

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point



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

Waitematā Endoscopy

Circulation is 10,000 print copies.

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

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February 2024



Greetings

All functioning human beings are aware of an "inner voice". It helps us focus, achieve our goals and reflect on life's most joyful moments. But it can also be our biggest enemy, bringing to mind painful emotions and replaying embarrassments, hijacking our thoughts to run amok with "chatter". How does this source of wisdom turn into our biggest critic? And how can we take back control? If we can harness the workings of the voice in our head, we can redirect it away from rumination and self-criticism and towards reflection.

The neuroscientist and psychologist Ethan Kross's book "Chatter" reveals the power of the silent conversations we have with ourselves. We can learn to avoid negative thoughts that can strain our social connections and cause us to fold under pressure. He discusses many ways to control the chatter. Small doses of anxiety can be helpful in motivating ourselves, but this can get out of control, often when we wake in the middle of the night. We may be good at advising others, so we can use these skills to step back and look at the wider issues, then redirect this advice to ourselves. "Chatter" is available through Auckland libraries. You can google a recent interview on RNZ and find a number of his presentations on YouTube.

Welcome to our first issue of 2024. Hopefully you may be refreshed after a summer break. Please turn the pages and enjoy the variety of activities in our communities. There are so many individuals, groups and organisations providing interest, services, and activities at all levels of local life. Be guided by ideas to get the most out of this year by setting achievable goals. Know what to look out for to avoid being scammed. See how the local environment has been used in the making of a film. Could you spare some time to volunteer?

In our regular sections, read Graham's assessment of the local housing market, and think about what you can do to improve your own property and who can help you with it. With the current variety of weather patterns, there is always something to do in the garden. There are topics for all tastes. Please also remember to check our advertisers to support local enterprises.

Have a good February.

John, Editor



What's inside

- 3 People & Places
- 4 Community News
- 6 In brief: Updates
- 8 MCT
- 10 The Flower Vault
- 12 Cameron Brewer
- 14 Property News
- 16 New house
- 18 6 must do's
- 20 Property Market
- 24 Hot Property
- 26 Property Market
- 32 Home & Garden
- 34 Laser Plumbing
- 36 Pets
- 38 Food & Beverage
- 40 Health & Beauty
- 42 Rules of the mind
- 44 Area Columnists
- 46 Distance families

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COVER PHOTO: Waitemata Endoscopy Team

PRINT RUN: 10,000 copies, Treehouse Print

EMAIL DATABASE: Sublime NZ

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

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

People & Places

Waitematā Endoscopy celebrates 16 years of service

The Waitematā Endoscopy team is proud to celebrate its milestone of serving the Waitemata community for 16 years. Clinical Director Dr Ali Jafer says the private endoscopy clinics aim to deliver not only an international standard of excellence in endoscopy services to the community but also peace of mind through working very hard to reduce patient waiting times.

Endoscopy is a way of looking inside the gut using a thin tube with a camera that is minimally invasive for patients. 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.

For bowel health, endoscopy is an integral part of early diagnosis and treatment as bowel cancer is the second highest cause of cancer deaths in New Zealand. However, if detected early enough, bowel cancer is preventable and treatable.

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.

Starting at its North Shore location in Wairau Valley 16 years ago, a second purpose-built clinic on Lincoln Rd, Henderson, was opened in 2020 to better serve the West Auckland community. With the addition of another state-of-the-art endoscopy room last year at its Henderson clinic, this essentially doubles the capacity for patients to be treated in West Auckland. Thus Waitemata Endoscopy is now able to offer a confirmed appointment for most standard Colonoscopy and Gastroscopy procedures within 7 days of a referral by matching patients with the availability of our experienced Specialists*. Feedback from patients is that this has significantly reduced waiting time, providing peace of mind and certainty to plan ahead and come prepared.

With a modern and welcoming environment, including the latest technology and patient recovery areas, patients can now access timely and exceptional quality endoscopy much closer to home when they need it.

How do I get an appointment?

If you have health insurance, a referral 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, you can self-refer via our website and we can provide an estimate.

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

WE

have reduced wait times
for Gastroscopy &
Colonoscopy

Bringing you access to a group of experienced Gastroenterologists and Surgeons dedicated to exceptional patient care, with the support of a compassionate nursing team that has been serving the Waitemata community for over 16 years.

If you need an appointment, talk to your doctor about a referral to the Waitemata Endoscopy Group, or you can self-refer via our website.

www.waitemataendoscopy.co.nz

Or call us on (09) 925 4449

// 53 Lincoln Rd, Henderson
// 212 Wairau Rd, Wairau Valley



WAITEMATA
ENDOSCOPY



Dr Marius van Rijnsoever
Gastroenterologist & Endoscopist

a joint venture with Southern Cross Healthcare

Community News

Discoverers

On Sunday 25th of February, Discoverers Informal church will be focusing on this important issue by;



- Looking at resources in the Bible that can be used as the foundation of earth-caring and justice-making expressions of the Christian faith.

- Identifying insights and methods for healing ourselves by healing the earth and society.

- Discovering practical strategies by which Christians can make a positive difference to their world.

Discoverers Informal church meets on the fourth Sunday of each month, from 3-30pm to 4-30pm in the Baffin lounge, Headquarters building, 414 Buckley Avenue, Hobsonville Point

For further information;

Contact Barry Jones Phone: 022 068 3873 Email: beejaynz05@gmail.com Facebook "Discoverers Hobsonville Point."

Image credit: Well Aware

Renting in retirement – a growing challenge

A growing number of retirees are facing the challenge of renting as they age. Suitable affordable properties are rare, and often only offer short term tenancies resulting in uncertainty and stress.



For those retirees with limited financial resources trying to survive on the single NZ Superannuation weekly payment of \$477.52, rental payments can easily exceed 60% of their income. This leaves very little for energy, food, and other basics. Our older citizens deserve to live in dignity when they can no longer work, and for a growing number in New Zealand, this is no longer the case.

In Last Home Renters, director Vanessa Patea constructs a portrait of her 76-year-old father, a Māori fisherman. It is narrated through a series of intimate but understated interviews with Rodney, who is in a position an increasing number of us will face as the housing crisis

continues. Watch Rodney's story on <<https://www.youtube.com/watch?v=Cpvc7XboCrg>>

Better Later Life - He Oranga Kaumātua 2019 to 2034 strategy document, from the Office for Seniors, acknowledges that for some retirees NZS is no longer sufficient to live in dignity in retirement:-

"As our population continues to age and numbers of older people increase, central government will need to spend more on NZ Super and health care costs. We also expect to see increased numbers of financially vulnerable older people needing extra support, including housing support."

Grey Power advocates strenuously on behalf of retirees struggling to meet their accommodation needs. Grey Power urges Government to increase the Accommodation Supplement asset level, and the maximum payments, which have not increased for 5 years, to provide urgent relief for our seniors in rental accommodation currently unable to live in dignity.

SeniorNet Kumeu

Welcome to a new year and a new committee. Following on from the end of last year and our AGM the committee are organising our year for 2024. There will be a lot of new items and this year we are spreading our net and hoping to encourage new members from around our expanding neighbourhood. For those of you who do not know what SeniorNet is, we are an organisation set up in the early 1990s to help seniors with the ever-expanding change in the way we deal with technology. Whether an absolute beginner or someone with knowledge there is always a welcome at our friendly club. We meet on the first Wednesday of the month at 10 am at St Chads Church 7 Matua Road, Huapai. Or call Nigel Dempster 09 411 9444. See you there.



\$100 = Exposure for a month

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



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In Brief Updates

Ready to put your New Year's resolutions into practice?

Astramana™ Healing Services wishes all readers and our clients a very Happy New Year.

Most of us enter the New Year with various goals and resolutions, we wish to achieve throughout the year. However, we often start the year off with the best intentions, but as the year goes on, we tend to slip back into the old habits as life moves on and we get back into a normal routine. How can we change that?



Goal setting is part of everyday life. By setting ourselves small and easily achievable goals on a daily basis will help us to successfully achieve the larger goals we have in life such as stop smoking, weight loss, saving money for a holiday.

To create a goal, we can use the SMART Goal Setting Guide, our goals should be:

- S: Specific
- M: Measurable
- A: Attainable
- R: Realistic/Relevant
- T: Time- Based

It is important that your goal be specific, identify specific targets you hope to achieve at different stages, make sure your goal is achievable, otherwise you could struggle with success. The goal needs to be realistic and relevant to you and put a time frame on it, as this will help you to move towards success.

Astramana™ Healing Services can help you achieve your goals and New Year's resolutions. We can't do it for you, as only you can, but we can help you, through the various services we offer. We offer hypnosis, energy healing workshops or just one on one motivational support or tarot reading.

Later this year, Astramana™ Healing Services will be offering a psychic self-development course where you can join like-minded people to open your psychic abilities, or join us for our first 2024 Reiki level 1 workshop, the higher levels will be taught throughout the year. Please contact us for details and register your interest for any of our workshops.

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.

Happy New Year from the House of Travel Hobsonville

We specialise in cruises, tours, airfares, package holidays, tailor made itineraries and so much more. If you're planning to make 2024 or beyond the year to travel, why not pop in and see us or get in contact?



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

We're with you every step of the way.

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

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

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

RSA Hobsonville

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New members welcome to join at any time.
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- Camper Vans welcome to stay (bookings essential)
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- Contact Manager for further information & costs**

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Andrew Jackson
General Manager

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

In Brief Updates

risk to take, in an ever-changing environment. With the security of a physical store, experienced consultants, 100% Kiwi business owner operated, TAANZ bonded and local, who better to be your travel agent wingman?

Your ideas + our knowledge = better holidays.

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

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

TOUGH KID 2024 – Local leaders developing local kids

Mitre 10 MEGA Westgate & Henderson have once again partnered with the Royal New Zealand Air Force to bring you TOUGH KID 2024 at the Whenuapai Air base on 21st March 2024, starts 10.30am to approx. 1.30pm finish.

TOUGH KID is a super fun child-friendly military style combat course which will be

run in age groups for kids years 3 to 6, the kids will run, walk and crawl across the gruelling course over a distance of 1-1.5km set up by the RNZAF, there is sure to be mud, plenty of water to contend with and obstacles that will challenge the agility and strength of our participants. This year the course will be similar to previous years but with new twists and turns. Each participant will receive a goody bag at the finish line. The RNZAF intend to do a flyover and a parachute demonstration (staff availability and weather dependent) and will provide different machines on display for the kids to see and learn about. More FM and Mai FM will also be on-site handing out treats and will provide a chill out areas for the kids at the end of the course.

Registrations are limited to 1500 entries and cost per child for the event is \$3. We have approached many schools in the West Auckland area, and the response has been amazing so far, however if you want your school and your children to get amongst what is going to be an awesome day then we need our local schools to register their interest, collect registrations and provide teacher/parent volunteers to help on the day. All registrations must be made through the schools. Talk to your school coordinator about getting involved. Schools can email us for an information and registration pack, contact marketing.westgate@mitre10.co.nz

The Tough Kid Challenge is getting more and more popular every year and is great for growing confidence in our children as well as



fabulous memories that last a lifetime.

Mitre 10 MEGA Westgate and Henderson would like to thank the Royal New Zealand Air Force for helping bring this amazing activity together and we can't wait to see everyone on the field on 21st March 2024 at Whenuapai Air base. Registrations will close on 19th March 2024. For more information contact marketing.westgate@mitre10.co.nz.

Massey Community Trust (MCT)

Massey Community Trust (MCT) believes that as a community we have the power to hold and heal our own. We envision a community in which every person and whānau in Massey is safe, healthy, hopeful, and thriving. MCT aims to mobilise the resources available within our community in order to create a community of care that addresses our communities' needs by supporting innovative ideas that foster positive change in Massey and beyond.



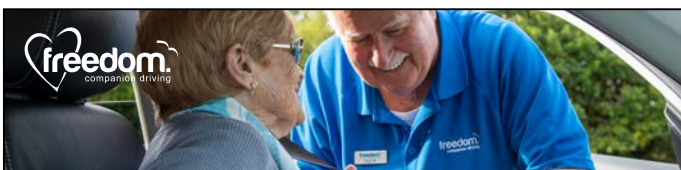
Breaking down barriers of social isolation and fear is central to MCT's mission, aiming to cultivate healthy relationships among families, neighbours, schools, faith groups, and services in Massey.

MCT actively runs programmes such as Celebrate Recovery, a year-round 12-step programme supporting individuals in navigating life's challenges and finding healing from the past and The Safety Net Project, which offers a safe supportive alternative to emergency accommodation for young people experiencing homelessness within a host whānau environment. MCT also runs free exercise classes twice a week, Mainly Music sessions for preschoolers, monthly community dinners, Community Kōrero educational events and Ready to Rent Workshops for young people.

