

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report Winter ills and pitfalls

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



Smashed Pumpkin Café

Circulation is 10,500 print copies.

Editorial contributions are free from cost. Advertising starts at \$85 plus gst for a business card size.

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

July 2021



Greetings

I have been reading family letters written 200 years ago. Some are hard to decipher but others very legible despite their age. Most are between half a dozen individuals, about family matters, with day to day comments - the lack of work, the price of potatoes, the King's visit to Edinburgh - or advice from an elder brother "Don't come to London, as I can see nothing for you here", later ignored when he set up a successful business in London. We also have letters written from the Trenches during the First World War from my great-uncle to his parents "Please can you send some books for our library as we have nothing to read" received a few months before his tragic death, from which the family never recovered. In those days a lot of care went into writing a letter, and a reply could take days or even months.

Nowadays an email is written in a few minutes, hoping that the words won't be changed by the computer without you noticing, a reply then expected within a very short time, even if the recipient might be the other side of the world. What chance is there that snippets of family history will survive into the future, when they may be deleted or not survive a change of computer system? There is a lot to be said for emails for speed and convenience, but perhaps we should take time to share our news in a letter from time to time.

There is such a lot to share this month in the local community. It's a relief to read about overseas travel beginning to happen again. Locally there are Scouts and Guides groups, and plenty of activities for all age groups. Start early to learn about dog safety in ECEs. Do you want to look younger? No surprises there! But many useful tips for looking after yourself from several sources. This doesn't mean you can't eat well with so many tasty outlets in the area. Read Graham's property market report and issues about trusts and the bright-line test. See how much interest the Westerly has in store for you.

If you have some event or enterprise you would like to share with the community, or you would like to advertise in the Westerly, please feel free to get in touch.

Enjoy July!

John, editor



What's inside

- 3 People & Places
- 4 Community News
- 6 helloworld
- 8 In brief: Updates
- 10 Grey Power
- 12 Marbles
- 14 Property News
- 16 Property Stats
- 22 Central's Tips
- 24 Hot Property
- 26 Home & Garden
- 28 Citrus trees
- 30 Solarcraft
- 32 Pets
- 34 Food & Beverage
- 36 Health & Beauty
- 38 Tight hip flexors
- 40 One year one
- 42 Area Columnists
- 44 New Shoots
- 46 Discoveries

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People & Places

Smashed Pumpkin Café - A taste sensation



The name may suggest that this café is a pumpkin lover's heaven but in fact there's hardly a pumpkin to be seen, but what is clear and evident, is that the food on offer at Smashed Pumpkin Café is delicious and it looks amazing.

I spent a little time with Esther, John and Jay recently who form the central hub, of what this special café is all about. A boutique eatery that delivers a unique blend of Asian flavours in a traditional kiwi fare.

The business was established in 2018 and sits nicely at the front of Big Save Furniture Westgate and Snap Fitness at 19 Fernhill Drive. A country courtyard feel that is clean tidy, quiet and filled with people wanting an interlude and some very tasty and colourful delectables and some of the best coffee in Westgate.

Esther purchased the business and developed it from a largely paleo base but developed a menu that is simple to satisfy a diversity of taste buds but is vibrant, colourful and modern. Her driving force is a family fun vibe with very friendly staff, quick efficient service and flavoursome food.

Recent reviews continue to highlight the quality experience that people have:

Lovely staff. Good coffee and the food is amazing. The presentation of the food was amazing. Looked so good I didn't want to destroy it - Paulette

A real gem. Fantastic food - SO well presented and really fresh ingredients. Esther, the owner, is a great barista so the coffee was spot on. Also, there's loads of parking so it's super-convenient. If you're in the area, it's definitely worth a visit - Jessica

Great ambiance! The food was great too and fast service. Breakfast was superb. My spicy chai was a bit bland and diluted but my friends said their mocha chino was nice. Would love to try their lunch menu someday - Jan

Some of our favourites from the menu are:

Haggen's Stack - House made corn fritters, avocado, haloumi cheese, pumpkin mash, mushroom, tomato relish, dukkha, almond slices at \$18.00

Panko Chicken Sandwich - House marinated free range chicken thigh, lettuce, tomato, bacon, brie cheese, aioli & mango chutney on focaccia with chips at \$18.00

Butter Milk Pancake - Butter milk pancake, biscuit crumb, strawberry puree, ice cream, popcorn, mascarpone, maple syrup, coconut flake, and fresh seasonal fruit at \$19.50

Southern Salmon Hash - Potato mash, South Island smoked salmon, served with 1 poached egg and Hollandaise sauce at \$17.50

The café certainly caters for singles and families offering a kids corner and a book exchange to satisfy minds young and old. Mobile heaters and parking outside the café certainly delivers a pleasant experience away from the busy hustle and bustle that you may experience elsewhere.

So before you drive back to "same-old-same-old", take a detour to The Smashed Pumpkin Café at 19 Fernhill Drive, Westgate, phone 09-833 8016 and for more information see www.smashedpumpkincafe.co.nz.




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Community News

Come one, come all, for free circus fun at NorthWest

The NorthWest Shopping Centre Circus is coming to town, bringing free entertainment for the kids these school holidays.

From July 12 - 23 (weekdays only), kids can make their own eco juggling balls and test their skills in our interactive circus games.

Our sessions run from 10am - 2pm. You won't want to miss this.

Circus fun will take place in front of the customer service kiosk. No booking is required but spaces are limited. NorthWest Shopping Centre, Gunton Drive, Westgate.



Scott Point School

Students from Scott Point School recently entered some videos in the Change Makers' 2021 Competition for young people. The competition asked students to imagine they are giving a speech to Parliament and to submit a short video of that speech in which they expressed their opinion on their chosen issue and the action they think Parliament could take to address it. This could be done as an individual or group. Students chose to work in groups as they only had a week to submit their entries. There were to be two prizes awarded, one for the individual prize winner and one for the group prize winner, which for both was a trip to visit the New Zealand Parliament in Wellington. Videos entered topics such as: The Cost of Living, Racism, Ocean Rubbish, The New Zealand School Curriculum, Mental Health, Fossil Fuels and Smoking. They received over 100 inspiring and passionate videos/entries from young people who care about the world around them and want to create change. While we didn't win the grand prize, we were one of only a couple of schools who received an honourable mention to



acknowledge how impressed they were with the entries from Scott Point School.

NZ Mountain Film Festival

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



Last year was sold out and there are six inspiring, international award-winning, short films to see (featuring three NZ Award Winners in 2021). Spellbound (5 mins), Mount Logan (14 mins), Katherine's Marathon (26 mins), Made in Aotearoa (37 mins), Ocean to Asgard (34 mins) and In the Theatre of Dogs (19 mins). These are being hosted by Hobsonville Community Trust and Upper Harbour Local Board.

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

Improving online accessibility

One billion people in the world have some form of disability, so when posting online it's important you consider them. Here are some ways that you can ensure your content is easier for everyone to understand. Use alt text:



Alt text is the adding of brief text descriptions on photos. The text appears in place of an image if it fails to load on a screen. Alt text helps screen-reading tools describe images to visually impaired readers. Use CamelCase hashtags: CamelCase is when the first letter of each word is capitalised when using hashtags. This assists screen readers in pronouncing hashtags properly. Include subtitles in videos: Videos without subtitles exclude people who are deaf or have impaired hearing. They are also useful for people who are watching your videos in a noisy environment, quiet spaces, or when they don't have headphones. Use simple language and shorter sentences: Long sentences can be harder to understand.



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Community News

Using sentence case instead of all capital letters also makes it easier for those with cognitive and learning disabilities. Avoid flashing animated GIFs: Strong visual patterns can be difficult for those with cognitive or learning disabilities. Place text on high contrast backgrounds: Text is harder to read on low contrast backgrounds. Increasing the contrast between text and backgrounds makes a huge difference. Include transcripts with audio recordings: People with hearing loss would benefit from this. A good transcript includes descriptions of sound effects and other noises and references to who is speaking. For more information see www.netsafe.org.nz.

Catalina Bay Farmers Market

Catalina Bay Farmers Market is an artisan market selling seasonal produce, handcrafted bread, a top of the range butchery, award-winning cheese, flowers, coffee and more. Open Friday through Sunday, 8:30am to 2:00pm. Stay for a coffee and have a bite to eat from the variety of food vendors, buy your fresh produce for the week or just browse the unique handmade items on sale.

Our popular night market returns in July for our Mid-Winter Food Truck Night on Saturday July 17th from 4:30pm - 8:30pm. A collaboration with Food Truck Collective, the market will feature a wide range of some of Auckland's favourite street food vendors and live music.

