

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

HOBSONVILLE
HEARING

Your Local Audiology Provider

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

Hobsonville Hearing

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Greetings

Sharing the planet with a very large number of other living creatures, humans are so deeply embedded in their own particular way of seeing the world that imposing our perspective on other creatures can seem to be a normal way of behaviour; if indeed we bother considering those creatures we share the planet with at all. Studies of other animals have helped develop and create new technologies. Lobster eyes have inspired space telescopes, the ears of a parasitic fly have influenced hearing aids, and military sonar has been honed by work on dolphin sonar. An elephant raising its trunk, a snake flicking out its tongue and a mosquito cutting through the air with its antennae are all smelling the air around them.

Most animals can see some ultraviolet light, although very few humans do. Flowers use ultraviolet patterns to attract pollinators. Most animals see shades of blue and yellow, in contrast to our colour vision (though some men are red-green colourblind). Insects, birds and fish use an awareness of the Earth's magnetic field in migration. Human activities have upended the sensory worlds of other species: we have filled the night with light (about 80% of people live under light-polluted skies), the silence many of us crave is filled with noise, soil and water with unfamiliar chemicals. You can read about the amazing range of senses in animals in "An immense world" by Ed Yong (available through Auckland Libraries).

Please enjoy the ranges of topics covered by this last issue of the year, ranging from the beacon of inspiration of female entrepreneurship in Hobsonville Hearing, to the many sources of seasonal entertainment available locally. There are plenty of achievements celebrated in the area, but don't forget that many are still doing it tough. Read about the activities of Visionwest and St Vincent de Paul. Living in a community can provide benefits such as social support, shared resources, and a sense of belonging. Responsibilities may include contributing to communal well-being, respecting others, and participating in activities that promote the community as a whole.

We are grateful to all our contributors from the community who provide the material for you to enjoy reading, 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. Our next issue will be in February. Seasons Greetings to our loyal readers.

John, Editor



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People & Places

A Journey of Passion and Purpose: The Genesis of Hobsonville Hearing

Hobsonville Hearing recently celebrated two years in business by relocating into a new, state-of-the-art clinical space located on level 1 inside the Hobson Centre at 124 Hobsonville Road. "It hasn't been without its challenges," says owner and audiologist Abby Johnson. The clinic was supposed to open on the 1st of September 2021, at that stage Auckland was two weeks into its longest lockdown and Abby had already finished up at her previous job. "In hindsight," Abby says, "that extra time was a blessing in disguise. I worked full-time, 40 hours per week on marketing and building the website. I had no experience whatsoever and learned everything on YouTube and Google. We wouldn't have been as busy if I hadn't had that time to work behind the scenes." And busy it was, just 6 weeks after opening and with no receptionist, Abby was receiving 30 missed calls a day. "I told my partner Scott 'I think I need to hire a receptionist!' He was sceptical, so I asked him to come and cover reception the next day and after an hour of non-stop calls, he agreed I did indeed need to hire a receptionist." In January of 2022, after receiving multiple applications for the receptionist position, Phoebe Franklin was the top candidate for the role. At just 21, Phoebe's Gen-Z computer skills and flare for digital design meant that her role as receptionist quickly became an amalgam of reception duties and creating marketing content for print and social media. "Phoebe is one in a million" Abby says of the Whenuapai local.

Empathy at the Core: Redefining Patient-Centred Care

The decision to establish an independent practice grew from a desire to create a space where personalised care and attention could flourish. After working within a large audiology chain and seeing the commercialisation of audiology in New Zealand, Abby envisioned a practice where individuals with hearing concerns could receive the attention and expertise they deserve, unburdened by the constraints of a large corporate structure and sales targets.

The personalised approach extends beyond audiology. Hobsonville Hearing is not merely a place where hearing aids are dispensed; it is a haven where individuals find support and understanding in their journey to improved auditory wellness. This empathetic touch has fostered a chain reaction of loyal clientele, many of whom view Hobsonville Hearing as more than a healthcare provider but as a

cornerstone in their overall well-being.

"Our customers have made Hobsonville Hearing what it is today," Abby says. They recently hosted an opening party at the new clinic with over 50 of their loyal customers.

Breaking Barriers: Female Entrepreneurship in Audiology

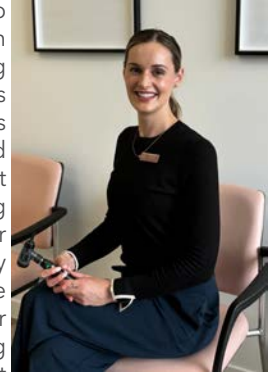
In an industry where women make up the majority of audiologists, yet are often underrepresented at the managing director level, Hobsonville Hearing stands as a beacon of inspiration. Abby has not only succeeded in establishing and running a thriving audiology practice but has actively contributed to challenging stereotypes and paving the way for aspiring females working in healthcare. By demonstrating leadership in her field, she sends a powerful message that gender should never be a barrier to pursuing one's passion and making a significant impact on the community. "I have had so many former colleagues contact me for advice on how to go about starting their own practice or how they can improve processes in their own already established practice."

Running an independent audiology business comes with its share of challenges, from navigating regulatory landscapes to competing with larger corporate entities. Now, more than ever, people want to invest in high-quality healthcare. With the advent of COVID-19, the trend for supporting local has also grown. People no longer want to be a number and are happy to pay or travel for excellent service.

The triumphs of Hobsonville Hearing are not just personal victories for Abby but triumphs for the entire community. The success of this audiology practice reinforces the idea that local businesses, particularly those led by women, can thrive and make a lasting impact.

Looking Ahead: A Future of Auditory Wellness and Empowerment

As Hobsonville Hearing continues to grow and evolve, the future holds exciting possibilities for the practice and the community it serves. Abby is currently recruiting for a second audiologist to join her in the practice and continues to look for new ways to differentiate the clinic from its competitors. Hobsonville Hearing offers hearing testing and ear cleaning for both children and adults and is an independent clinic offering hearing devices from all leading manufacturers. The most recent and exciting addition to their product portfolio is Phonak Lyric - a completely invisible hearing device that remains in the ears for up to three months. The opportunity to fit Lyric is exclusive and limited to very few clinics across the country. The commitment to excellence, personalized care, and community engagement will undoubtedly remain at the core of Hobsonville Hearing's ethos.




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Community News

Christmas on the Point

Christmas on the Point is returning to Hobsonville Point on Sunday 3 Dec from midday until 2.30pm at the Rifle Range Amphitheatre. The event is being organised by Church Northwest and is being supported by Hobsonville Community Trust + many groups from the local community. There will be Christmas carols, local performances, a visit from Santa + Santa photo booth, food trucks, sausage sizzle, lawn games, and bouncy castle. The event is free, just bring money for food purchases or your own picnic and something to sit on. Please take your rubbish home with you and walk to the event if you can as parking is limited.



Discoverers

Many of the images that are part of our celebration of Christmas come from the northern hemisphere. Images of winter snow, sleighs, fir Christmas trees, candles, holy and ivy wreaths.

However, when we in the Southern hemisphere celebrate Christmas, it isn't winter but the height of summer. Our images of Christmas are different. They are of beaches, and seaside baches, barbecues, sunscreen lotion and of course our own New Zealand Christmas tree flowering with all its radiant red blossom - the pohutukawa tree.



Shirley Murray, one of New Zealand's most notable hymn writers, wrote a Christmas carol that earths Christmas in Aotearoa New Zealand.

Carol our Christmas,
an upside-down Christmas;
Snow is not falling and
trees are not bare.
Carol the summer, and
welcome the Christ child,
warm in our sunshine and
sweetness of air.



Free Property Advice
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On the 17th December, Discoverers informal church will be celebrating an 'upside down' New Zealand Christmas in the Baffin lounge, Headquarters building, 214 Buckley Avenue, Hobsonville Point. The celebration starts at 3-30pm with light refreshments and concludes at 4-30pm.

Contact Barry Jones for further details - Phone: 022 068 3873 Email beejaynz05@gmail.com.

Waitakere Greypower Association

It has been a busy year for Waitakere Greypower and we await the final composition of the government so that we can resume lobbying for our members in February 2024. Thanks to the continued support from the Westerly team. On behalf of Waitakere Greypower Association we wish to welcome our new members who have mostly joined online in the past four months. On behalf of Waitakere Greypower Association, I wish all our members and friends and the team at Westerly magazine a Merry Christmas and a Happy and Healthy New Year 2024. Written by Mate Marinovich, President Waitakere Greypower Association Office 247 Edmonton Rd, Te Atatu South 0652 Auckland.

Responsibilities of Justices of the Peace

Whilst JP's are not legal advisers, there are some legal processes that a JP can assist with and save people having to visit a lawyer. A JP can witness signatures on documents and certify copies of documents as true copies of originals or images/texts viewable on a computer or smartphone screen. They also take declarations for documents requiring a Statutory Declaration and oaths or affirmations on court-related documents requiring an affidavit. They can also officiate at Citizenship ceremonies.

Some of the documents commonly presented requiring Statutory Declarations relate to immigration matters such as sponsorship, bank documents, change of name, Kiwisaver withdrawals, insurance claims, rates rebate applications, etc. Certification of photos as being a true likeness are common as is certifying that people receiving overseas pensions are still alive.

There are some things people needing a JP need to note. If they want a printed copy of an original to be certified, they must bring that original with them, or be able to show it on their smartphone screen. For Affidavits or Statutory Declarations. The person making



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Community News

the declaration must be present. You cannot do this for someone else. Bring your driver's licence or passport with you so the JP can confirm you are the person making the declaration. Do not sign the form before you come, as you must do this in front of the JP.

There is a Justice of the Peace service at NorthWest Shopping Centre, 1/7 Fred Taylor Drive, Massey on Thursdays 6pm - 8 pm and Saturday 10 am - 12 noon (except public holidays) outside Countdown / Woolworths in the Mall. Contact 0508 667 849. There is a JP desk at Massey Citizens Advice Bureau (Te Manawa, 11 Kohuhu Lane, Westgate 09 833 5775) Monday to Friday 1pm - 3pm. There is no charge nor appointment needed for this service. There are also 25 JPs in the Massey, West Harbour and Hobsonville area. Google "JP Locator Auckland" and enter your suburb for contact details to make an appointment.

Native bees

If you look carefully at the white flowers of the kānuka / tea-tree plants in this area you may see small native bees flying rapidly about. They move so quickly it is difficult to focus on them, but Hobsonville Point photographer Barbara Christmas has managed to capture images of them feeding on the nectar and pollen from the flowers. New Zealand has 28 native and 13 introduced species of bee. Although we often think of bees living in hives, the native bees are solitary, living in nests in the ground under bare, undisturbed soils. You may see holes in earth banks in the area which are the entrance to the tunnels the females dig. To learn more about bees, you might enjoy reading *A Sting in the Tale* by Dave Goulson (available through Auckland Libraries).



Observation Green

Scott Point residents turned out in full force recently for the official opening of a neighbourhood park situated at Observation Green. Where there had once been a green field, there is now a new park complete with a playground, a learn-to-ride path, a fitness trail and a communal picnic area.



Designed in partnership with the community, the new park will be a welcome addition to



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Hobsonville which is one of the fastest growing areas in Auckland, says Upper Harbour Local Board Chair Anna Atkinson. "We know the community has been looking forward to the opening for a long time and their patience has been rewarded. This is a place for families to enjoy leisure time in their neighbourhood and that is so important for any community's well-being. Everyone, irrespective of their age, can enjoy this lovely outdoor space. Neighbours can get together, and there is enough room for children to play and kick a ball around."

The event was officially blessed by Te Kawerau ā Maki, speeches followed, and the ribbon was cut by local board members. The playground consists of a rocker, trampoline, slide, swings, basket swing, tunnels, a climbing module and will complement a much larger playground still to be built at nearby Te Kori Scott Point. There is more to come from the project including painting the concrete scooter/ bike path and installing wobbly goals in the flat grass area. Upper Harbour Local Board.

Discoverers

The Discoverers informal church in Hobsonville Point is hosting a Children's Christmas Decorations Workshop. This will be at Sunderland Lounge, 25 Hudson Bay Road, Hobsonville Point (dedicated parking on Cinema Road) on Sunday 10 December from 3pm - 5pm, for children aged 5 - 12 years. It is a free event, and registrations are not required. For further details contact Barry Jones 022 068 3873.



RSA Hobsonville

114 Hobsonville Road, Hobsonville, Auckland
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We welcome all Members and guests of reciprocal rights clubs.
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- Camper Vans welcome to stay (bookings essential)
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- Contact Manager for further information & costs**

THE SMALL RSA WITH THE BIG HEART

In Brief Updates

Reduced wait times for colonoscopy and gastroscopy with Waitematā Endoscopy

With bowel cancer the second highest cause of cancer deaths in New Zealand (more than breast and prostate cancer combined), early treatment is essential, with endoscopy an integral part of early cancer detection and diagnosis. Now, West Auckland residents requiring private endoscopy services will have access to significantly reduced wait times.