For those eager to learn more about MCT's initiatives or explore volunteer opportunities, contact us at massey.community.trust@gmail.com. Together, let's build a thriving community where love and care for one another is at the centre.

Waitakere Greypower Association

Welcome back to another year of advocacy for our members and friends in 2024. First up for the year is our invitation as Part of Zone Two Greypower Northern Region to a meeting with Mayor



Paul Miller

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In Brief Updates

Wayne Browne and Deputy Mayor Desley Simpson at the Auckland Council building in Albert St, Auckland at 11.00 am on Monday 12th February 2024 where we will be raising issues about the forecast 7.5% rates increase for 2024-25, water charge proposed increase for 2024/25 and public transport and Council's draft budget and possible cuts to some services.

The highlight for Waitakere Greypower Association will be out General Members meeting on Wednesday 20th March 2024 to be held at the Te Atatu South Community Centre, 247 Edmonton Rd, Te Atatu South from 12.00 pm until 2.30 pm. We extend an invitation to all members and friends to attend. If you, like most of us, are afraid of scams you will need to attend. Our Guest Speaker will be Sheree Tait, Community Banker at ASB Bank, who will advise you how to safeguard your banking from fraud and scams. You will be well informed. You are invited to stay for light refreshments at the conclusion of the meeting. Written by, Mate Marinovich, President Waitakere Greypower Association Office 247 Edmonton Rd, Te Atatu South 0652 Auckland.

“That’s a wrap” for bloodlines

When Whenuapai couple Chris and Petra Gloyn back in April 2020 decided to make a vampire-themed film with Director of Photography Joel Staveley, they didn't realise it would take so long. Principal photography began on 30 October 2020 but it wasn't until 23 December 2023 that Chris finally uttered those magic words, “That’s a wrap.”



“That final day of filming,” Chris, the director, said, “was the one we dreaded the most. It was the climax of the film and required all the principal cast plus action extras. A lot to organise.”

Entitled ‘Bloodlines’, the film is a collaboration between Icarus Productions and JS Visuals. The project is self-funded and actors and crew collaborated in the project for no payment. Filming locations included Whenuapai, Swanson, Kumeu, Piha, Dairy Flat, North Shore and Waiuku.

“It was a challenging project for me,” scriptwriter Petra said. “I’ve done lots of writing but this was my first screenplay.”

The film stars Lauren Berrington as Willow, a woman looking for her sister Erwyn (played by Sarah Vlietman); Aveael Webb as Celene, a kidnap victim; and Ana Marija Kirova as Lucienne, a tormented and conflicted vampire. These three storylines come to a dramatic head in the climax of the film.

“We started with a small cast and crew,” Chris said, “but our team grew and grew as the story evolved.”

Casting for the project was done initially through the couple’s own talent agency, Icarus Talent Ltd, then with the help of Leonard Matthews, who runs Pasifika Actors Group on Facebook.

Kumeu residents Rodney and Mary Bowker played the parents (Martin and Luna Sharman) of the kidnapped woman Celene, with their farm being used as the location for the Sharman farm.

“We wanted to use cast who might not normally be considered for lead and support roles by major production companies,” Petra said, “It gave them a chance to show what they can do while also building up a show reel. They did not disappoint.”

Now that the film is wrapped and the editorial process underway, promotional work for cinema release now begins. The couple already has some cinemas interested in showing the film and they are looking at a release date in mid-2024.

Puni Reo Poitarawhiti 2024 to showcase Māori language in Auckland's netball scene

Launched in 2021, Puni Reo Poitarawhiti stands out as Auckland's inaugural netball event where everyone, from umpires to players, announcers, and coaches, only speak in te reo Māori on and off the court. Widely embraced by schools throughout Tāmaki Makaurau, the festival offers students and teachers a unique opportunity to celebrate Te Reo Māori during a mainstream sports event.

Murray Gardiner, General Manager of Netball Waitākere, continues.

“Puni Reo Poitarawhiti focuses on promoting te reo Māori in everyday activities which are not considered ‘traditional’ Māori language arenas. As a te reo Māori initiative in partnership with Te Puni Kokiri, this event sees use of the Māori language normalised outside of formal learning and cultural settings. With over 50 teams already signed up to next year’s festival, it’s going to be the best one yet!”

Held annually at Netball Waitākere’s facilities in Henderson, the event attracts teams from schools across Tāmaki Makaurau. Looking ahead to the 2024 event, Healthy Families Waitākere Systems Innovator, Ruta Tai is working alongside netball coaches from West Auckland mainstream schools, to encourage more to take part in this annual event. Tai continues:

“In just two years, Puni Reo Poitarawhiti has expanded to over 70 school teams each year, highlighting a clear demand for such sporting events. As we set our sights on this year’s tournament, we’re heartened by the growing interest from mainstream schools. This signals an exciting new phase for Puni Reo Poitarawhiti and underscores its potential for continued success.”

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In Brief Updates

For the past year, Tai has been facilitating a group of netball coaches from West Auckland schools, providing space for them to come together, learn and share ideas and knowledge on the popular sport in a way which works for them, their cultural identity and self-expression.

Gearing up for Puni Reo Poitarawhiti in May 2024, Netball Waitākere, Healthy Families Waitākere at Sport Waitākere, Te Puni Kokiri and netball coaches from across Tāmaki Makaurau are striving to put their best foot forward come game day.

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.

Franklin Farm

Franklin Farm in West Auckland is run by 5th generation growers Luke and Jasmine Franklin.



Their business has been in the family for 118 years, and four generations currently live and work on the farm including their children Saskia and Arlo, Luke's parents Alan and Monique, and grandparents Lucy and Graham.

Luke and Jasmine grow celery all year round, and in the summer months - cover crops of sunflowers. The cover crops provide goodness for their growing soils, as well as fun photo opportunities. They currently allow the public in to see the fields for photographs, as well as pick your own sunflowers. The sunflowers bring happiness

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In Brief Updates

to locals who have been visiting with their dogs on 'Doggy Fridays' and on open weekends.

The blooms are only available to see for a short time, so enjoy them while they last! Further information can be found at www.franklinfarm.nz.

Te Manawa

Events at Te Manawa 11
Kohuhu Lane, Westgate 0814

Children's Preschool
Programmes restarting in
February

Wriggle and Rhyme Tuesdays |
11:00am - 11:30am

Restarts on Tuesday 13
February in the auditorium,
Level 3.

Wriggle and Rhyme promotes active movement and brain development for babies up to 18 months. Social time at the end of the session; toys for babies and chatting for parents.

Rhymetime. Wednesdays | 11:00am - 11:30am

Restarts on Wednesday 7 February in the children's area Level 1

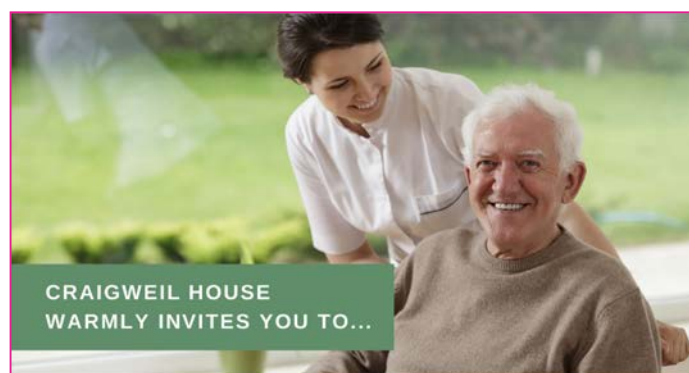
Join our Rhymetime sessions with songs, movement and finger rhymes for pre-schoolers.

Storytime. Fridays | 11:00am - 11:30am

Restarts on Friday 9 February in the children's area, with Pasifika Beats on the last Friday of each month during term time.

Come along and join our librarians as they read captivating stories for our tamariki and their whānau.

Sessions run throughout school term time, except on public holidays.



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To find out about our amazing programmes and activities you can pop in and pick up a What's On booklet or check out our social media.

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The Flower Vault

The Flower Vault floral boutique offers a wide range of fresh flowers, ready to go arrangements, plants and delivery options. Our team of experienced florists are here to help you whether it's a few stems for your case at home or a bouquet for someone special. Our flowers come in fresh from our Auckland-based flower markets. Our talented florists are experienced to put together something special for any up and coming occasions. We guarantee premium service, and customer satisfaction is very important to us. No occasion is too big or too small.



Remember Valentine's Day is coming up this month. Free local delivery to Hobsonville, Hobsonville Point, West Harbour, Whenuapai, and Westgate. Go to theflowervault.co.nz for details of our products and to place an order. "Never a dull moment for me, I've been a florist over 20yrs and every day I still live for the creativity and beauty of flowers."

Phishing

'Phishing' is when criminals use scam emails, text messages or phone calls to trick their victims. The aim is often to make you visit a website, which may download a virus onto your computer, or steal bank details or other personal information. Avoiding phishing attacks is crucial for safeguarding personal information and preventing unauthorised access to accounts.



Our attention is compromised when we're multi-tasking so be careful of unfamiliar emails when you're trying to do more than one thing at once or not taking

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In Brief Updates

enough time to go from one task to another. Be cautious of unexpected emails or messages, especially those requesting personal information or urgent action.

Legitimate organisations usually use official communication channels. People may be familiar (unfortunately) with the email claiming to be Waka Kotahi, warning you that your car registration is overdue. Or the one claiming to come from the IRD telling you you're entitled to a tax refund and/or a cost-of-living payment, with the link to fake websites. Check for generic greetings, spelling errors, and unusual requests. Be wary of sharing personal information on social media platforms. If you receive an email or message requesting sensitive information, verify its legitimacy by contacting the organisation directly using trusted contact information.

Unfortunately \$200 million was lost to scams in New Zealand in the past year. If it didn't work, the scammers wouldn't do it. By staying vigilant, being cautious, and adopting these best practices, individuals can significantly reduce the risk of falling victim to phishing attacks.

Scott Point School Term 4 inquiries

At Scott Point School, all the classes have been busy undertaking a 'Legacy Project' where they had to develop ideas to leave a legacy at the school. There were many exciting and creative projects around the school, from painting 'Buddy Benches' to creating gardens, playgrounds and garden boxes. While some projects were very creative and could be made in the future, it is the concepts and learning that took place and the sharing of the process that was celebrated at the end of the term at each of the classes 'Sharing Day' where families and friends could come to see and hear what the children had done. scottpointschool.nz.



Oceania

Hundreds of Oceania residents achieve remarkable milestone in charity walk for The Mental Health Foundation.

In a remarkable display of dedication and community spirit, hundreds of Oceania residents and staff have collectively walked the length of New Zealand to raise funds for the Mental Health Foundation.



Geoff Dobson
MEDIA

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An initial target, set at walking for 14,100 minutes, was not only met, but surpassed exponentially, with participants collectively walking for over 150,000 minutes. This initial target is reflective of how long it would take to walk the distance between Oceania's southernmost village, to their northernmost village.

Residents and staff across Oceania villages and care centres formed teams in September and set out on regular walks until early December. Many teams will continue their walking routines, after seeing incredible results in their physical and mental wellbeing.

In addition to exceeding their walking target, the teams raised thousands of dollars for the Mental Health Foundation of New Zealand. Oceania matched the funds raised, resulting in an overall total of \$20,000.

Oceania is a leading provider of aged care living and retirement living in New Zealand with 47 sites (including Waterford in Hobsonville Point). Our purpose is to reimagine the retirement and aged care living experience through a human-centred approach, and we constantly challenge ourselves to deliver better for our residents and teams.

Focused on delivering for Upper Harbour

by Cameron Brewer MP for Upper Harbour.

I'm sitting in my Parliamentary office on 16 January on a sunny Wellington morning writing this. Unlike previous administrations, our new Prime Minister insisted all MPs were back at work in January - not February. The taxpayer deserves nothing less than a focused and committed government.



At the writing of this, I'm also in the process of setting up my electorate office. The previous location at the back of Westgate was outside the electorate. Being inside the electorate, more central, and not to mention being accessible and visible is important. Upper Harbour residents deserve nothing less.

We have established a new office email address for locals to contact us on with feedback, issues, or to seek an appointment - upperharbouroffice@parliament.govt.nz. We'd love to hear from you.

I have been appointed the Government lead and Deputy Chair of the Governance & Administration select committee, which among many things oversees local government and emergency management. I



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Taina Henderson 027 537 9222

Shelley Funnell 027 537 9221

Amie Wallwork 021 421 336

www.hendersonreeves.co.nz

Barns we love

am also a member of the Justice select committee.