Real Friends workshops

Real Friends workshops for girls aged 7-12 are run by Kumeu local Kimberley White who is a qualified educator and life coach with more than 16 years' experience in the teaching space. On completing her Diploma in teaching ECE she spent 16 years working in the teaching industry alongside inspirational teachers and mentors. In 2016 she dived with purpose and motivation into her Diploma in Life Coaching and also trained as a Girl Empowerment Facilitator.

Kimberley is passionate about inspiring optimism and resilience in young girls. Shine and Empower workshops are interactive, creative and run with small class sizes, focusing on fostering positive friendships, developing a strong sense of self, a resilient attitude and growth mindset towards challenges.

Kimberley's daughter growing up in today's society and her lived experience are the key drivers for her passion to empower our future generations of young girls. Her mission is to arm girls with the knowledge and strategies NOW so that when they do stumble across challenges in life they will already have the skills to be able to work through them.



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For more info or to book a spot in the upcoming Kumeu School Holiday Workshops head to the website <https://www.thelighthouse.nz/book-online> or email realfriendsworkshops@gmail.com. Our Facebook page is at Real Friends NZ.

Girl Guiding NZ

"I always wanted to do that!" is a common phrase I hear when interviewing volunteers. "I love rock climbing, I like tramping, I enjoy crafting, baking, camping".

These may sound like a list of personal hobbies, but in Girl Guiding we value people who want to share their interests and hone their skills. Running since 1910, Girl Guiding NZ provides programmes and activities to girls and young women to empower them to change their world.

While we focus on young women, the volunteers who spend their time leading the girls are also given these opportunities. Do you want to become more active in 2021? Or you want to develop your leadership skills? Maybe you just really enjoy tramping and can't drag your family into another outdoor adventure?

For Ally Gracewood who runs the Te Atatu Peninsula's Kotuku Guides unit, as well as being a Training Co-coordinator and Mentor, there are many reasons why she volunteers.

"What is awesome is that it's fun for me too. There are over 40 girls in the unit I lead, and the flow of the girls, the engagement, the humour, the connections, the earnestness and the desire for making the world a better place - that's enlivening to be part of. It's also really great fun! Getting out for walks in the dark, finding which plant to use if you get a cut in the bush, learning to weave harakeke, building catapults, toasting marshmallows over campfires while you sing songs, playing pool noodle hockey and rubber chicken baseball - these leading experiences bring real joy into my life."




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Community News

All of our West Auckland units are thriving, full of girls who relish trying new things, having one-of-a-kind adventures and connecting with each other. With such engaged Guiding units, we have huge waitlists of girls who want to join, but there aren't enough volunteers to help run the units.

We are looking for reliable people who want to develop their own skills and interests while empowering girls to do the same. We run Guiding units for girls aged 5-17 on weeknights, and a simple weekly commitment of 2-4 hours is required.

For more information check out our website www.girlguidingnz.org.nz/volunteers/ or get in touch with mary-ann.mcalister@ggnz.org.nz to talk more about how you might fit into Girl Guiding NZ.

helloworld Travel Hobsonville

Last month I was lucky enough to travel to Sydney to visit my children and grandbabies. It has been a long time since December 2019 when I saw them last to finally be able to wrap my arms around them.



I booked with Air New Zealand and the process of booking (especially with a Travel Agent) was easy. Ensuring you are on a greenzone flight then becomes the Agents responsibility along with sending you out the correct documentation and Health Information that is required to board the aircraft in both directions. (Travelling is certainly nothing like it used to be) This is very important as some people were sent away to do this and if you are already late for your flight you could miss out getting on.

At the airport still only half of the shops are open and quite limited

if you are wanting to eat prior to boarding as well. When I travelled there were very few people walking around the immigration side of the airport with masks on, (the choice is yours) however once you get to the gate you are required to put them on before boarding the aircraft. If you haven't remembered to bring one or they are at the bottom of your carry on, you will get given one on boarding. These masks are required to stay on for the duration of the flight unless you are eating or drinking.

I took hand sanitiser with me and used it frequently as some things you are touching are used by everyone i.e. escalators, trolleys, lift buttons etc. so make sure you put some in your hand luggage.

Nothing was going to stop me travelling to see my family. The precautions that are taken by staff and crew of Air New Zealand were second to none. However I'm hoping that I can get my inoculation in time to go again as it is just another precaution when it comes to being able to travel in our "new normal".

helloworld Travel Hobsonville - Carolyn Hedley, phone 09 416 1799, email carolyn.hedley@helloworld.co.nz.

Future Pathways Industry Expo

Northwest students aged 11 to 13 can check out a range of jobs and vocations free at the Kumeu Showgrounds on July 1, 8.50am-2.30pm.

Various businesses from around the area will have displays and provide information to students - including 14-year-olds from Hobsonville Point Secondary School.

The expo is being run under the Community of Learning (Kahui Ako) Whiria te Tangata which includes around 13 schools mainly throughout the Northwest, representing about 1500 students.

It's an opportunity for those of a young age to learn more about possible career pathways and follows past career expos which have proved very successful, showcasing about 60 exhibitors.

"Feedback has been incredibly positive," says Principal Kris Hughes of Riverhead School which is participating in such events.

The July 1 expo also features several keynote speakers, and continues long running support from the likes of Matt and Rachael Lelean of GJ Gardner Homes Rodney West Residential.

Their sponsorship aims to get learners to participate in activities which provide inspiration and to showcase multiple pathways to future employment in industry and enterprises.

Anna Jeffs

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

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

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

In response to advertiser demand we offer the following options:

Business Card Advertising:

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



Display Advertising:

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



Front Cover and Inside Page:

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

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



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

In Brief Updates

Vaccinated and wanting to travel long-haul?

Ridiculously complicated isn't it? Well look no further as we'll take the stress out of the process.

Prior to travel we provide assistance booking MIQ places, individual countries paperwork requirements, visa, passport, negative PCR Test advice with new border restrictions while transiting, arriving and departing. Don't get caught out online or get stuck overseas.

With our extensive knowledge we know which airlines are reliable and work best for each individual itinerary. It's important to know many tickets being sold online are quite honestly not going to ever fly (We call them Ghost flights). This is catching out thousands of people and well documented as airlines sell a pre-Covid flight schedule well in advance and then cancel the flights a month out from departure.

After departure if anything affects your trip, we can help make changes and provide advice without the need for you to do anything more than email or call us back in NZ. We are sitting right here in store not in a faceless call centre or remotely operating. Each and every one of our clients gets personal attention.

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Likewise, if you've just purchased; often your vehicle could do with a professional polish, or dents removed, and NOW is the time to do it, otherwise you'll never end up getting it done until it's time to sell.

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Boxslim Fitness classes begin

The latest group start using the Massey Birdwood Settlers Hall, are Boxslim Fitness classes.

On Saturday mornings (apart from the 2nd Saturday of each month), you can come to the hall on the corner of Don Buck and Redhill Roads in Massey from 7.45 am in the morning, and work your way to fitness through boxing.

These classes are very popular and are run by Stephen Punter who can be contacted on 027633 3331.

The classes provide for plenty of punchy kicky action and cost \$10



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per session.

Combined with the martial art classes earlier in the week, Aikido on Monday nights, Bujinkan Ninjutsu classes on Tuesday night and Kung Fu on Thursday nights West Aucklanders will be very fit and able to defend themselves.

For younger people, insure yourself by being a member of the Massey St John Youth division who meet on Wednesday evenings, the hall provides plenty of opportunities to socialise. On Friday nights people may wish to enjoy Housie, an activity that has been pursued in the hall over the past 40 years and raises funds for Massey Primary School.

A little culture may be your thing with scrapbook classes held monthly in the Den on a Friday evening and Waitakere Cake Decorating classes held every second Saturday of the month in the hall.

For new migrants to the NZ, learning English is important so throughout the week English Language Partners is in operation and for the young ones a Kindy operates out of the facility also. Just as important religious education can be important and two Churches operate on Sunday.

For those with feel that after all that activity a Wine tasting club use the Den once a month on a Thursday night and for those with a social conscious and community focus the owners of the hall, a resident and ratepayer group operate meet monthly on Thursday evenings and welcome members of the Massey community to come along and air their concerns about Council resources or the lack of in Massey.

To find out more contact the Secretary John Riddell, by email masseybood@gmail.com or check out the website www.masseybirdwoodsettlers.org or the Facebook page www.facebook.com/masseybirdwoodhall.

What's happening in Scouts?

Winter doesn't mean we stay indoors until spring. It's the time to get outdoors and do things like winter camps and tramps. As the saying goes, a little bit of mud never hurt anyone. During June the Zone held a Cossgrove camp, this is a learning camp in short. The Scouts are put through their paces and are taught how to cook in teams over open fires, how to storm lash a tent, how to erect tents in the dark, how to administer basic first aid and many other survival type tasks. The Scouts went home tired, but much better off for the experience.



