2	68M2	825,000
	665,000	101M2	72M2	866,000		720,000	451M2	154M2	1,101,000
	801,000	85M2	85M2	887,170		810,000	576M2	170M2	1,300,000
	920,000	137M2	166M2	1,214,000		600,000	158M2	170M2	1,015,000
	920,000	188M2	158M2	1,350,000		550,000	653M2	100M2	814,000
	980,000	200M2	210M2	1,444,000		750,000	450M2	136M2	1,175,000
	1,180,000	279M2	194M2	1,359,000		950,000	662M2	210M2	1,273,000
	1,250,000	300M2	256M2	1,700,000		1,570,000	3.24HA	332M2	2,500,000
	1,390,000	600M2	291M2	2,150,000		750,000	621M2	160M2	1,205,500
	1,275,000	349M2	268M2	1,800,000		700,000	989M2	110M2	1,280,000
	1,300,000	337M2	283M2	1,800,000		1,120,000	634M2	215M2	1,320,000
	790,000	152M2	144M2	1,115,000		600,000	610M2	90M2	950,000
	1,294,000	99M2	202M2	1,280,000		750,000	334M2	190M2	1,110,030
	1,225,000	300M2	233M2	1,700,000		710,000	606M2	150M2	1,203,500
	900,000	143M2	111M2	1,120,000		600,000	610M2	90M2	1,010,000
	800,000	150M2	112M2	1,120,000		640,000	693M2	100M2	1,050,000
	860,000	137M2	166M2	1,251,000		810,000	476M2	150M2	975,000
	680,000	75M2	107M2	950,000		740,000	889M2	100M2	1,318,000
	851,000	113M2	79M2	895,000		980,000	620M2	210M2	1,150,000
	1,195,000	77M2	177M2	1,199,000		810,000	678M2	250M2	1,280,000
	950,000	181M2	164M2	1,200,000		1,150,000	576M2	248M2	1,300,000
MASSEY	590,000	675M2	89M2	1,128,000	WEST HARBOUR	960,000	554M2	220M2	1,375,000
	620,000	1076M2	80M2	926,000		1,290,000	766M2	215M2	1,811,000
	740,000	500M2	105M2	1,030,000		860,000	680M2	180M2	1,282,000
	660,000	354M2	126M2	1,098,000		1,400,000	700M2	181M2	1,400,000
	620,000	623M2	100M2	1,255,000		890,000	876M2	80M2	1,195,000
	1,030,000	456M2	219M2	1,546,000		1,335,000	600M2	300M2	1,850,000
	530,000	1097M2	80M2	934,000		930,000	753M2	100M2	1,430,000
	650,000	1030M2	103M2	1,280,000		1,000,000	714M2	227M2	1,540,000

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

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



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HENDERSON**



AS NEW - DESIGNER TOWNHOUSE IN HOBSONVILLE POINT

3 1 2

By Negotiation

5 Eyton Kay Road, Hobsonville
By Negotiation

A spectacular 2018, modern, townhouse with simple white and grey tones providing the best of lock-up-and leave and easy care, with schools, restaurants and transport around the corner. With an eye for clean lines and simple colour palette, this 168sqm three bedroom attached townhouse offers the very best of modern living with the extras that come with a home that has been invested in, meticulously cared for and made for living. Over three levels the home offers garaging and laundry leading to outside courtyard downstairs, with open plan living/dining on the first level and bedrooms upstairs. Heat pumps and upgrades make this townhouse stand out from the crowd and certainly worth investigating.

www.mikepero.com/RX3070268



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IEWS, NORTH FACING, HOME WITH INCOME OPTIONS

5 10 3

By Negotiation

14 Peters Lane, Taupaki
By Negotiation

Big home, with a little home, double garaging on both buildings and four-bay shed with high stud. So much on offer here that will make you excited about the prospect of a very large five bedroom, two living area, three bathroom home. Also delivering an office and extra-large rumpus/ games room with extensive alfresco to patio and decking facing North to get the most sunshine and ambient light. An elegant horseshoe drive with oversized double garage ensures you'll never need to reverse your car again. Extensive easy care garden and shrubbery delivers the perfect backdrop for privacy, and peacefulness. A separate two bedroom home with open plan kitchen/dining and living with double garaging also North facing with generous decking is located to the West.

www.mikepero.com/RX3042415



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027 632 0421

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AS NEW - WITH DEVELOPMENT OPTIONS - MIXED URBAN

4 1 1

By Negotiation

29 Hewlett Road, Massey
By Negotiation

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

www.mikepero.com/RX3074419



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#1 Agent- thank you!

Graham was amazing. From our first open home all the way to handing the keys over.

Graham was professional, and charismatic. He went above and beyond to ensure we were both looked after and had all information needed in order to make our purchase. Knowledgeable about the industry and market, Graham provided insight into not only the home but also the neighborhood we were purchasing into. He is an absolute asset to the Mike Pero team. **Dipti & Neelash**

Graham McIntyre

027 632 0421 | 0800 900 700

graham.mcintyre@mikepero.com





COUNTRYSIDE VIEWS WITH INCOME OPPORTUNITIES

6 6 3

By Negotiation

911 Old North Road, Waimauku
By Negotiation

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

www.mikepero.com/RX2769416



Graham McIntyre
027 632 0421

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Graham put in consistent effort, and communication was regular and easy. With lots of enthusiasm, Graham is a smart and savvy agent.

Great journey and an outstanding result – a testament to Graham’s ability to deliver. Thank you!”

Deborah

Graham McIntyre
Franchise Owner
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WAIMAUKU - ELEVATED GOOD LIFE ON 6 ACRES

4 3 2

By Negotiation

1616 State Highway 16, Waimauku
By Negotiation

Nestled between Woodhill and Waimauku rests this idyllic 2.5 hectare (more or less) grazing block offering easy access to a dozen gentle sloping paddocks off a central drive. High on a small hill sitting proudly overlooking the land is a 300sqm two level home offering three-four bedrooms, two lounges, two bathrooms and open-plan entertainers kitchen/dining leading to formal lounge and wrap-around decking. Uncompromised alfresco, garaging and laundry. Additional office/study/ storage room and carport leading through to large half round barn shed. Generous hard stand areas and horse shoe turn-around.



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www.mikepero.com/RX3074121

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"I would like to thank Graham for his assistance in working with us when selling our home. We interviewed several agents and picked Graham because we appreciated his down to earth personality, positive attitude towards our property and his promise to keep us informed at every step and to explain his recommendations in terms of the best way to achieve a good result from the sale of our largest asset.

I was very impressed with Graham's approach and positivity and the result was that we sold the property within a few days of listing and achieved a very satisfactory price. Graham was very easy to deal with, he brought his own brand of humour and made the whole transaction easy and almost enjoyable. I would certainly recommend Graham as a friendly and professional agent and one of the best that we have used in a number of sales over the years."

David

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



Hot Property



As New – with Development Options Mixed Urban

Beautifully presented to a high (as new) standard offering exceptional buying with four bedrooms and large open plan entertainment living, linking to expansive private decking ensuring you have the best of indoor and outdoor living this summer.

Hard to find, this home represents a high standard of finishing and hardware found in a new build and with the development option

extended under the mixed urban classification which this property sits. Three bedrooms, bathroom and laundry with open plan entertainers kitchen, dining and lounge upstairs and bedroom with walk-in or nursery downstairs, all linking to decking and stepping down to lawn and single garage and workshop. Significant additions and entertainment upgrades on this home which ensures you'll never miss the cricket or the rugby on TV regardless of being inside or outside. Fully fenced with electric, sensor gate.

Sunshine rich and privacy a-plenty, make your next move the one that captures the best of home and future development in one easy purchase.

Hot Property



Close to convenience shopping, Massey Schools and transport links, while Henderson and North West Shopping Centre is only a short drive away.

For more information on this property or a discussion on your next property change, call Graham McIntyre on 027 632 0421 or 0800 900 700 or graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

Central's Tips

December 2021



Feed autumn fruiting plants, cover the berry crops with bird netting, plant sunflowers and pot up herbs as Christmas presents.

Do a weed clean up before Christmas, perfect time to mulch the garden, take care of potted plants if you're going on holiday.