My focus in the coming three years will be firmly on Upper Harbour. We will push play on the Northwest Rapid Transit corridor (dedicated busway along the northwestern motorway), fix the cost of living crisis, support local businesses to grow, and make our residential streets safer. All the very best for 2024.

Volunteer Stroke Scheme

The Volunteer Stroke Scheme is a specialised service for people who have communication difficulties following a stroke.

We are looking for volunteers in West Auckland to become conversation partners with our clients. Our volunteers provide their clients with a great opportunity to enjoy social conversation. Following training, volunteers are introduced to clients who live in their area and with whom they share some interests. They visit a client weekly to enjoy conversation, using supportive communication techniques. Through this opportunity, our clients build confidence in participating in community life. Volunteers gain communication skills through training and are well supported by a speech language therapist and volunteer coordinator.

We will be holding a training for new volunteers in West Auckland in early 2024. If you would like to know about this opportunity, please contact:

Rosemary Ward, Volunteer Coordinator Phone 09 487 1513 or email rosemary.ward@waitematadhb.govt.nz.



Gently Loved Markets

Gently Loved Markets is heading to Hobsonville Point with a new style of market day. Gently Loved Markets Flea Market, it's GLM with a twist, it's an indoor garage sale filled with preloved treasures with a range of stalls selling preloved clothing, accessories, books, games, homewares and more.



Gently Loved Markets Flea Market to be held on Saturday 10th of



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February from 10am until 1pm at The Sunderland Lounge - Te Rere, Hobsonville Point. Free entry. Come have a preloved treasure hunt with us. Don't forget your fabric bag on the day.

Time to declutter around the house? Come sell with us! Contact Donna Buchanan on gentlylovedmarkets@gmail.com to inquire about a stall.

Gently Loved Markets hold different of styles of market days - from everything preloved, Curvy (size 16+ / XL+), Teens (8-16 year olds), Flea Market and Just Kids. Keep an eye on their Facebook and Instagram for the market day announcements @ [gentlylovedmarketsnz](https://www.instagram.com/gentlylovedmarketsnz).

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Safer Communities



With the warmer weather, your local Fire Brigades have been attending many incidents including multiple vegetation fires where what may seem like a small and easy-to-maintain bonfire has grown rapidly with dry and windy conditions. Then easily becomes out of control and could travel rapidly potentially risking property damage.

Kaikuyu grass near a fire can be particularly deceiving by looking lush and green on the surface but dry and brown underneath. Without the correct planning, site preparations, and attention to the weather conditions there is very high potential for things to get out of control. Remember to check www.checkitsalright.nz before lighting a fire and have water handy to intervene if needed.

Vegetation fires are not the only calls that your local brigade attends to help protect you and your family. We also attend motor vehicle accidents, private fire alarms, Structure fires, vehicle fires, and animal rescues, and more commonly recently, cardiac arrests.

One of our biggest challenges is getting to you at your property. This includes the drive to the incident. If you are approached by a fire truck with lights and sirens, indicate, and safely pull over to allow us to pass. Some of the events we attend are time-critical and it is not particularly helpful if a driver is oblivious that we are behind them and needing to pass.

Secondly, locating your property. Ensure your street number is easily visible and if you are down a long drive, that there is some distinguishing feature that can advise the 111 operator that can allow us to find your house. Better still, if you are able have someone stand at the entrance to your driveway and wave us down or flash a torch if it is dark.

Finally, access to your property for our truck. Our trucks are large and take up a lot of space. For us to enter your driveway we require clearance of 4m high and 4m wide. This includes overhanging trees and shrubbery. If we cannot get in we will park on the road which adds additional elements of risk for other motorists and

depending on the length of your drive, can impact on how long before we can start to assist you and your family.

Please remember, we are here to support you all and can assist our community best if we have your support in being aware and alleviating some of the challenges we face when we are responding to emergencies.



Jamie Shaw

Deputy Chief Fire Officer
Waitakere Volunteer Fire Brigade
Phone 09 810 9251

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Property

Property market report

In what many bank economists describe as "an important watershed", for the first time in 18 months, more Kiwis are expecting house prices to rise than fall.

In the ASB's latest quarterly Housing Confidence Survey, Economist Nat Keall says a net 34% of New Zealanders expect housing prices to rise from here.

That's up from a net -8% reading in the previous survey and a net -43% reading - IE a net 43% expected falling prices - at the start of the year.

"This is the first time since April 2022 that those expecting prices to rise has outstripped those expecting them to decrease - an important milestone," Keall said.

"With recent data generally showing prices no longer falling, Kiwis tend to think the housing market has reached a turning point. We agree, though there is plenty of uncertainty in terms of how strong the recovery will be," he said

"Kiwis don't seem to anticipate much of a shift on that front just yet. While the net balance of respondents expecting further interest rate increases has shrunk a bit, that looks to have largely been driven by an increase in the number of people expecting rates to stay the same, rather than increase. Just 15% expect much of a fall in interest rates in the near-term. Again, we largely agree."

Keall said Kiwis are still split on whether now is a 'good' time to buy. ASB economists agree that prices will rise from here, though they expect this house price uptick to be slower than the last one.

"Housing market activity measures appear to be lifting slowly



off a fairly low baseline, despite a recent pause over the election campaign. Housing demand has had a big boost from stronger net migration and supply isn't keeping pace. On the other hand, interest rates are still in deeply restrictive territory, acting as a major constraint on activity," Keall said.

An indication of change will be signalled through the three to five year fixed term mortgage rates.

This is where we are sitting based on the majority of New Zealand Banks:

One year fixed term mortgage rate	7.35% to 7.39%
Two year fixed term mortgage rate	6.89% to 6.99%
Three year fixed term mortgage rate	6.75% to 6.79%
Five year fixed term mortgage rate	6.49% to 6.75%

The market in the North West is a little lumpy, we are seeing a range of sales occurring but no real pattern or trends emerging on consistent values nor consistent buyer demand, however we are having plenty of discussions and engagement.

Let's look at the recent sales:

Hobsonville	\$660,000 to \$1,615,000
Massey	\$775,000 to \$1,550,000
Swanson	\$877,000 to \$1,810,000
Waitakere	\$1,250,000 to \$1,550,000
West Harbour	\$830,000 to \$2,000,000
Whenuapai	\$765,000 to \$1,310,000

If you are looking to achieve a great result for the sale of your property please contact me today for a free pre-sale property checklist and appraisal that will provide a starting point in your decision-making. After 18 years working with buyers and sellers, I have a depth of knowledge and experience to share with you. No cost, no obligation, just some honest feedback. Call me, 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.

the rentshop

Mike James

Managing Director

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Scan me to view our listings & apply online.

Flying your drone

As tempting as it is to fly your drone here, there, and everywhere, the law prevents you from certain conduct when operating a drone.

If you are operating your drone in the community, flying it over privately owned property might be an infringement of the owner's rights. If you wish to fly your drone over privately owned property, you should get the owner's permission.

If you find a drone flying over your property it is advised that you do not attempt to vandalise or damage the drone (like shooting it down). Rather try and locate the owner of the drone to have a

Graham McIntyre

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Property

discussion with them or contact the local authorities or a lawyer to see what remedies you may have.

Also, you are not allowed to fly a drone near an airbase. Given that Kumeu is located close to Whenuapai air base you may need specific clearance to fly your drone near the airbase.

For further advice and assistance feel free to contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

The bank of mum & dad

By Debra Barron, Principal of ClearStone Legal

We recently heard of a case where \$50,000 was lent by a parent to their child to help them with the deposit for the purchase of a property. The mortgage broker provided a gifting certificate for the parent to sign to help with the mortgage application, but actually the arrangement was meant to be a loan not a gift. Signing this certificate unfortunately set them up for failure when the relationship between the child and their partner broke down. Even though there were text messages from the partner agreeing that it was a loan, when it came to the crunch they denied the loan and relied on the gifting certificate to avoid repaying the loan in the relationship split.



There are three ways to protect funds when trying to help your kids get a step up onto the property ladder.

Don't give them the money - make it a loan

We recommend entering into a loan agreement recording the terms of the advance and to secure repayment later on. In order to get finance approved by the bank, the terms of the loan agreement will need to state that the loan is interest free, that there are no repayments during the term of the loan and that the loan can only be demanded for repayment when/if the property is sold. A simple deed of acknowledgement of debt signed by both your child and their partner will secure repayment of the debt on the later sale of the property.

Gift the money conditional upon the parties entering into a Contracting Out Agreement

If you do want to make it a gift and have no expectation that it is ever to be repaid, but you want your gift to go to your child and not lose half of it in a relationship split, then your child and their partner could enter into a Contracting Out Agreement (also called a S21 Agreement or Property Relationship Agreement - of if you prefer the American term, a pre-nuptial agreement). Such an agreement contracts out of the Property (Relationships) Act 1976 which would otherwise provide a presumption of 50/50 sharing

of relationship property. Often these agreements are entered into when one party to a relationship has significant more deposit to pay towards the purchase of a new home. These agreements can be very narrow, and only deal with the deposit (i.e. all capital gains are shared equally notwithstanding the unequal contribution); or the agreement can be more complex and provide for more separate property such as Kiwisaver, superannuation, business interests, income, other property, an interest in a family trust etc).

Jointly purchase the property with them

This option used to be more feasible but unless you are going to jointly occupy the property then you could be hit with a capital gains tax when they try and buy your share from you later on. Further, if your name is on the title then in most cases you will need to be part of the finance application and be jointly and severally liable for the loans owing to the Bank. The complexity of these two issues make this joint ownership in most cases unworkable but not impossible.

Obtaining some advice at the outset can ensure there are no misunderstandings further down the track. For free no-obligation advice, give us a call on 09 973 5102 or make a time to come and see us at either our Kumeu or Te Atatu office.

The Power of Routine Insurance Evaluations

Owning rental properties can be a lucrative investment, but it comes with its fair share of risks and costs. Understanding the potential damages that can occur and having comprehensive insurance coverage is crucial to safeguarding your investment. In the wake of natural disasters, such as the floods that affected around 10,000 homes nationwide, insurance becomes paramount. The Rent Shop Hobsonville, with its extensive experience, assisted landlords during the challenging times of displacement and property damage caused by unexpected events.



Property managers play a pivotal role in managing insurance claims. The Rent Shop, for example, not only deals with insurance companies but also arranges necessary repairs, easing the burden on landlords. Quarterly routine inspections are emphasized as vital evidence for insurance claims, showcasing the property's condition. Landlords must issue an insurance statement with new tenancy agreements, clearly outlining whether the property is insured and

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Property

providing relevant details. Any changes to the insurance information must be communicated promptly to tenants.

Water-related damage, including bursting pipes and hidden gradual water damage (HGWD), poses a common risk. Landlords are advised to check their insurance policies for coverage of HGWD and conduct regular property inspections to proactively manage this risk.

Loss of rent is another significant concern, especially when the property becomes uninhabitable due to events like floods or fires. While tenants may need to cover their relocation and temporary accommodation costs, some insurance policies may include provisions for rent coverage in specific scenarios.

Accidental damage, whether caused by natural calamities or tenant-related incidents, places responsibility on the landlord. Understanding the nuances of accidental damage, careless damage, and intentional damage is crucial. Landlords are generally responsible for accidental damage, while tenants may be liable for careless damage, capped at the landlord's insurance excess or 4 weeks' rent.

Disagreements between landlords and tenants regarding damage liability may arise. In such cases, applying to the Tenancy Tribunal with supporting documentation, including insurance policies and repair estimates, can help resolve disputes.

Fire damage coverage is typically included in house insurance policies, but landlords are encouraged to review policy wording to confirm coverage. Taking a proactive approach to risk management, such as tenant selection, regular inspections, and routine maintenance, contributes to fewer damage issues.

Selecting a knowledgeable insurance provider that specialises in landlord risks and offers tailored policies is crucial. The combination of a comprehensive risk management strategy and a reliable insurance provider can significantly reduce the potential risks landlords face.

In conclusion, navigating the intricacies of property insurance is essential for landlords. Understanding the types of damages,

responsibilities, and having a proactive approach to risk management can protect your investment. The Rent Shop remains committed to providing expertise and service in the realm of property management, offering guidance to landlords in need of assistance. For further inquiries, or a no-obligation rental appraisal contact our team 021 413 660.

What are the 6 must-do's in matrimonial separation

Navigating a matrimonial separation can be a complex and emotionally challenging process. It's important to approach it methodically and consider various legal, financial, and emotional aspects. Here's a step-by-step guide to help you through the process, including dealing with assets:



Seek Legal Advice: Consult with an attorney who specializes in family law. They will help you understand your rights, responsibilities, and the legal implications of your separation.