Winter also means a lot more outdoor activities in general that can't be done in summer, such as cooking over open fires, camp fires and night time discovery walks. It's also time to start planning for the summer months ahead, especially the Sea Scouts as they tend to boat repairs.

Groups have been running pancake breakfasts and sausage sizzles to raise money for equipment and repairs. Thanks to everyone who has stopped and bought a sausage or pancake at one of the fundraisers.

Fundraising is a very important part of Scouting, it teaches our youth that not everything is just handed out, sometimes you have to put a bit of effort into something to be rewarded with new gear etc.

A lot of the Scout halls in the zone can be hired to help with funds for groups. Currently the zones hall at Tui Glen in Henderson is looking for a new long-term tenant, this could be an after-school class, e.g., a dance class or similar. If you are interested in finding out more about the possibility of hiring Tui Glen's Hall, please drop me an email. The hall does have a couple of groups that currently use it, but its available most days and evenings during the week and some weekend spots are available. (Sorry it cannot be hired for parties and only available for long term hireage.)

If you want to know more about Scouts, please head to www.Scouts.nz, or email me: zl.waitoru@zone.scouts.nz Craig Paltridge. Waitoru Zone Leader.

Massey Playcentre receives Growing for Good grant

Hundreds of Aotearoa's youngest environmentalists, gardeners and conservation heroes will be kicking off sustainability projects this term thanks to \$75,000 of Countdown Growing for Good grants, awarded to 71 schools and early childhood centres across the country. Countdown's Growing for Good grants aim to help foster New Zealand's next generation of budding environmentalists, and inspire Kiwi kids to learn about and preserve the environment.

Massey Playcentre is one of the recipients this year with their vegetable garden restoration project. They have an issue with bindweed at the playcentre and will be removing contaminated soil and replacing it with healthy soil as soon as possible. The centre has just restored and rebuilt their kitchen to increase safe child access and convenience for food preparation and cooking and so vegetable garden restoration is a priority for this term.

General Manager Sustainability, Kiri Hannifin, says they were delighted to receive a record number of applications for the grants with more than 500 early childhood centres, primary and intermediate schools throwing their hat in the ring.

"It was no easy feat making our final choices this year and in the



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In Brief Updates

end we decided to award an extra \$25,000 of grants to meet the incredible passion we've seen from schools and ECEs in their applications" says Kiri Hannifin. "It's been inspiring to see so many projects flourish over the first two years of our Growing for Good grants and we're excited to watch another round of schools and ECEs lead the way in sustainability. As a food-focused business, Countdown knows what a critical role our environment plays in Aotearoa's long-term sustainable future and we're really pleased to have ended up with a variety of projects from berry farms to insect havens and sensory gardens that all have a strong focus on protecting our precious environment for generations to come."

Kia ora from Massey Matters

We're a community development organisation working throughout East and West Massey, from Westgate to the Swanson Roundabout.

Conceived and established by Waitakere City Council all the way back in 2006, Massey Matters became an Incorporated Society ten years ago - in June 2011.

Today we manage the Massey and Manutewhau Community Hubs, and work with (and for) the people and communities who call Massey home. Our community outreach arm delivers programmes, free community events and other initiatives geared toward creating opportunity and making a positive difference at a local level.

We're celebrating our tenth birthday in a way that honours the past, takes stock of the present and looks ahead to the future. Keep an eye out for Massey Snapshots - a public photo exhibit featuring local whānau, as well as a bunch of free events and activities to celebrate this milestone! Check out our website at www.masseymatters.org.nz for the latest details.

Our team has a lot on the agenda for the rest of the year too, and we'd love to have you involved. If you love Massey as much as we do, drop us a line, or swing by one of our Hubs for a kōrero!

-Massey Matters team.



Waitakere Grey Power Association

Waitakere Grey Power Association had its Annual General Meeting

on Wednesday 9th June 2021 at the Te Atatu South Community Centre and just over 40 members attended. Our Guest Speaker was Michael Barnett from the Auckland Business Chamber who gave a very interesting talk. The Business Chamber was founded in 1856. The Chamber funds business mentors for small to medium businesses. The mentors can come into the business to help at a relatively low cost establishment fee, to help them with their businesses. The Chamber encourages Young enterprise. Every year 60 to 70 secondary schools and approx. 4000 students set up companies in the school and then disestablish them at the end of the year. Unemployment in South Auckland is about 25% and there are young adults without jobs. The Manukau Office of the Chamber helps young people get their drivers licence with a 98% success rate, this is an initiative that the Chamber is slowly rolling out into West Auckland. Every year the Manukau Office gets 1000 young people into work for more than 90 days. Covid 19 gave the most problems for businesses that Michael and the Chamber had to deal with in his time as Chief Executive. He talked about congestion charging in the future. Wellbeing was discussed and the effect of the past two years. The final statement of Michael's talk was, "Who feeds you?" Think about it.

The Officers elected for 2021 /22 were, President, Mate Marinovich, Vice President, Stephen McDonald, Secretary, Fiona Whelan, Treasurer, Owen Frewin, Office Manager, Peter Harvey plus Committee members. At the AGM a Notice of Motion was put that for 2022/23 Subscriptions will be: \$25 single and \$35 married couple/partner. This was moved and seconded and carried unanimously.

Our next General Meeting will be held at the Waimauku RSA on Wednesday 11th August 2021 at 3.00pm. Our Guest Speaker will be Councillor Ross Sayers of the Rodney Ward of Auckland Council. An invitation is extended to all members and friends in our North West area to attend. You are welcome to stay on at Waimauku RSA for dinner at your own cost. Written by Mate Marinovich, President Waitakere Grey Power Association Office, 247 Edmonton Rd, Te Atatu South. Phone 09 838 5207.

Hand and Hand Early Learning Centre Hobsonville

Hand and Hand Early Learning Centre Hobsonville is a natural, purpose-built Early Learning Centre which offers bright, airy spaces filled with quality equipment and resources to support your child's learning.

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In Brief Updates

explore and challenge themselves while developing the essential foundation skills and abilities that will support them through their journey in life.

Our passionate, dedicated teaching team takes pride in providing a happy, secure and enriching environment where all the children's needs are satisfied in a holistic way, through stimulating and age appropriate provocations and experiences.

Our teachers foster respectful, caring and nurturing relationships with children and their families and support children to grow up as confident and competent learners.

Pop in any time for a visit - we look forward to sharing how Hand and Hand can support your child's early learning.

Committed to Inspiring Young Minds

Hand and Hand, Early Learning Centre, 44, Hobsonville Road, West Harbour - phone 09 213 0576 Email: hobsonville@handandhand.co.nz.

Matariki

Matariki, or the Maori New Year, is a time to gather with family and friends to reflect not just the past, but celebrate the present and plan for the future. Matariki is the Maori name for the cluster of stars also known as the Pleiades. The cluster is best visible midwinter and for many, it heralds the start of a new year.

Last year our Prime Minister announced that New Zealand will celebrate a statutory public holiday for Matariki each year, beginning June 24 in 2022. Matariki is a significant time for New Zealanders to reflect on the year that has passed and to plan for the year ahead.

For our business community, it's a great time to regroup, organise, prioritise and consider the opportunities available to help their business thrive in the coming year.

On 27 July, I am collaborating with Business North Harbour to facilitate a Digital Boost Forum which will give me a chance to engage with businesses about the support Government has put in place to help our businesses succeed by best utilising digital technology. If you're interested in attending, head to Business North Harbour www.businessnh.org.nz to register for the event. It's open to all businesses within the Upper Harbour electorate and members of Business North Harbour.

Additionally we're working with Youth Enterprise to organise an exciting event at The Hanger shared workspace in Hobsonville Point on 28th July from 10.30am - midday. Young entrepreneurs



are invited to upskill and have their say about what matters most to them in Upper Harbour. Limited tickets available this event is open for students with an interest in developing new business skills. To book email Vanushi.waltersMP@parliament.govt.nz to register.

Funded by Parliamentary Service. Authorised by Vanushi Walters MP for Upper Harbour, Parliament Buildings, Wellington.

Keeping track of time

Keeping track of time is something many of us take for granted with a quick glance at a watch or increasingly our mobile phones. Knowing what day it is, or what the date is, can be very important. For some senior citizens, and especially those living with dementia, having an easy way to see this information including what time of day it is, be it morning, afternoon, evening, or night-time can ease anxiety and confusion. It also helps family members or carers who would otherwise get phone calls late at night from their loved one.