With the opening of its second state of the art endoscopy room, Waitematā Endoscopy is now able to offer patients a confirmed appointment within 7 days of a GP or specialist referral for most standard colonoscopies and gastroscopies, by matching patients with the availabilities of their experienced specialists*. Patients can now have increased access to world-class endoscopy care closer to home in West Auckland for greater peace of mind.

The clinics provide people with upper gastrointestinal issues, reflux, coeliac disease, colon/bowel cancer and irritable bowel disease, access to a highly experienced team of 16 gastroenterologists and

surgeons, supported by a kind and compassionate nursing team.

What is Endoscopy?

Endoscopy is a way of looking inside the gut using a thin tube with a camera and light that is minimally invasive for the patient. Commonly referred to as a "Top and Tail", the "top" is a Gastroscopy, when the tube or scope is inserted through the mouth. The "tail" is a Colonoscopy, where the scope is to get a good look at the colon or large bowel.

How do I get an appointment?

If you have health insurance, a referral from a GP or Specialist is usually required. Waitematā Endoscopy is an affiliated provider with Southern Cross Health Society, and can also apply for prior approval with NIB on your behalf. We also provide quotes for other insurers, or if you would like to self-fund or would like to access endoscopy in advance of any public or insurer criteria you can self-refer and we can provide an estimate.

Waitematā Endoscopy aims to deliver an international standard of excellence in endoscopy services for New Zealanders. With modern, purpose-built endoscopy facilities, including the latest technology and patient recovery areas, Dr Ali Jafer, Clinical Director, says "local residents can have increased peace of mind, knowing that they can receive timely and exceptional quality endoscopy when they need it, to improve quality of life and wellbeing".

To meet our Doctors and read their profiles, see www.waitemataendoscopy.co.nz/our-consultants

*For more details and full terms and conditions, see our website www.waitemataendoscopy.co.nz/appointments/

WE

have reduced wait times for Colonoscopy & Gastroscopy

Worried about wait times?

With increased capacity, Waitemata Endoscopy is now able to offer reduced wait times for most standard Colonoscopy and Gastroscopy appointments by matching patients with the availability of our experienced Specialists **within 7 working days of a doctor's referral to the Waitemata Endoscopy Group***.

If you need an appointment, please talk to your GP or Specialist about a referral to the Waitemata Endoscopy Group, or you can self-refer.

See our website or call us on (09) 925 4449

www.waitemataendoscopy.co.nz

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*Terms and Conditions apply. See our website for further details.



WAITEMATA
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Dr Ratna Pandey
Gastroenterologist and Endoscopist

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In Brief Updates

Ryman Healthcare's Keith Park Retirement Village

Residents at Ryman Healthcare's Keith Park Retirement Village in Hobsonville got up early to bake up a storm for the entire 250-strong crew of workers from the construction site recently. The mammoth morning tea was laid on to personally congratulate Project Manager Simon Richards and his team at Hobsonville for winning Ryman's Construction Site of the Year Award at the 2023 Ryman awards.



Six trestle tables laden with scones, sausage rolls, chocolate cake, lamingtons, and muffins were set out in the shadow of the new village centre, which is set for completion next year. Village Manager Kim Dawson said she was thrilled with the response from residents when the idea was floated. "It was just amazing, but this is what our residents are like, they rally together and make the effort," she said.

Simon said it was his privilege to accept the award on behalf of the team. "Those guys have worked through thick and thin, we've managed to overcome so much over the past year. Our team is made up of about 200 years of experience, and they've come from all over the world, with wider support from other Ryman teams, including admin, design, procurement, accounts, recruitment, finance, safety, QA, commercial sales, ops and development."

Recreators

In the aftermath of Cyclone Gabriel, our operations manager, Tasha Gray found herself at the epicentre of both personal and communal devastation. As someone dedicated to sustainable living and creative upcycling, Tasha had long been a passionate climate activist. Little did she anticipate that she would become a firsthand victim of the environmental crisis she had dedicated her life to combat.

The cyclone's wrath had not spared Tasha's section, which now marked with the ominous red sticker—and a landslip in her garden. The very elements she had fought against had turned against her, testing not just the structural integrity of her house but the resilience of her spirit.



Rather than succumbing to despair, Tasha channeled her anguish into action. Fueling her determination was not just a personal desire to rebuild but a commitment to ensuring that her community, too, could rise from the ruins. Tasha has emerged as a leader whose conviction had been strengthened by personal loss, joined forces with the community to launch a campaign advocating for solutions for the affected homes.

Tasha marks out her time strategically and focused on each of her motivations, promoting DIT resilience through The ReCreators (www.facebook.com/therecreatorsnz) our community activist for West Auckland residents. The campaign became a multifaceted endeavour, not just focused on rebuilding homes but addressing the broader systemic issues contributing to the vulnerability of communities in the face of climate disasters.

We hear a lot about post-traumatic stress disorder (PTSD) but Tasha emerged as a post traumatic growth leader. "Post-traumatic growth" refers to the positive psychological changes that some individuals experience after overcoming trauma. It involves personal development, increased resilience, and a deeper appreciation for life following the challenges of a traumatic event.

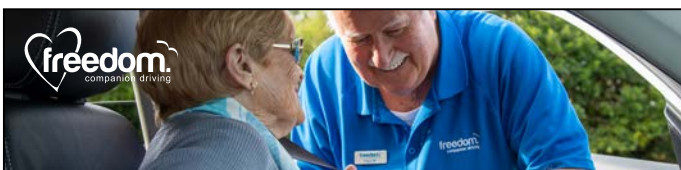
Her advocacy work reached beyond the immediate needs of her community, delving into the root causes of climate vulnerability. The very forces that had taken so much from her became the impetus for a stronger, more focused fight for a sustainable and resilient future.

Garden to Table

Garden to Table Charitable Trust is looking to expand its popular growing and cooking programme into early childhood education centres (ECEs), with the first new garden beds installed at Colwill Kindergarten in Massey, Auckland last month. Its new initiative into ECEs will see tamariki between the ages of two and five and their whānau learn to grow, harvest and cook fruit and vegetables in a tailored programme that links to the ECE curriculum.



Ani Brunet, Garden to Table Charitable Trust Chief Executive says "By getting young children gardening and cooking, we are investing in their future. This will help achieve longer term health, social, economic and environmental benefits for tamariki, whānau and hāpori (community). Imagine if children learn to grow and cook from ECE and primary right through to secondary school. This is our dream, so that growing, cooking and sharing delicious affordable and nutritious kai becomes a normal part of everyday life for tamariki and whānau in Aotearoa New Zealand. You're never too young to



Paul Miller

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In Brief Updates

experience the pride and joy of growing and preparing your own fruit and veggies. We're delighted to be nurturing and empowering some of New Zealand's youngest gardeners and chefs."

Garden to Table is a charitable trust, established in 2008, that empowers tamariki across Aotearoa New Zealand to grow, harvest, prepare and share fresh and seasonal kai. Its goal is to transform the way that children think about food and empowering them to be change-makers, thereby disrupting the loss of essential life-skills of growing and cooking kai to help combat today's pressing health, educational, social and environmental challenges. Garden to Table achieves this by supporting schools and kura throughout the motu to deliver, embed and sustain impactful food education. www.gardentotable.org.nz.

New premises for Visionwest's Wellbeing Centre

Anthea Lobo, Visionwest's Counselling Practice Manager, on the steps of the Wellbeing Centre's new offices.

Last year, Visionwest's Wellbeing Centre delivered 5,658 counselling sessions to West Aucklanders and 864 sessions to children in six local schools. On 19 October, the Centre relocated to new offices at the rear of Visionwest's Glendale Road site in Glen Eden. In a case of back to the future, these offices had been the counselling service's home previously, between 2004 and 2010.

Visionwest Wellbeing Centre began as Focus Counselling in 1992 and was initially housed in premises that have since been demolished



to make way for Glen Eden's Westlight Apartment block. The Centre then moved to 93 Glendale Road and into a building that had been one of the first houses in West Auckland to offer emergency housing to families.

At the opening of the new counselling building, several Wellbeing Centre staff members spoke about their appreciation for what the comfortable space would mean for their counselling clients and their ability to deliver effective counselling care.

If you or someone you know needs counselling support, phone 09 818 0760 or email counselling@visionwest.org.nz.

Woolworths Direct to Boot

Woolworths New Zealand has announced a new grocery Pick Up service that promises to save Kiwis time by having their groceries loaded directly into their boot, introducing it to 23 stores.

Direct to Boot is a free service that will roll out across the country to selected stores in coming months and offers the ultimate convenient pick-up option for online customers. There's no need to get out of the car - customers simply need to pull up, let the team know they've arrived and a team member will load their groceries into the boot. Direct to Boot has a minimum order requirement of \$50. It really couldn't be easier.

The retailer's ambition is to offer the best possible online shopping experience in the country, especially as it transforms from Countdown to Woolworths Supermarkets NZ, and Direct to Boot is another key milestone on that journey to offer great value to customers.



Summer at Te Manawa

Come into Te Manawa from 11 December to collect your free BINGO reading challenge sheet. Earn some cool badges and go into the prize draws as you proceed through the challenges.

School holiday events at Te Manawa include a family Christmas storytime; Christmas craft; a cartoon workshop with the famous cartoonist, Stu Duval; movies; Popcorn the magician; a scavenger hunt and an event at Moire Park (with facepainting, games and a sweet treat).

Support your child's reading with this fun, engaging programme and you will be developing a lifelong love of reading.

And don't forget to come along to our Christmas Markets or Tinker

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In Brief Updates

with the Elves in December for some fabulous fun and gift making. Our famous Crochet Christmas Tree will be out and proud in the foyer along with beautifully decorated trees from local schools and organisations. Bring along something to donate to support a Caring Community Christmas this summer at Te Manawa.

For more details on our amazing programmes come on in and pick up a What's On booklet or check out our LinkTree today! linktr.ee/temanawa. Te Manawa 11 Kohuhu Lane, Massey. Visit [TeManawaAC](https://www.TeManawaAC.org.nz) on Facebook or [te.manawa.auckland](https://www.instagram.com/temanawa) on Instagram

Meri Kirihimete!

Christmas gig at the Rifle Range

The Wayne Taylor Band will be playing again at the Rifle Range amphitheatre in Hobsonville Point (opposite 6 Catalina Bay Drive) with a 'Christmas Gig' on Saturday 16 December at 5pm. This is a free community event. The band plays a nice mix of songs by The Beatles, Elton John, Lionel Ritchie and Billy Joel plus some originals. For the Christmas gig the band will play these songs until 6pm, and then the focus will move to Christmas carols and a couple of Christmas original songs and items. Some young people and others will be involved with the Christmas music, which



should finish around 6:30pm. You can check out the band on the website www.waynetaylorband.co.nz and on the Facebook page and YouTube channel both called Wayne Taylor Music NZ.

Let's hope for a nice evening to enjoy the music and to sing some carols together. The words for the carols will be posted on the band website so people attending can access a soft copy while at the gig. You might want to bring something to eat and drink and also something to sit on as there is limited seating and the grass could be damp. Hope to see you there.

Woolworths

In a bid to make healthier choices easier for customers and combat "pester power" at the checkout, Woolworths New Zealand is rolling out healthier checkouts across all its supermarkets.

80 percent of food items at checkouts will carry a Health Star Rating (HSR) of 3.5 or above, and kids' confectionery will also be removed from checkouts across Woolworths supermarkets nationwide.

While treats and snacks will still be available for customers to choose, Woolworths NZ nutritionist and registered dietitian, Deb



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In Brief Updates

Sue, says the supermarket is giving shoppers a helping hand to make healthier choices at the checkout.

"We want to give all New Zealanders healthier snack options to choose from at the checkout which is why you'll find a selection that's focused on higher Health Star Ratings."

Woolworths' Free Fruit for Kids bins at the front of every produce section have handed out pieces of fruit to Kiwi kids since 2015. The supermarket's commitment to healthier lifestyles for Kiwis is store-wide, with the restriction on sale of energy drinks to under 16 year olds.

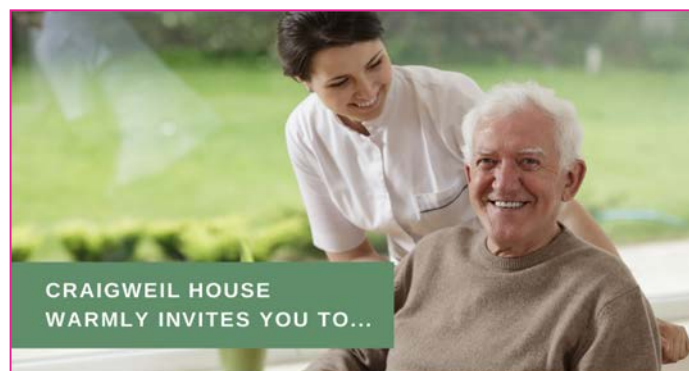
Season Greetings from House of Travel Hobsonville

Here at House of Travel Hobsonville we've been reflecting on what an amazing year we've been having, all due to the huge support our store's received from you. So apart from being 100% Kiwi why are so many people booking their trips with us?