Collect Important Documents: Gather all relevant documents, such as marriage certificates, financial records, property deeds, bank statements, tax returns, and prenuptial agreements.

Temporary Living Arrangements: Decide whether you and your spouse will continue living together during the separation or if one of you will move out temporarily. This should be discussed and agreed upon if possible.

Child Custody and Support: If you have children, establish a temporary custody and visitation plan. Determine child support arrangements according to your state or country's laws.

Spousal Support: Discuss and potentially negotiate spousal support, if applicable, based on factors such as income, length of marriage, and financial needs.

Asset and Debt Inventory: Create a comprehensive list of all assets (e.g., real estate, vehicles, investments) and debts (e.g., mortgages, loans, credit card debts) acquired during the marriage. This will be crucial for property division.

For a complete step-by-step guide and a matrimonial separation checklist contact Graham McIntyre AREINZ on email graham.mcintyre@mikepero.com or call/text 027 632 0421. With over 17 years operating at the top of the real estate market and with AREINZ qualification, Graham is a proven, stable, professional by your side

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The 3 reasons that a property sells

It is not a mystery, and it is certainly not shrouded in secrecy, however it is sometimes confronting that even Sales People do not have the clearest grasp on what has to be right in order for a property to sell at the best price and in a timely manner.



After 17 years operating at the highest level in residential property sales in the Auckland market, these are the key things you need to get right in order to sell well.

1. Marketing - The marketing of a property is not words on paper and seldom is it the 45 second video but it is a careful mix and understanding of the audience, the competing houses in market and the advertising mediums that best convey the messages to a Purchaser. Sometimes the simplicity of the message gets lost in marketing mumbo-jumbo and the agent ignores key search words and localised interest. A clear understanding of audience and competition defines who is going to buy the property and highlights the mediums that will deliver the best message to the Buyers.

2. Energy of the Real Estate Sales Person - If your Sales Agent lacks engagement, motivation, energy and charisma there is a good chance that the Buyers will have the same opinion. Your agent must be positive, communicate well, be upbeat and thorough. They need to deliver a buying experience that provides information and also listens for key pieces of information. High energy agents tune into a Buyers and discuss value, motivation and emotion. Energy is a result of drive, and motivation and results in greater satisfaction to both the property Owner and the Purchaser.

3. Price - This is the least important of the three and is confused by many Real Estate Agents as the main reason a property sells or does not sell, this is not so. The price afforded a property is a direct result to a range of factors being affordability, desirability, and competition for ownership. Any combination of these elements can deliver an increased sale price but failure to generate any or all will see the sale price of a property continue to reduce.

You may have had experience in the past that resonates with these reasons and likewise the information here may have provided some timely in-put into historical non-performances. The reason that Mike Pero Real Estate exceeds our customer expectations is our low fee structure and our excellent and customised marketing. We focus

on the Purchaser audience and the words that motivate action. We are aware of competing properties and focus our messages to highlight the unique advantages/ perceived advantages that will resonate. In addition, we can use the complete suite of marketing mediums including television, glossy magazines, High traffic web sites, premium social media content, signage, database targeting, community flyers including but not limited to editorial, photography or videography.

All the sales team within Mike Pero Real Estate are high performers from other brands that understand great process, high energy and uncompromised motivation. We work with most agents from all brands and promote your property to the public directly and via buyers' agents within other brands. We engage other agents by sharing our commission which ensures the Property Owner gets the lowest commission available but the biggest pool of potential Buyers regardless of who they are working with. If a sale is not concluded, we don't get paid and the rest is history. Our motivation, energy and drive is uncompromised.

Mike Pero Group enjoys a wide spectrum of independent Mortgage Brokers that provided first tier and second tier lending to Purchasers wanting to own a home. This relationship between Mike Pero Real Estate and Mike Pero Mortgages ensures that Purchasers get the very best mortgage advice to increase the ability to access funds, the right banks and financiers who are doing the business and the professionalism to bring all the elements together.

Once all is said and done, if you are on the market and seeking to sell and find this information helpful, it might be time to call me directly, Graham on 027 632 0421, or email graham.mcintyre@mikepero.com. It will provide clarity to a sometimes uncertain and uncomfortable situation.

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Area Property Stats

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

To receive the full summary simply email the word "full statistics" to hobsonville@mikepero.com.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HERALD ISLAND	1,435,000	979M2	124M2	1,410,000		900,000	451M2	148M2	950,000
HOBSONVILLE	935,000	131M2	100M2	805,000		1,025,000	168M2	142M2	1,061,888
	1,675,000	680M2	150M2	1,615,000		1,300,000	594M2	185M2	1,055,000
	1,365,000	275M2	163M2	1,380,000		950,000	14003M2	100M2	825,000
	1,150,000	206M2	186M2	1,202,000		98/0,000	284M2	97M2	930,000
	1,025,000	144M2	117M2	1,070,000		1,425,000	1073M2	170M2	1,039,000
	1,535,000	307M2	240M2	1,595,888		870,000	102M2	91M2	832,000
	1,525,000	275M2	206M2	1,285,000		900,000	476M2	115M2	850,000
	1,350,000	279M2	160M2	1,300,000		870,000	183M2	99M2	890,000
	1,130,000	620M2	160M2	1,164,000		450,000	156M2	0M2	908,899
	790,000	112M2	70M2	760,000		980,000	607M2	110M2	840,000
	880,000	119M2	83M2	894,000		860,000	477M2	133M2	918,000
	1,680,000	301M2	226M2	1,450,000		1,050,000	561M2	91M2	800,000
	1,150,000	19M2	178M2	1,120,000		1,075,000	1154M2	150M2	885,000
	1,380,000	150M2	222M2	1,350,000		860,000	417M2	170M2	910,000
	1,000,000	122M2	115M2	850,000		1,050,000	742M2	90M2	930,000
	1,075,000	137M2	166M2	1,007,000		1,200,000	1006M2	153M2	930,000
	1,155,000	233M2	162M2	1,125,000		910,000	362M2	130M2	936,500
	1,250,000	190M2	179M2	1,450,000		810,000	446M2	90M2	828,000
	1,425,000	230M2	230M2	1,425,000		1,300,000	707M2	140M2	945,999
	850,000	97M2	94M2	800,000		1,225,000	820M2	120M2	892,500
	1,050,000	925M2	127M2	1,000,000		1,375,000	921M2	170M2	1,080,000
	1,080,000	161M2	121M2	990,000	SWANSON	1,000,000	847M2	157M2	877,000
	1,100,000	106M2	184M2	1,075,000		990,000	630M2	132M2	950,000
	1,425,000	204M2	231M2	1,281,000		890,000	514M2	112M2	950,000
	1,175,000	244M2	159M2	1,140,000		1,050,000	601M2	155M2	1,260,000
	1,100,000	104M2	150M2	1,080,000		1,325,000	628M2	215M2	1,480,000
MASSEY	910,000	193M2	102M2	911,000		1,425,000	1563M2	327M2	1,810,000
	2,075,000	11000M2	283M2	1,550,000	WEST HARBOUR	1,175,000	640M2	91M2	962,000
	1,275,000	470M2	200M2	1,287,500		1,700,000	734M2	250M2	1,722,500

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:

2.95% up to \$490,000

(Not 4% that others may charge!)

1.95% on the balance

Plus \$490 admin fee. All fees and commissions + GST



Graham McIntyre
Brand & Territory Owner
027 632 0421

Mike Pero | REAL ESTATE

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ELEVATED, KIWIANNA, LOADS OF SPACE

3 2 2 1

By Negotiation

30 Hartley Terrace, Massey

By Negotiation
Viewing by appointment

This Kiwi classic from the 1960s boasts an abundance of space and timeless charm. With solid foundation and an impressive pedigree, the warm and sunny three-bedroom layout follows a traditional design, featuring bedrooms, laundry, and bathroom along a central hall. The formal lounge, connects to the kitchen and dining area, extends seamlessly to a north-facing patio, inviting ample natural light. The lower level reveals a full rumpus area, an entertainment room, a hobby room, and double garage, ensuring there's space for every member of the household to enjoy and make their own. Low running costs with Solar in place feeding back to grid. Land area is 675 sqm with easy access to services front and back. So close to convenience shopping, transport links, schools and motorway access. Come smell the roses.

www.mikepero.com/RX3870297



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mikepero.com



AFFORDABLE FAMILY LIVING, LOW MAINTENANCE LIVING

4  2  2 

By Negotiation

56 Hetherington Road, Ranui

By Negotiation
Viewing by appointment

This 141 square meter (approx.) home stands as a testament to exceptional value. Boasting a versatile floor plan, it caters to the needs of a family or investor seeking distinct and separated spaces. The home features four bedrooms, two bathrooms, and two lounges, ensuring ample room for both personal retreats and communal gatherings. The uncompromised alfresco area invites the warmth of the sun, while private spaces offer tranquility and seclusion. This home harmoniously combines practicality with comfort, offering low maintenance building materials and an easy care 578sqm (approx.) property. Elevated and in close proximity to schools, convenience shopping and transport links.



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www.mikepero.com/RX3926912



OCEAN AND KAIPARA VIEWS, BUSH AND GRAZING

3 2 3 3

By Negotiation

429 Kiwitahi Road, Helensville

By Negotiation
Viewing by appointment

Indulge in the splendour of country living with this extraordinary home boasting unparalleled views to the Tasman Ocean and northward to the enchanting Kaipara Harbour. Nestled on a sprawling 1.6 HA (approx.) of land, the property features meticulously designed formal and informal gardens, meandering pathways, an amphitheatre, and unique micro-glade gardens seamlessly blending into native bush. This restyled and refurbished home offers spacious living areas, bedrooms, ensuites and with studio options, as outlined in the provided floor plan. Tailored for the discerning mature buyer who appreciates the value of active relaxation amidst a sun-soaked glade with breath taking panoramic views, this property is truly special. Barns, implement sheds, chicken and hobby garden, raised growing beds, deep water bore and established orchard, the list goes on.

www.mikepero.com/RX3870348



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RECENT REBUILD - AFFORDABLE LIFESTYLE WITH VIEWS

4 1 2 2

By Negotiation

812 Inland Road, Helensville

By Negotiation
Viewing by appointment

Amidst a serene North West facing rolling landscape, this property offers breath taking views of the Kaipara Harbour and is just a short drive away from the charming Helensville Township. A remarkable opportunity awaits, as this fully rebuilt home, meticulously crafted to code, comes with the assurance of a 10-year master build warranty. Surrounded by regenerating native bush, an orchard, and a grassy glade, the property harmoniously integrates with its natural surroundings. This as new 4-bedroom, 2-bathroom home boasts an open-plan entertainers kitchen, dining, and lounge area, leading out to decking all designed to capture the beauty of the surroundings. Completing the package is a double garage and workshop. This home caters to buyers seeking all the advantages of an as-new build while relishing a rural aspect and enjoying fewer neighbours.

www.mikepero.com/RX3894927



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Hot Property



Stunning period villa recently refurbished

Nestled on 450 square meters (approx.) of landscaped flat land, this elegant villa blends timeless charm with modern luxury.

Recently refurbished, the residence exudes character and style.

The open-plan layout invites entertaining, extending to a charming alfresco area and decking, where one can bask in the sunlight, privacy, and pockets of shading.

Boasting three generously sized bedrooms, two bathrooms, and the allure of yesteryear, the home is a testament to classic design.

The property features ample off-street parking, a plush lawn area, and an array of feature and shade trees.

This residence masterfully marries the best of the past with contemporary living. Conveniently located near shops, transport links, and schools.

The CV on this property is \$915,000. 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

Hot Property



632 0421 or graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).



PARK VIEWS - AFFORDABLE COUNTRYSIDE LIVING

3 1 2 1

By Negotiation

23 Taupaki Road, Taupaki

By Negotiation
Viewing by appointment

This charming home, nestled on a generous 1012 sqm (approx.) parcel of land reminiscent of a traditional ¼ acre site, is a testament to the enduring power of character. Boasting three bedrooms, it has been cherished by the same family for decades, offering a canvas both inside and out, for you to make your mark. The undeniable allure of this property lies not only in its potential for personalization but also in its unparalleled aspect. Facing North, it commands a captivating view overlooking the Harry James Reserve and playground—a true community treasure. Convenience is at your doorstep with a brief stroll leading to Taupaki Primary School. The proud owner affirms that this home has stood resilient against water ingress and flooding, ensuring a secure and dry footprint. With a motivated vendor, this residence stands as a unique opportunity.

www.mikepero.com/RX3858802



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mikepero.com



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.