A digital day clock can be the solution. Here's what Jill had to say about her experience:

"I purchased one for my Mum who has Alzheimer's. She was having difficulty reading / understanding clock faces, as well as having no concept of what day it was. It was an instant hit with her, she could easily read all the information and felt much more confident. Now she happily updates all visitors on what time it is."

For these clocks and other helpful products see www.mindjig.co.nz, or feel free to call Jonathan or Julie on 09 600 3251, call or text 022 480 3022, or email info@mindjig.co.nz.



Seniornet West Auckland

SeniorNet is very involved in helping Seniors with online banking. So if you have any problems doing your banking online or indeed any other queries regarding your tablets, laptops or Phones, please don't hesitate to call in on our Help Days. - 2nd and 4th Tuesday of the month from 10am to 11 am. We are in the Henderson RSA premises 66-70 Rainside Avenue. There is a \$5.00 charge for any help that we give you.

We have had two very successful Open Meetings at our new venue within the RSA. These are held in the Red Poppy Restaurant on the 3rd Tuesday of the month at 10 am with a guest speaker followed



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by morning tea, entry is by a \$2.00 raffle ticket. If you wish to find out more about SeniorNet then please come along to one of these meetings, meet the tutors and committee and find out about any workshops or classes. You do not have to be a member of SeniorNet to attend. We do have an answer machine in our office 09 837 7600, if you leave a message we will get back to you as soon as possible.

Craigweil House

Craigweil House has seen a fair bit of fun, brightening the start of the cooler months. Recently, miniature ponies did the rounds at the home and hospital.

Brought in by Kaipara College students Bea, Abby, and Alexis, the ponies visited residents in the lounges and surprised others in their bedrooms.

The pet miniature ponies were very calm, well-behaved, and received many pats.

The visit was a part of a school health promotion project, run by the college.

French language, geography, food, and culture were also showcased recently at Craigweil House's "French Celebration Week". The mini festival culminated in an afternoon tea of French cuisine with an exquisite live performance by French horn musician Anita Austin.

The music has been flowing at Craigweil House this month with new resident Don bringing his skill on the clarinet. During the regular Happy Hour Live Music with singer and keyboardist Joe Fingers, Don and his friend Jimmy joined Joe Fingers on their clarinets, making for a stellar jam session.

Another highlight was Charlotte of Pets Assisting Therapy bringing in various hand-reared animals. Pet therapy is a regular event Craigweil House residents enjoy. On the most recent visit, residents had the opportunity to hold a rabbit, have a cockatiel perch on their hand and shoulder, and bottle feed a baby goat.

If you would like to enquire about Craigweil House for your loved



one, please get in touch.

We are a boutique countryside facility with personalised compassionate support and care for rest home, hospital, and secure dementia levels of care. Phone 09 420 8277 for more information.

Check out Marbles' new 'Job Hub' website page

Have you got a new job opening to advertise?

Then have you checked out the new 'Job Hub' page on our website?

We use a range of platforms to get your roles the attention they need, to find you the best candidates.

This is just one of the ways to get your vacancies promoted and is included in our recruitment process when you are advertising through us!

We offer a full recruitment service from job advertising, screening, and interview support and advice.

Or maybe you are a jobseeker looking for a new role? Check out our job page here: www.marbles.org.nz/job-hub/ for more.

Marbles People and Culture Hub works closely with our clients to provide impartial and independent advice on all things to do with human resources (HR).

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Safer Communities



Welcome to winter with Winter Solstice being the shortest day of the year being 21 June 2021.

Te Wiki Tūao ā-Motu National Volunteer Week celebrates the collective contribution of all volunteers who enrich Aotearoa New Zealand. They grow our people, open minds, open hearts and create joy. National Volunteer Week 2021 runs from June 20-26. This year's theme is 'Recognise, Connect, Reimagine'.

The Waitakere Fire Brigade is solely run by volunteers with the support of their family. Nationwide there are over 11,500 volunteer fire fighters in Aotearoa. If you are interested in supporting your community and becoming a volunteer, please email the recruitment team at volly.applications@fireandemergency.nz for information.

Heaters and clothes dryers

- Remember the 'heater metre' rule: keep

flammable materials at least one metre away from any heat sources. And it's one heater or larger appliance per plug - no more.

- Never cover heating appliances or store objects on top of them.
- Don't overload clothes dryers and clean the lint filter after each load cycle.

Other fire safety tips to remember:

- Fire moves incredibly fast - a house fire can kill within three minutes. Keep your smoke alarms in working order by pressing the button to check.
- Make a household escape plan so you can get out safely during a fire. Always keep keys in deadlocks on doors and windows.
- Don't leave the room when cooking. If you need to, remember to switch off before you walk off.

We're here to help with no cost to you. Contact Fire and Emergency NZ on 0800

693 473 for advice on the following:

- Check existing smoke alarms to ensure they work and are in the right place
- Install smoke alarms if you need them
- Help you make an escape plan

Keep safe



Denis Cooper

Deputy Chief Fire Officer
Waitakere Fire Brigade
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Property

Property market report

The lack of housing supply in Auckland is further dividing suburbs with many areas suffering critical shortages while others show an over supply, however the Auckland Region is still in a state of significant housing drought. With only 6,600 homes available in the greater Auckland Region at the end of May reflecting a seventeen percent decline from the ten year average and a forty six percent reduction from 2011. When you take growth nodes like Hobsonville and Westgate out of the supply pool the choices for home buyers is extremely limited indeed.

The only light at the end of the tunnel is that building consents are double the ten year average sitting at eighteen thousand in Auckland Region at the end of May 2021. However I would pick that most consents would reflect the most significant activity in the same clusters, being Hobsonville, Massey and Westgate. Red tape, local government delays and the inability for importers and manufacturers to gear up post Covid lockdowns are all factors that will embattle the construction sector. Delays and supply shortages have a devastating impact on build companies and can turn profits to deficits overnight. This has translated to building companies being hesitant to provide fixed price build contracts and many turning away business due to escalating supplier costs and hidden compliance costs.

Let's have a look at last month's sales volumes:

Hobsonville	\$775,000 to \$1,790,000
Massey	\$620,000 to \$1,560,000
Swanson	\$760,000 to \$1,290,000
Waitakere	\$1,425,000
West Harbour	\$875,000 to \$2,135,000
Westgate	\$800,000 to \$960,000
Whenuapai	\$1,330,000

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Bright-line Property Rule

In 2015 the Government introduced the bright-line test. This requires income tax to be paid on gains from the sale of residential property under certain circumstances. If the property is not your main home and you sell it after 27 March 2021, the sale will attract capital gains tax if:

- the property was acquired on or after 27 March 2021 and sold within 10 years;

- the property was acquired between 29 March 2018 and 26 March 2021 and sold within 5 years; or

- the property was acquired between 1 October 2015 and 28 March 2018 and sold within 2 years.

The bright-line test does not apply if the property was:

- your main home (and you have not sold twice during a two-year period);
- transferred as part of an inheritance; or
- transferred to you as an executor/administrator of a deceased estate.

Government has indicated that new builds will continue to be subject to a 5 year bright-line period. Before this can be legislated, what is considered a 'new build' is still to be consulted on.

We recommend that before buying or selling a property that you obtain advice on any bright line issues before signing any agreement. For more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

Selling a property when you're splitting up

Who is the natural choice for selling the family home to ensure there is no bias and that an equal footing exists? If you can choose two agents that are experienced and AREINZ qualified and select one that you can both work with. Ask to see an indication of the property's estimated selling price, a sales process recommendation and a marketing plan. Remember



too, that while you might want to make life hard for others at times, it's not very smart to do anything that will jeopardise a smooth and successful sale. The faster you can sell your property, and the greater the price you get for it, and the sooner you can move on.

If you decide that your partner is going to stay in the house and they will buy you out, it's a good idea to get the property valued. A registered valuer will provide you with a detailed overview on the value within your property. This will come at a cost, but will deliver peace of mind. It may prove useful when you are talking to lenders, as a registered valuation can sometimes be required if you are refinancing. Whatever you agree to do with the property, you

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Property

independently both need legal advice – and a written agreement that sets out your separate rights and responsibilities. This protects all parties and stops one partner from lodging a caveat or notice of claim that will prevent the sale of a property. It may also be helpful as some lenders may be wary of unresolved relationship property issues when applying for finance for another property. For more information you may like to refer: www.settled.govt.nz/blog/selling-a-property-when-youre-splitting-up/

Over the years I have pulled together a checklist for couples seeking clarity on the things to cover off when splitting up. If you would like this checklist please email graham.mcintyre@mikepero.com and for more information within this series on selling a property when you're splitting up, go to www.graham-mcintyre.mikepero.com/blog/. Contact Graham McIntyre AREINZ on 0800 900 700 or 027 632 0421. (Licensed REAA 2008).