At House of Travel Hobsonville, we strive to create the best holiday for you at the best value - that's our service guarantee. We understand that everyone has different travel needs and that's why we love it when you bring in your ideas to us because together, with our experience and local knowledge, we can create the perfect holiday at the perfect time for you.

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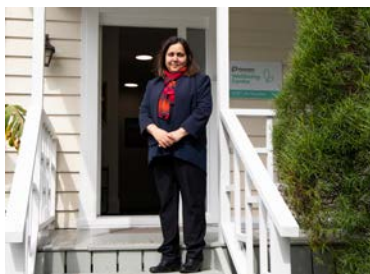
We've helped create enriching travel experiences for 1.8 million New Zealanders over the last 30 years. We understand that it isn't just the place you go, it's where that place takes you.

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

Merry Christmas and a Happy New Year from Buzz, Sam, Talita, Sunny, Ellie and Namrata at the House of Travel Hobsonville, 225 Hobsonville Point Road (Cnr Hobsonville Point Rd and De Havilland Rd) Hobsonville. Hobsonville@hot.co.nz 09 416 0700.

It's tough out there

2023 has been a tough year for many West Aucklanders. In an already challenging economy, the summer flood events and rapid rises in the cost-of-living combined to push many into financial hardship. So much so that, in their 2022 - 2023 Annual Report, Visionwest Community Trust are reporting an increase in demand within each of the support services they provide.



Massey resident, Brook Turner, Visionwest's Head of Service Development and Partnerships, says, "It seems like every year, we use the word 'unprecedented' to highlight the increasing need in our community and, once again this year, that's how it's been. There are people in every community throughout West Auckland who are finding it difficult to make ends meet. Often, they hide it from friends and neighbours, but the reality is many are going through tough times right now."

The past year has seen Visionwest provide over 19,600 food parcels, 1,900 financial mentoring sessions, and 5,600 counselling sessions. In addition, Visionwest Community Housing provides homes for 567 households, many in West Auckland.

The amount of debt carried by many whānau is also increasing. Visionwest reported that, on average, each person provided with financial mentoring through their Money Mentors programme was carrying \$25,423 in personal debt.

Of concern is the number of people seeking help who have never needed to do so previously. These people find themselves facing the daunting prospect of navigating unfamiliar social support agencies for the first time and often feel embarrassed at the predicament they are in. Some are in fulltime employment but are feeling the pinch, particularly with the rapid rise in rental, food and petrol costs.

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In Brief Updates

It's a reminder that the current economy is a challenge for all of us and we need to look out for one another. After all, it could be one of your neighbours who is doing it tough right now.

Hobsonville Church

The 1875 Hobsonville Church & Settlers' Cemetery is at 1 Scott Road, Hobsonville, and is a Listed Historic Place on The New Zealand Heritage List. The kauri building was built in 1875 as a combined meeting place, church and school incorporating a graveyard in the grounds. In addition to



Rice Owen Clark, one of the first European settlers in Hobsonville, all five of the original trustees of the land in 1877 are buried in the graveyard, Joshua Carder, R O Clark Jnr, Joshua Ockleston, Thomas Scott and William Sinton, along with members of other Hobsonville settler families, including Anderson, Boyd, Luckens, Midgley, Williams and Wiseley.

Volunteers preserve, maintain and protect the heritage Church building and graveyard as an historic district amenity, many with generations of family buried in the graveyard.

You are very welcome to hire the Settlers' Church for your wedding ceremony or civil union (hire fee \$500), or other venue booking (hire fee on enquiry).

Our little church is lovely for intimate weddings with say 6 people to up to 80 guests seated on our original pews. For booking details, visit hobsonvillechurch.co.nz and select "Weddings, booking".

South Kaipara Community Patrol back on the beat

After an absence of three years the South Kaipara Community Patrol are back on the road thanks to the very generous support of the West City Auto Group.

With the patrols based out of the Helensville Police Station, residents of South Kaipara can feel a little safer with the patrols taking their tasking



briefings from Senior Constable Melissa Haven on which areas need extra observation. Community Patrols are the eyes & Ears only for the NZ Police and have no special powers and are unable to break any laws themselves.

John Blewett of the West City Auto Group (who have supplied this patrol with a Mitsubishi Outlander AWD at no cost to the patrol) says "It was essential that this district has a vehicle that can assist not only the NZ Police, but St John and other emergency services given the terrain they will cover, and it was our pleasure to provide the appropriate vehicle".

The West City Auto Group in Henderson & Westgate have been assisting all the Waitematā West Community Patrols for over two decades.

If you live or work in the South Kaipara district, the Community Patrol are seriously recruiting to build their patroller numbers up. Contact James Scott (South Kaipara Community Patrol Leader) on 022 541 7867.

The first stage of Te Kori Scott Point is nearing completion

Grassed areas, trees and plants are establishing and creating habitats that are encouraging wildlife to the area. Over 2000 plants were planted by members of the community in July in mulched and landscaped soil islands and into coconut weed matting towards a wetland area down to a natural aquifer.



Pohutukawa rescued from an inner-city redevelopment project have been planted in an avenue through the centre of the park. Sowing of the first two natural sports fields is under way and the turf will be grown over the summer ready for play next winter.

The walkway and cycleway along the southern park boundary opened in November. This includes decorative concrete finishes by the entrances and path junctions to create interest. In addition, a path will run from Squadron Drive to Joshua Carder Drive South.

The carpark has been asphalted and the surrounding gardens planted, including boulders as features, sourced from other projects around Auckland.

If you would like to receive a regular quarterly newsletter about Te Kori, please email scottpoint@aucklandcouncil.govt.nz

Photo credits: Auckland Council

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Barns we love

St Vincent de Paul Massey

St Vincent de Paul Massey is now a 17 strong Volunteer Foodbank operating with support from St Paul's primary school, Pak'n Save Lincoln Rd and Baker's Delight in Pt Chevalier.

With the increased cost of food, mortgages, rent, petrol and diesel, many families are struggling to keep up after paying for all the other bills or emergencies that come up.

A lot of people feel worried about asking for help, but that is what it is all about in our communities, people helping people.

It is a difficult time of the year, so making a donation or sponsoring a Christmas parcel would be an immense help to our St Vincent de Paul group in Massey.

We are grateful to be part of this wonderful community in West Auckland and to be able to carry out the mission of St Vincent de Paul providing support and promoting human dignity.

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

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

St Vincent de Paul Massey Conference Account No. 12-3020-048828-00.



Make sure your tyres keep you safe on your summer road trip

Heading away on a road trip these holidays? The tyres you have on your vehicle (including caravans and trailers) will not only affect the safety of your trip, but also how much fuel you use.

- Check your tyres for any obvious signs of wear and tear - you don't want to see any dents or bulges
- Check the tread depth on the tyre - the minimum requirement is at least 1.5mm around the whole circumference of the tyre
- Make sure your tyres are pumped up to the correct PSI - maintaining correct pressure in your tyres will help your tyres last longer and help use less fuel

If your car pulls to the left or right, you feel a vibration while driving, or you have recently hit a pothole or kerb, you may need a wheel alignment. Wheel alignments can also help prevent excess tyre

wear and uneven tyre wear, helping your tyres last longer and keeping money in your pocket.

For peace of mind, call into Bridgestone Kumeu or Westgate and get a free tyre check. You can find us at 1 Cellar Court, Westgate, or 43 Main Road, Kumeu.

Wishing you a safe and smooth ride these holidays.

140 Patrollers receive updates from the NZ Police

Recently members from the 14 Waitematā West and Waitematā East Community Patrols descended on the Kumeu Showgrounds to take part in a NZ Police CPNZ Expo where the patrollers received vital information and training on situations they may come across in their patrolling hours.



Fire & Emergency and St John also ran the patrollers through the equipment they carry as well as giving quick refreshers on CPR.

A bonus treat for the attendees was a Police Dog demonstration and a visit from the Eagle helicopter. A special thanks to RRT, the Rapid Relief Team, for cooking and serving the lunch on the day for the 160 attendees and instructors.

Tai Chi Hobsonville

Yang Style Tai Chi began as an internal, graceful, yet highly effective martial art. Today it is one of the most popular and widely practised forms of tai chi in the world. It is a low-impact exercise that can help you reduce stress, increase strength, flexibility, balance and coordination. Yang Style Tai Chi is more than just a physical exercise and is also a way of cultivating your mind, body, and spirit. It is suitable for people of all ages and fitness levels.

Tai Chi Hobsonville has Yang Style sessions on Tuesday mornings and Wednesday evenings. They provide a friendly and supportive atmosphere, and welcome beginners as well as experienced practitioners. Their instructor has many years of experience and holds a ranking with the International Yang Family Tai Chi Chuan Association.

Join Tai Chi Hobsonville and discover the benefits of this ancient Chinese art for yourself. Contact Peter at 021 274 6736 or Admin@Taichi-Hobsonville.nz

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Safer Communities



The Sun is finally starting to make a bit more of a regular appearance as Summer approaches and we start to wind down and prepare for a break over the Christmas and New Year period.

You may have heard over the news that this year we have moved to an El Niño weather pattern. What does this mean?

In a nutshell, we will be receiving increased westerly winds that come from the warmer climate of Australia as the warmer air masses move across the

Tasman, with some dramatic swings to colder Southerlies.

Temperatures are more likely to be above average in most parts of the country with below-average rainfall in Auckland.

This means prolonged dry spells and low soil moisture.

The above may sound like the making for a great Summer, however, raises concerns for your local Firefighters with above-normal fire danger conditions.

These conditions are prime for a rapidly spreading fire with dryer fuels allowing for easier ignition and a rapid spread.

We will soon be entering into a restricted and likely Prohibited fire season.

Should you need a fire on your property consider if this can be completed at another date when there is less risk and visit our website www.checkitsalright.nz to see if a permit is required and what considerations and safety measures should be taken.

Remember, A Prohibited season means:

No fire pits, bowls, incinerators, braziers

or open yard fires.

In a restricted season smaller cultural underground cooking, Approved incinerators only, fire bowls, and braziers are also OK to use.

Before any lighting check the website above and ask yourself, what are the risks, and can this be done when the weather cools and there is less risk of a fire?

Have a safe and happy holiday season



Jamie Shaw

Deputy Chief Fire Officer
Waitakere Volunteer Fire Brigade
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Property

Property market report

Property values are gradually on the rise across several regions, with Auckland experiencing the most significant increase. In the three months leading up to the end of October, the average value of homes in New Zealand witnessed a notable uptick, surging by more than \$18,000.

According to the QV House Price Index, the average value of New Zealand homes reached \$907,387 during the aforementioned three-month period, reflecting a rise of \$18,388 (+2.1%) compared to the period ending in July. Most regions observed an increase in average values, with Auckland leading the way with a 2.7% gain, closely followed by the Wellington Region at 2.5%. Hastings and Invercargill also demonstrated substantial quarterly gains of 2.4%.

While the housing market displays signs of recovery, it is set against a backdrop of low sales activity and challenging economic conditions. Projections indicate that the market is likely to remain "flat to gently rising" in the foreseeable future. The influence of interest rates and credit constraints continues to serve as a limiting factor, although there are emerging indications that buyers are increasingly motivated to seize opportunities in the realm of good value properties.

Let's look at the recent sales:

Hobsonville	\$610,000 to \$2,438,000
Massey	\$389,000 to \$1,250,000
Swanson	\$925,000 to \$1,500,000



West Harbour \$801,000 to \$1,700,000

Whenuapai \$741,000 to \$1,100,000

Ready to take advantage of this regenerating market? For a complimentary market appraisal and the latest market updates, reach out to Graham McIntyre AREINZ directly at 0800 900 700, via text at 027 632 0421, or through email at graham.mcintyre@mikepero.com. Mike Pero Real Estate Kumeu/ Hobsonville. Licensed REAA2008

Don't miss your chance to be a part of Auckland's reviving real estate scene. The future is bright, and the opportunities are positive!

Start the important conversations with family

It might not be the first thing that springs to mind as you're standing around the barbecue or enjoying a picnic with family over summer, but having the whānau together can be a great opportunity to begin some of the 'big' conversations we all need to have.

Getting your affairs in order by sorting out your will means thinking about questions such as 'what are my wishes for my assets?' and 'what would I like to have happen at my funeral?'

While it can feel like an awkward topic to get into - talking about death and the future can be difficult - these are important conversations and having them is an act of love for those you care about.

So, if you're reconnecting with family this holiday period, we encourage you to start the conversation about your will and what you would like to have happen with your assets and the things you care about, like who has the right to make important decisions on behalf of your children.