Christmas herbs

Plant out pots of herbs to give away as gifts at Christmas. Most of the popular summer herbs such as basil, dill and chervil can co-exist in a medium size pot or bowl for the summer season



In the Edible Garden

- **Autumn fruiting plants such as feijoas, passionfruit and tamarillos** all need fertilising now, then add a layer of mulch around them
- **Place bird netting over strawberries, raspberries, and blueberries** before they ripen, or else the birds will demolish the crop!
- **Leeks can be planted now.** Separate them out, trim half the green part off and drop them into holes about 5cm deep. Don't fill in with soil because they need to thicken outwards - gradually the soil will surround them
- **Lettuces and herbs** that have 'bolted' and gone to seed may be doing a service in the vegetable patch - their flowers will attract bees and other beneficial insects, so if you're not averse to the wild look then leave a few in place
- **Last chance to throw some sunflower seeds in** - they are available in both tall and short types, great fun in the summer garden
- **Control pests organically by making your own deterrent sprays** - there are plenty of recipes available on-line - just remember to spray at the end of the day out of direct sunlight, as the bees are less likely to be on the plants

The rest of the Garden

- **With the garden recovering from a wet spring take advantage of still-moist soil and mulch.** Warmer, drier weather will encourage new growth and mulching will have the added advantage of suppressing any weeds competing for space
- **Install a birdbath or large bowl** as a decorative yet functional garden feature: keep it topped up with water to help thirsty birds get through the summer heat
- **Permanent Christmas tree:** The NZ pohutukawa makes an excellent alternative to the exotic varieties that are sold at roadside stalls this month. It will live in a pot for many years, with minimal care required
- **Going on holiday?** Move pots into a semi-shaded area to avoid them drying out. With large pots that cannot be moved, gently fork water storage crystals into the potting mix, then water deeply and top with mulch
- **Get the more rapacious weeds under control,** before they control your garden: dig out onion weed by the bulb, untangle and spray or pull out convolvulus, trim ivy off trunks of prized trees before they smother them, spray or weed patio areas, so they look neat for the summer days outdoors

Project for December

Create an outdoor space to host the Christmas dinner

Prepare the area with GAP metal first for stability, then lay pavers or decorative pebbles and set up the outdoor table and chairs.

For more information on how to make your project happen talk to the knowledgeable team at Central Landscape Supplies or visit www.centrallandscapes.co.nz





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Christmas at your place?

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Washaway - a year later

In just twelve months since its establishment, Washaway had fortunately survived lockdown, welcomed a new baby, employed a new team member and are looking forward to expanding their services.

Before lockdown in August, Washaway quickly built their clientele thanks to recommendations on Facebook by existing clients. Although business was picking up rapidly, it all came to a sudden halt due to lockdown. During lockdown, the team spent five weeks



spending quality time with family, home-schooling and regularly discussing the expansion of their business. They were able to do this once they could operate again under Alert Level 3. They purchased a new carpet cleaner which outshines the carpet machines one would hire from the supermarket. This carpet cleaner helps remove pollutants, clears dust mites, helps prevent mould and extends carpet life. Also, lawn mowing has been added to their list of services which includes exterior house wash, driveway/grounds wash, roof wash and treatments, gutter clean and window washing.

Their current focus for the next few months is launching the interior cleaning division which will open up more roles within the company. Affordability and quality continue to be their driving force and their success is a result of being conscious of what value they can contribute to their clients over how much money they can make. E: info@washaway.co.nz. M: 02108672893 W: www.washaway.co.nz.

Growing avocados

It is no secret avocados not only taste great but are packed with amazing nutritional and health benefits too. More and more customers are buying avocado trees from Awa Nursery to add to their orchards. We currently stock Hass, Reed, Fuerte and Bacon. Growing your own avocados is very rewarding.



Avocados need free draining soil, full sun and shelter from the wind. Young avocados are frost tender. Once you have selected your planting location, dig a hole that is slightly wider than the root ball and very slightly deeper. Incorporate a good quality free draining potting/garden mix which will help with drainage and improve soil condition.

Make sure your avocado is planted in a position that is protected from strong winds and it is recommended that young trees are staked. Ideally apply mulch or bark on the surface of the soil directly around the trees to increase the soil organic matter to improve soil structure, reduce evaporation and fluctuations in root temperature. Keep the mulch away from the stems to avoid collar rot. It is important to water your trees during dry periods, however let them have a chance to dry out between waterings, ie without natural rainfall, water every 3-4 days. Avocados do not like to be sodden.

Foliar feed is advised with a combination of Nitrosol every 4-6 weeks. Weeding is important to prevent competition with the Avocado tree roots. Hand weed an area 1 metre diameter around the trees. It is recommended to remove all flowers for the first 18 months as these will compete for limited tree reserves, it is not uncommon for trees to shed their leaves in late spring especially during flowering. It is



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best to prune more established trees (if needed) in later winter/early spring aiming to maximise the amount of light the tree gets and manage the size and shape.

Western Lock Services

The Team at Western Lock Services are a family owned and operated local business, servicing most of Auckland.

We are located in the Royal Heights Shopping Centre in Massey, offering a walk in service as well as an onsite mobile workshop providing multiple services.

We pride ourselves on personalised service and outstanding results on projects as small as a simple lock change right through to large-scale domestic or commercial jobs.

We service and repair locks, supply and install new locks and hardware, cut and replace lost keys, install window latches, restrictor stays and window and door hinges. We also offer sliding door servicing and roller replacements.

To enquire please send us an email to info@westernlock.co.nz or phone 09 832 7602.



Things are 'going bananas' in the lawns and gardens

Usually something is limiting the growth but right now conditions are near perfect for plant growth - temperatures are warm, the days are long and sunny, the sun's angle in the sky is higher making the energy more intense - and the soil is moist from regular rain.

These perfect conditions mean the lawn is growing like crazy, you can almost see it getting longer each day. What to do? The answer

is to mow frequently.

Kiwis typically like a low compact turf that is quite dense for general use like that game of backyard cricket. For these its best to mow frequently and keep lowering your mower height to get the growth habit of the grass lower, thicker and tighter. This doesn't mean scalp to dirt level once a month or mow below the height of the grass blade cutting into the brown stalky part - that damages the grass and leaves bare patches for weeds to colonise - but a quick weekly mow or even more frequently cutting off the top of the grass blade and allowing the grass to slowly adapt before the next mow.

For those who prefer lush lawns the answer is very similar - frequent mowing - cutting roughly the top third off the grass blade. In this case you will set your mower higher. The longer grass does tend to grow faster, so mows may need to be even more frequent.

Always check your mower blades are sharp and the mower deck is clean to get the best results. Remember to keep on top of any weeds sprouting too - either dig out (get the roots too) or use a selective spray). It takes ongoing effort but the results will be worth it. You'll end up with a lawn to be proud of, that is strong and hard wearing and enjoy many evenings of BBQs or games right through the holidays.

Gary Turton, gary.turton@jimsmowing.co.nz Franchisor- Jim's Mowing (NZ North).

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

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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.

Weed Heroes

Do you need a Weed Hero? Have you got a piece of your garden or farm that has gone long un-attended and now the idea of having to start work on it just hurts to think about? NZ Biosecurity can come to your rescue. Make the most of your summer break and tackle that large overgrown space with one of our Weed Heroes. We can send out two people in a ute with all the tools needed, and we can use spray or mechanical methods. You choose how much work we do, for a lump sum of \$180 per hour. We can have video chats beforehand to get an idea of what you need. Call us now on 0800 382 436.



Light up your lifestyle

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



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

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

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Home & Garden

the level of security around your home, there are plenty of outdoor lighting options to suit every house and every budget.

If you'd like to discuss outdoor lighting options for your property, get in touch with the team at Blackout Electric today. Phone 021 708 097 or email info@blackoutelectric.co.nz.

Add value to your property with a minor dwelling

If your current property is sitting on a piece of land then adding a minor dwelling can be a great way to increase your property value, generate extra income or provide extra space for your growing family.

What do you need to know?

A minor dwelling is a secondary house that can be built on your existing property. It must not be larger than 65 square metres. Garaging and outdoor living space are in addition to the maximum 65 square metre size of the minor dwelling itself. Minor dwellings are specifically provided for within the following Auckland Unitary plan zones:

- Residential - Single House Zone
- Residential - Large Lot Zone



- Residential - Rural and Coastal Settlement Zone

Whilst you don't need to undertake a subdivision for a minor dwelling, you may need building consent for your project. This may be necessary depending on such things as:

- floor size
- the height of the building
- how close it is to the section boundaries or other homes
- whether it will have cooking and toilet facilities

Signature Homes offers a free site appraisal where our expert team, who are Auckland Unitary Plan specialists, can give you a quick and easy assessment of what could be possible on your property.