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www.mikepero.com



ELEVATED, QUIET, SUNNY IN OREWA

4 2 2

By Negotiation

11 Tee Point, Red Beach By Negotiation

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, 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.



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www.mikepero.com/RX3851595

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www.mikepero.com



AFFORDABLE IN GLEN EDEN, WIDE VIEWS, NTH FACING 3 2 1

By Negotiation

20 Terra Nova Street, Glen Eden
By Negotiation

Set on a large 700sqm footprint, a short walk from shops and transport hub. On offer is a traditional 1970's bungalow with standalone garage enjoying gentle sloping north facing land. Generous sunshine through the open plan kitchen, dining, lounge onto North West decking looking over to Henderson and the Waitakere Ranges. Three bedrooms and bathroom off the central hallway and a separate laundry by the back door. This is a great no-nonsense starter that will give you years of enjoyment, adding your own style and planting your orchard. Don't delay, they don't stay on market for long. For additional documents and viewing contact me today.



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027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX3792484



BEAUTIFUL, NORTH FACING, KUMEU LIFESTYLE LIVING 4 2 1

By Negotiation

96 Pomona Road, Kumeu
By Negotiation

A short drive to Kumeu and Westgate - one of the best lifestyle addresses in Kumeu. Cultivate your future in this enchanting North-facing haven-a sprawling 4-hectare canvas of colour and established plantings that promises a life of endless possibilities. Immerse yourself in the natural kaleidoscope that surrounds a charming four-bedroom traditional bungalow, basking in the warm embrace of full sunshine and showcasing extensive rural views of the valley below. Level to gently sloping, sunny and sheltered, the land offers many opportunities to develop or leave it as is to enjoy your rural idyll. Add to this your very own nature reserve, garaging for 3-4 vehicles and your imagination will take flight.



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www.mikepero.com/RX3855111



BRICK AND TILE ON 704SQM (APPROX.) - FAMILY OASIS



By Negotiation

130 Matua Road, Huapai
By Negotiation

A beautifully appointed and finished Ashcroft Home, offering an easy living 237sqm (approx). floor-print and a generous 704sqm (approx). section-size. From entrance to entertainment area the home seamlessly caters for a family that respects space, quiet and independence, offering two separate bedroom wings, entertaining and a multi-room offering media/ office/ guest room options. Four rooms and two bathrooms, separate laundry and oversized double garage. A large entertainers kitchen/lounge/dining leading to outside decking and lawn with established fruit trees and easy care garden. So much to see, and plenty to impress. This Ashcroft Homes build does set a high standard and certainly a great home to make your own.

www.mikepero.com/RX3758090



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LIFESTYLE, MIXED GRAZING/ REGENERATING BUSH



By Negotiation

1529 South Head Road, South Head
By Negotiation

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.

www.mikepero.com/RX3761280



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BREATH TAKING VIEWS, 1.58 HECTARES (APPROX) BARE LAND

By Negotiation

Lot 3, Kiwitahi Road, Helensville By Negotiation

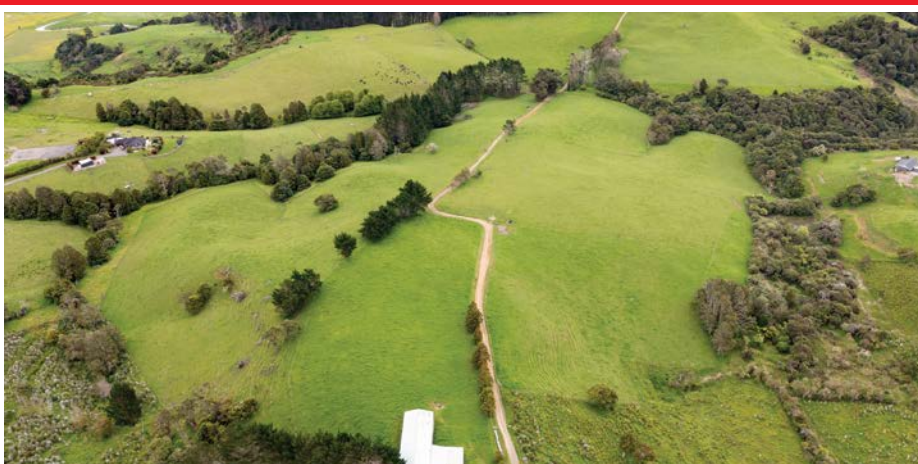
Discover a rare opportunity on this expansive 15,860 sqm (approx.) piece of land, offering a diverse range of contours, from flat expanses to gentle slopes. With a North West facing orientation, this plot provides the canvas for crafting your own personal paradise. Embrace breath taking views and explore various landscaping possibilities within this distinctive microclimate. Tucked away from the road, convenience meets serenity, with services within easy reach. Unlock the potential for a harmonious lifestyle by exploring house and land package opportunities tailored to your vision for a dream home in this idyllic setting. 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.

www.mikepero.com/RX3872524



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SEIZE THE DAY 87 HECTARES (APPROX) OF PRIME GRAZING

By Negotiation

Lot 4 Kiwitahi Road, Helensville By Negotiation

87.3919 hectares (approx), 63.4143 ha and 23.9776 ha this rural expanse is perfectly suited for year-round grazing, drying off, or supplementary feed. The landscape is rich in character, boasting opportunities for future enhancement such as planting and the development of wetlands. The terrain features a mix of gentle contours with much of the steeper pasture native planted. The property is well-equipped with infrastructure, including various outbuildings, sheds, water management system connected to troughs, upgraded boundary fences, and established tracks and access races. Explore the potential for a new rural venture as you stroll across this picturesque land, offering a promising canvas for opportunity.

www.mikepero.com/RX3872519



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FLAT LAND - BIG SHED - AQUAFER BORE

By Negotiation

Lot 2 / 337 Ararimu Valley Road, Helensville By Negotiation

Offering a flat and usable 2.3 hectare (approx) land lot offering some significant benefits:

- An unconsented 150sqm (approx) plus high stud barn
- A deep bore with water rights accessing a deep spring aquifer
- A pre-existing house site (house removed) with septic and water tanks
- Power, water and waste infrastructure on site

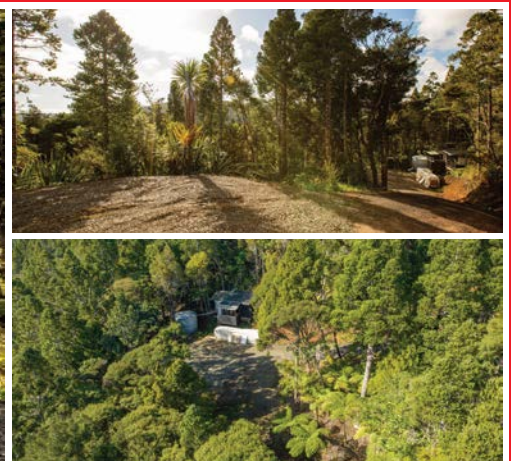
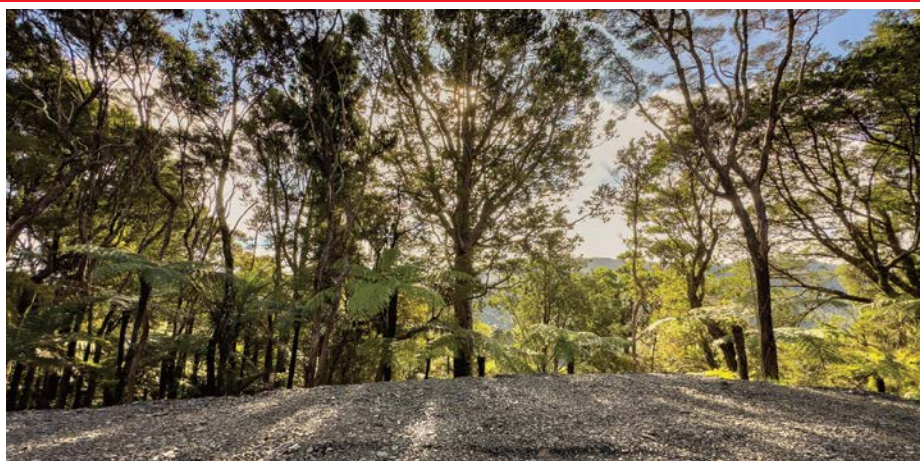
This is a rare opportunity to buy land that has infrastructure already in place, and although it has no house on site it offers opportunity and improvement value.

www.mikepero.com/RX3570208



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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 Atute 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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Home & Garden

Need a tiler - Tile Wright

Now's the time to start thinking about that kitchen, bathroom, laundry project.

We are now carrying out free no-obligation quotes for your tiling needs; kitchens, splash backs, bathrooms, under floor heating and laundries.

We specialise in all things tiling; providing high quality services including Auckland Council approved water proofing, bathrooms, kitchens and splash backs.

With over 6 years' experience in the industry, we pride ourselves on high quality workmanship.

We cover most of Auckland, have competitive prices and offer a workmanship warranty on all work. No job too small, we cover it all.

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



Five things we want you to know

At Blackout Electric we have had years of experience in the industry and can provide valuable tips to help save you money and keep your household safe from electrical hazards. So, before you attempt a DIY lighting upgrade or delay having those flickering lights fixed, here's some things to take on board.



1. Don't DIY - A seasoned DIYer might be tempted to think because they've plumbed their own kitchen tap that carrying out their own

electrical is within their DIY capabilities. However, we suggest asking yourself; is saving a bit of money really worth the extra time, stress and your safety? Electrical work can be dangerous if you are not trained on the specifics, and a simple mistake can lead to electrocution or cause an electrical fire.

2. Call an electrician before buying an old home - If you are looking at buying an old home, you should be aware of the risk involved in terms of your electrical safety. If the home is more than 30 years old, it is likely it will need a complete re-wire. This is because the old wiring can be dangerous. Calling an electrician to help assess the quality of the home's current electrical before your buy can help provide clarity in regards to how much electrical work will need to be done to ensure the home is safe.

3. Cheap doesn't necessarily mean best - When you are looking to hire an electrician for the first time, it is important you understand cheap isn't always best. A quality electrician will charge you a fair price and will make an effort to recommend suggestions to improve the electricity efficiency of your home. Reviews are an excellent indicator as to whether the electrician delivers a quality service, as they come from the perspective of real customers. Check out our reviews on Google and No Cowboys.

4. We offer a warranty on our work - As electricians, we have undergone years of supervised training and education to be able to work in our industry. The tasks are often dangerous and can leave an untrained individual at risk of electrocution. An electrician who has been working in the industry for years has the experience to be able to get the job done without compromising on quality. Therefore, for your reassurance, Blackout will offer a warranty on our work.

5. We're here to help - When you book an electrician, we have a lot of responsibility to ensure we leave your home as safe as possible. As a result, sometimes, what may seem like a simple job from the outset, can end up taking longer than expected. This is because additional work is required to ensure your home is safe and your family is protected from electrical hazards.

If you're looking for an electrician who has your best interests at heart and offers a quality service give Blackout Electric a call.

Stihl SHOP Westgate

New Year, New Lawnmower

Choosing the right lawnmower is the first step in caring for your lawn. Head in and see our team at STIHL SHOP Westgate for expert advice on selecting



the best mower for your property. They have a great range of STIHL battery mowers and petrol options from Masport and LawnMaster available in-store. STIHL SHOP Westgate is also the home of the



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54 Main Road, Kumeu - PH 412 8592
15 Kakano Road, Westgate - PH 930 9999

Home & Garden

STIHL iMOW Robotic lawnmowers, with all exciting new models currently on display.

If you've just returned from holiday and your grass has grown tall, you might need to do a couple of passes with your lawnmower; starting with the highest blade height setting and then at a lower setting during the second pass. Our STIHL battery lawnmowers have various cutting heights to choose from and can be easily lowered or raised by using the lever on the side of the machine.

Kiwis like to cut right down low to the ground, however taking too much off the top can be detrimental to the health of your lawn. Mowing at a recommended height of 4 - 6 cm helps prevent yellow blemishes and unsightly scorch marks from popping up across the surface of your lawn, and reduces its susceptibility to damage from pests and disease.

Expert tip: Always use sharp lawnmower blades for nice, clean cuts that won't damage your grass. If you notice your blades have become blunt and dull - simply drop your lawnmower into our team for a quick and easy sharpening service.

Pat, Mo, Ryan and the team at STIHL SHOP Westgate look forward to seeing you in-store. 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

KPL wishes you all the best for 2024

Extra water storage is always a great idea. Let us get you sorted for the new year with tank sizes ranging from 300L to 31,000L in 11 different colours, we're happy to accommodate for all preferences. Why not use free rainwater all year long? We stock tank level

indicators, aqua filters, water buoys and water pumps in store for your convenience. See us today for a free quote.