"Having these conversations with your loved ones before they are needed benefits everyone," says Catherine Simpson, Public Trust Head of Service Delivery - Auckland and North.

Getting your will sorted is one of the greatest things you can leave behind giving the people that matter a clear vision of how you wish to share your legacy. It also means that you will be helping to ease any emotional and financial distress on your whānau when you die as you would have clearly laid out what you want to happen with your assets and who you would like to inherit your possessions or taonga.

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Property

to leave a legacy, and a will can help ensure you leave the legacy you want," Simpson says.

"Receiving something from a legacy can be meaningful for loved ones left behind because they know they were thought of by the person. If they receive a sentimental item, they have a tangible link to the loved one who died, which can help them during the grieving process," she says.

So, how do you start these types of conversations with your family? Here are some questions you could ask.

> Ease into the conversation with some less confronting questions like have you thought about what song or flowers you might like at your funeral?

> Who would you like to receive your most sentimental items when you die?

> What would you like to happen to your assets when you die? A lot of people think everything will automatically go to their next of kin when they die, which is not always the case.

> Who would be the testamentary guardian for your children if both parents/caregivers died?

Having a will in place is one of the most important things you can do to help protect what matters for those who matter most.

Book an appointment with our Public Trust NorthWest Customer Centre team by phoning 0800 371 471. The location is 48 Maki Street, Massey North, Auckland 0614.

Comparing long-term and short-term investments

The emergence of platforms like Airbnb and Bookabach has transformed property ownership, offering fresh opportunities for homeowners to earn extra income through short-term rentals. This shift introduces landlords to a more adaptable option compared to the conventional long-term residential leases. While renting to tenants isn't novel in New Zealand, the growing inclination of property investors toward short-term rentals over long-term tenancy is notable. But does the buzz around short-term renting truly match reality? In this piece, we'll delve into the advantages and disadvantages of both long-term and short-term property investments to guide you toward the most fitting approach for your enduring financial objectives.

Short-term rentals lack the income predictability linked with long-



term leases. Owners may encounter periods of vacancy, placing strain on their finances with mortgage payments, utilities, and maintenance expenses. Despite the allure of higher earnings per night with short-term stays, it's crucial to weigh the risks. Short-term rental properties often demand a considerable financial commitment, encompassing furnishing and outfitting to meet guest expectations. Adhering to platform standards, such as providing essentials like toiletries and linens, can add to expenses, crucial for staying competitive. Many countries, including New Zealand, are rolling out regulations on short-term rentals and hosts, creating uncertainty about their future.

On the flip side, short-term rentals offer owners the liberty to rent their properties when convenient. They can host guests for various durations, from a night to weeks, and set flexible stay requirements. Platforms like Airbnb provide a rating system for hosts to assess potential guests based on previous interactions, offering peace of mind. These rentals often command higher rates, adaptable based on seasonality and events, allowing hosts to capitalize on peak periods. However, long-term rentals offer less control and flexibility. Owners cannot enter without prior notice, and changes require tenant approval, potentially leading to challenges. Compliance with mandated healthy home standards and finding suitable long-term tenants can be demanding, posing potential difficulties.

Long-term rentals provide a consistent income stream as tenants sign longer leases, eliminating the income fluctuations of short-term rentals. Tenants are responsible for bills and insurance, reducing ongoing expenses for owners. They're less susceptible to external factors like political events or pandemics. However, a property's location significantly impacts the stability of long-term tenancies.

In conclusion, choosing between long-term and short-term property investments hinges on your financial goals, preferences, and risk tolerance. Short-term rentals offer flexibility and higher earning potential but come with greater income uncertainty and regulatory challenges. Long-term rentals ensure stability and cost-efficiency. Ultimately, your decision should align with your investment goals, considering the pros and cons of each rental property type. Should

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All I want for Christmas is my nice new house

By Elyse Crowther, Registered Legal Executive, ClearStone Legal

The silly season is officially here, and Christmas has now become THE deadline! When it comes to buying and selling homes, everyone wants to be in for Christmas and with good reason. But if you fail to settle before Christmas, the man in red will not bring you any Christmas cheer. Instead of a new home, on Christmas Eve he will leave under your tree non-working days, a demand for penalty interest and perhaps even a beautifully wrapped request for compensation.



So why is Christmas the deadline - other than wanting to wake up for your first Christmas in your new home and create memories with your family? It comes down to what is a working day and what is a non-working day.

Under a standard Agreement for Sale and Purchase (which is the most common type of agreement) the working day definition explains the period commencing 24th December and ending on the 5th January in the following year is a non-working day.

So why does this matter if my settlement day is 22nd December 2023? Well sometimes things don't go to plan and for reasons beyond your control, settlement might not happen on the day. Should this occur, with the next working day being 6th January, you will be liable for penalty interest from the 22nd December. When you've already loaded up the credit card with Christmas presents, the last thing you want are more costs. If you are the one selling and you fail to settle it gets worse - you could be liable to pay compensation for example - storage and accommodation costs for your purchaser too.

So what can you do to make sure you are hanging your Christmas stocking in your new house on Christmas Eve and don't become the Grinch?

1. Don't be a Christmas Eve shopper - plan for settlement to be a few days before the last working day, so if something does go wrong, there is a chance to remedy it before everyone shuts up shop.
2. Be organised. Just like preparing a shopping list for all those Christmas presents, make a list of everything you need to get

done - chat to your lawyer about what you can prepare in advance. Remember, everyone is busy at this time of year and locking in those rates late with your mortgage broker can mean big delays in the bank providing us with your loan documents.

3. Communicate - just like coordinating who is bringing what to Christmas dinner, you need to talk with your lawyer, lender, broker and agents. Make sure they can all work to the dates before you commit.

4. Be realistic. Sometimes we don't get what we ask for - we've all been disappointed by Santa. If you are looking at a house on the 20th December, don't get your hopes up for celebrating this Christmas in your new house.

We are open till noon on 22nd December 2023 to assist with getting you that dream Christmas in your new home. And if things didn't quite go to plan, we have a skeleton staff back in the office from 8th January 2024. If you need any assistance before then, feel free to give us a call or make a time to see us at either our Te Atatu or Kumeu offices.

Making sure your trust is fit for purpose

Since coming into effect on 30 January 2021, the Trusts Act 2019 has impacted trustees and beneficiaries of trusts. The new Act provides for greater accessibility and offers trustees improved guidance to achieve this. Moreover, beneficiaries now have a better ability to hold trustees to account by ensuring that beneficiaries have enough information to enforce the terms of the trust. Trustees now have a clear obligation to tell beneficiaries about the assets and investments contained within a trust.

A further issue is the extent to which many trust deeds provide for not just the children of the settlor but more remote categories such as charities and the de facto partners of the settlors' children. These provisions were intended to ensure that there was a broad range of people or organisations who could benefit from the trust. Usually, however, those beneficiaries beyond close family will be oblivious to their mention in a trust deed. Against this, most modern trust deeds try and make sure that the only beneficiaries are the settlors' children and grandchildren.

For this reason, it is often necessary to get legal advice about whether your trust deed is fit for purpose under the new Act. That advice can include taking the necessary steps to confine the beneficiaries of the trust to children and grandchildren and removing the more remote beneficiaries before they become entitled to such information. For further advice and assistance with your trusts you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.



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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 \$100 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 \$450 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 its 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
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the Westerly

People & Places
Catalina Bay Farmers Market

Property market report
Community Facilities

People & places
Home & garden
Community facilities
Food & beverage

Catalina Bay Farmers Market

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.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HOBSONVILLE	1,265,000	269M2	184M2	1,200,000		890,000	93M2	114M2	805,100
	1,600,000	326M2	248M2	1,470,000		910,000	104M2	146M2	955,000
	1,510,000	343M2	233M2	1,470,000		580,000	0M2	46M2	389,000
	1,175,000	257M2	162M2	1,178,000		1,035,000	610M2	103M2	870,000
	1,075,000	109M2	155M2	995,000		870,000	193M2	99M2	900,000
	980,000	119M2	111M2	925,000		1,000,000	284M2	157M2	845,000
	1,180,000	166M2	173M2	1,270,000		1,225,000	668M2	91M2	810,000
	1,500,000	321M1	240M2	1,430,000	SWANSON	1,340,000	616M2	213M2	1,450,000
	2,350,000	0M2	109M2	1,375,000		1,750,000	600M2	330M2	1,500,000
	1,125,000	146M2	170M2	1,155,000		1,420,000	968M2	110M2	925,000
	1,100,000	159M2	143M2	945,000	WEST HARBOUR	1,655,000	644M2	280M2	1,700,000
	1,670,000	600M2	228M2	1,500,000		1,200,000	688M2	81M2	920,000
	600,000	85M2	56M2	610,000		950,000	194M2	152M2	976,888
	1,200,000	136M2	171M2	1,075,000		1,390,000	683M2	230M2	1,460,000
	960,000	119M2	103M2	856,500		850,000	0M2	80M2	801,000
	855,000	96M2	81M2	825,000		1,660,000	682M2	251M2	1,430,000
	545,000	142M2	176M2	1,170,500		1,340,000	441M2	260M2	1,395,000
	1,025,000	158M2	161M2	1,200,000		1,560,000	928M2	153M2	1,300,000
	1,230,000	226M2	222M2	1,280,000		1,150,000	328M2	150M2	945,000
	1,070,000	143M2	116M2	960,000		1,650,000	131M2	127M2	880,000
	970,000	160M2	84M2	940,000	WAITAKERE	1,635,000	3.45HA	145M2	1,510,000
	1,015,000	112M2	121M2	960,000		1,050,000	908M2	176M2	1,045,000
	2,275,000	572M2	325M2	2,438,000	WHENUAPAI	1,365,000	812M2	151M2	1,100,000
	1,120,000	160M2	127M2	1,008,000		850,000	142M2	87M2	750,000
	1,025,000	145M2	161M2	1,120,000		785,000	106M2	96M2	741,000
	1,650,000	386M2	267M2	1,740,000					
MASSEY	840,000	454M2	936M2	882,000					
	1,050,000	460M2	158M2	1,000,000					
	1,335,000	450M2	255M2	1,250,000					
	870,000	0M2	110M2	857,000					

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

Mike Pero's **low** commission rate:

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Central's Tips

December 2023



The fruit and vegetable garden

- **Assist eggplant flowers to pollinate** – use a small paintbrush to transfer pollen between flowers. Eggplant flowers are pale mauve and droop downwards, so they're uninteresting to the bees
- **A regular squirt of water** over the bean plants is said to increase bean production. Picking regularly also encourages a bumper crop
- **It's all in the staking** – plant such as beans, tomatoes and cucumbers benefit from good climbing supports through the summer
- **Find out if your potatoes are ready** by gently excavating from the edge of the mound. Early cropping potatoes are generally ready from now onwards
- **Thin apples and pears now** to allow fruit to grow to decent size. Keep watered through the summer months

The ornamental garden

- **Christmas tidy-up in the garden:** weeding makes the garden look great and focuses the eye on the desirable plants
- **Avoid clipping hedges** and topiary as freshly exposed foliage will burn in the hot sun
- **Flowering agapanthus should not be left to go to seed.** These plants colonise easily in Auckland at the expense of other more desirable options
- **Summer prune** the wisteria, rambling roses and jasmine to maintain control as they grow extensively in the heat
- **Plant carpet thymes**, prostrate muehlenbeckias and coprosmas as hardy groundcovers to keep the weeds at bay
- **Heading away?** Move pots and baskets into shadier areas to reduce their water consumption, water and mulch them to tide them over

Project for December

Nourish the garden for the summer ahead

To make the plants sit up and look lush, try spraying or drenching with a liquid fertiliser over all the garden now. Our favourite is Aquaticus Organic Garden Booster which contains fish, seaweed and humates to deliver a great range of nutrients to the plants. Spray before it gets hot or in the evening.

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Hot Property



Elevated, Quiet, Sunny in Orewa

A short drive to convenience shopping in Red Beach and Orewa. Discover the best of effortless living in this stunning family home, designed for the modern lifestyle.

Boasting an easy care, lock-up-and-leave ethos, this residence seamlessly links open plan interiors with an inviting outdoor oasis.

The decking and staircase connect to a fully fenced lush lawn, creating the perfect setting for pets, children and entertaining.

Set on a full 600-square-meter property (approx) this home features

a generous floor plan, including an oversized walk in wardrobe, exclusive laundry, bathroom, and ensuite.

Ample double garage and workshop, coupled with additional doorstep parking, catering to easy grocery unloading and visitation.

Enjoy sun-soaked spaces throughout the day in this peaceful and quiet lane-way location.

Elevated and near new this home offers a seamless blend of live, work, and play.

The motivated vendor is ready to make a move, making this the perfect opportunity to embrace a lifestyle of convenience and comfort.