Deciding on a minor dwelling design

Signature Homes has a variety of pre-designed one, two, and three-bedroom plans up to 65m² to suit all spaces and stages, that don't require a lengthy subdivision process. The hard work is done for you, our plans are designed with simplicity and cost-efficiency in mind.

Request your free site appraisal today. Call to for an appointment to discuss your options; obligation free 0800 020 600 www.signature.co.nz/page/westdesignbuild.

Waimauku Garden Club

Waimauku Garden Club's Facebook page has been well used in the past month as members share photos of their gardens.

Thinking of building?



Make it your own

Whether you have an idea of your dream home planned out or you're just starting your building journey, our team of experts will help you create a space that's perfectly in tune with your lifestyle. We're a full-service design & build company with in-house architects to bring your dream home to life. Contact **Signature Homes West & North-West Auckland today! 0800 020 600 | signature.co.nz**



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Home & Garden

Take time to have a look.

Be encouraged by this, as nature weaves her beauty around us.

Lavender Hill is allowing us to visit in two groups, one in the morning 10.00am and one in the afternoon 1.00pm. The limit is 25 per time slot. Take your own car. Bring your morning tea or lunch depending - cost \$10.00pp. Internet banking only.

A very nice way to start moving forward after no bus trips or catch ups.

Our trip on December 16 has been confirmed. Botanical Gardens for morning tea, Puriri Garden at Drury, Ardmore Cafe for lunch and Clevedon, McKinney Homestead to finish the day.

Contacts: Ann 021 035 7406, Diana 027 478 8928, Donna 021 233 0974, Judith 027 272 9994, Moira 027 498 9152.

New answer to clean and safe water

Safe H2O's water purification and water tank cleaning service is turning the traditional model of cleaning water tanks on its head.

As CEO Hamish Grey explains, "Traditionally when cleaning a water tank you empty the tank, muck it out and then refill the tank.

Safe H2O's innovative process cleans both the water and the tank. It vacuums the sediment from the tank and then filters the water through three levels of filtration ending in nano-filtration. This removes anything larger than 0.001 microns and renders the water safe of anything detrimental to your health. The purified water is returned to the tank ready for use.

The Safe H2O process of treating both the tank and the water in the



tank is unique in ensuring the retained water is both clean and safe to drink for the whole household.

As Grey says, "After vacuuming the water it looks clean to the naked eye. However, there are always solids in solution that can't be seen and need to be safely removed through the filtration process. At the end of this process customers are left with both a clean tank and water fit for immediate use - and all this without having to purchase replacement water."

The feedback from customers has been fantastic. As recent customer Peter Seers puts it, "Awesome service. Arrived on time, water is perfect... no smell or taste, just clean water. Tanks are spotless and way better than I expected."

Water is a precious commodity and increasingly so as we experience the impact of climate change. In six months of operation in and around Auckland, Safe H2O has saved over 9 million litres of water using their process as opposed to the traditional tank cleaning method. And they look forward to building on this in the months and years ahead.

Hamish says, "With the Safe H2O process retaining your water it makes cleaning your tanks and water when they are full, an excellent option. This presents a great opportunity to prepare for the drier months ahead over summer by getting your tanks and water ready now."

Tile and grout cleaning and re-colouring

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

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

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

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

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Woolly nightshade

Woolly nightshade is a spreading, capsicum-smelling shrub or small tree growing up to 10m tall, with all parts covered in dusty hairs, and whitish, branching, soft-woody stems. It was originally from South America. Velvety, oval, grey green leaves are whitish underneath with prominent 'ears' at the base which clasp the stem. It is usually quite easy to spot as it is paler than surrounding plants. Dense clusters of mauve to purple flowers with yellow anthers are visible year-round and are followed by clusters of round berries that ripen from hard green to soft, dull yellow.



It is a nasty weed and spreads quickly, forming dense stands which crowd out other plants. Even though the berries are poisonous to people, kererū and other birds can safely eat them, spreading seeds over large areas through their droppings. Each plant produces thousands of seeds, which also fall and grow around parent plants. The dust from the leaves and stems can irritate the skin, eyes,

nose, and throat. Woolly nightshade grows in a large range of areas locally, including gullies, roadsides, farms, and wasteland, all well as urban areas - anywhere that birds visit. For more detailed information about woolly nightshade and how to control its spread see weedbusters.org.nz or www.tiakitamakimakaurau.nz/

Photo credit - Carolyn Lewis.

Westhaven Tide Chart

Date	High	Low	High	Low	High
Wed 01 Dec	05:03	11:05	17:21	23:34	-
Thu 02 Dec	06:03	12:02	18:17	-	-
Fri 03 Dec	-	00:30	07:00	12:57	19:13
Sat 04 Dec	-	01:24	07:55	13:50	20:09
Sun 05 Dec	-	02:17	08:47	14:43	21:04
Mon 06 Dec	-	03:09	09:39	15:36	21:58
Tue 07 Dec	-	04:01	10:31	16:30	22:52
Wed 08 Dec	-	04:52	11:23	17:25	23:46
Thu 09 Dec	-	05:44	12:16	18:21	-
Fri 10 Dec	00:39	06:37	13:11	19:17	-
Sat 11 Dec	01:34	07:34	14:07	20:14	-
Sun 12 Dec	02:30	08:34	15:03	21:10	-
Mon 13 Dec	03:28	09:36	15:58	22:06	-
Tue 14 Dec	04:27	10:37	16:52	23:00	-
Wed 15 Dec	05:26	11:32	17:44	23:52	-
Thu 16 Dec	06:20	12:22	18:34	-	-
Fri 17 Dec	-	00:40	07:09	13:07	19:21
Sat 18 Dec	-	01:25	07:54	13:50	20:06
Sun 19 Dec	-	02:07	08:35	14:30	20:49
Mon 20 Dec	-	02:47	09:14	15:10	21:31
Tue 21 Dec	-	03:25	09:52	15:49	22:10
Wed 22 Dec	-	04:03	10:29	16:29	22:50
Thu 23 Dec	-	04:41	11:08	17:10	23:29
Fri 24 Dec	-	05:20	11:47	17:52	-
Sat 25 Dec	00:10	06:01	12:30	18:36	-
Sun 26 Dec	00:53	06:46	13:14	19:22	-
Mon 27 Dec	01:39	07:35	14:03	20:12	-
Tue 28 Dec	02:30	08:30	14:54	21:05	-
Wed 29 Dec	03:28	09:31	15:49	22:03	-
Thu 30 Dec	04:31	10:33	16:48	23:03	-
Fri 31 Dec	05:35	11:34	17:48	-	-

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Pets

Dog&Co

As an on-location photographer I have had the pleasure of going to some really stunning spots around Auckland for photo shoots with dogs and their families. From Muriwai to Riverhead Forest to the Auckland Domain and more. I get to explore and capture special photos in the most incredible places...most of which are right on our doorstep. It always feels like an adventure.



I recently had a shoot in Riverhead forest with a little pack of four dogs and their awesome mum. We met at our secret forest spot in the evening which meant that we had gorgeous golden light streaming through the trees, creating the most magical scene. There are remnants of huge fallen trees which lend themselves nicely as posing spots, not to mention the wispy long grass which makes it look a bit like a scene from a fairytale. The dogs were in heaven getting to explore such a magical place, and so was I. The photos turned out beautifully.

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

Keep in mind that I also sell gift vouchers through my website just in case there is anyone in your life who you think would love some professional photos of their pets.

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

Kanika Park Cat Retreat

Why Cats are the Best Pets

Cats are clean: Cats spend much of their time grooming. They won't go outside and roll in yucky things.

Cats are quiet: Neighbours won't complain about your cat meowing

Low-maintenance: Cats don't need to be taken outside multiple times a day for bathroom and exercise walks. Cats are less prone to separation anxiety

Super easy to potty train: Most kittens already know how to use the litter box



Protect your home from pests: The mere presence of a cat is usually enough to keep rodents away. If not, your cat's predator instincts will kick in.

Cost less than dogs: Cat supplies and vet care are generally cheaper than dogs. Cats are usually perfectly happy with "toys" that don't cost anything, cardboard boxes, milk bottle rings etc

Ideal apartment pets: You are more likely to be allowed a cat than a dog.