Capacity simplified

What happens when a trustee loses capacity? The Trusts Act 2019 came into effect on earlier this year. Among other things, it aims to simplify this process. If you have questions or concerns about your trust, contact our friendly team today.

By Sheryl Ali

About 15 - 20 years ago, having a trust was fashionable and this created a rise in the number of trusts established in New Zealand. With dementia and other age-related issues affecting many New Zealanders, a considerable proportion of those trusts are facing difficulties when a trustee loses capacity.

Under the current Trust Act 1956, removing a trustee who has lost capacity is complex, may often result in court procedures and ends up being costly and time-consuming. The Trusts Act 2019 ("the Act"), which came into effect earlier this year simplified this process.

What happens when a trustee loses capacity?

S104 of the Act now makes it compulsory to remove a trustee if they lose their capacity to perform the functions of a trustee.

The person with the power to remove trustees must give notice and inform the trustee that they are being removed. The removal will occur 20 working days from the notice being received. Immediate removal may happen where there is a property manager or trustee corporation managing the trustee's property.

If your trust deed provides a different method of removal, you may elect to choose that method instead of the process in S104 of the Act.



What happens when the person who has the power to add and remove trustees, loses capacity?

A common difficulty observed is when the trustee who has lost capacity is also the person named with the power to add and remove trustees in the trust deed.

S92 of the Act gives the following persons the power to remove a trustee:

- The person defined in the trust deed with the power to add and remove trustees;
- If there are no persons defined or if that person is unwilling or unable to act, then all remaining trustees; and
- If there are no persons defined the trust deed and no remaining trustees who can act, then:
 - o any person holding an enduring power of attorney in relation to property over a person who is mentally incapable; or
 - o a property manager appointed under the Protection of Personal Property Rights Act 1988; or
 - o a liquidator if the remaining trustee is a corporate trustee under liquidation.

If all the avenues above have been exhausted and the trustee who loses capacity does not have an enduring power of attorney or property manager under the Protection of Personal Property Rights Act 1988, court proceedings are unavoidable. If you have questions or concerns about your trust ClearStone Legal incorporating Kumeu-Huapai Law Centre can assist. Telephone 09 973 5102.

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Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HOBSONVILLE	1,099,000	108M2	163M2	1,099,000		1,000,000	636M2	201M2	1,350,000
	1,250,000	303M2	258M2	1,651,800		640,000	495M2	110M2	965,000
	740,000	130M2	100M2	880,000		1,050,000	600M2	211M2	1,225,000
	1,401,000	253M2	195M2	1,450,125		650,000	684M2	120M2	1,050,000
	1,025,000	218M2	217M2	1,330,000		1,125,000	465M2	239M2	1,165,000
	1,000,000	212M2	169M2	1,235,000		660,000	1218M2	150M2	1,070,000
	755,000	72M2	129M2	988,000		920,000	531M2	162M2	1,145,000
	950,000	194M2	180M2	1,255,000		920,000	612M2	132M2	1,209,000
	770,000	1516M2	100M2	950,000		815,000	306M2	120M2	865,000
	880,000	112M2	140M2	1,000,000		1,025,000	501M2	177M2	1,050,000
	785,000	195M2	124M2	972,500		840,000	675M2	160M2	1,150,000
	1,000,000	199M2	164M2	1,130,000		900,000	1142M2	105M2	1,000,000
	1,225,000	312M2	247M2	1,450,000		840,000	531M2	140M2	1,211,000
	1,020,000	698M2	180M2	1,400,000		730,000	460M2	153M2	990,000
	1,350,000	360M2	258M2	1,568,000		640,000	921M2	90M2	1,560,000
	765,000	141M2	114M2	920,000		980,000	946M2	220M2	1,335,000
	705,000	105M2	93M2	855,000		740,000	812M2	130M2	1,310,000
	940,000	188M2	153M2	1,225,000		780,000	821M2	150M2	1,410,000
	1,310,000	450M2	282M2	1,700,000		780,000	680M2	170M2	1,130,000
	905,000	127M2	167M2	1,148,000		600,000	817M2	90M2	842,000
	770,000	80M2	145M2	966,000		1,200,000	809M2	330M2	1,395,000
	1,375,000	300M2	306M2	1,790,000		690,000	981M2	100M2	980,000
	925,000	193M2	176M2	1,230,000		660,000	708M2	90M2	1,050,000
	930,000	170M2	155M2	1,185,000		980,000	664M2	200M2	1,005,000
	1,200,000	300M2	237M2	1,460,000		830,000	610M2	90M2	1,220,000
	910,000	258M2	138M2	1,166,000		740,000	921M2	140M2	990,000
	880,000	210M2	130M2	1,256,000		750,000	701M2	102M2	1,127,000
	1,200,000	300M2	230M2	1,570,000		1,250,000	2329M2	237M2	1,250,000
	760,000	171M2	89M2	1,000,000		630,000	678M2	90M2	880,000
	1,375,000	364M2	291M2	1,683,000		560,000	386M2	80M2	800,000
MASSEY	985,000	730M2	137M2	1,400,000		770,000	352M2	156M2	925,000
	670,000	628M2	112M2	911,000		700,000	204M2	142M2	850,000
	875,000	931M2	193M2	1,200,000		650,000	485M2	160M2	855,000
	660,000	508M2	171M2	845,000		780,000	254M2	178M2	905,000
	780,000	713M2	160M2	900,000		1,225,000	539M2	260M2	1,355,000

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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.



Graham McIntyre
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6 Kellett Road, Ranui
By Negotiation

An excellent opportunity to invest in a large 969sqm land lot with options to develop, and the space to create. This elevated, flat to gentle sloping land, with established plantings enjoys commanding valley views through to the Waitakere Ranges. The property is on a Northern aspect, has wide driveway access, full services and receives generous sunshine throughout the day. The home offers three bedrooms upstairs and two multi-functional rooms downstairs. Open plan lounge and dining, galley kitchen, with two bathrooms and laundry. Options for an extended family or buyers looking for a teenage retreat. An independent, concrete floor, double garage and workshop with power, firewood storage and garden sheds add value to keep everything in place and out of the weather.

www.mikepero.com/RX2876704



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



ELEVATED BRICK AND TILE LIFESTYLE



By Negotiation

125 Alf Access Road, Waimauku
By Negotiation

Big barn and a big home set on 4.5 acres of gentle sloping pasture. Brick and tile, elevated home with extensive views to the North. Recently refurbished and ready for you to make your mark. A short drive from Waimauku and Helensville shopping. The home offers a very comfortable, entertainers open plan environment, sunken lounge, large kitchen dining area, leading to a family room area, with wrap around decking offering flexible alfresco and an extensive deck leading to breathtaking views. Two double bedrooms with large master room with ensuite and walk in wardrobe, opening on to deck. Main bathroom includes shower and bath separate to toilet. Office /study or fourth single bedroom. Internal access double garage.

www.mikepero.com/RX2899671



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



AFFORDABLE, AVAILABLE, #1 CHOICE IN ROYAL HEIGHTS



By Negotiation

129A Colwill Road, Massey
By Negotiation

This home is vacant and ready to move in, a tranquil, and sun-filled glade offering privacy and quiet living. Set on over 2000 sqm (1/2 an acre) of flat to sloping land that meets the inner harbour and overlooking Taipari Strand Reserve. The home is simple and easy living. An environment enjoying significant sunshine and alfresco onto north facing decking. High stud open plan living that has integrated kitchen, dining and lounge. Three bedrooms, bathroom and separate w/c allows for the family while the aspect from the home is a mix of lawn, established orchard and regenerating coastal native bush. Options to add value, or enjoy just as it is, this property offers options to create your future and plan for tomorrow. A short drive to convenience shopping, schools, parks and transport links.

www.mikepero.com/RX2768266



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



HOUSE AND MINOR DWELLING - THE GOOD LIFE



By Negotiation

147 Mangakura Road, Helensville
By Negotiation

Set on 1.25 hectares (approx. 3 acres) this beautiful property has been sculptured to satisfy a diversity of options and interests with a modern family, extended family or home with an income. The Main Home is four bedroom, two bathrooms and offers options for multiple lounges and dining areas to make the most of the conservatory and the extensive valley views. The split is three bedrooms and a bathroom upstairs with one bedroom, bathroom, lounge, kitchen, laundry and conservatory downstairs. A separate double garage with extensive loft provides options for an office, teenage retreat or chill out zone. The fully consented minor is a short walk from the main house and delivers privacy and intimacy with a modern near new one bedroom with kitchen, lounge, bathroom and laundry.