Hot Property



The CV on this property is \$1,300,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

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



BUSINESS - TOWN CENTRE ZONE - HUAPAI

3 1 1

By Negotiation

8 Oraha Road, Huapai By Negotiation

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

www.mikepero.com/RX3226379



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027 632 0421

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4 2 2

By Negotiation

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www.mikepero.com/RX3851595



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ELEVATED NATIVE GLADE - OUTSTANDING BUILDING SITE

By Negotiation

15 Te Aute Ridge Road, Waitakere By Negotiation

Fabulous opportunity to create your very own slice of paradise, with multiple building site options and driveway access in place. The site provides expansive North facing valley views through established native bush cover, providing some stunning visual aspects and the song of Tui and Kereru. A transportable solar one bedroom working shed adds value to a buyer wanting to experience the best of site before building. Come view this dynamic landscape and plan your future with one of the very best North facing building sites on market for a very special home. Te Aute Ridge Road has an east and a west access, the latter is a gentle hill climb with the eastern road being a steeper gradient. Therefore you may like to drive the circuit and enjoy the best aspect of this idyllic environment.

www.mikepero.com/RX3758203



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My name is **Graham McIntyre** and I am here for you and to ensure you can make your best decisions about your property plans.

Graham McIntyre

Franchise Owner
Kumeu | Hobsonville

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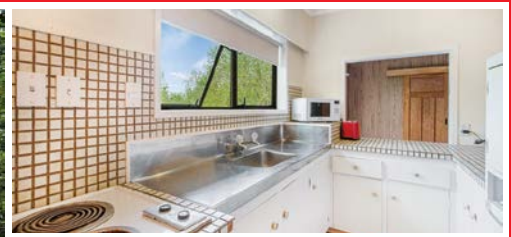
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2 1

By Negotiation

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4.3 hectares (approx.), a short distance from Shelly Beach, West Coast Beaches, Golf Club and fabulous Waioneke School. An interesting and undulating parcel of land offering grazing and regenerating native bush providing the perfect backdrop to a simple but adorable two bedroom, board and baton home. Open plan living, dining, entertainers kitchen with central hallway accessing two north-east facing bedrooms, separate bathroom and laundry with storage options. Follow the farm track to the hill-top to enjoy an elevated potential house site and views through the valley to the mighty Kaipara Harbour, framed by rolling farms.

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Home & Garden

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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.

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

If you'd like to discuss outdoor lighting options for your property, get in touch with the team at Blackout Electric today.

Summer garden care tips

It feels like summer is hot on the heels of springtime, and it's time to get our gardens ready for the potential impact of an El Niño summer. NIWA has indicated that El Niño continued during October and will likely intensify over the next three months, which means drought, with Auckland expected to receive 50% to 60% less rainfall.

This means mulch, mulch, mulch! Laying down mulch is one of the most effective things you can do to help protect your garden in summer to help keep the soil moist and cool and inhibit weed growth.

We suggest using a finer mulch rather than a big chunky one. The finer mulch will break down quicker, adding nutrients to the soil and improving your soil health over time. We recommend topping mulch up every six months.

Mulch at least 5cm but up to 10 cm thick, keeping it away from the base of your plants. And don't forget those plants in pots or containers.

To encourage robust growth, applying fertiliser will feed your plants and correct any mineral deficiencies before the heat sets in. It's best to fertilise before you mulch to help hold the nutrients in place and to help them break down.

If you are starting to water your plants on the warmer days, do so early in the morning. This allows the water to soak in before the day's heat. Leaving your leaves wet at night also increases the risk of fungal diseases.

If you don't have an automatic watering system in your garden, it's a good time to think about installing one before the summer months. No one ever regrets putting one in, but many people wish they did by the time summer rolls around. In Auckland, you won't need it for





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Home & Garden

a good 7-9 months of the year, but when the weather is warm and dry over summer, a deep soaking is recommended weekly. Usually, this is difficult for people to achieve on busy schedules and during weeks away over the summer break. Pots ideally need to be watered daily during the summer dry stints, so consider this when deciding on whether to install irrigation or not.

If you are thinking about transforming your small outdoor space, contact Martin and his team for a free consultation. Martin, 027 215 7884 www.citybotanics.co.nz.

December garden to kitchen

It's December and Christmas is just around the corner and you will be starting to think about the holidays but don't forget the garden. This is a month of rapid growth for the whole garden, so there is plenty of work to do. Existing tomato plants will need a little care, ensure they are staked, laterals are taken off and they are fed with tomato food. Keep planting salad crops for summer harvesting and finish planting summer vegetables and herbs such as chillies, courgettes, cucumbers, beans and basil. Feed all fruiting crops now is the time to plant a second crop of potatoes and remember to mound up soil around the foliage as



they grow.

Watch out for pests and take action as soon as possible to prevent them becoming a larger problem. Use an environmentally friendly spray around your vegetables if they become a problem. Spray late in the day when the bees have gone home.

Remove any plants failing to thrive as they will attract pests and disease, better to replace them now and remove weeds as soon as they appear. This is where pests hide and weeds take valuable nutrients and water.

Water deeply and less often rather than a little bit every day. Protect cabbages and cauliflowers with Derris Dust to prevent white butterfly caterpillar and diamondback moth. Make sure you get to the undersides where they like to lay their eggs.

Stagger planting of green salad crops like mizuna, lettuce and mesclun for continuous supply.

Plant seedlings: tomatoes, cucumbers, capsicums, eggplant, lettuce, corn, gherkins, spinach, spring onions, melons, cucumber, beetroot, celery and cabbage.

In most areas seeds can be planted directly into the garden and now is the time to put in another round of summer crops. Beans, pumpkin, courgettes, carrots, beetroot, radish, corn, capsicum, eggplant, melons and spring onions.

Plant blueberries, they are easy to grow and require minimal pruning. Passionfruit and tamarillos can be planted, prepare the soil with compost and sheep pellets. Plant annual herbs like basil and coriander, pinch out the tips for a bushier plant. Pinch out the laterals on tomatoes and fertilise with a specific tomato food.

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Feed and water strawberries, make sure you have mulched underneath the bushes to protect the growing fruit. Bird netting may be needed to protect the fruit.

Spray copper oxychloride and spraying oil to combat verrucosis, aphids and mealy bugs especially on grapes and passionfruit to combat mildew and black spot.

Apply a side dressing of blood & bone to all vegetables and feed all vegetables with liquid fertiliser ever two weeks, use a watering can to apply.

Protect all seedlings from slugs and snails, scatter bait around each plant.

Laser Plumbing and Roofing Whenuapai

Here we are knocking on the door of Christmas. This year has certainly flown by!

If you have any niggly plumbing issues that you just haven't got round to fixing, then give us a call and we can get it sorted before Christmas.

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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.

Want to know more? Contact Signature Homes West & North-West Auckland on 0800 020 600 to assess your project today.

Kumeu Plumbing

As we come to the end of another year, the team at KPL would like to thank all of our customers for their business and support throughout the year.

KPL Christmas hours 2023 /24

Friday 22nd December Open 7:30 - 5pm; Saturday 23rd to Tuesday 26 December, Closed; Wednesday 27th to Friday 29th December, 8:30am - 4pm;

Saturday 30th December to Tuesday 2nd January, Closed; Wednesday 3rd to Friday 5th January, 8:30am - 4pm; Saturday 6th January, 8:30am - 12:30pm;

Sunday 7th January, Closed; Monday 8th January, Resume normal work hours.

FOR EMERGENCIES - Please phone 09 412 9108 outside of these hours to be connected to the on-call plumber.

It's all sun and games until your pool turns green. Is your pool ready for the holidays? We offer free pool and spa water testing and all products sold in store. We will have your pool/spa sorted in no time.

KPL wishes you a safe and happy holiday season. We look forward to seeing you all in the New Year.

Whenuapai Floral and Garden Circle

Our last meeting for the year again already. Unfortunately, the planned Guest Speaker was not available, due to illness. There was a good number of members present with four new people attending for the first time. Our Treasurer outlined the finances for the year and these were discussed. Members' birthdays were acknowledged, raffles were drawn and blooms admired then plenty of time to catch

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Home & Garden

up socially over afternoon tea.

Still one more trip to come BYO lunch with Devonshire tea provided mid-morning, and the Christmas luncheon which will again be held at the Huapai Golf Club, on the 7th of December.

If you would like to know more about our Club, and wish to join next year, please phone either Doreen Brown on 09 832 3020 or Judy Garrity on 09 833 5592. Meetings held at 1 p.m. at 41 Waimarie Road, Whenuapai Village, on the second Thursday of the month with trips on the fourth Thursday. Entry fee is \$4 with another dollar per raffle ticket (good prizes).

Until next time, we wish you and yours a very merry Christmas. Happy Gardening from Mary Anne Clark.

Stihl SHOP Westgate

After its hugely successful opening celebrations, STIHL SHOP Westgate is now well and truly on the map.

The community came out in droves for the opening weekend on 11 & 12 November, with over 1500 visitors to the store, all eager to try their keys in the treasure chest promotion. Over a dozen lucky keys opened the treasure chest during the weekend, with winners taking home great prizes such as lawnmowers, chainsaws, line trimmers, gift cards and STIHL merch



packs.

The STIHL SHOP Westgate team were thrilled at the response received to their opening celebrations and have thoroughly enjoyed meeting their new community members. The team would like to offer a special thanks to all those customers who supported the fundraising sausage sizzle over the weekend, which raised over \$500 for the West Harbour Fire Brigade.

Although the opening specials have now officially come to an end, there are still many more great deals to be had at STIHL SHOP Westgate, with its summer "FREE ACCESSORIES" promotion now on.

Pat, Mo, Ryan and the team at STIHL SHOP Westgate look forward to seeing you in-store to check out their great offers store-wide, just in time for Christmas. They're a handy drop-off location for all your small engine servicing requirements too.

STIHL SHOP Westgate is open Mon-Fr 8.30-5, Sat 9-3, Sun 10 - 3.

\$100 = Exposure for a month

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Food & Beverages

Looking for Christmas gift ideas? Give the gift of honey

Don Buck Honey is the online store of the West Auckland beekeeper.

The honey is harvested from the specific clusters of apiaries, giving distinctive batches of honey with unique colors, tastes, and textures.

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Take a look and choose your favorites.

www.DonBuckHoney.co.nz DonBuckHoney@gmail.com.



New gin still for Lavender Hill

A new 150-litre commercial gin still called Little Lottie has been installed at Lavender Hill in Riverhead where a special gin tasting room for tours, workshops and formal gin tastings has also been built.



It's known for producing award-winning gins, including Lavender Infused Gin, Smoked Honey Gin, Sloe Gin, Sloe Gin and Saffron Infused Gin.

"Lavender Hill is a unique destination where we offer visitors the opportunity to witness 'farm-to-glass' in action," says Jason Delamore, co-owner of Lavender Hill.

"We're one of the only a few gin distillers in Auckland providing this immersive experience, allowing guests to see the entire journey of our products, from our farm to the distiller and finally into their glasses."

As part of a gin tour, guests can also discover the flavours, aromas and stories behind each of Lavender Hill's gins and embark on a guided journey through the world of gin-making.

Lavender Hill has dedicated itself to the handcrafting of quality spirits using key botanicals, including special ingredients sourced from the farm, alongside a commitment to sustainable practices.

"In an era where sustainability matters more than ever, Lavender Hill takes pride in being an example of eco-conscious distilling," says Trish Delamore, co-owner of Lavender Hill.

"Little Lottie is a shining example of this commitment," she explains.

"Running on renewable solar power and utilising pure rainwater harvested right here on our farm, Little Lottie ensures that every drop of gin is as pure and sustainable as it is delicious."

Lavender Hill is a 'must-see' destination in Auckland, particularly during summer when the lavender fields are in bloom. Mature olive trees and friendly alpacas add to the idyllic rural setting.

It features a modern, standalone four-bedroom holiday accommodation for short stays - ideal for tourists, those attending local weddings in the Kumeu wine district or those wanting to escape the city's hustle and bustle.

Visit www.lavenderhill.co.nz for more information.

Food Truck Collective

Foodies, Food Truck Collective is delighted to announce we will be heading back to Hobsonville Point park on Saturday 13th January 2024, serving from 4pm - 9pm.



After a successful evening in November, we will be heading back with more food trucks and our pop-up container bar stocked with local New Zealand beverages.

On the line up: Double Dutch Fries, Grownup Donuts, Grub, Karaage Boy, Lalele Organic Gelato Manila Eats, Miso Ra, No Missed Steak + More to be announced.

So, come join us for a family friendly evening in the park with lots of delicious street food to choose from.

This Food Truck Event is proudly supported by the Barfoot & Thompson Hobsonville Point Branch, your go to team in Hobsonville.

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Food & Beverages

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See you there.

Good from Scratch

Here at Good from Scratch we seem to be heading towards Christmas at an alarming speed, with Christmas functions in full swing and the end of year in sight, we as a team start to look to 2024!