Excellent companions: Cats like to be where their favourite humans are. Cats can be just as affectionate and loving as dogs but aren't as high maintenance.

Kanika Park Cat Retreat - Phone 027 550 1406 or email info@kanikapark.nz.

Allow me to close the space between us - then I will feel safe

Animals share beautiful insights - in this case Mav, a previously abused horse, explained how he can feel safe with his new carer. Sensitive horses struggle in a human world of goals, time frames and power over. When I first saw his picture I was strongly drawn to him - he felt magnificent. Having connected with abused horses before, I knew I had to be patient - he would decide when to share, not me. One morning I was coming back from a forest walk with Marby, our Jack Russell cross dog, and he flicked up in my minds-eye two diagrams on the image.



Mav explained that when people approached him, without regard for his boundaries, he withdraws physically and emotionally to protect himself. He shared that hands reaching toward him didn't represent friendly contact because his memories were of hands that grabbed, poked, move quickly and hurt. His boundary is drawn as a thick clear line and when it is ignored he feels unseen and threatened.

He then explained how he feels when someone invites him to choreograph the connection - he can reach out with curiosity and explore the space between you and him. He described how to take on a posture and state of invitation - body turned slightly away (square on body energy and a fixed gaze can burn into a defensive

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Pets

horse like a laser beam - it's predatorial), head slightly bowed, heart soft, eyes soft, jaw soft, thoughts soft and your energetic edges blurred. With this setup he gets to set the speed and rhythm of connection and he can soften his boundaries to approach - he feels seen and safe.

Our ability to recognise and respect another being's boundaries has a huge impact on our ability to connect meaningfully. When the other being has been abused, honouring boundaries is far more than social nicety - it's survival. Mav and Ella are at early stages of their relationship, and he has chosen her as someone who can learn the subtleties of energetic conversation that is felt more than seen.

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

Dog Safety for Early Childhood Education Centres

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

We at the Dog Safe Workplace have been involved in educating our

communities about dog safety since 2014.

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

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

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

Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai. Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats. Donations appreciated at www.thenzcatfoundation.org.nz. Phone 09 412 2636 or 021 929 999 for further information.



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Food & Beverages

Happy holidays from the team at Jesters Westgate

This season we have the true catch of the day for you with our brand new Fisherman's Pie. New Zealand hoki cooked to perfection with wilted spinach in a lemon infused sauce topped with creamy mashed potato and encased in our golden puff pastry.

This Chef's Special is available in the Fisherman's Catch combo - a 420ml L&P and our World Famous Chips for only \$9.90. Remember to get in quick as the Fisherman's Pie is only here for a limited time.

We look forward to seeing you at our Westgate store soon.



Nari Sushi Massey

Nari Sushi Massey is an iconic Sushi restaurant at the heart of Massey, Auckland. We are at Unit G/3 Red Hills Road, and our phone number is 09 557 4588. See our menu on Facebook and follow us on Instagram.

All our sushi is freshly made to order and we pride ourselves in using the highest quality ingredients; vegetables, fish, seafood, meat and dairy are delivered to us by only well-established suppliers.

All our meals are freshly packed and available for dine-in or take away, we also cater for direct orders as well. We are prepared for your special meal requests such as food allergies and/or gluten-free and vegan options upon request.

Delight your palate with our extensive variety of Salmon, Teriyaki Chicken, Katsu, Vegetarian Sushi, Donburi, Udon, Bento Box and much more.

Our space is warm & inviting, with dependable staff and an environment offering you the comfort & re-laxation you deserve. We also have family dining areas along with a nice art gallery.



Nari Sushi Restaurant is open 6 days a week at 8am to 8pm from Tuesday to Saturday (Sunday 8am - 4pm). Feel free to swing by and join us for an excellent sushi experience.

What are you waiting for? Come to Nari Sushi "Where good food & good people meet"

Peko Peko

What a year it has been. Again, it was a roller coaster like 2020. It has definitely been a challenging and tough year for everyone with the lockdown and many restrictions. Thank you for your continuing support through this difficult time. We are really grateful to have huge support from the community. And we try to play our role in keeping the community safe. We hope it will be a good summer season and everyone can meet their loved ones if some haven't done so for a long time like us. We are open as much as we can for any level with restrictions. Please check our Facebook and Instagram page for the latest updates. You can find us @pekopekonz and www.pekopekojapanese.nz Location 102c Hobsonville Rd, 09 416 1197.



Spearmint Chocolate Chip Ice Blocks recipe

These are quick and easy to make and perfect to enjoy on a hot day this summer. They have a delicate spearmint flavour and a nice texture (not too icy). They can be chocolate-dipped for extra decadence and the avocado can be changed out for either banana or fresh coconut flesh.

You can use either Spearmint Tea (the dried herb) or fresh Spearmint. Either works well.

Ingredients: If using Spearmint Tea - Use 2 tablespoons of the tea and grind it into a powder or if using fresh Spearmint, Use 7g of




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Food & Beverages

fresh leaves finely cut up, 1/2 cup coconut cream, 100g avocado, 2 tablespoons maple syrup, 2 teaspoons lemon juice, 1/2 teaspoon vanilla, 7 pieces (or thereabouts) 72% chocolate cut into fine pieces

Method: 1) Add all of the ingredients except the chocolate, to a blender and blend until smooth. You may need to use a tamper to push the mixture down into the blades. 2) Once mixed, use a spatula to remove the mixture from the blender into a bowl. 3) Mix in the chocolate pieces, then carefully spoon the mixture into the ice block moulds. 4) Remember to add your ice block sticks at this point, then place them in the freezer to freeze until hard. 5) Once frozen, either eat them as they are or chocolate coat them for extra deliciousness.

Notes: To make a quick chocolate coating, use 4 tablespoons of melted coconut oil and to that add 2 tablespoon of cocoa and 2 tablespoons of maple syrup. Mix together and spoon over the frozen ice blocks.

Spearmint Tea along with other certified organic herbs can be purchased through our online store: www.NewZealandHerbalBrew.co.nz.

The Coffee Club Hobson Centre keeps looking ahead

For many businesses, this year has proven to be a very difficult year for their café as a result of the prolonged Delta lockdown in Auckland and associated operating restrictions. Nonetheless, Greg & Rebecca embraced this challenge by focusing their efforts on pickup and delivery orders. "With our dining room closed for the past few months, we built from our past lockdowns and gave more emphasis on takeaway orders by promoting grab-and-go style menu items such as breakfast wraps, burgers, ciabatta sandwiches, our homemade baked treats and of course, coffees. Moreover, our online presence on ordering and delivery platforms also enabled us run limited time only offers such as Free Delivery campaigns that helped increase volume of orders" said Greg.



Looking ahead, this year's KidsCan Christmas takeaway cups designed by schoolchildren have recently been released and are now available in store until mid-January. "We're always impressed with the winning takeaway cup designs from talented children from KidsCan schools and is great to see our customers enjoy these. We always enjoy this time of year and the Christmas takeaway cups helps everyone to get in the Christmas spirit" Greg says. Hobson



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Westbrook Winery

Hello friends and fans of Westbrook! We have missed you all but hopefully by the time you are reading this, we are open once again for dining and you have already jumped on to the website to book your next visit. The vines are looking



lush, the lilies on the pond have buds and pretty blooms, and the tree-lined grounds are looking picturesque. The Cellar Door is open for you to buy wine, gift vouchers, and also a range of wine-related gifts and goodies, the perfect stocking-fillers. If you have hard-working staff, suppliers, or valued clients to thank, we can make this easy for you with our wine gift packs. We have carefully curated a variety of gift options containing the most popular pairings and combinations of our Westbrook wines, including some multi-award-winners. If they are a gift, we can wrap them in tissue, pop them in a stylish box, and have them delivered or you can collect them from Westbrook at 215 Ararimu Valley Road, Waimauku. Download the flyer from here www.westbrook.co.nz/gift-packs or call the friendly Cellar Door team for more info. We look forward to welcoming you soon.

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THE COFFEE CLUB

Health & Beauty

Tis' the sea-sun!

Christmas. How did that happen? The team at Westgate Optometrists would just like to say a special thanks to our wonderfully loyal client-base for the continued support throughout what has been a very trying few months to say the least. We are eternally grateful and wish you all a very Merry Christmas and an enjoyable and well-deserved break. We would also like to offer you 10% off all sunglasses* for the month of December, simply mention this offer. We look forward to seeing you for all of your eye care needs in the New Year. In the meantime if you need anything you can find us at 4/46 Maki Street, opposite Kiwibank and NorthWest Mall and just around the corner from Goode Brothers Restaurant. *Offer cannot be used in conjunction with others.