Here at KPL, we specialise in drinking water treatment systems. Rainwater supply, bore water systems, water testing and water treatment recommendations are all available. Our water filtration services include installation and servicing, UV filtration and purification for both residential and commercial, and for convenience we stock a wide range of UV lamps and filters in-store.

Needing pool or spa chemicals and equipment? We've got you covered. We offer free, safe & accurate pool and spa testing. Pop in-store to browse all our pool and spa products. Or if advice is what you're after, one of our friendly staff members will ensure you leave with all questions answered.

KPL 09 412 9108 - 156 Main Road Kumeu. Big Blue Building www.kumeuplumbing.co.nz or send us an email info@kpl.co.nz.

Dan Taylor Plumbing and Gas

Dan Taylor Plumbing and Gas is a family run business that has been servicing the local and wider community for 8 years now. Dan grew up in West Auckland and attended Kaipara College for a few years before realising he wanted to get into a trade.

In 2002, he started his apprenticeship with renowned Heron Plumbing, where he became registered in Plumbing and Gasfitting. After spending a number of years working for other companies. Dan started his own business venture as a one-man-band in 2016 with 'behind the scenes' help from his wife, Emma.

"I have created great relationships while running a business, from our loyal clients to the contractors we use they all bring a lot of purpose to the business." Dan says. After a couple of years and an increasing workload he decided it was time to grow and came across

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Home & Garden

the opportunity to start employing staff. Dan and his team cover all aspects of Plumbing and Gasfitting work. 'We work on new builds, renovations, commercial projects and residential maintenance. We love the opportunity to get to know our customers we are working for and focus on delivering high quality Plumbing and Gasfitting.'

Give the friendly team from Dan Taylor Plumbing and Gas a call on 0800 DAN TAYLOR or email us at admin@dtplumb.co.nz.

Laser Plumbing and Roofing Whenuapai

Happy New Year! It's hard to believe another year is done and dusted. Welcome to 2024.

The New Year is a great time to start fresh and sort any of those pesky plumbing issues that you may have been putting off. Give us a call and we can help you out.



Maintenance Plumbing - for all your plumbing requirements, from basic tap washers, leaking pipes, the dreaded blocked toilets, or gas work, our maintenance plumbers are here to help - 24 hours a day.

Drainage - our qualified drainlayers can perform a full range of drainage repairs and replacements through to new drainage jobs - both storm water and wastewater. We offer a state-of-the-art drain unblocking service, CCTV inspection service and a dedicated tip truck and digger to get the drainage work done.

Roofing - We find and fix roof leaks!! We also offer all roofing services...from repairs and gutter cleans right through to full re-roofs.

Laser Whenuapai has been trading since 1985 - so choosing us means choosing a solid, reliable, and experienced company that you can depend on. Not only can we offer you total solutions for all your plumbing, drainage, or roofing needs, we stand by all our jobs by offering warranties...and always use quality New Zealand made products.

Get in touch with us today on 09 417 0110 or whenuapai@laserplumbing.co.nz.

Rav Singh

Our gardens can be a place of peace and tranquility or a source of frustration as we struggle to balance work, family life, holidays and commitments.

Finding a reliable gardener, especially someone who is experienced, flexible and can work with minimal guidance to provide the required outcome, can be challenging.

Rav Singh has a background in horticulture and garden management that encompasses all aspects of plant care. If you have a small garden that requires a tidy, or a large plot that needs a lot more work, Rav provides the skills and expertise to help you accomplish your goal. His work can include lawn mowing, weed spraying, hedge trimming, tree trimming, rubbish removal and general care of the garden.

As we come to the end of summer, those neglected tasks can be done by an expert who charges a competitive rate. Contact Rav for a quote to tidy your garden.

022 534 6141 - 0800 101 216 - Email ravinderbal81@gmail.com



Waimauku Garden Club

Yay, it was our first garden club outing for the year, and what a wonderful start it was. We went to The Sculpture Garden which is nestled at the foot of the Waitakere Ranges. The sculpture pieces are displayed in a beautiful large tropical garden. Each piece is handcrafted from 100% natural stone and is unique. The artists use a variety of different stone which include leopard rock, brown serpentine, green opal stone and more. Also displayed was metal art. hand-crafted pieces from upcycled metal. A fabulous collection of one-off pieces. Each piece deserves to be in a prominent focal position. There is also a photo Gallery for viewing and purchasing. A visual feast for our eyes before feasting for lunch at a choice of two venues Kings Garden Centre for half of us (managed to squeeze in a bit of retail therapy) and Corbans Estate for the other half.



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www.whenuapai.laserplumbing.co.nz

Home & Garden

We continued on to a private garden tucked away in West Auckland which many years ago was known as Bells Roses. Marica has replanted and established a large variety of plants in her relaxing, restful manicured grounds surrounded by giant Phoenix palms, cycads, yuccas, vireyas, agaves, bromeliads and so much more. We felt so welcome to enjoy her lovely property and hospitality sharing a sumptuous afternoon tea there at the end of a wonderful day.

New year, new home with Signature Homes

Ready to ring in the new year and start your new home journey? At Signature Homes West & North-West Auckland, we're excited to assist you with your new home, whether you're building new or unlocking the full potential of your property through the subdivision or knock-down and rebuild process.



As locals in the West Auckland area, we understand the unique needs and requirements of the community. With our extensive knowledge of the area, we can help you create a home that truly meets your lifestyle needs while fitting in with the local environment.

Unlock the value of your property - Do you love your neighbourhood but feel it's time for a change within your walls? Perhaps you're considering the idea of subdividing your larger site and building a new home, whether for sale or as an additional income property. Look no further - Signature Homes simplifies this process with our subdividing services and knock-down & rebuild expertise.

Our in-house team of experts is well-versed in the Auckland Unitary Plan, ensuring a smooth journey through the intricacies of your project. From your initial site appraisal to the moment you receive your keys, your dedicated Signature Homes team will be by your side, guiding you every step of the way.

A comprehensive, stress-free solution - Signature Homes offers a one-stop, full-service solution for your new home project, regardless of its size. Our new home consultants and architectural designers collaborate closely with you to transform your vision into reality.

Choose from our array of pre-designed plans or work with our team to create something truly bespoke to suit your unique needs, lifestyle and budget.

Minor dwelling house plans for added flexibility - Explore our range of minor dwelling plans, all below 65m². These plans provide an excellent solution, bypassing the council's subdividing process. They are perfect for smaller sites or when you need that extra space for the kids or extended family.

For an obligation-free consultation and site appraisal or to discuss your new home requirements, please contact Signature Homes West & North-West Auckland at 0800 020 600 or visit signature.co.nz.

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Pets

Cat lovers we need your help

The NZ Cat Foundation has a sanctuary based in Huapai which houses over 150 cats. We offer safe sanctuary for older, disadvantaged and un-homeable rescue cats where they can live out their lives in safety and comfort. We need regular volunteers to help with routine chores so our cats can enjoy happy, healthy, safe lives. We are looking for volunteers who are mature, have a sense of responsibility, are good team players and dedicated animal lovers. Helping at the sanctuary is a popular way to fulfil community service hours for Duke of Edinburgh, St John's, Scouts, Guides, church, university, animal sciences studies, etc. We are happy to sign off on your hours and provide any needed verification of your service. We rely heavily on volunteers on a daily basis and desperately need more.



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

Summer safety from Pet Patch

As summer's heat intensifies, Pet Patch prioritises the well-being of beloved pets. It's crucial for pet owners to ensure their furry companions stay cool and comfortable during these soaring temperatures. To safeguard your pet's health, make certain there's always a fresh supply of water available, and create shaded areas both indoors and outdoors where they can seek relief from the sun's heat.

Consider applying pet-safe sunscreen, especially to areas with exposed skin, to protect against harmful UV rays. When venturing outside, plan walks during the cooler parts of the day, such as early mornings or late evenings, to prevent burns from scorching pavement or black sand.

Pet Patch offers an array of cooling solutions, including cooling



mats and refreshing frozen treats tailored for pets, to help them stay comfortable indoors. It's crucial to never leave animals unattended in parked vehicles, as temperatures can rapidly escalate, leading to life-threatening conditions.

By implementing these measures, together, let's ensure our furry friends remain safe, happy, and cool throughout the summer season, fostering a healthy and enjoyable time for pets across New Zealand.

Pet Patch pet of the month

This is Lochie, an 18-month-old Border Collie

He is an absolute delight, the most lovable boy and an amazing temperament, he is so smart it blows me away and he makes me laugh so much every day, such a comedian.

And

I would like to introduce Pet Patch product receiver, Jareth Thumbleton Esquire the 3rd. Known to his loved ones as Thum. He spends his days visiting his many human and fur friends on his street. Sampling the rabbit food given to his furry flat mates. Sleeping in plant pots. Supervising the servants when hanging out laundry, and trying to catch the dreaded red light. Thum is a polydactyl cat which means his servants regularly need to check his extra claws and keep them trimmed as maintaining the ones in between his toes is a little too hard for him. BUT that does mean extra treats for his lordship.

Thum is also a big believer in colours being genderless which is why he sports a beautiful pink sparkly collar with a love heart tag.



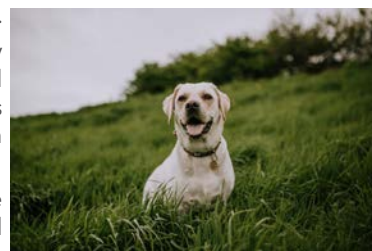
Importance of training your dog from the first day

What to do and what not to do.

Training your dog from the day you bring them home is crucial to help you build a harmonious and fulfilling relationship with your doggo.

Early training sets the foundation for a well-behaved and happy pet, benefiting both you and your canine companion.

The importance of early training lies in creating a strong bond,



Walkers Wanted

Are you pounding the streets in this area on a regular basis and would like some spare cash for what you are already doing? If you are walking several times a week and would like to distribute magazines for us in the Hobsonville area please contact Stacey on phone 09 412 9602 or email editorial@thewesterly.co.nz * Distribution average is 500 magazines in your local neighborhood every four weeks.



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Pets

effective communication, and a safe environment.

It establishes a hierarchy within the family, and helps your new buddy understand their role and your expectations.

Consistent training cultivates obedience, makes it easier to manage and enjoy your dog. This includes basic commands, housebreaking, and socialisation. It teaches your furry friend how to interact with people and other animals.

The impact of not training your dog can be disruptive and even dangerous.

An untrained dog may engage in destructive behaviours, become aggressive, or exhibit anxiety. This can lead to damage to your property, strained relationships with neighbours, and, in extreme cases, legal issues.

Inadequate training can also put your pet's safety at risk, as they may not respond to commands in critical situations.

To ensure effective training, it's essential to use positive reinforcement techniques, such as treats and praise, to encourage desired behaviours.

Avoid harsh punishments or negative reinforcement, as they can lead to fear and aggression. Consistency, patience, and regular practice are key.

Seek professional guidance if needed and provide mental and physical stimulation to keep your dog engaged and happy.

Ultimately, training your dog from day one fosters a loving and well-behaved pet, enriching your life and the life of your furry friend with companionship and a strong, positive connection.

Much love from all the team at K9 Heaven - Helping build better, happier, healthier dogs. www.k9heaven.co.nz.

Photo by Berkay Gumustekin on Unsplash.



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Food & Beverages

Foodtogether

Foodtogether is a non-profit social enterprise that has Co-ops and Pop-ups across Aotearoa. Foodtogether partners with dozens of organisations to help them feed their communities in a sustainable and accessible way. Our mission is to connect communities around healthy food, create jobs, equip and empower local collectives and make fresh food more affordable and accessible for all. Our local Pop-up is at the YMCA building 545 Don Buck Road, Massey, 3pm - 6 pm Fridays.



We offer a selection of seasonal, fresh produce to suit your needs. We provide produce rejected by supermarkets for looks, not quality, so we can offer a generous amount of fresh produce each week at a fixed low cost of \$15. See what is available on our Facebook page (Foodtogether Pop-Up Massey) order and pay online at foodtogether.co.nz before midday on Thursday, then collect from our volunteers between 3 and 6 on Friday afternoon. If ordering isn't suitable, you can choose your own produce, though produce runs out quickly. Orders are made up first. If an order is not picked up by 6pm we donate to the community.

Celebrate at Soljans Estate Winery This Valentine's Day!