With a whole range of classes and events both the usual, and new lined up for February and March we know that there is something for everyone.



So if you're looking for that last minute gift for that foodie in your life, head on over to our website and check out the full range of classes and events as well as vouchers (for that tricky to buy for, loved one.)

www.goodfromscratch.co.nz

We wish you and your family a very merry Christmas and a happy New Year!

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As the sun graces us with its warm embrace, Soljans Estate Winery is thrilled to be back open 7 days a week, just in time for the glorious summer season.



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Our doors are wide open to welcome you every day, whether it's a leisurely weekday escape or a weekend retreat, we invite you to make the most of the sunny days at Soljans.

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Health & Beauty

Tis the sea-sun

The team at Westgate Optometrists would just like to say a special thanks to our wonderfully loyal client-base for the continued support throughout the year.

We are eternally grateful and wish you all a very Merry Christmas and an enjoyable and well-deserved break. We look forward to seeing you for all of your eyecare 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.



Phone: 09 831 0202 Website: www.westopt.nz
Facebook: www.facebook.com/westgateoptometrists

Physio exercises can overcome shoulder pain

Shoulder pain can be a debilitating condition that affects many individuals, limiting their ability to perform daily activities and compromising their quality of life. Fortunately, physiotherapy has been shown to be an effective treatment option for shoulder pain. In this blog



post, we will discuss the benefits of physiotherapy for shoulder pain and provide two research articles that support this claim.

Physiotherapy for shoulder pain typically involves a combination of exercises, manual therapy, and education to help individuals manage their symptoms and improve their shoulder function. A study published in the Journal of Physiotherapy found that a combination of exercise therapy and manual therapy was effective in improving shoulder pain and function in individuals with rotator cuff tendinopathy. Additionally, a systematic review published in the Journal of Orthopedic and Sports Physical Therapy found that exercise therapy was effective in reducing pain and improving shoulder function in individuals with shoulder impingement syndrome.

At NorthWest Physio +, our experienced physiotherapists have

helped numerous individuals with shoulder pain to manage their symptoms and improve their shoulder function. Our approach involves a comprehensive assessment to identify the underlying cause of the shoulder pain and develop a personalised treatment plan that addresses the individual's specific needs. We use evidence-based techniques such as exercise therapy and manual therapy to help individuals recover from their shoulder pain and improve their overall quality of life.

Contact us at 09 412 2945 or book online www.northwestphysioplus.co.nz

1. Littlewood C, Malliaras P, Chance-Larsen K, et al. Therapeutic exercise for rotator cuff tendinopathy: a systematic review of contextual factors and prescription parameters. *J Physiother.* 2015;61(4):182-191. doi:10.1016/j.jphys.2015.07.018
2. Kuhn JE. Exercise in the treatment of rotator cuff impingement: a systematic review and a synthesized evidence-based rehabilitation protocol. *J Shoulder Elbow Surg.* 2009;18(1):138-160. doi:10.1016/j.jse.2008.06.004

Meet the team: Shirley Peng

Bachelor of Medicine,
(Traditional Chinese medicine)

Master of Clinical medicine,
(Acupuncture and Tuina)

Shirley completed her undergraduate about Traditional Chinese medicine at China in 2012, and her Masters in acupuncture in 2015.

She has been working in New Zealand for more than 6 years and she is enthusiastic about providing exceptional patient care.

Her journey as an acupuncturist has been shaped by a passion for traditional healing methods. Not only for musculoskeletal system ailments, but also for internal medicine problems, such as women's healthcare, infertility care, dermatological issue, and digestive conditions.

Her approach is patient-centred, emphasising personalised treatment plans according to individual needs. And educating patients about their health conditions and encouraging them to be an active role in their well-being is a fundamental aspect of the practice.

She firmly believe in the significance of a holistic approach to healthcare. By integrating acupuncture with other modalities, such as moxa, cupping, herbal medicine, and diet suggestions, to achieve



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satisfied, comprehensive and lasting results for all the patients.

Shirley is currently working full-time at Hobsonville Physiotherapy and Riverhead Physiotherapy.

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Wednesday - 08:00-10:00, 13:30-17:30

Thursday - 11:30-16:30

Saturday - 09:00-13:00

Top Notch Bodyworks

Looking back on the whirlwind of the past year, it's clear that we've encountered significant challenges within our homes and our community, and some of these continue to linger. I know firsthand how essential it is to recognise that our bodies and minds can only withstand so much stress before it begins to take a long-term toll having been through this as a business owner myself. This can manifest as agitation, short tempers, shallow breathing, forgetfulness, thoughts of hopelessness, disrupted sleep patterns, heart issues or fatigue.



I think you need to genuinely acknowledge that there were huge challenges rather than dismissing them as inconsequential just because someone else had it worse. It still affected you in some way. We know strength often lies in unity, shared experiences, and the unwavering support we provide one another. As we approach the year's end, it's vital that you find an opportunity to pause and break away from what may have sneakily and unhealthily become your new normal. For many of us, it's challenging to recognise when this shift occurs. It's akin to overtraining; you're immersed in it before you realise it. Chronic fatigue, exhaustion, and overwhelm may have already started affecting you.

We strongly advocate for breaking this cycle and initiating a genuine reset whether that involves seeking out a mentor, coach, a friend, or exploring strategies from a professionally trained counsellor. Or seeing us. Change is essential to regain balance to your body's response with ongoing demands and long term stress. Unlearning habits that no longer serve you positively and unplugging is an important life skill we should all strive to retain.

During the holidays these coming months, we will be open and available in a limited capacity, offering our massage and osteopathy services. Whilst it may seem like a luxury, massage is highly effective but often underrated restorative treatment. Our professionally trained therapists are experienced addressing various issues,

including sports-related complaints, pregnancy discomfort, relaxation and long-term concerns. We're increasingly seeing people seeking stress management specific treatments (which can include breathing and home care plan) that are capable of instigating meaningful changes in your wellbeing that works.

Contact us online at www.topnotchbodyworks.co.nz or call 09 212 8753.

Written by Anj Young, Director of Top Notch Bodyworks and Registered Osteopath

Zash Hair

Getting ready for Christmas is exciting, but it can also be stressful. However, taking some time to prepare yourself and your hair can make a huge difference. Here are some tips to get your hair ready for Christmas:

1. Get a trim: A fresh trim will get rid of any split ends and leave your hair looking healthy.
2. Treat your hair: Give your hair some TLC with a nourishing mask or treatment to add moisture and shine.
3. Choose a style: Decide on a hairstyle that will complement your outfit and the occasion. Consider an up-do, curls or braids.
4. Accessorise: Add some sparkle to your hair with festive accessories like hair clips, headbands, or even a tiara.
5. Plan ahead: If you're going to a salon, book your appointment in advance to avoid disappointment.
6. Be on your hair colour journey now... follow through with your retouch, foils, smudges and semi's for the big day.



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By following these simple steps, you'll be sure to have fabulous hair that's ready for the festivities. Remember to take care of your hair throughout the holiday season by using quality hair products and avoiding damaging heat styling tools.

Merry Christmas and happy holidays from the team at Zash Hair.

The wealth of life

Look around you and you will see everyone rushing around, making ends meet, working hard to put food on the table, have a roof over their heads and ultimately have a little bit more of the good things in life.

And what are the good things in life? What exactly do we spend all our days working so hard to afford?

A comfortable home? A nice car? A spa trip?

A glass of alcohol? A smoke or a vape?

That new flip phone so that we can take a million selfies of the above?

Each Christmas, as I see everyone gearing up for the holidays, stocking up on cheap liquor and cleaning out the barbeques, I marvel at how the festive season brings out the most generous of us.

And yet what is the true wealth of a life?

Health.

We spend our days gathering "wealth", working hard, staying up late, chain smoking to complete that project, binge drinking to celebrate its completion, weekend eating to satiate our tired souls, using up our time on this glorious Earth and losing the one thing that's really hard to get back.

Health.



And when life throws us a curve ball, when that long ignored mole turns bad, or that bleeding buttock becomes sinisterly regular, then we start to scramble, we begin to fear, and we will use up our "wealth" to try to gain back the most important thing we lost in the very pursuit of having it all.

Health.

Take a moment. Smell the fresh air. Slow down and admire that glorious sunset in front of the supermarket. Spend time with the ones you love.

Quit the smokes and the burnt barbies. Switch to zero alcohol. Take a walk. Join the gym.

Wise up to your health issues. See your doctor soon and sort things out. Don't leave it till next year.

Health is the true 'wealth' of life.

Don't wait till you lose it to treasure it.

You can still grab a copy of my FREE diet and lifestyle book The Metabolic Apocalypse with The Liberty Diet at Royal Heights Pharmacy or at Royal Heights Doctors.

Better yet, take a couple more and send them as additional Xmas gifts to your friends and loved ones. Give the gift of health.

Eat well, live well, be well.

Happy Holidays from Dr Frederick Goh

Royal Heights Shopping Centre Tel: 09 393 6313.

www.rhdoctors.nz

Tips for menopause

It is well known that post-menopausal women are at higher risk for metabolic changes which can lead to diabetes, heart disease and obesity. Snacking is a big part of that picture and accounts for a big proportion of what we eat and our energy intake.

A study just published in September of this year found that the type of snacks and when we snack has a huge impact on our health particularly our metabolic health. The cross sectional study looked at 854 people (who were part of another yearlong study) and what is particularly interesting to me is that of those 73% were female and were of an average age of 46 years (give or take 11 years either side).

It was found that those who snacked after 9pm had the worse blood glucose levels.





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High quality snacking (i.e. nuts, seeds, fruit and veggies) were associated with healthier weight.

Ultra processed snacks and 'late' snacking (6pm+) is associated with worse health outcomes including obesity, increased risk of diabetes and heart disease.

My recommendations

- Have a shorter eating window and longer fasting window e.g. eat over a period of 10 hours in a 24 hour period.
- Eat snacks in the morning and afternoon snacks only. Avoid snacking after dinner.
- Eat high quality, low processed, nutrient dense (rather than calorie dense) foods such as fruit, veggies, eggs, beans, nuts and seeds.
- Keep 3-4 hours in between any eating to support healthy gut function. The authors admitted that more studies need to be done on the relationship between snacking and the gut microbiome.
- Enjoy your food over the Christmas holiday and summer break and remember that if we eat healthily 80% of the time it will make a massive difference to our health - so let go of the other 20% and enjoy your food.

If you want to know more then please come and join my free Facebook - The Women's Wellbeing Circle. I have lots of resources and support on nutrition, menopause and post menopause health. Go to [sarah-brenchley.com/links](https://www.sarah-brenchley.com/links) for info, links and resources.

Sunlight: An essential nutrient

Sun exposure has received a lot of attention over the last decade or two. Some health professionals advise against sun exposure to reduce the risk of skin cancer. But sunlight is classified as an essential nutrient. Like many essential nutrients, it needs to be taken in the right dose, at the right times, and with the right supporting nutrients. What can sunlight do for you? You may be surprised at the list of things that sunlight has been shown to do.



Sunlight and Your Heart - Improvements in blood pressure and cholesterol profiles are associated with greater sunlight exposure. The thyroid gland can be stimulated by sunlight which may be associated with improvements in metabolic rate and potentially weight loss.

In the Brain - Sunlight can help improve the quality of sleep (probably due to the UV-A content), reduce seasonal mood disorders, may help

prevent Multiple Sclerosis (through Vitamin D content), influence the pituitary gland, and maintain your natural circadian rhythms.

Cancer and the Immune System - The big risk of excessive sunlight exposure is melanoma. However, some studies have shown that moderate exposure to sunlight reduces the risk of melanoma. Other types of cancer that may be helped by moderate sunlight exposure include ovarian cancer, prostate cancer, and non-Hodgkins lymphoma. Many types of detrimental bacteria are killed by sunlight, while your protective white blood cells may receive a boost.

Your Skin and Lungs - Sunlight has been associated with improvements in eczema. Furthermore, it is reported that up to 80% of patients with psoriasis get improvement from sunlight exposure. Asthma patients breathe easier after sunlight exposure. And of course, tuberculosis was traditionally treated by putting patients out in the sun.

Your Joints - Osteoarthritis, osteoporosis, and osteomalacia may all respond to sunlight exposure.

The Negative Aspects of Sunlight - Sunlight exposure does increase the ageing of the skin. Damage to proteasomes and the p53 Tumor Suppressor Gene can increase the risk of skin cancers. The eyes are also prone to damage with an increased risk of age-related macular degeneration and cataracts.

Protective Nutrients - There are some nutrients that can help to reduce the negative aspects of sun exposure leaving you to reap the benefits. The main protective oral supplements are niacinamide (a form of vitamin B3), astaxanthin, CoQ10 and melatonin. The use of sunscreens, and rubbing green tea on the skin may also provide protection from the damaging effects of the sun.