Phone: 09 831 0202, www.westopt.nz

Strong bones

Two of my friends (aged in their late 50s) recently had significant falls when they tumbled over the handlebars of their bikes. They survived with bruises and scrapes but no broken bones. It made me think about the importance of bone health as we age.

Staying Strong - To maintain strong bones requires attention to diet and lifestyle factors. Eat well, engage in weight-bearing exercise, and get safe sun exposure. Luckily, they are things I love to do.

Bone-Friendly Nutrition: There are many reasons that a good diet will reduce the risk of osteoporosis and bone fractures. Eating well reduces stress on the body which improves hormone balance and

therefore bone strength. Plus, you get a good intake of key nutrients needed to make healthy bones and healthy hormones.

I recommend eating plenty of green leafy veges, with a good level of quality protein. Fish, nuts and seeds contain key nutrients that are needed to make healthy bones.

Key nutrients that you may want to consider supplementing with include vitamin K2, magnesium, vitamin D, strontium, silicon, nitric oxide and fish oils. There are some combination products that have most of these nutrients in them for your convenience.

Vitamin K2 has only recently become known as an essential vitamin for bone strength. It works by moving calcium out of the blood (where it can cause problems) and puts it inside cells (like bone cells) where it can do good things like strengthen your bones. What that means is that vitamin K2 is not only essential for strong bones, but also for a healthy heart and good energy levels.

Bone-Friendly Exercise: Weight-bearing exercise helps to put good stress on your bones which provides a signal to grow stronger. Walking and jogging are good options, whereas cycling and swimming are not as good for your bones (even though they are great for your heart). Remember, sitting is the new smoking.

Come in and chat to our health coaches at Massey Unichem Pharmacy about nutrient supplements that can help support bone health. Martin Harris, Massey Unichem Pharmacy 396 Don Buck Road, Massey. 09 833 7235.

The Doctors Massey Medical

The Doctors Massey Medical is here to provide you with all the medical services you would normally expect. In these difficult times we have had to make changes to the way we provide health care, to keep you and your family safe. Face to face contact with the doctors and nurses have been restricted to essential

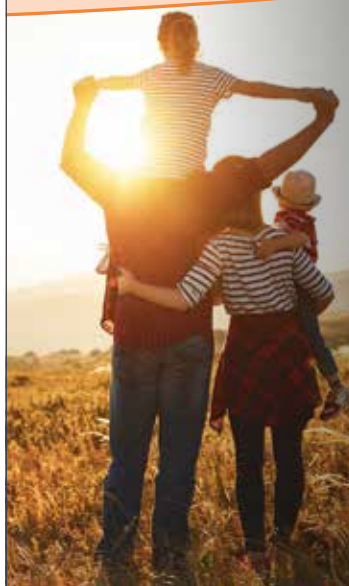


consultations only. Most consultations can be done by phone or video, you can also use our online portal (Health 365) to request repeat prescriptions. Blood forms are sent electronically directly to the laboratory & you can use the portal to check your results.

People who have cold or flu-like symptoms, a viral illness or who have NOT had both covid vaccines can still be seen but must remain in their car and the doctor will see you wearing protective clothing (PPE). We have set aside an examination room and allocated clinic time for these patients.

These conditions will remain in force until at least 90% of our

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Health & Beauty

population is vaccinated and the government can reduce the alert level. Please talk to your doctor if you have questions regarding the vaccine or have not yet received it.

The Doctors Massey Medical is open from 8am to 6pm Monday to Thursday and 8am to 5pm on Fridays. Over Christmas and New Year we will only be closed on the Statutory Holidays. We are receiving new patients. Phone 09 831 0170 or download an enrolment form from www.thedoctorsmasseymedical.co.nz and this can be emailed to doctors@masseymedicalcentre.co.nz.

Hobsonville Optometrists, Glasses and Gifts

Hobsonville Optometrists - Glasses and Gifts is open for Eye Exams and delightful gifts and goodies.

Luckily we have an excellent selection of unusual and exclusive frames and gifts to suit every budget - and more arriving every day.

Our choice of unusual and traditional Christmas trees and decorations are on display, ready to delight you and brighten your day.

We invite you to visit us and be tempted.

Merry Christmas from us all at Hobsonville Optometrists, Glasses and Gifts.

We will be open until Christmas Eve. Come and see us at 413A Hobsonville Road, Hobsonville or phone 09 416 3937. Be safe! Be happy!




Use your eyes to improve your stretching

Did you know that your eyes are intimately linked with your neck, and you can use this connection to improve your stretching?

Next time you are doing your neck stretches, try using your eyes to get a better stretch. It's simple, here's how to do it:

When moving your head look with your eyes in the direction you are stretching. For example, if you were turning your head to the right look right, look up when tilting up etc. You should be able to move further when using your eyes.

This seems simple, but it can make a big difference.



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If you want a visual of this, watch our latest video on the blog page of our website (www.elevatechiropractic.co.nz), it explains it all and even has a fun test for you to try.

Any other questions? Call us on 09 413 5312.

Hobsonville Hearing

Hobsonville Hearing is the first permanent audiology practice in the Hobsonville area and is locally owned and operated by Abby Johnson: "Being diagnosed with a hearing loss and needing hearing aids can be a daunting, costly and confusing process. The last thing you want is a pushy salesperson and a decision made for you, instead of with you." At Hobsonville Hearing, our goal is to keep the entire process - from fitting to finalising - completely transparent. We adopt a patient-centric focus that puts the wellbeing and needs of our patients first.



Hobsonville Hearing offers a full range of audiological services including ear wax removal, hearing tests for adults, hearing aid consultations and second opinions, hearing aid servicing and repairs, hearing tests and glue ear checks for children (aged 5+), CAA tests, workplace hearing tests, custom hearing protection and free hearing checks (adults 18+). We are a registered audiology provider with Southern Cross, the Ministry of Health (Enable), the Accident Compensation Corporation (ACC), Veterans Affairs and the Ministry of Social Development (MSD).

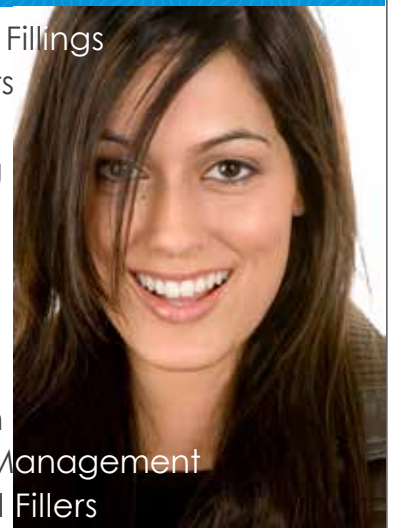
Hobsonville Hearing is an independent audiology practice, meaning we are not affiliated with any one hearing aid manufacturer. This means we work with all leading hearing aid brands and can help you to choose the best option for you. For more information on hearing



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Health & Beauty

aids and funding options, visit our website www.hobsonvillehearing.co.nz or contact us directly via telephone 09 980 9880 or via email info@hobsonvillehearing.co.nz - we are always happy to hear from you.

Abby completed her Master of Audiology degree at the University of Canterbury in 2016 and is a full audiologist member of the New Zealand Audiological Society. She worked for three-years as a clinical audiologist with a large hearing aid company in Christchurch, Queenstown and Auckland. For the last 18-months, she has worked for a global hearing aid manufacturer and learned the ins and outs of hearing aid technology and supporting small businesses. She is passionate about people (and ears!) and lives in Hobsonville with her partner, their beloved dog and two cats.

Our gut and immunity are besties

Did you know that 70% of our immune system lives in our gut lining? Did you know that our microbiome is the 'eyes and ears' of our immune system?

Here's an analogy - imagine a festival where there are 200,000 festival attendees (gut bugs) all having fun and one lone security guard (an immune cell). Now one of those festival attendees is a 'baddy' and is planning to do something harmful. There is no way that one lone security guard can scan and work out which of those 200,000 attendees is the 'baddy'. So the lone security guard



asks the attendees to keep an eye out and see if they see anything that seems a bit out of place they need to let the security guard know. That's how our gut works - our 'good gut bugs' keep an eye out and if they see anything out of place or a 'bug that shouldn't be there' or a 'bug acting badly' - they let our immune system know so they can call in the cavalry.