Join us for a romantic evening at Soljans Bistro, where love, food, and fine wine come together. Indulge in a four-course degustation menu, expertly paired with our signature wines. For our vegetarian guests, there will be a fully tailored vegetarian degustation available.

As our Valentine's gift to you, each guest will receive a complimentary glass of our newly released Rosé Méthode Traditionelle upon arrival.

Four-course Degustation: \$115 per person. Wine Pairing: \$45 per person.

Create unforgettable moments with your loved one at Soljans Estate



Winery. Cheers to love, laughter, and the perfect pairing of flavours.

Tables will be limited, so secure your spot now! Call us at 09 412 5858 or book online at www.soljans.co.nz.

Good from Scratch

Well the Good from Scratch team in Muriwai, are back in action. After an awesome break we are ready and raring to go!

We have big plans for this year and have started it with a great calendar of events, like the Summer garden party with Jo McCarroll, editor of NZ gardener magazine, completed with a delicious High Tea and Bubbles, on the 18th of February. Or our monthly staple supper club, is back on Thursday the 22nd of February alongside all of our regular classes and more!

Head over to www.goodfromscratch.co.nz for more information. We hope to see you there.

Credit: image by Manja Wachsmuth.



Comb honey available from Don Buck Honey

Comb honey from the Hawke's Bay, harvested from hives placed on agricultural land - this honey is largely from clover and squash (like pumpkin) flowers. The honey is a dark color and has a rich treacle-like flavor to it. Honey has some crystals in it but it is mainly runny. Comb honey is a real novelty for many people - this is the natural form of honey, just as the bees make it. Honeybees build comb cells out of wax to store honey in, covering it over with more wax once the honey is ready. The wax is safe to eat but it does get stuck in your teeth - so many people spit that out.



\$15 each, 300-340g per comb. Special discount of 4x for \$50, or



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box of 12x for \$120 (this combines with usual discount for other potted honeys). Produced by another beekeeper and brought to you by Don Buck Honey! Pickups are from Massey or these can be couriered to you with Post Haste. 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 glass."

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.

Butter Baby

Butter Baby is a small artisan home bakery that first debuted in June 2021 at several weekend markets. Over the last two years, it has developed a following for its signature sell-out Cinny Bun Brioche Doughnuts, (Original Gangster) Chocolate Chip Cookie, Ube Kaya Cake and Pandan Kaya Cake. In September 2023, Butter Baby opened its first flagship kitchen and shop located at Unit 70, 11 Northside Drive in Westgate, West Auckland. Founder, Head Butter Babe and Baker, Matilda Lee is a Hospitality and Food Photographer with a degree in Culinary Arts and her dream is



to add a contemporary twist to old school comfort foods, having customers celebrate friendships and share memorable moments whilst bonding over new flavours or something as simple as a chocolate chip cookie.

A daily menu of brioche donuts featuring Kiwi favourites like the traditional Boston Cream, Raspberry & Cream and popular Singapore heritage flavours like Pandan & Sago and Filipino Ube will be staples, with a new menu introduced every fortnight.

There will also be a selection of cinnamon buns, cookies (OG Choc Chip, Salted caramel coconut, birthday cake), Pandan and Ube cake slices alongside the occasional selection of local Singaporean sweet or savoury steamed cakes known as 'kuehs'.

Cinny Buns, Brioche Donuts, Pandan Cake Slices

Coffee - Wellington based Flight Coffees are catering the takeaway brewed coffees with a selection of canned cold brews with flavours like Oat Milk Strawberry Mocha, Oat Milk Chai Latte and Oat Milk Flat White.

Shop Details and Opening Hours - Butter Baby HQ is located at Unit 70, 11 Northside Drive in Westgate, Auckland 0814

Open from Thursday to Saturday from 8am to 1pm

Store contact number: 021 081 21914

Instagram: @butterbabynz

Email: info@butterbaby.co.nz

Website: www.butterbaby.co.nz/



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Ask Dr Heather

How do you know if you need cosmetic treatments?

Anon, Whenuapai.

A great question. Often pondered by the masses, taking the leap to having "work done" can be a daunting one. First, we must clarify what "work" entails.

Cosmetic treatments are designed to help us look and feel better. The looking better part is really up to you. It ranges from glowy, clear skin to less wrinkles to restructuring facial features, creating harmony and a refreshed appearance, where people comment you look great, but can't quite put their finger on it. A holiday to the tropics? A new diet? New earrings?

Therein lies the beauty of well-executed cosmetic medicine. Both an art and a science, the delicate balance lies in the hands of the injector. One who sees your unique beauty with acute awareness of the aesthetic end point.

Various media have highlighted the dark side of cosmetic treatments, where aesthetic end points were crossed so fiercely, naturally beautiful people were given new identities. Lovely lips turned to sausages, cheeks turned to chipmunks and jawlines turned to jagged messes.



Such stories are wonderfully entertaining, alas not helpful for those seriously wanting the odd tweak to help them look and feel their finest. Thankfully, there are a raft of ethical practitioners out there, properly trained with your best interests at heart.

So it really all depends on you. If that pesky frown is making you look grumpy, those forehead lines are becoming crevices for your make up, your skin is looking dull, you're tired of looking tired or if you just want a professional someone to cast an objective eye, then you are ready. The key is to sit firmly in the driver's seat, accept no pressure and do what feels comfortable for you and your budget. The right practitioner will guide you, support you and care for you at every step. Your face and feelings are precious, so should always be handled with kindness, dignity and respect.

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.

Summertime: Peak vitamin D-making time

Your body makes vitamin D through a lengthy process. This process starts with sunlight hitting your skin. So, it makes sense that your vitamin D levels should be highest in summer. Luckily, vitamin D can be stored in fat cells for use later in the year. As the saying goes, this depends on you making hay (or vitamin D) while the sun shines! Of course, you can take supplements of vitamin D if you would rather avoid sun exposure.



So what is vitamin D used for in the body?

Vitamin D may be useful for preventing or treating quite a wide range of conditions including eczema, infections like colds or even tuberculosis, back pain, osteoporosis, asthma, diabetes, Crohn's disease, migraine, mood disorders, and Parkinson's disease.

Speaking of back pain, I reviewed one study from Saudi Arabia in which 83% of people had a severe vitamin D deficiency. Most patients were women. Given that women tend not to expose their skin to the sun in this part of the world, the vitamin D deficiency was not a surprise. But what did surprise me was that there was a

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Dr. Heather Anderson
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enquiries@allor.co.nz

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Health & Beauty

high rate of back pain in this group, which disappeared in 100% of people after restoring their vitamin D levels.

Vitamin D Stoppers

So if we lie out in the sun all summer, we should have good vitamin D levels, ensuring a healthy you? Not necessarily!

Age can be a barrier to making vitamin D. The older we get, the more our skin changes, and the more our kidney function declines. Both of these factors can reduce our ability to make vitamin D.

Like sun exposure, swallowing vitamin D pills may not result in higher vitamin D levels in the body. Many doctors now prescribe vitamin D routinely to older people to help restore or prevent low levels. But there are a few other things to consider.

Iron deficiency may reduce vitamin D absorption. Several studies in infants have shown that until you restore iron levels, vitamin D levels do not increase even with supplementation.

Magnesium is also essential for vitamin D levels. In fact, if you are magnesium deficient, you are unlikely to be able to increase your vitamin D levels into the healthy range. A word of caution about magnesium. Normal blood tests for magnesium are misleading. This is because they review magnesium levels in the blood (which is not where 99% of magnesium lives). What this means is that you can have a serious deficiency of magnesium, while your blood test says things are just fine. For this reason, my rule of thumb is to start my patients on magnesium before attempting to add vitamin D.

Feel free to pop into Massey Unichem Pharmacy to chat to our team about the best way to boost your vitamin D levels. Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.

Injury rehabilitation

For an acute injury, proper pain management followed by a rehabilitation and strengthening programme will help to ensure full recovery and prevent your injury from reoccurring and will significantly reduce the time it takes for you to return to your sports, recreational or daily living activity.



There are 3 stages of rehabilitation.

Read more here to find out how we can help you at NorthWest Physio+

The first stage - involves gentle exercise, allowing for the damaged tissue to heal. This stage should not be rushed as it will result in poor quality healing and the site will be prone to re-injury.

Zash Hair

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Mid-stage - involves progressively loading the muscles/tendons/ bones or ligaments to develop tensile strength, producing a healed tissue that will be able to withstand the stresses and strains of everyday life and exercise.

The final stage - is where the tissue adapts and is stressed using functional exercises to ensure the body is ready to return to normal function.

Remember - early intervention will get you back to full fitness quicker.

For advice or to book an appointment give us a call at NorthWest Physio + on 09 412 2945.

Revitalising 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

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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.

Rules of the mind (part 3)

The last 5 rules of the mind. Use these to take charge of your mind and your life.

11) Once an idea has been accepted by the mind it remains there until replaced by a new idea. Repetition wires new ideas into your mind to replace old beliefs.

12) When dealing with the subconscious, the greater the conscious effort, the less the subconscious responds which is why listening to one of my hypnosis recordings gets into the subconscious directly.

13) The mind cannot hold conflicting beliefs - they cancel each other out and you go around and around. The mind can't believe I deserve happiness & I'm not worth it at the same time.

14) You live what you learn, you learn what is going on in your environment & then you live it & you become what you believe. When we are children we look around our environment and see what is happening and then we live it in our lives.

15) The strongest force in humans is that we must act in a way that consistently matches our thinking. If we are thinking depressive thoughts then we must act depressed, think happier thoughts and our actions change too.

Lorraine Maguire - Rapid Transformational Therapist

www.lorrainemaguire.com

What do we spend our time on?

Over the end of the year break, I had time to reflect upon the important question of what we spend our time on.

As a teen, I spent my time studying hard so I could excel in school and compete with other kids to get into medical school in Singapore.

As an undergraduate, I spent a lot of time studying hard to learn as much as I can about my chosen profession.

As an adult, I spent time working hard to make ends meet and feed my family of wife and six kids.

As a GP in NZ, I worked hard looking after my patients and started my own clinic to serve them better.

In all that time I spent doing all these things, I had forgotten to spend time looking after my own health.

As a teen I was grossly obese and started to lose weight when I was 15.

As a young parent, I was so fat I bent over and tore a disc, resulting in a yearlong battle to recover.

As a busy GP fighting a pandemic, I became a diabetic.

See the pattern?

We spend so much of our time doing the things we want or need to do to get through the day, feed our kids, work our jobs, make ends meet, that we forget to look after the very body we need to keep alive and healthy.

Being healthy isn't an afterthought.

It isn't something you are forced to do when the proverbial matter hits the fan and your health goes to the literal same matter.



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Health & Beauty

Getting healthy, staying healthy should be a part of what we WANT to do because we NEED to do it so we can have good healthy bodies to continue living the life that we worked all our life to have.

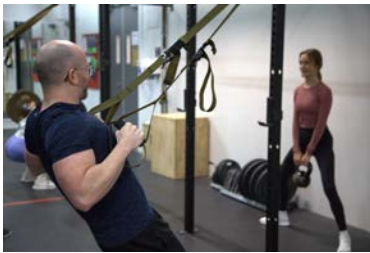
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Dr Fred

www.rhdoctors.nz

Arena Fitness

Located in the heart of The Trusts Arena, Arena Fitness is home to a team of friendly and qualified exercise professionals who will help you achieve the fitness results you are looking for. The Centre is easily accessible, well designed and has excellent views of the park surroundings (not to mention the elite views of the Olympic track while you're working out). There are many ancillary facilities such as the indoor sprint track, boxing studio, group fitness studios, basketball courts and Olympic outdoor running track available to our members as well. Arena Fitness is all about community, with the Gold Club being a truly special group of the Arena Fitness family. Our seniors love to get together and socialise while keeping fit and staying active through classes tailored to their goals and ability.



The team at Arena Fitness like to have fun, while providing an excellent service to our gym members. You will always find an exciting gym challenge with epic prizes on the line, and monthly gym competitions where members can even score tickets to events at The Trusts Arena. New members are always welcomed, and we would love to see you soon. arenafitnessandboxing.co.nz.

The site for sore eyes!

Getting sore tired eyes while back in front of the computer, but going on another holiday isn't an option? Here's what to do:

Make sure the computer is set up ergonomically.

Reduce potential sources of glare in the workspace.

Take regular breaks where you can - this means looking away from any screens (including your phone) for a short duration every now



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Optometrist

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and then.

If you've tried all that but you still can't shake the sore eyes, it could be that the focusing or alignment of your eyes are not quite 100%.

The team at Westgate Optometrists are well-experienced with exactly these problems.