www.mikepero.com/RX2721189



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



AFFORDABLE LIFESTYLE - #1CHOICE NEAR TAUPAKI 4 3 1

By Negotiation

175 Wairere Road, Waitakere
By Negotiation

Two land parcels on offer on one incredible lifestyle block offering the good life, extensive views and an exquisite village feel. This elevated family home delivers excellent peace, privacy and personality from the flowing open plan living to decking and the bedrooms and bathroom off the central hall. Downstairs has a spacious office, double garage and store plus an independent double tandem garage which could suit art studio or man cave. In every aspect the home is cleverly designed and finished to make the very most of its sunny aspect and alfresco living. Even the positioning of the Kitchen so you look through to the deck and the bush and valley views is divine. Close to Waitakere Primary School, Convenience Store, Public transport link.

www.mikepero.com/RX2849527



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



TRANQUILL, COUNTRYSIDE ESTATE WITH POOL 5 2 3

By Negotiation

217 Taylor Road, Waimauku
By Negotiation

Set on 5 acres of gentle all season pasture, offering a once in a lifetime lifestyle living opportunity. A home that is comfortable among film stars, music legends, poets and creative genius's that embody expression, flare and contemporary character. Inspired cathedral ceilings ensure a timeless elegance while staircases and patios link unique spaces. The home also offers options for a one bedroom flat and stand alone open plan office environment. Set within a North West glade this bespoke home offers a seamless flow from sauna, to pool to gym/ games room. The house enjoys a multitude of bedrooms, lounges and retreats adding intimacy and refuge with exquisite design features, sunshine, and framed rural aspect of mature native trees and chubby sheep.

www.mikepero.com/RX2896086



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



COUNTRYSIDE VIEWS WITH INCOME OPPORTUNITIES

6 6 3

By Negotiation

911 Old North Road, Waimauku By Negotiation

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

www.mikepero.com/RX2769416



Graham McIntyre
027 632 0421

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Central's Tips

July 2021



Build up the soil in raised beds, get a potato patch ready and prune the pip and stone fruit trees and berries. Rose pruning time, feed breeding birds, shop for specimen trees and make some free plants by dividing garden perennials.

Winter salads

Brighten up your winter salads with baby beet, rainbow chard, spinach and kale leaves. Don't forget about edible flowers like calendula and violas. Yum!



In the Edible Garden

- **Prepare a potato patch** – dig in lots of compost and sheep pellets so the soil is ready for sprouted seed potatoes. Growing potatoes in heavy soil can help break up clay and leave it more friable for other summer crops
- **Renovate raised vegetable beds:** get them ready for spring growing by adding fresh garden mix or digging through organic compost. Time to fix any leaks or drippers in irrigation systems
- **Pruning time:** sharpen secateurs and loppers to get the cleanest cuts when pruning and shaping deciduous fruit trees and berries
- **Spray pip and stone fruit trees** with copper and oil to eliminate fungal spores that may have over-wintered on the bark
- **Harvest a winter salad:** baby leaves of kale, beetroot, spinach and rainbow chard make salads so much more colourful, add calendula petals for a splash of orange or violas for more colour
- **Woody herbs can be planted now** – rosemary, thyme and oregano can get established, add a lavender plant to the vegetable bed to bring the bees in spring

The rest of the Garden

- **Rose pruning can begin this month** – for newbies local garden centres often hold rose-pruning demonstrations – or there's Youtube. Leave the hydrangeas for another month
- **A bird seed pudding is easy to make:** take bird seed mix, melted lard and a bit of honey, shape into a ball and place in a netting bag. Hang it high in a tree where the birds feel safe enough to get to it
- **Lift and divide favourite perennials now** – free plants are often under your nose – this includes perennial plants such as hostas, delphiniums, penstemons and shasta daisies
- **Plant new season's ornamental trees** – there's a variety of showy cherries, liquidambars and maples available now, with some compact varieties to suit smaller urban gardens – just check with your local garden centre. Stake them to two thirds of their height to keep the root area steady in spring winds
- **Pep up lawns** that are a bit yellow with **Garden Supreme**, a general garden fertiliser



Project for July

Get out of the mud with Jakmat.

Convert a muddy lawn by installing Jakmat to create an extra parking space for the campervan or boat. Jakmat is a premium quality interlocking mat system made right here in New Zealand from recycled plastic. Fill it with decorative pebbles and you've got an attractive functional space for vehicle overflow.

For more info on Jakmat visit

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Hot Property



Tranquil, Countryside Estate with pool in Waimauku

Set on 5 acres of gentle all season pasture, offering a once in a lifetime lifestyle living opportunity. A home that is comfortable among film stars, music legends, poets and creative genius's that embody expression, flare and contemporary character. Inspired cathedral ceilings ensure a timeless elegance while staircases and patios link unique spaces. The home also offers options for a one bedroom flat and stand alone open plan office environment.

Set within a North West glade this bespoke home offers a seamless flow

from sauna, to pool to gym/ games room. The house enjoys a multitude of bedrooms, lounges and retreats adding intimacy and refuge with exquisite design features, sunshine, and framed rural aspect of mature native trees and chubby sheep.

Detached and unique accommodation options including the integration of office, study, gymnasium and games room, you have a significant 300 sqm of living, entertaining, sleeping and working space. You can define this space to who you are and how you want to live.

Steeped in history, the home has housed poets, potter's, international chefs, helicopters, and if the walls could talk I'm sure more would be told.

Significant shedding on the property to satisfy most storage requirements from helicopters to motorhomes, with some strong

Hot Property



countryside aesthetics including a large lilly framed pond, fire pit and turn around.

Easy draining land with access gates for simple stock rotation the land boundaries extensive native bush areas that form part of a significant historical environmental area.

Sealed drive access through security gates and generous parking, while access to the Waimauku shopping village is only minutes away.

Close to Waimauku Primary School and on the bus route for Kaipara College, you can have the best of both worlds, convenience and quiet lifestyle.

For viewing and more information, contact Graham now on 027 632 0421 or graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd

Home & Garden

Laser Plumbing and Roofing Whenuapai

Laser Whenuapai is based in West Auckland and services the plumbing needs of homeowners, commercial and industrial businesses all over Auckland.

Drainage - drains should be kept clean and clear for them to work effectively. Drain maintenance goes a long way in keeping your drains in good working condition and reducing the chance of a blockage. Laser Plumbing Whenuapai can provide regular maintenance checks to prevent blockages from occurring. And if a blockage does occur, we have specialist equipment to clear out stubborn blockages.

Our qualified drainlayers can perform a full range of drainage repairs and replacements, from new drainage through to storm water and waste water works. We offer CCTV services as well as a state of the art 24/7 drain unblocking service for any unforeseen emergencies.

Plumbing - dripping taps, a slow draining sink, blocked toilet, low water pressure, clogged waste disposal, backflow issues. These are just some of the common plumbing problems you can experience in your home or business. We have a great team of maintenance plumbers who can easily remedy these frustrating issues, on time and hassle free.

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



Roofing - Here at Laser we specialise in all your long run/iron roofing needs...from roof repairs to complete roof replacements, gutter cleans, repairing and replacing gutters, spouting and downpipes. Whatever your needs, one of our experienced roofing team will get you sorted.

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

Tile Wright

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

With over 5 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.



A rolling stone gathers no moss

As they say, however a strategically placed moss rock, in your landscaped garden, can be a very appealing and enhancing feature. I have been a stonemason for most of my life, and have worked with many different types of stone over the years. I have enjoyed working with a material that is in nature, virtually impervious to decay. Structures built with rock still stand thousands of years later. Although I have worked with stone in many different ways, from chisel cut bluestone for intricate stone walling and paving, to



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Home & Garden

building seawalls, what I enjoy most now is working with stone in its natural uncut state. That is, sourcing interesting moss rocks and boulders, from large (up to 3 tonne), down to pebble size. It can be used for landscape features, such as building dry stone retaining walls, etc. With a bit of tuition, it's possible to build your own stone feature, whatever that might be. Often it's really a bit like doing a jigsaw puzzle. We have a large supply of interesting looking moss rocks and boulders. If you're interested, give me a call. Dave 027 1962 19.

Why grease traps & converters need regular cleaning

Commercial kitchens in NZ are fitted with grease traps, which "trap" the "grease" and solid food waste that comes from the sink and dishwashers, allowing wastewater through but not the waste that we don't want in our sewer systems.



But a grease trap and interceptor isn't a set and forget appliance - it needs regular maintenance to keep it working well. Here's why...

1. It can STINK!

Cleaning out a grease trap is up there with one of the stinkiest jobs at HydroVac - and considering what we do (septic tanks and the like), that's saying something! If you don't clean your trap out regularly, that rotting stench can start seeping out into your eatery. Let us tell you - that smell is not good for your customers or for your reputation.