Imagine what happens when our gut microbiome is all over the place or our gut is inflamed - it affects our immune system and every other system in the body.

A really interesting study published last year called the Boston-Dublin study investigated the reasons why some people were experiencing severe symptoms of COVID and others weren't. They discovered that they actually all had an increase in a chemical associated with inflammation called interleukin-6. We also know that interleukin-6 drives 'leaky gut' and an imbalance in our gut bacteria (dysbiosis). Several other studies since have studied the link between a gut that isn't functioning well and COVID symptoms and have shown that you are at a higher risk of becoming very ill from COVID or even not recovering fully afterwards (Long COVID).

The key to this is the products our gut bacteria make called short chain fatty acids, which specifically reduce and resolve inflammation in the body, stimulate recovery and repair from inflammation and are a source of fuel for some of the immune cells.

Please know that you cannot overcome an unhealthy microbiome with Echinacea, zinc and vitamin C. To improve your immunity you must improve your diet and feed your microbiome so they can make the substances that will support our immune system. Plants are how you feed your microbiome.

On December 8th I will be running a 10 day challenge called 'Beat the Bloat, Fix the Farts' and will be specifically focusing on how to improve gut health and a healthy microbiome.

Please go to <https://sarahbrenchleynaturopathy.com/links/> to find out more and sign up.

Life must go on

For now, COVID is here to stay.

So your other health problems must not take a back seat to everything COVID going on.

Take your pills - your blood pressure or cholesterol does not miraculously go down just because we are busy getting you vaxed or swabbed.

If you need a blood test, X-Ray or hospital appointment, don't miss it. Just wear a mask and attend.

Avoid crowded areas and wear a mask even if its outdoors -



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Health & Beauty

someone may have just sneezed upwind from you.

Keep your health and immune system up (see previous issues of this excellent magazine for my health tips).

If you are sick, don't let anyone stop you from getting medical help - healthcare workers know the risks and are well protected with full PPE.

You may or may not catch COVID. But you certainly can get really sick from many illnesses other than COVID.

Life must go on and your health matters. Dr Frederick Goh @ www.rhdoctors.nz.

Good mental health over the holidays

This time can be stressful for many and being around family can trigger old hurt or anger. We can get upset over the smallest things. Remember what is within your control and what isn't.

Within control: Your responses, Your habits, patterns & behaviour, Where you focus attention, Meaning you choose to assign to situations, How you speak to (or about) others.

Out of control: How someone perceives you, Others' behaviour, What others focus on, Situations you encounter, How others speak to or about you.

Also when we get out of routine our mental health can decline so keep up your self-care routine. If you have a class that breaks up for the holidays then use that time for something similar. If that is an exercise class then exercise. If it is a meditation group then meditate anyway. If you eat healthily most of the time choose to keep eating healthy even if you are surrounded by temptation because then you are going to feel good. Take time out to do something just for you like going for a walk, catching up with friends, dancing, stretching, journal writing, reading a book or taking a day off social media.

Lorraine Maguire - Rapid Transformational Therapist www.lorainemaguire.com.



Ingrown toenails

Do you have a painful ingrown toenail? Painful to put shoes on? Keep recurring? Can't figure out how to relieve your pain? We may be able to help you.



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What is an ingrown toenail? An ingrown toenail is a common condition when the sides or corners of the toenail grow into the skin of the toe. This may cause pain, swelling, redness on the side of the toe and if left untreated, it can become a complicated and very painful condition. Any toe can be affected, but ingrown toenails most commonly occur on the big toes.

What causes an ingrown toenail?

Cutting toenails incorrectly or ripping the toenails

Toenail injury

Footwear that places pressure on the toes (e.g. too narrow)

Inherited nail shape (e.g. wide or involuted)

Repetitive load or pressure on the toes e.g. football, ballet

What are the symptoms?

The skin next to the nail becoming tender, swollen, and red

Pain when pressure is placed on the toe

Fluid building up around the toe

Pus or overgrowth of skin may present around the toe if the toe becomes infected

What are the treatment options? There are simple treatments you can do at home including cleaning the toe at home in an Epsom salt bath for 10 minutes. Also, wearing wider toe box shoes will relieve the pain. If you continue to have pain, give the team at the Hobsonville Podiatry a call on 09 390 4184. They can help determine why the pain won't settle & then provide appropriate treatment.

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How to talk to toddlers about big emotions

Toddlers are small people with big feelings. They are determined, relentlessly curious and have an enviable zest for life - what's not to admire? Yet, these big feelings can cause them to say hurtful things to their caregivers, steal their sibling's doll or push their friend in the sandpit. As a parent, it's easy to get upset when your child gets hurt by a peer or feel embarrassed when your child is the one doing the hurting.

In these moments of great frustration, it's important to know these scenes are normal. As hard as it is to watch, your toddler is actually not yet equipped to deal with strong emotions. This guide explains toddlers' big emotions and how to support them during overwhelming feelings that can often lead to destructive behaviour.

The 'why' behind hurtful behaviour

Our brains are fully formed at around 25 years old when the prefrontal cortex - the part of your brain involved in impulse control, complex behaviour and planning for the future - finally finishes developing.

Yet, even with these fully functioning brains, adults sometimes lose control. We over-react. We yell. We eat a whole block of chocolate. We lose our cool and do things our clear-headed and calm selves wouldn't have done.

If adults with mature brains and years of experience can lose control, isn't it understandable that children sometimes do the same?

Toddlers have been on earth only a few short years. Their brains are nowhere near finished growing, in fact they are just getting started! Every day, they make new connections that help them understand the world. And just as toddlers make mistakes with puzzles or tying their shoes, they make mistakes with behaviour.

They push. They yell. They snatch toys.

Emotional intelligence starts at home

Happy, sad, angry, worried - we are all born with emotions. But emotional intelligence, the ability to manage and express our emotions, is learnt.

From communication skills to patience to social interactions, a lot of education happens at early childcare centres. While childcare teachers play a big role in your toddler's development, research shows that emotional intelligence is best learned at home.

The child-caregiver connection

The bond between you and your child is the most important one in their life. Being able to connect with your child regardless of how they behave builds trust. It makes them feel safe, which is the foundation for learning self-regulation and healthy behavioural expression.

How to support your children through big emotions

Helping children transform from tantrum-throwing toddlers to emotionally-regulated adults is easier said than done. While every parent will have a different approach, style and technique, coaching children through their emotions boils down to three main elements: identifying feelings, role modeling and teaching the art of healthy emotional expression.

1. Recognise and identify feelings - A good place to start is to identify the emotion your child is feeling. Try to help them figure out what they are feeling because allowing children to sit with uncomfortable feelings will literally help build their brain.

Be empathic - don't try to change their feelings even if they seem unwarranted - a toy being taken away is a big deal in the world of a toddler.

Talking to toddlers about feelings isn't always easy, but here's a few places to start:

Label the feeling

Is your child feeling sad, scared, frustrated? Help your toddler learn the language that goes along with emotions so they can start to understand that this big feeling is normal, has a name and is fleeting.

Don't limit this activity to negative emotions - remember to point out when they are feeling happy, proud or excited too.

"Where does it hurt?"

Emotions have a physical presence within the body. Bring awareness to the physical experience your toddler is feeling by asking them to find it. Maybe it's her tummy; maybe he'll point to his toes; or maybe you'll simply receive a shrug. Either way, you are appreciating their strong feelings without judgement while giving them a sense of control.

2. Role Modeling - Imitating is a way in which toddlers learn. From day one, our babies are watching us. This is how they learn to smile, wave, eat, talk and - yes - deal with complex emotions. Role modelling allows us to show our children how to handle big feelings without violence, destructive behaviour or tantrums.

Reveal your own emotions

Demonstrate that talking about feelings is not solely an activity for children. Let your children see you cry; explain why you are feeling angry and let them know when you are happy. It's healthy for them to realise you have the same range of emotions, but a more controlled set of actions.

Practice mindfulness

Be it deep breathing, using a mindfulness app or going for a run, find your own ways to calm down when you get worked up. This shows your children that adults also experience difficult emotions but channel them in a healthy way. We will also be better positioned to deal with our children's behaviour if our own tank is full.

3. Teach empathy and healthy emotional expression - The final step in your child's emotional intelligence education is to help them link



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their thoughts, feelings and behaviours. You teach them that it's okay to be angry, but it's not okay to hit. It's okay to feel jealous, but not okay to steal their friend's toy.