Call us on 09 831 0202 or visit www.westopt.nz to schedule a suitable time to speak to us.

Hobsonville Chiropractic Centre

Going back to school often involves your child lugging around a heavy schoolbag and sitting at a desk for long periods. Bad posture can have a huge effect on your child's physical and mental wellbeing. Chiropractic care is not just about pain, it is about ensuring proper function of the spine and nervous system, ensuring your child has the best chance at learning all they can at school.

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

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Area Columnists

How to combat food waste as a busy parent

Cooking for kids can be a true test of patience for any parent. Their changing appetites, preferences, and the constant challenge of getting them to eat what's prepared can be a daily struggle in which we see a fair amount of food ending up in the bin.

With the cost-of-living crisis still upon us, it has never been more important to make the most of every morsel of food. In fact, reducing food waste in the home can save Kiwi families up to \$1,510 per year - who would say no to that.

Small habitual changes such as portion control, storage and leftover use can make a huge difference to how much food ends up in the bin. Here are some top tips on saving time, money and food when you are cooking for - and with - kids.

Involve your kids in the cooking of and preparation of food

Kids can be unpredictable eaters, but involving them in meal preparation can be a game-changer. When they participate in washing spuds or stirring sauces, they often become more willing to devour the result. It's not just about instilling valuable life skills; it sparks their enthusiasm for culinary adventures and helps them understand the journey of their meals from prep to plate.

Meal planning and portion control

Take a few minutes at the start of the week to plan meals, saving you from decision fatigue after a long day when the kids are hungry.

When planning your meals or shopping list, start by looking at what you already have in your pantry, fridge and freezer and then base your meals for the week around those core ingredients. Your meal plans don't have to be set in stone but at least have a rough idea of what to cook each night.

Figuring out what everyone needs, especially when you have children at all different ages and stages can be difficult. Some quick tips include:

- Protein (meat) should be the size and thickness of the palm of your hand.
- Carbohydrates (potatoes, pasta, rice etc) should be equivalent to the size of your clenched fist.
- Vegetables and salad should equal two cupped hands.
- Fats (cheese, dressing etc) should be the size of your thumb.

Frozen food is another ally in portion control. Take out only what you need, keeping the rest in the freezer for later use. Serving small

portions initially, with the option for seconds, and letting kids serve themselves, minimizes leftovers on plates and simplifies using any excess food.

Batch cooking ahead of time

For busy parents, batch cooking is a secret weapon. Scale up dishes you are already preparing, like child-friendly pasta, stews, and casseroles, to create extra portions for stress-free evenings when all you have to do is reheat.

Love those leftovers

Don't let leftovers go to waste, they are a treasure trove waiting to be rediscovered and children will be none the wiser when they have been transformed into a new dish.

Some quick leftover tips that may come in hand with school lunchboxes or platter disasters are:

- Use fruit leftovers in baking, like pancakes and muffins.
- Mix leftover fruit with yogurt and freeze for delightful ice lollies.
- Incorporate veggie leftovers into omelets, muffins, or blended soups.
- Transform leftover veggies into pinwheels by mixing them with spreadable cheese and wrapping them in puff pastry.
- Freeze leftover pasta, meat, or sauces in labeled individual portions for quick and tasty homemade meals.
- Freeze leftover fruit and veg throughout the week to use in nutritious smoothies.

By Juno Scott-Kelly

The perils of buying from Facebook

Facebook can be a great way to keep up with what your friends and acquaintances have been getting up to. While you're there, you could get some shopping done too.

If you buy goods or services from someone via Facebook or Trade Me, then what your consumer rights are pretty much boils down to whether the seller is considered a professional trader or not. You're covered by the Consumer Guarantees Act and the Fair Trading Act for goods or services sold by a trader, even if you bid for it in an auction. If the seller is not a trader then it's classed as a private sale, which means you don't have much protection.

We had one client who bought a car online and was very disappointed

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to find there was money owing on the car. They only found this out after the car had been repossessed. In general, if someone is selling a lot of items online, then they are a trader. If you're not sure about a particular Facebook or Trade Me seller, check out their pages and feedback. If they seem to sell a lot of similar kinds of items, and have sold a lot of items in the past, then they are probably a trader rather than an individual just having a household clear-out.

There are things you can do to minimise your risk when considering buying from a private seller, for example if at all possible try to inspect the item before you hand over your money; ask the seller a lot of questions about the item so you know what to expect; look for feedback from past customers; for the expensive items (like a car) it would pay to check the Personal Property Securities Register in case it has been used as security for someone's debt. Also, pay by credit card or, if it's going to a New Zealand account, by Internet banking rather than by cash or telegraphic transfer so your payment can be tracked. Lastly, it makes good sense to get the full name and address of the seller in case the trade goes pear-shaped and you need to track them down.

If you have a problem with something you've bought it's always best to talk to the seller first. But if you haven't been able to sort it out by talking to them, come and see us at Citizens Advice Massey, we're in Te Manawa at Northwest. We're open 9 - 3pm Monday - Friday. You could also phone us on 09 833 5775 or toll free on 0800 367 222, or send us an email massey@cab.org.nz We also have information about consumer rights on our website www.cab.org.nz.

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.

Three things to include in your business plan

All businesses should have a business plan of some sort. Sadly, many don't. A business plan is a living document. It is there to document your thoughts, guide your decision making, and set objectives for the next 3-5 years. Without a business plan there is no driving force, decisions are made on a whim, and it is difficult to achieve your business vision.

The shape of a business plan will depend on the audience. It could be a one page plan for a small business, or it could be a significant document if needed to attract funding or investment.

No matter how big your business plan is, all business plans should include these elements:

Your vision and your "why"

Your vision is what you want the business to look like in 3-5 years' time. Be specific, for example how big, how many staff, what products and services, to which customers. Think of it like planning a holiday - you decide where you want to go, who you want to go with, how you are going to get there, and whether you are back packing or holidaying 5 star.

Your "why" is your reason for being in business. It represents the purpose, cause, or belief that inspires you and your business. The "why" is about the reason behind what you do beyond just making a profit. It's the deep, intrinsic motivation that drives actions and decisions. To learn more about this, Google 'Simon Sinek's Golden Circle'.

Define who your customer really is

The biggest mistake a business can make is to believe everyone is

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their customer. Trying to market to everyone is a waste of money. Be specific, for example how old are they, where do they live, what are their interests, and what is their problem that you are trying to solve.

Once you understand your real customer you can be specific with your marketing and focus your sales effort on the customers that are best for your business. Equally important is to define who isn't your customer.

Understand your point of difference

In a crowded market it can be hard to stand out. Think about what you do well that your competitors don't. Consider what your competitors don't do well. What keeps your best customers coming back to you? Ultimately it is about understanding why your target customer will choose to buy from you instead of someone else.

A business plan contains so much more, but if you can get these elements right, you are on a good path towards having a successful business.

If writing a business plan is not something you want to attempt on your own, an Oxygen8 Business Consultant can ask you the right questions and then write your business plan for you.

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.

Unruly

Exercise is an essential part of the health and wellbeing puzzle and is important for absolutely everybody - every body and every person inhabiting those bodies.

Exercise is about being healthy in the moment preventing disease down the track. People living with chronic conditions such as Parkinson's and cancer do better when exercise is part of the way they manage those conditions. Exercise plays a huge role in mental health and stress management. It is imperative to healthy ageing and fall prevention. Moreover, when combined with camaraderie and good vibes, exercise can have an immensely positive impact on all aspect of health and wellbeing by simultaneously dosing us with movement, cognitive stimulation, and social interaction.

Hobsonville has a hidden gem in the form of a boutique exercise studio called Unruly Company. Our philosophy at Unruly is simple. We know that bodies and life can be Unruly. We see it our niche role



in the fitness industry to make exercise accessible to everyone, even the most Unruly. We provide a range of general and specialised exercise classes led by experienced coaches in a socially interactive community environment. Classes are small so we can meet individual needs and push people towards their goals. We ensure that classes are challenging, wildly varied, fun, and Unruly.

For your free trial check out www.unrulycompany.co.nz or email hello@unrulycompany.co.nz.

Distance Families: "I am sick of shovelling snow"

When you reflect about distance grandparenting, one's thoughts gravitate to the 'left behind kin' - the parents and grandparents of families who had no say in the decision of their departing son or daughter.

There's another group of Distance Grandparents where the people's movement pattern is in the opposite direction - the grandparents decide to move, often leaving behind previously geographically close adult children and grandchildren.



I have just returned from an epic, 7+ week, Northern Hemisphere Christmas/New Year holiday visiting distance children and grandchildren in Scotland and England and a three week old grandson in Chicago. When we landed in Chicago, a good dump of snow covered the city. We gingerly navigated the slushy, icy airport carpark all the time, avoiding a snow plow going about its business.

A couple of days later, we woke to an even heavier snow dump. Citizens have an obligation to keep certain paths and laneways snow and ice-free, as best as they are able. Our son appreciated our offer to help but added a "by the way" that medical authorities report a high level of heart attacks from morning snow shovelling activities. We assured him our tickers were okay. Thus began my first experience of shovelling snow. As a kiwi unaccustomed winter wonderland, this was a novelty, but I was also treading carefully, acutely aware that any ice patch could have me slipping over, heading to an expensive ER in search of a shiny new hip.

The next morning we woke to another dump and once again donned coats, hats, scarves and gloves and carefully attending to the neighbourly task. This time, the novelty had worn off.

After decades of living through winters like this, I can well imagine the appeal for North American seniors of living in the likes of Florida



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and becoming 'snowbirds' with no more snow shovelling and all the challenges of extreme cold weather. But goes with this, the guilt of moving away from family, some of whom are supportive but most, are understandably less than impressed.

There's a certain expectation that grandparents should prioritise being grandparents above all else, while their adult children don't see being a constantly handy son or daughter as a priority. There can't be one rule for one generation and a different rule for another. What's ideal is a broad understanding that each generation does what's best for them, at their stage in life, while the other generation works at accepting and make the most of the situation all the while supporting each other from afar.

The postscript to this story is if you are a distance grandparent and wish you could have more time with your overseas grandkids visit during their winter. The snowstorms caused the cancellation of our final return flight from Chicago, giving us a bonus additional 24 hours with bubs.

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' and 'how to' of Distance Families. She will publish Being a Distance Grandchild in 2024-ish. Please visit the SHOP page at DistanceFamilies.com.

Police patrolling Northwest

Police patrols in Auckland's Northwest are keeping watch for suspicious activity at night.

They have picked up suspicious vehicles travelling into Helensville township.

Waitemata North Relieving Area Commander Senior Sergeant Roger Small says there have been increases in reports of dishonesty offences and vehicle crime in some rural communities.

"We have seen reports in recent weeks across the Helensville, Kumeu and Huapai areas involving stolen vehicles or property being stolen from vehicles," he says.

"We're actively following up these reports and as part of this response we have patrolling in place around the times when this offending is happening."

Just before 2am one morning, a police patrol observed a vehicle with numerous occupants travelling toward Helensville on State



Highway 16.

"The vehicle was signalled to stop, but on seeing the red and blue lights accelerated away at a very high speed," Roger says.

"Another unit was able to successfully deploy spikes after the vehicle entered the Helensville township, and the vehicle came to a stop."

All occupants, including the 17-year-old-driver, were taken into custody without further incident.

Roger says the vehicle has since been impounded.

"The driver's actions were disappointing and dangerous," he says.

"We're reminding the community that we are out there patrolling, and if you are ever signalled to stop by police you should always stop, otherwise you are committing an offence."

This follows another incident at around 2.18am on January 8 where a vehicle was seen by a patrol being driven at speed through roadworks near Helensville.

"Due to the driver's excessive speed, the vehicle was not pursued but it was later seen travelling through the township toward Wainui," Roger says.

"Follow up enquiries are being made with the vehicle's registered owner as to who was driving the vehicle at the time."

it follows a challenge issued by police in the lead up to the New Year for locals to make their vehicles less attractive to thieves.

"We're asking the locals to keep it up, making sure their vehicle is secured and all their valuables are taken out when it's not in use," Roger says.

"Police are still actively following up these reports and we ask that the community remains aware of the issue.

"Keep an eye out for suspicious activity in your area, and if you see something untoward let us know as soon as possible."

Kaipara ki Mahurangi MP Chris Penk says it is "hugely disappointing" to hear news throughout the holiday period of deaths (nearly 20) and damage on our roads.

"As I've said previously, the quality of the road network is a crucial factor but so is driver behaviour.

"Personal responsibility is always key, including particularly around the use of mobile phones while underway," says Chris.

"Let's make it a collective New Year resolution to pay attention to what our great local police are saying about these issues."

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