2. It will go from bad to worse

If you leave your tank uncleaned, the waste in there will become a thick, hard mass - so hard that it's that's near impossible to remove.

3. It will start to overflow

If your tank isn't cleaned on a regular basis, the waste will pile up, causing the sold food waste from the kitchen sink and dishwasher to flow down the sewer system. Before long, you'll have blockages in the pipeline which can cause overflow. Cue: expensive call-outs and a non-working kitchen.

4. There could be fines involved

The council is hot on this. It's illegal to discharge food waste, fats and grease into stormwater system and waterways. You can be fined up to \$1000, issued abatement notices, or prosecuted and fined up to \$600,000 for breaching the Resource Management Act. Empty your grease trap regularly and this won't be something that keeps you up at night.

5. It's not good for business

If you end up having grease trap issues due to not maintaining it well, it could be costly for your business. We've seen restaurants have to close while they sort out their grease trap issues, missing out on takings and losing business to competitors.

Book in with HydroVac for a regular grease trap clean and you won't have to worry about any of those 5 issues we've shared. If you want, we can put you on a regular maintenance schedule so you don't even have to think about it!

Contact our friendly team on 0800 493 768 or find out more at www.hydrovac.co.nz.

Getting ready for winter

The sun is shining, the birds are singing and the distant buzz of weed eaters, lawnmowers and chainsaws in action can be heard. It's starting to get cooler and that's a great time to be in the garden. There's a lot of action as people get ready for winter - mowing those overgrown lawns, weeding the gardens or trimming their hedges. The time spent now on those activities is well rewarded as they stay looking good for a long time because the cooler temperatures reduce the speed of regrowth.

It's also worthwhile to check the rest of your property to be sure it is ready for winter - maybe a pre-winter fertilise to boost the lawn before temperatures drop, a weed spray to tidy up the pavers or



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a spray to get rid of dangerous slippery mould and gunge from paths and walls. The changing season also sees the leaves changing colour and falling, they do look spectacular but can be a nuisance, and so collecting leaves and clearing the gutters before the winter rains come are important tasks too. Maybe you want to install gutter guard to prevent those leaves getting stuck in the gutter too.

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

Growing citrus trees

No orchard is complete without some citrus trees. Awa Nursery recognises this, and we have just received our new season stock, newly bagged up and ready to go into your gardens. If you are after a mature readymade fruit tree, we have those in stock as well.



Now is the best time to plant citrus trees, as they have winter and spring to get established before summer. Citrus trees prefer a sunny spot, preferably frost free, sheltered from strong winds and a well-drained position.

Our citrus have just been wrenched, which is a process where the roots are cut without lifting the plant, then uplifted and bagged up. You will find the soil is loose in the bags and the root ball quite small. This is normal, and your plant will thrive provided it is planted in good free draining soil.

Dig a hole approximately twice the depth and width of the bag and partly fill with garden mix. Place your tree in the hole and fill the remaining hole with soil. Make sure your soil is no higher than where the soil came to when it was in the bag. Stake the tree until it is established. Be sure to water your tree if there has been no rain

every three days or so until established. Mulching the area around your citrus tree is a good idea also. Again, keep the mulch away from the trunk.

Citrus trees like to be fertilised regularly especially in spring and summer to encourage maximum fruiting and flowering. Awa Nursery has a fertiliser specifically catered to citrus should you require a bag. Phone Awa Nursery: 09 411 8712, email info@awanursery.co.nz or visit www.awanursery.co.nz.

New Zealand Biosecurity

Drone surveys are a great way to grab some bird's eye view photographs or video of your property, either to check remote areas that you can't get to, check progress on how your work is progressing over time, or for property promotions.



New Zealand Biosecurity Services Limited have a team of drone operators that can fly your property, grab video footage or still photography. Our clients use this information to create promotional material, to check remote areas that can't be easily accessed by foot, and to monitor changes in forests and stream banks over time. Our footage can also be digitised into map software to prepare vegetation and contour maps of your property.

Call us now for more information 09 447 1998.

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While Auckland sleeps, parts of our HydroVac team leap into action, making the most of the quiet to work under the cover of dark!

One night last week, team leader Brent Murphy and his team spent the midnight hours cleaning out sediment in a vault - this involved using our trucks to suck out all the debris that had settled onto the floor: inorganic materials, pine needles and more. It was up to 150mm high off the floor!

They also cleaned out motorway storm filters - very important at this time of the year when lots of rain can cause flooding if they're not clear.



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Home & Garden

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Unlock the value of your property

Do you love where you live, but not the house you're living in? Or perhaps your home is on a larger site and you've been thinking of subdividing and building a new home - whether it's to sell or rent out for extra income. Signature Homes makes it easy with their Subdividing Services and Knock-Down & Rebuild process.



Signature's team of in-house experts know the Auckland Unitary Plan like the back of their hands, and their new home consultants and architectural designers will work closely alongside you to bring your vision to life. Signature Homes is a one-stop, full-service solution for your new home project, no matter how big or small.

Right from your initial site appraisal to the handing over of your keys on settlement day, you'll have your own Signature team beside

you to guide you through your journey and ensure your home is exactly what you envisioned. There's plenty of pre-designed plans to choose from, or the team can work with you to design something bespoke to your needs and lifestyle.

A range of minor dwelling plans are also available, all below 65m2. These plans allow you to bypass the council's subdividing process and are great if you have a smaller site or just need some extra room for the kids or extended family.

For an obligation-free consultation and site appraisal, contact Signature Homes West & North-West Auckland on 0800 020 600 or visit signature.co.nz.

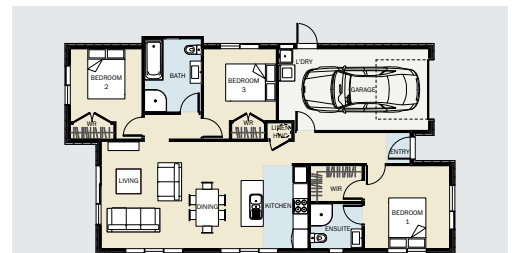
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Waimauku Garden Club

By the time you read this we will have had our Mid-Winter Christmas at The Riverhead. I do apologise for swapping the June/July activity around.

At the moment our paths are covered in yellow Melia and Ginko leaves but it looks nice. The grapefruit trees look magnificent too. This is while the world has got smaller as we are surrounded in mist but the birds are still happily singing, loudly. Aren't we blessed!

July 15 Bridgeway for a film and Northcote Tavern for lunch, August 19 RNZYS to see the America's Cup and visit Weta Workshop Unleashed, September 16 Cornwall Park and The Astrodome, October 21 Matakahe/ Maungaturoto, November 18 Lavender Hill.



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We'd love you to join us. It's always on the 3rd Thursday of the month.

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Want to know more? Contact us any time at info@solarcraft.co.nz or phone 0508 272389 or visit our website, if you're solar curious: www.solarcraft.co.nz.

Western ITM

With all the excess water currently around, a sure remedy to reducing it is installing Marley Drainflo/Draincoil. Drainage lowers the ground water level whilst retaining moisture in the pores of the soil.

Handy tip: If you are about to prepare a driveway or gateway ensure you install Landtex Mud Cloth. Landtex is a woven polypropylene

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roading fabric for use under gravel on roads, driveways, parking areas, farm access & races. Landtex spreads the vehicle wheel loadings, prevents mud being pushed up & the gravel lost into the soil/ground below.

Did you know we carry the complete range of low-density polyethylene pipe, threaded pipe fittings & stock water troughs? We also stock Hansen Easy Fit Poly Fittings.

Redband Gumboots are a true Kiwi icon and will see you through these damp conditions. Available now from all Western ITM Stores for just \$79.99 per pair incl GST, offer valid on men & women's styles 01/07/21 to 18/07/21 or while stocks last.

These and many more products are available from your local Western ITM Store. For further advice/information visit us instore today OR visit westernitm.co.nz for a free quotation.