Help them understand the feelings of others by labelling other people's emotions such as 'happy' or 'sad'. This will aid in their developing ability to take on other people's perspectives.

It won't happen all at once. But by slowly, consistently and patiently helping them see the connection between their emotions and behaviour, toddlers will surprise you as they learn to cope with feelings, develop empathy and manage behaviours.

4. Be patient - Even after spending plenty of time and energy supporting your child through strong emotions, they will still sometimes behave in ways you don't like. You may see glimpses of incredible maturity one day and a tantrum the next. That's okay - even with all of these strategies, brain development simply takes time.

Remember that you can't always rationalise with a toddler. Their behavior can often be irrational. They are operating from the emotional part of their brain, because the rational part of their brain is not anywhere near fully developed. Emotional regulation is a complicated and confusing process for children, so look out for small signs rather than big changes.

- Has your toddler ever offered you his dummy? Handed you her cuddly bear? These are early examples of empathy.
- "Me. Mine. My." Toddlers' self-obsession isn't selfish - they are starting to understand that they are their own individual beings.
- Did your child put down that toy like you asked? This is self-control, and every single time they practice this skill, it strengthens that part of their brain.

When it's tough to be patient, remember that investing in children's emotional development now will absolutely pay off in the future.

ReCreators

We have all heard about food parcels being distributed in these very difficult times. The ReCreators have used this same model to deliver DIY craft kits for kids all over Auckland who have limited or no access to the internet. As a business that usually delivers in person DIY craft classes, this business has pivoted masterfully during this lockdown.



The ReCreators have

transferred their classes to online sessions, making beautiful gifts for Christmas, but Ger Tew, founder of The ReCreators, realised that online learning didn't reach a large portion of the community that The ReCreators in-person classes could reach, those more vulnerable communities that have little access to the internet or computers. The ReCreators team put all their efforts and skills into changing their business model fast to incorporate craft kits that can be distributed to the community. They designed the kits at lightning speed: gathering materials, writing instructions and filming how to videos to go with each kit. Each kit can make a beautiful craft item that can be kept by the creator or can be given by the creator as a Christmas gift. This has meant that The ReCreators team have sometimes felt like elves working for an eco-minded Santa. Volunteers in the community have pitched in redistributing paper bags, containers and even helping make cardboard looms and cutting fabric for t-shirt yarn.

Using already existing distribution networks: Primary Schools and food banks, The ReCreators have distributed well over 800 craft kits to communities and whānau all across Auckland. Schools have been grateful to receive these kits as a way to connect with families who have little digital access for young kids. Agencies like food banks have also been able to reach our most vulnerable communities with these creative kits.

A community of funders have supported this project: The Trusts, Auckland Council (Henderson Massey & Whau Local Boards out West), Lotteries, Creative Communities Auckland and The Trusts Community Foundation (TTCF). Schools that have been recipients include Rānui, Swanson, Birdwood, West Harbour, Henderson, Glen Eden and Prospect. The ReCreators have also been distributed in Central and South Auckland.

These kits are all made from upcycled materials, reusing materials like new off-cuts rather than buying new materials to make up the components of the craft kits. This diverts waste from landfill and is a very environmental way of turning what could be waste into a new product. This has been a powerful project for The ReCreators team, enabling people to make from their hearts, learning new skills and saving the environment at the same time.

If you want to support this work either volunteering to donate good quality materials, your time or a donation, get in touch with Ger@therecreators.co.nz.

Vaccination of workers

Although it is unlikely that compulsory vaccination will be implemented in New Zealand for everyone any time soon, there is a case for certain workers in critical roles to be fully protected from being infected and transmitting the COVID-19 virus whilst at work.



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The Government has now mandated vaccination for health sector workers and teachers as a prerequisite for working in these roles.

Already, there is acceptance for the potential of a vaccination passport for overseas travel, major entertainment venues and perhaps hospitality settings, such as restaurants and bars. We will understand this better when the Government issues guidance, hopefully in the next few weeks.

Under the Human Rights Act - 1993 and the Privacy Act - 2020 a person does not have to divulge if they have had a vaccination or not, and a person conducting a business or undertaking (PCBU) of an organisation is required to respect that.

A PCBU also has an obligation to meet the requirements of the NZ Health and Safety At Work Act - 2015 in providing primary duty of care in ensuring, so far as is reasonably practicable, the health and safety of its workers.

Finding an appropriate balance is a tricky dilemma and a new area of employment law.

There has been a recent challenge by a former employee of the New Zealand Customs Service (Customs) to the termination of her employment as a result of implementation of the COVID-19 Public Health Response (Vaccinations) Order made under the COVID-19 Public Health Response Act 2020. Having regard to the Order, and after conducting its own health and safety risk assessment, Customs determined that the person holding the border protection role, undertaken by the former employee, had to be vaccinated against COVID-19. The former employee was unwilling to be vaccinated and her employment was terminated. The former employee unsuccessfully argued that her termination of employment was unjustified before the Employment Relations Authority. The former employee has now filed a challenge to this determination with the Employment Court.

Separately, the former employee also challenged the lawfulness of the Vaccinations Order in the High Court. Part of her argument was that the Vaccinations Order was not a justified limitation of rights under the Bill of Rights Act 1990, and in particular the right to refuse to undergo any medical treatment and the right to free from discrimination. In the Wellington High Court, Justice Peter Churchman held that the limitations to these rights were justified and dismissed the former employee's application for "judicial review" of the Vaccinations Order.

While this is a developing area of employment law, from a health and safety perspective, the case indicates that employers should be cognisant that a pathway must be worked out, through good faith consultation with workers in terms of identifying the kind of work/role that requires close contact with another person and a high likelihood of transmission of a virus such as COVID-19.

Following discussion, the next step is an assessment of health and safety risks, followed by the identification of controls necessary

to minimise the likelihood of infection and limit the possible consequences. With COVID-19, particularly the Delta variant this process may lead to vaccination as the best possible protection and effectiveness in minimising the consequences of infection.

For more information contact John Riddell, Securo consultant, email securo4@securo.co.nz and we can assist you with an inspection of your work environment, the preparation of a role risk assessment and a hazard control plan.

Alternatively, you can contact Securo Head office on us through our website <https://www.securo.co.nz/contactus>

Note: the information contained in this newsletter is for informational purposes only and should not be taken as legal advice.

John Riddell.

Clowning around keeps students active in West Auckland

A West Auckland primary school has taken a novel approach over lockdown to help keep its students healthy, active and connected.

A partnership with Circability, a community-focused circus programme connecting people of all ages and abilities, has seen New Lynn Primary offer an online juggling workshop which has brought together students, their families and teachers for a fun series of online sessions.



Principal Greg Roebuck acknowledges that keeping connected during Covid lockdown times can be tough for everyone and schools especially need to be innovative and find different ways to keep children engaged.

"We have been looking at ways to support our students and whānau. The focus for us is on connecting wellbeing and physical movement as a way that can positively impact during this stressful time," says Greg.

Working with Sport Waitākere's Healthy Active Learning team and Circability, the school created an online juggling workshop that was suitable for the whole family. Led by Tobias Miller from Circability, the session focused on paper manipulation as well as ball juggling, building up in skill level as the workshop progressed. All that was required was paper and homemade juggling balls.

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The success of the workshop saw a second session delivered the following week.

Sarah-Lee Oto, Healthy Active Learning Advisor at Sport Waitākere, has been working alongside New Lynn Primary over the past two years as part of Healthy Active Learning, a joint government initiative between Sport New Zealand and the Ministries of Health and Education to improve the wellbeing of tamariki through healthy eating and drinking and quality physical activity. After teaching for 16 years, she understands how devastating lockdowns are for schools and their learners.

"The impact is massive, both for our learners and our kaiako (teachers). We needed to look at new opportunities to support our teachers and to provide another platform that supports the connection with whānau, but without added expectation on teachers.

"Circability's programme has provided a wonderful solution that meets the broad needs of the school, learners, teachers and whānau, and we have now cemented a great partnership with further ideas we'll be looking at moving forward. It's rewarding to see organisations like Circability that are evolving their offerings to suit these challenging times. For us, it has provided a win-win for everyone," adds Sarah.

The rewards of the seemingly simple initiative have been significant across the school. For teacher Neelesh Desai, it delivered a welcome change to regular lockdown zoom time, bringing some unexpected benefits for teachers.