If you want to discuss if any of the protective nutrients are suitable for you and compatible with your medications, then pop in for a chat with the Massey Unichem Pharmacy team. Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.

Surprise result for Tayla-lee

Keen Netballer, Tayla-lee was devastated when injured in a game last year. The ACL injury required an operation and, now just 12 weeks post-op she has still needed pain-killers every day. That was until Tayla-lee started using Club Physical's new RECOVERY ROOM. Contrast-Therapy is promoted worldwide as having a healing benefit for athletes and for those under rehab. But no-one expected this immediate result.



"On the days that I've completed the



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Health & Beauty

Contrast Therapy I haven't needed any pain-killers at all" says Tayla-lee. Her Contrast Therapy includes around 20 minutes in the infrared sauna coupled with a few minutes in the ice bath. "I've increased the time I can withstand the ice bath, (which is preset between 6-8 degrees) to six minutes" she says. Tayla-lee is the bar manager at Te Atatu Peninsula's Mr Islington.

Hobsonville Glasses and Gifts

Ho! Ho! Ho!

We have all of our Christmas range in now - very cute.

And we also have our summer gift range with an extensive choice of unusual local imported items to tempt every budget.

Come and browse Monday to Saturday 9am to 5.50pm at Hobsonville Glasses and Gifts 413A Hobsonville Road opposite Unichem Hobsonville.



Rules of the mind (part 2)

The mind is like a computer and has rules we can use to improve our lives. Continuing on from last month here are the next 5:

6) Your mind does not care if what you tell it is good, bad, true, false, healthy, unhealthy, right or wrong - it accepts and acts on your words regardless. Tell your mind positive things that you want, and it will take them on board.

7) It learns through repetition - practice makes permanent. Keep doing positive affirmations and your mind will eventually accept

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them. Keep taking positive actions & they become habits.

8) What we expect tends to be realised - you make your beliefs and then your beliefs make you. If you expect bad things to happen then bad things will happen, expect good things to happen and good things will start to happen.

9) What you focus on you get more of - what you move towards moves towards you. What are you focusing on?

10) Emotion is more powerful than logic & one emotion can only be defeated by another emotion. In a battle between emotion & logic - emotion always wins. Feel your emotions and they will pass.

Lorraine Maguire - Rapid Transformational Therapist

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Ask Dr Heather

A friend asked me the other day, why is sunscreen so important? With the upcoming long hot summer El Nino is expected to deliver (wahoo!), it got me thinking. Why do we bang on about sunscreen? It must seem like sunscreen companies are sponsoring us to (they aren't).

It all comes down to science. When the sun stuns us with her rays, she emits Ultraviolet Radiation (UV). There are different types of UV, the main ones that affect us are UVA and UVB. The energy they carry penetrates our skin and cooks us in a similar way to how a microwave heats up our dinner.

Limited amounts of cooking (up to 15 minutes or so) are good for our tissues as it stimulates beneficial pathways in our body such as the production of Vitamin D, good for anti-ageing, bone and immune system maintenance.

Too much of a good thing causes changes in our skin including altered pigmentation (spots), damaged collagen and dysfunctional deposits of elastin leading to wrinkles. Pigmented lesions/spots can also be triggered to mutate, leading to formation of cancer cells and the dreaded melanoma.

Sunscreen protects us from this radiation, broad spectrum the preferred choice to combat UVA (penetrates deeper and through glass, causing us to tan) and UVB (penetrates less deep and causes us to burn). Using this every day (even in winter and when its cloudy) helps prevent and treat these changes.

Like the necessity of wearing clothes, sunscreen should be part of the wardrobe. To be worn every day, except when the curtains are



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drawn and one is hiding inside.

Dr Heather Anderson is a Cosmetic Medicine and Urgent Care Doctor who practises in her own clinic at ALLOR Cosmetic Medicine in Whenuapai. If you have a question for Dr Heather you'd like answered anonymously in the magazine, please email askdrheather@allor.co.nz.

Hobsonville Chiropractic Centre

At Hobsonville Chiropractic Centre we are dedicated to our community. We are currently working on educating the community about spinal health and its importance. If you aren't already, follow us on Facebook and Instagram to see our tips and tricks to maintaining great spinal health.



Give us a call if you would like to book in. Hobsonville Chiropractic Centre, 295 Hobsonville Road, Phone 09 416 7589. Open late nights and Saturday mornings.

Revitalising luxury skin treatments - Hobsonville Point

Indulge in a truly luxurious skincare experience with Rachel from SKINMED NZ. With years of expertise in skin treatments, cosmetic artistry, and makeup, Rachel decided to establish her own skincare clinic in 2021, and thus, SKINMED NZ was born in the serene neighborhood of Hobsonville Point.



At SKINMED, we specialise in three key skincare treatments for both men and women, typically aged between 30 and 70. Our services include Dermal Needling, Microdermabrasion, and Bespoke Facials tailored to address your unique skin condition, age, and desired outcomes. We

utilise cutting-edge cosmeceutical products from renowned brands like Noon, Mesoestetic and Genosys to slow down the aging process, diminish pigmentation, and promote healthy skin.

Unlike over-the-counter products that often yield limited results, our clients have come to appreciate the remarkable difference our personalised treatments make. We believe that skincare is not just about physical appearance but also about enhancing your inner beauty. Our mission is to make you look and feel fantastic, ensuring you experience a sense of relaxation, individuality, and pampering in a serene and unhurried environment. From the moment you enter our luxurious treatment room located in the idyllic Bomb Point, we want you to step into a tranquil oasis where everything revolves around you for the next hour or so.

SKINMED opened an online store in Feb 22 to allow customers to purchase products to use between visits or for when they simply could not physically see clients during Covid. Be sure to check out our website at www.skinmednz.co.nz and our 5 Star Google Reviews.

If you would like to know more about the services I offer and our products range, please visit www.skinmednz.co.nz or contact me directly to book a consultation at contact@skinmednz.co.nz or 021 825 464.

Experience the epitome of luxury skincare at SKINMED NZ and let us help you achieve radiant, rejuvenated, and healthy skin.

Don't make this mistake when lifting

A study from Australia looked at 1000 people with acute lower back injuries and developed a list of the things they were doing or the triggers that caused their lower back injury.

As you would expect, things like lifting an object away from your body, lifting heavy, lifting unbalanced objects, were on the list, but the trigger that topped the list was surprising... it was being distracted during an activity. This was 3 times higher than the next closet trigger which was lifting something with an awkward posture.

So, when lifting, obviously we need to make sure you are using the correct techniques, but more importantly, make sure you are not being distracted.

If you have a lower back injury and would like some help, contact Elevate Chiropractic on 09 413 5312 or check out our website, www.elevatechiropractic.co.nz to find out more.

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Area Columnists

Explaining a tight Christmas budget to your kids

The cost of living crisis is impacting Kiwi families as Christmas approaches. Rising food and fuel prices mean there is little or no money for presents and holidays. It is important to be transparent with your children about your financial struggles, but children have high expectations of the holiday season and this can make this conversation challenging.

Here are some tips and examples to help you talk to your children about your financial situation.

Find a calm moment to have this conversation with your children. Avoid raising it when your household members are stressed or busy.

Be honest, gentle and direct when explaining your financial situation. Children are perceptive, and they may already have some idea of the financial challenges your family is facing. Avoid false promises. Explain the situation truthfully, and emphasise that it is temporary and that you are working to improve it.

Focus on what you can do. Though you may not be able to afford expensive presents or holidays this year, highlight the things you can do together:

- We can throw a pool party at our local public pool, you can invite your friends, and I will pack us some food and drinks.
- We can pack a picnic and go on a bushwalk.
- We can camp out in the backyard.
- We can do day trips to explore different beaches.
- We can invite friends over for a movie and pizza night.

Shift the focus from materialistic expectations to fostering a sense of togetherness, finding creative alternatives, and involving everyone in the decision-making process.

Here is an example of how to start the conversation:

"Hey, I want to talk to you about something important. You've probably noticed that we've been cutting down on our spending lately, and I want to explain why. The cost of things we need, like food and fuel, has gone up, and this means we have less money to spend on things that aren't essential. I'm afraid that this year we won't be able to buy expensive presents or go on a big holiday like we usually do. I know this is disappointing, but I want you to understand that being together as a family and our love for each other are what truly matter. Let's discuss how we can celebrate Christmas without spending a lot of money and still create meaningful moments for our family."

If emotions arise, it is important not to minimise them or be dismissive. Listen without interruption and without judgement to your children's concerns and feelings. Acknowledge them as valid and important. This helps them feel understood and respected.

Try these phrases:

"I can see that you're feeling upset and disappointed, and that's okay. It's normal to feel this way sometimes."

"I'm here for you, let's find a way to work through this together."

"I understand you were hoping for a present, and it's tough when things don't go as expected."

"We have a limited budget this year, and we're prioritising other things. However, there are many other ways we can celebrate and enjoy this time together."

* Kanchana Hoy is a psychotherapist and life coach. She combines the best of both fields to help parents identify areas where they may have fallen short, create a plan for addressing those areas, and ultimately improve and create connections with their children.

Find out more at www.kanchanahoy.com.

Distance families: Acceptance is the key

The other week I received an invitation in the mail to attend my son and daughter-in-law's baby shower. The only problem is... it's happening in America. I know it will be a lovely day hosted by a caring, extended in-law family. But I won't be there. I won't be able to show off my son's baby photo album, bring out his Plunket Book, or feel the softness of cute wee outfits as they're unwrapped.

You need bucket loads of acceptance when your family is geographically separated.

In Being a Distance Grandparent, one of my interviewees summed it up well: "I see acceptance as a grieving process. Sometimes, you take two steps forward and one back, but you are moving forward the whole time and as you are improving, you're accepting that... you're understanding it. It is a loss. We have these ideals and these



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expectations that our children will marry and bring up their children in this land, with all the things we enjoy. It is a loss you have to accept and move on."

I describe acceptance like telling your kids they have to eat their veggies: "You don't have to like the veggies, you just have to eat them." You don't have to like the fact that you are a distance parent/grandparent (or son, daughter, grandchild). You just have to accept it, because that's what the other generation would appreciate your doing.

I have met grandparents who can't accept why their child would ever want to live outside their own country and continuously ask when they are coming home. This is an extreme position and I would suggest is unhealthy for family relations.

Once at a place of acceptance our minds do not buzz with resentful judgements. It's easier to be inventive about ways of connecting by thinking outside the box and, let's face it, it's better for our well-being not to resist what is. We have to take responsibility. We likely said to our children when they were young 'you can do anything' or 'dream big' or 'reach for the stars' and that's exactly what they've done. It just so happens their dream involved embracing a new place to live. They want us to be pleased for them and proud of their efforts.

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

New charitable model set to address inequity

A new charitable funding model is set to help address inequity across one of the country's largest population centres.

Under the framework, significant new funding could be made available over the next five years to support hundreds of initiatives and organisations that can contribute towards positive long-term change in West Auckland. The funding would be sourced from profits made in the retail and hospitality sectors by West Auckland-based social enterprise The Trusts and is contingent on the organisation meeting its current financial projections over



the period.

Thousands of Maori and Pasifika, former refugee communities, Middle Eastern, Latin American and African migrants as well as those living in some of the region's most socially deprived areas are among those identified as needing priority funding. In a recent survey of over 200 charities and community groups throughout West Auckland, (27%) saw social issues or trends having the biggest impact on the community in the future, followed by economic factors (21%) and the environment (17%).

CEO of The Trusts Allan Pollard says the research shows there was a genuine concern for rangatahi (youth) and a need to focus on fostering greater social connection within their community. "Our community group leaders were almost unanimous in their feedback that more needs to be done to support rangatahi who are experiencing isolation and disconnection. In addition to economic factors, climate change and kaitiakitanga (guardianship of the sky, land and sea) were key concerns for the majority of respondents," he says.

Pollard says the January floods and Cyclone Gabrielle had a devastating effect on many areas in West Auckland and the damage has had a lasting economic and environmental impact on the area. Respondents were eager for our organisation to support local initiatives to reduce emissions and waste, mitigate climate change and educate those in the community on how to live more sustainably.

Planning for the business year ahead

It's nearly the end of the year. Summer holidays are almost here. This is a great time to get away from the business for many and have time to think about your business.

How did you go this year? Did you achieve your goals for this year? What came up that was unexpected and what lessons can you learn from it? Is your business profitable and are you earning what you want to earn? Are you spending enough time with the family?

What are the current market trends that you need to adapt to, for example changes in consumer behaviours, or emerging technologies? How successful were your marketing strategies? What worked well, and what needs to change?

It is also a good time to look ahead. What are your goals for next year and in 5 years' time? What projects do you need to work on this coming year? What key performance indicators are you going to use to measure your progress? Do you need to hire staff? Do you need to engage with a trusted advisor? Do you need to start thinking about how to exit the business?