"It was great to see so many of our students getting involved with

their whānau and having the opportunity for teachers to take a break. I saw quite a few of our teachers on there giving it a go. I don't know who had more fun, the teachers or students. This gave us an opportunity as teachers to have fun with our students, focusing not only on their wellbeing but also ours."

The Circability Trust has been Auckland's Community Circus since 2012, providing programmes for a variety of groups as well as holding shows, forums, conventions and professional development. Community circus is a social art form that uses circus skills to promote personal and social development and connects people from all backgrounds.

Tame your monkey mind and the mental chatter

The monkey mind is nearly impossible to slow down to enjoy the present.

We have thousands of thoughts running through our minds - your "to do" list, your current feelings, your worries and fears for the future, what's for dinner tonight, etc.



Its All About The Journey ...

Graham's approach to selling our home transformed a possibly stressful process into an entertaining and fun one. He offers exceptional service as an agent and with Stacey sending through regular updates and reports, you really do get the complete package. I felt confident in his ability to read the market and found him to be honest, sincere and very approachable. I was always well informed about 'how we were traveling' and his next steps in following up after open homes. Graham's interactions with us as vendors, as well as those with perspective purchasers, were professional, unrushed, personable and at times jovial. Graham was a delight to work with and I would very happily recommend him to family and friends.

Wendy & Craig



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Taming your monkey mind will give you clarity of mind, focus on the present moment, improve sleep quality, and make you feel happier.

While Meditation is a tried-and-true method for quieting fear-based thoughts, there are other methods that are equally effective.

Here are some science-based ways to quiet the chatter and enjoy the upcoming summer months and holidays (with family and friends we hope).

1. Meditation - In meditation, you watch your thoughts non-judgmentally, acknowledge them, and then (theoretically) let them go. This helps to reduce the number of negative thoughts

Meditation has both psychologically and neurologically—in reducing mind chatter.

2. Cognitive behaviour therapy (CBT) - CBT teaches a person to recognise the negative thought processes they fall back on, and then consciously create a new thought—one that's more based in reality—to replace it. This re-wires the brain over time.

3. Talk to Your Monkey Mind / Will power - When your monkey mind is in full swing, calm it down by having a conversation with it. Stop for a moment and listen to what your monkey mind is saying. Why is it upsetting? Consciously chose to change the thought to a positive mindset.

4. Establish a Journaling Practice - By establishing a regular journaling practice, you'll be setting aside a window of time each day to unload the mind and address your monkey mind's concerns.

5. Recite a Mantra - Interrupt your monkey mind mid-sentence and distract it by reciting a mantra. When you recite a mantra you draw in your scattered attention and focus it on a word, phrase, or sound. This does not necessarily need to be a spiritual mantra - it can be a mantra like the word "Peace". This breaks the cycle of the monkey mind and chatter - like a circuit breaker. By repeating a positive phrase—either to yourself or out loud—you'll be listening to something positive, instead of listening to the negativity of your monkey mind.

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Article contributed by well-known Auckland Naturopath, Erin O'Hara, who has recently launched her online wellness clinic to help more New Zealanders with their concerns around health and wellbeing.

Erin has been involved in the Health and Wellbeing Industry for about 20 years through extensive study, scientific research, and an intrinsic passion for health. Her functional medicine approach addresses the underlying causes of disease through extensive testing and looking at the interactions among genetic, environmental, and lifestyle factors that can influence your health and cause disease. For further tips and information visit: <https://www.erinohara.co.nz/>

Submitted by Juno Scott-Kelly of JSK Communications - digital marketing (jsk-communications.com).

West Auckland Licensing Petition falls short

The Waitakere Licensing Trust will retain its right to the sale of liquor in off licence and tavern licence venues in parts of West Auckland following an unsuccessful community petition.

Hundreds of charities, schools and local groups will benefit from the retention of the existing licensing model with the Trusts redistributing millions of dollars in profits back into the West Auckland community each year.

Linda Cooper, President of the Waitakere Licensing Trust, says despite the shortfall in petition signatures the Trusts have taken on board feedback from this sector of the community.

"The Waitakere Licensing Trust Board has been notified that the petition failed to achieve the required number of valid signatures. We want to acknowledge the hard work undertaken by the petition organisers over recent years and the passion they have shown for their community.

"While we welcome today's news, we are listening to the feedback and we recognise the need to ensure we continue to earn local support.

"Changes to the current liquor licensing rules would almost certainly have led to a proliferation of liquor stores as we have seen in other parts of Auckland.

"We are continuing to focus on our mission of providing good



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alcohol access in a safe environment - while supporting our wonderful community groups who do so much good work in our community.

"Together with the Portage Licensing Trust, the Trust is taking steps to improve its offering," she says.

Allan Pollard, CEO of The Trusts, says a new partnership with Liquorland has been announced, to open four outlets in Blockhouse Bay, Te Atatu Peninsula, Titirangi and Hobsonville so communities get the combined benefit of community oversight and competitive national pricing.

He says both trusts are will also increase their hospitality portfolio and upgrading all bars and retail outlets over the next couple of years.

"We are also targeting more and bigger charitable donations back to the community, of five to seven million dollars per year combined, and improved communication and engagement with the community," says Pollard.

Both Trusts' retail liquor stores and hospitality venues are 100% community owned, employing more than 300 people across West Auckland, and returning profits to their communities.

Community approach for alcohol harm reduction

The search is on for West Auckland residents interested in working together to make a difference for alcohol harm reduction in the region.

The recruitment call comes from Healthy Families Waitākere as part of an initiative aimed at shifting understanding and investment around alcohol consumption from harm reduction, to prevention and wellbeing.



"We are looking for community participants to become part of a team of innovators. They'll take part in a series of workshops to learn about codesign and then apply those learnings to work as a group and design and test new ideas that will bring about positive change for our community and whānau," explains Megan Beard, Systems Innovator at Healthy Families Waitākere.

"You will bring your lived experience into the room, helping to bring out the potential and increase the purpose of this important work. We would particularly value input from community elders

and rangatahi who live in West Auckland."

Participants need to have flexibility to attend a number of whānau group-forming sessions before the workshops start, and then actively participate in at least six workshops. There will then be potential for ongoing participation in developing the ideas/projects initiated at the workshops.

"This group will be working together to build a picture of the future our region deserves, where our whānau and community are free of harm from alcohol. This is the first stage of what will be an extensive process, also bringing together a raft of stakeholders from industry, social service, regulators and community organisations across the West to positively influence this space and build a community model of care."

The project follows a series of initiatives from Healthy Families Waitākere around alcohol harm minimisation, including the gathering of insights about the state of alcohol harm in West Auckland.

Today, alcohol is more affordable, available, and advertised than ever before. It is the most widely used recreational drug in New Zealand and of all drugs available in society, causes the most harm.

"Most of the harm falls on the people around somebody drinking, and more often than not is invisible - in 2018 64% of call-outs of alcohol related incidents attended by St John's in West Auckland occurred at home. The impact of alcohol harm is far reaching, affecting the drinker, their whānau and others in the community," adds Megan.

Alcohol harm is immediate, through crime, assaults, accidents and injury, road traffic crashes and suicides. Long term alcohol harm contributes to addiction, mental health problems, diseases like cancer, stroke and cirrhosis, and fetal alcohol spectrum disorder.

"Sadly, research shows that one in five adults drinks in a way that could harm themselves or others. And the rise of Covid-19 and Auckland's extended lockdowns has exacerbated alcohol related harm," adds Megan.

If you are interested in applying to contribute as a community innovator on this project, please contact Megan Beard, Healthy Families Waitākere, megan.beard@sportwaitakere.nz.

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When you move into a Ryman village, you'll never feel disconnected from your friends and neighbours.

Every Ryman retirement village is a supportive community where residents can thrive – even in difficult times. While we observe strict safety protocols, we've found ways to make sure our residents can stay connected, including online events, as well as check-ins with our friendly team.

"If you need help, people are there for you."

Julie,
Ryman resident

Supporting people is what we do best – it's one of the reasons why we have been voted Reader's Digest Most Trusted Brand in the aged care and retirement category for seven years. If you live independently but want to become part of a closer community - the independent lifestyle at a Ryman village blends this beautifully. As for the future, Keith Park Village will also offer the extra helping hand of assisted-living apartments, as well as resthome, hospital and specialist dementia care.



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