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Summer is a great time to spend time with the family and recharge the batteries, but it also gives you headspace to make good decisions. Reflecting on the year just gone, and setting goals for the year ahead is a good time to update your business plan, or create one if you haven't got one written down.

Ann Gibbard is a Business Consultant with Oxygen8 Consulting. For help with growing your business, 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.

Christmas can be cracker

Christmas is a busy time of year, which despite the fun and festivities brings many challenges. It is a time full of parties and family gatherings. It is important to take time so that this season can be enjoyed.



- Keep expectations manageable this Christmas doesn't have to be the "best ever". It should be the most enjoyable. Organise yourself and be realistic about what you can and cannot do. Don't spend too much time organising for just one day - Christmas. The Christmas season is a marathon not a sprint - so pace yourself. Do the best you can on what you can afford.

- Enjoy Holiday activities which are free. Take a drive to look at the Christmas decorations. Go window shopping and don't buy anything.

- Do something for someone else. You could invite someone who has no family to join your celebrations. Christmas can be a very lonely time for some.

- Get Moving. Go for a walk. It's time to let your hair down and dance at parties. Go for a swim. Take a picnic to one of our wonderful beaches or parks. Use the fantastic playgrounds. Be a tourist in Auckland - take time to see what it offers

- Be Generous - but be sensible. Yes we all want to be generous, but it's silly to get into debt. Christmas is a time for giving and sharing, but don't give more than what you have. So, why don't we get back to the basics and just give presents to children and people we see often and know well? You could make some presents, or give a token with a promise of a gift, such as babysitting, washing the

car, housework, or going on an outing. If you come from a large family you could do a lucky dip or some know this as Secret Santa, where you just buy for one family member. You could do this in a sustainable fashion - set limits, everyone buys from an opshop or the item is sustainable. Be careful if you are buying online, if something seems too good to be true, it should send warning bells.

- Don't eat or drink too much. This is the time of year when it can be easy to give in to excess. Too much alcohol can make you irritable and tired. Pace yourself.

- Don't try to be perfect or do everything. Saying no can be hard, but you need to look after yourself. Do what you reasonably can, if you take on too much you'll disappoint yourself and others. Set boundaries you are happy with. Take time for yourself. You don't have to do it all - ask others to help out, most people enjoy contributing to the shared event. It doesn't have to be bigger to be better.

- Minimise Screen time. Spend more time with your favourite people.

- Remember what's important. Have fun. Remember in the end it's not the presents people remember, it's having fun with family and friends. So take time to play with the children, they'll remember the family cricket or soccer game in the back yard long after their presents have broken.

Season's Greetings from your friends at Citizens Advice Massey, and for help when things go wrong or any information we can be contacted on 09 833 5775 or massey@cab.org.nz.

Committed to representing all the community

At the writing of this, a government has yet to be officially formed, but the vote for change was decisive. Thank you to those who supported me. To those locals who didn't, I will work hard for you - to be the most accessible and effective representative Upper Harbour could have inside our new National-led Government.



Upper Harbour secured the largest majority of any new National MP winning a seat off Labour - winning by more than 11,000 votes. We also secured one of the largest Party Vote tallies. Importantly on both votes, we won over 50% support from the community which is a great mandate.

Every day since election day, I have continued to work - attending

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community events, meeting key stakeholders, and visiting constituents. I am now in the process of setting up a new electorate office. In the meantime, I will be holding regular constituent clinics all around the electorate. My best contact: cameron.brewer@parliament.govt.nz

Exactly 25 years ago I started a job at Parliament. To now re-enter the same building as an MP is somewhat surreal. However, I am determined to use my experience in local and central politics, self-employment, Auckland issues, and business advocacy to now advance Upper Harbour.

Merry Christmas and Happy New Year to you and your family. Cameron Brewer.

Orion Point to unveil its newest jewel

It's been almost a year since the first residents of Metlifecare's Orion Point, Bruce and Sheryl Sherrock, opened the front door at their brand-new retirement home, and this month, they will celebrate another significant milestone.



This time however, the couple will be joined by a fast-growing resident community, as the village gets ready to officially open its vibrant social space, a state-of-the-art luxury amenities building designed exclusively for Orion Point's residents, their families and friends.

"Everyone is very excited about it," says Sheryl. "We can see the swimming pool from our balcony, and at night it's lit up beautifully with glistening lights."

Metlifecare's Head of Development, Matt Wickham, says Orion Point's new amenity building is "next level" luxury design and retirement living.

"The building has been carefully created to take full advantage of its stunning North facing coastal position and incredible views. The building itself has great natural light with architecturally designed decking, lawns and landscaping that look out over the water."

"There will be wellness facilities like the heated swimming pool, yoga areas and of course a superb café and restaurant area with plenty of indoor and outdoor flow.

"There are also handy features like easy walking access to the Hobsonville Point Coastal walkway, which integrates the village into the surrounding environment and community.

"I think Orion Point has the best outlook on the coast and rivals any five-star resort. Residents will be able to enjoy a cold drink on the deck overlooking the gardens and water with friends and family. What better way to spend your retirement!" To find out more, contact the Orion Point sales team on 0800 005 877.

Low waste Xmas

Christmas: fun, presents, food, family. But for the people who work at Auckland's Waste and recycling facilities, it also represents one of the busiest times of the year, as they work to process all the waste that Christmas generates. Piles of wrapping paper (most of which has a plastic layer so can't be recycled) unwanted or broken gifts, packaging, pulled crackers, endless booze bottles, and oh so much food waste. All of this has to be processed, and sadly, much of it gets sent to our city's landfills.



With a little effort and planning, it doesn't have to be this way. Having a low-waste Christmas has been our family's norm for few years now, and it's just as much fun as a wasteful Christmas. Here are some top tips:

1. Think outside the square for gifts: second-hand, edible, re-gifted, hand-made are all good options. For children, search out wooden or good quality toys that won't break easily and will last, and that come in minimal packaging. Or give books. Even better, give an experience instead of a gift. How about a meal out, a massage, concert tickets, an escape room experience, a bungee jump, a

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session at a trampoline park? Experiences can be great gifts for all ages.

2. Create a low-waste Christmas meal: shop at bulk bin stores and avoid packaging where you can, and only make enough for one meal plus one meal of leftovers. Eat the leftovers before they go off, compost what you can, and use your Council food-scrap bin for bones and other scraps. If it won't all fit, freeze some till the following week.

3. Think carefully about your decorations: Do you really need new tinsel and baubles and a freshly cut pine tree? Try making a driftwood tree or finding a shapely branch from the garden. Re-use old decorations, or make paper ones with the kids. Try op-shops for unusual pre-loved baubles and tinsel.

4. Wrapping paper: if you saved paper from last year, great. If you need new paper, look for brown paper that isn't shiny - it's more likely to be recyclable. Check by tearing a small corner and seeing if a plastic layer becomes visible. Another option is wrapping gifts in pretty fabric tied with fabric ribbon or cotton string - this looks fabulous and can all be re-used endlessly.

There are many other ways to reduce our impact on the planet but still have a wonderful Christmas. Check out www.zerowaste.co.nz/reduce-reuse-recycle-this-christmas/ for more ideas.

Sanitarium Weet-Bix Kids TRYathlon returns in March

The Sanitarium Weet-Bix Kids TRYathlon series is back in full force this season and setting the stage for the next generation of Kiwi kids giving it a TRY.



More than 2,800 tamariki from across Central East Auckland are expected to swim, bike and run their way to the finish line at Point England Reserve and will be awarded a special medal by their Kiwi sporting heroes. The event kicks off with a free breakfast of Weet-Bix, Anchor Lite Milk, and Wattie's fruit at the Weet-Bix Better Brekkie Breakfast tent.

Registrations for 6 - 15 year olds are open now at tryathlon.co.nz and remain open on the day of the event, or until spaces are sold out prior. In locations where there are no physical TRYathlon events, kids can enter the Sanitarium Weet-Bix Kids TRY Challenge to complete a personal challenge anytime, anywhere at trychallenge.co.nz.

WHAT: Sanitarium Weet-Bix Kids TRYathlon

WHEN: 9:00am, Sunday 24 March 2024

WHERE: Point England Reserve, Point England, Auckland

Farewell 2023 and Welcome 2024

2023 has been another year with some changes and challenges as we continue to return to pre-Covid times and with the cost of living making life hard for some. Despite everything, let us try to look at 2023 as a stepping stone towards our new reality as we head into 2024.

The events of the past couple of years have given us the opportunity to take a look at ourselves and see what further changes we can make in our lives. Some people have taken time out for ourselves to self analyse and see what changes we need to make in order to enhance our lives as we move into 2024.



What will 2024 bring? That's a good question, we can only hope that it will be an easier year than the past couple of years, with the change of government, people struggling to live day to day and growing into the person we want to be. May it be a year where we can continue with any new habits we have developed and look for any opportunities to learn new things and have new experiences and continue to grow as individuals.

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 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. At Astramana™ Healing Services, we are certified in several forms of Reiki and Seichem and can teach these to Master-Teacher levels. For those that are curious to look into the future or see what has been happening, we offer Tarot readings. Have you considered exploring and heal the past, why not try a Past Life Regression or even a Life Between Lives Regression, where you can get some answers to some soul-searching questions. If you have a fear or phobia, such as flying, spiders etc, why not try Hypnosis to overcome that fear or phobia? Let us make 2024 a positive year for all.

We have some new exciting services and courses that will be available to you in 2024.



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Astramana™ Healing Services, was founded by International Hypnotist, Reiki Master-Teacher, Clairvoyant & Tarot Reader Jason Mackenzie. Please visit our website: www.astramana.com or email astramana@gmail.com, phone/ text us on 021 0277 0836 with any questions or to book a session, workshop or a New Year's Tarot reading. We offer a mobile service to those out West Auckland.

We look forward to working with you and we wish you all a very Merry Christmas and Happy Holidays, all the best for 2024. Finally, we look forward to welcoming back our current clients and look forward to meeting our future clients in 2024.

Mural and Massey History – what does it mean

The Massey Birdwood Settlers mural has been refurbished and looking stunning.

On local Facebook pages the mural, designed by and painted by Mandy Patmore has attracted hundreds of likes.

What however does the mural signify, what does it stand for. A little History behind the mural, Massey and Don Buck



The mural is essentially a new mural with a number of differences although same theme. The biggest difference compared to the previous mural, is that the new one is missing the trees at either end, the leaves of which were hand prints of Massey Primary students' hands.

From a distance, the gum diggers look realistic similar to how they would have been in Don Buck's camp in Glen Road over 100 years ago.

Don Buck is a short version of the man's name; Don Buck Road being named after him. His correct name is Francisco Rodrigues Figueira, and was Portuguese born in 1869 and died in 1917.

".....The Massey Birdwood Settlers Association hall commemorated Don Buck's camp with a mural designed by artist Mandy Patmore....."

Inside the Den, there is a photo of Don Buck, and references to the early history of the Massey and Birdwood areas, something the Association would like to build upon in order to preserve the history of the area.

For those not aware Massey is named after the PM during the First World War and Birdwood is the surname of the General that led our troops off Gallipoli during the First World War.

Redhills Rd provides a cultural connection. Massey is within

the traditional rohe of Te Kawerau a Maki and is the location of Pukewhakaratarata, a mountain known as Redhill to European settlers. The literal translation of the name is "hill that poses a challenge or obstacle", and is one of the Nga Rau Pou Maka, the hills in the upper Waitākere Ranges that reference Maki, the eponymous ancestor of Te Kawerau a Maki.

If you would like to hire the hall on a long-term basis you can do so by contacting the Secretary, John Riddell, by email masseybirdwood@gmail.com.

Juggling debt? A quick guide to debt consolidation

Managing multiple debt repayments can be challenging and stressful. Debt consolidation offers a potential solution to this problem. Let's explore what it is and how it works.



Debt consolidation involves combining all or most of your credit facilities into a single loan with one repayment.

There are several benefits to consider:

1. Simplified Finances: Debt consolidation streamlines your finances by merging smaller payments into one easily manageable amount.
2. Potential Savings: It can save you money if you use it to consolidate multiple high-interest payments into a single low-interest monthly payment. Additionally, keeping the loan term as short as possible is crucial.
3. Faster Debt Repayment: Debt consolidation can help you become debt-free faster and reduce overall interest costs if you secure a lower interest rate and maintain your current monthly payment.

However, there are downsides to be aware of. If you extend your loan term significantly compared to your current loans, you may end up paying more in interest charges in the long run. It's essential to compare the total cost of various options before making a decision.

To determine if debt consolidation is right for you, ask yourself these key questions: Do you know your current outstanding debt? How much interest will you be paying? Have you created a budget? Are you likely to accumulate additional debt while repaying your consolidation loan?

To learn more about debt consolidation, contact the team at GR Finance via info@grfinance.co.nz, www.grfinance.co.nz, or call 021 669 430.



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