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West Haven tide chart

Date	High	Low	High	Low	High
Thu 01 Jul	00:12	06:16	12:32	18:31	-
Fri 02 Jul	01:03	07:07	13:23	19:26	-
Sat 03 Jul	01:53	07:58	14:17	20:23	-
Sun 04 Jul	02:44	08:50	15:12	21:20	-
Mon 05 Jul	03:34	09:41	16:08	22:12	-
Tue 06 Jul	04:24	10:32	17:01	23:02	-

Wed 07 Jul	05:13	11:20	17:50	23:47	-
Thu 08 Jul	06:01	12:06	18:35	-	-
Fri 09 Jul	-	00:31	06:48	12:50	19:17
Sat 10 Jul	-	01:13	07:32	13:31	19:57
Sun 11 Jul	-	01:55	08:16	14:12	20:38
Mon 12 Jul	-	02:37	08:59	14:52	21:18
Tue 13 Jul	-	03:20	09:41	15:33	22:00
Wed 14 Jul	-	04:03	10:24	16:15	22:44
Thu 15 Jul	-	04:49	11:08	17:00	23:29
Fri 16 Jul	-	05:35	11:55	17:49	-
Sat 17 Jul	00:17	06:25	12:45	18:42	-
Sun 18 Jul	01:08	07:17	13:40	19:41	-
Mon 19 Jul	02:02	08:13	14:41	20:43	-
Tue 20 Jul	03:00	09:13	15:45	21:46	-
Wed 21 Jul	04:00	10:15	16:48	22:46	-
Thu 22 Jul	05:02	11:15	17:48	23:45	-
Fri 23 Jul	06:04	12:13	18:44	-	-
Sat 24 Jul	-	00:41	07:03	13:08	19:38
Sun 25 Jul	-	01:36	07:58	14:00	20:29
Mon 26 Jul	-	02:28	08:51	14:49	21:18
Tue 27 Jul	-	03:19	09:40	15:36	22:06
Wed 28 Jul	-	04:08	10:27	16:22	22:53
Thu 29 Jul	-	04:55	11:13	17:08	23:40
Fri 30 Jul	-	05:41	11:58	17:55	-
Sat 31 Jul	00:25	06:26	12:44	18:44	-

Source: LINZ.

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

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Pets

Dog&Co.

It's winter, and that means we are getting some stunning sunsets full of colour. I absolutely love heading out to Muriwai Beach to capture epic, painting-like images of dogs and their families. Lady's session out at Muriwai was no exception, and boy was it a stunning evening. This cutie has plenty of experience posing for photos for her very own Instagram account (@lady_the_miniature_dachshund). Is she not the most photogenic little sausage you've ever seen?



I just love the unpredictability that is involved in photographing pets. It's never as simple as just saying "say cheese". It takes a lot of patience, tricks and treats, but I have never met a dog I couldn't photograph...and trust me, the majority of dogs I photograph aren't perfect angels like Lady here! So if you have been thinking about getting portraits done of your dog, but are worried about whether they will sit still or not - don't even worry about it. Let's just have a bunch of fun and see what magic we can create. Get in touch any time with any questions or to book in a pet or family photoshoot at a gorgeous location like Muriwai! All of my pricing and session info is on my website.

Website: www.dogandco.nz Email: kirsty@dogandco.nz

Kanika Park Cat Retreat

Is a boutique country retreat for cats. Run by a family of passionate animal lovers, nestled in the heart of our 10 acre Waimauku property.

Kanika Park Cat Retreat is a cattery like no other, where you can treat your cat to a relaxing holiday in one of our spacious private suites.

We have 13 standard suits and two extra large suits available. Each suit is made up of lots of toys, cat trees, cushions, plush blankets and beds. Your pussy cat will be served wet food for breakfast and dinner with biscuits and water available all day. We are fully internal, polished concrete floors, air conditioning, lighting and music

It is our mission is to provide each guest with a personalised, warm



and fun place to enjoy, and to allow owners to be comfortable in the knowledge that their fur babies are safe in a loving and caring environment.

Kanika Park Cat Retreat - Phone 09 4115326, email info@kanikapark.nz.

Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai.

Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats.



Donations appreciated at www.thenzcatfoundation.org.nz. Phone 09 412 2636 or 021 929 999 for further information.

Dog Safety for Early Childhood Education Centres

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



We at the Dog Safe Workplace have been involved in educating our communities about dog safety since 2014.

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

Each year we see thousands of New Zealanders bitten and starting to teach children about dog safety from a very young age does make the difference. To solve this, we have made a few changes to the programme, and we will be offering a Centre Run package. This means that every early childhood education centre will be able to



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Pets

teach all the children in their care about "The Three Golden Rules" for interacting with dogs. There are lots of fun activities as well like models of each of the characters to make, colouring in, join the dots and even a fun song to learn on dog safety.

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

Converting Cats to Raw food

Cats dislike change - Cats tend to dislike change. Their tastes form at a young age and are likely to remain with them for life. They can even get addicted to particular shapes and textures as well as flavours. They easily become addicted to carbohydrates. Cat food manufacturers know this - they create their food to be as addictive as possible!



But with some patience, perseverance, and sneaky tips you can switch your addicted cat to a healthy diet.

Slow and steady wins the race - If your cat is a biscuit junkie you will need to transition him gradually (over a period of weeks to months).

We generally don't recommend a 'tough-love' approach for addicts, as some cats may suffer serious illness (hepatic lipidosis) if they go for long periods without food.

If your cat will only eat biscuits. Divide a day's worth of dry food into 3 portions, and serve at 3 set mealtimes over a day. No leaving food out all day, and no snacking - you will need to be strict! Once your cat is used to this (it may take a few weeks), replace one of those meals with wet/canned food (or some sardines tinned in spring water). If your cat refuses the wet food, sprinkle some crushed biscuits, or some of our Powermix (freeze-dried organs - cats love it) over it to get them interested.

Once they are used to this (it may take a few weeks), replace another of the dry meals with wet food. Finally, repeat for the third meal so that they are now off all biscuits. Hint: Remove all biscuits from the house - your cat will know they are there!

If your cat will eat wet food - Stop feeding biscuits (or follow the steps outlined to wean them off biscuits. Feed wet food at 2 or 3 set mealtimes each day. We recommend starting with our Rabbit & Heart mince. A sprinkle of Powermix is useful for getting them interested in their food.

Mix a tiny amount of raw food into each meal. Gradually increase the amount until the whole meal is raw. Take your time! From there, build up to different mince flavours, fillets, bones and organs, creating variety over time.

Visit www.rawessentials.co.nz for lots of great articles and information.

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Food & Beverages

Good From Scratch Cookery School Supper Club

The Good From Scratch Cookery School in Muriwai has launched the Supper Club, a monthly intimate dinner hosted by Bee and Michael Van de Elzen. Enjoy the beautiful space with family and friends over a three-course set menu produced in line with the Van de Elzen's paddock to plate philosophy. Local wines and craft beers are available to purchase, alongside homemade non-alcoholic sodas.

Bookings are essential, doors open at 6pm with entrees served at 7pm - perfect for an after work treat for locals. The Supper Club is \$69pp, visit goodfromscratch.co.nz for dates and to book.



What people are saying about Allely Estate

We had an open day recently and it was so good to hear the reactions to our venue... "Wow, it's so beautiful here - we couldn't tell from the road!" and "What stunning gardens - I don't feel like I'm in Auckland anymore!"



We are indeed hiding a secret treasure behind our fence.

Allely Estate is truly a venue that's perfect for any occasion, from weddings and 21sts, 30ths, 40ths, 50ths and so on, through to corporate events, such as team building, conferences, mid-winter Christmases and end of year functions.

And a quick scroll of the reviews on our Facebook page will tell you what people think of our food:

"The food was so delicious and amazing the way everything was served. And most importantly they had food options that suited the guests we had eg Pacific Island food and so much more!"

"The staff were really friendly and the food was amazing."

"Food was exquisite!"

"The food was incredible and completely exceeded our

expectations."

Pop onto our Facebook page to see our new video tour of the Allely Estate venue, including its manicured gardens, full-size marquee and traditional villa. And if you have an event coming up and are looking for a nice local venue with good food and lovely staff, please get in touch.

www.allelyestate.co.nz, www.facebook.com/AllelyEstate

Photos by Zanthé Vorsatz Photography.

Kumeu Food and Vines Festival planned

The aim of this event is to showcase what Kumeu and Northwest has to offer by promoting local Wineries, Breweries, Restaurants, Produce and Arts. Kumeu is unique and this Festival is to support our local businesses in a time they need support.



All ticket sales will go online from the 1st August through Ticket Fairy. Link will be on our website and Facebook page. This is an event for the whole family - no charge for under 18 yrs. to attend. We will have a kids area where the kids can hangout while the parents enjoy the wine and food. A great music line-up has been organised and details will be available in the next issue.

If you are local and would like to be a vendor, please contact Lizelle on 021 0403218 or email info@kumeushow.co.nz before the 1st August.

Don Buck Honey

Don Buck Honey is a small one-man beekeeping operation based in Massey, West Auckland. I (Chris) started small-commercial beekeeping in 2014 with my wife Rachael when we were first married, with support from her father who is a large-scale beekeeper. In 2019 we started



selling honey in pots under the name 'Don Buck Honey', after the

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Food & Beverages

name of the main road through our neighbourhood. Beekeeping is tough but satisfying work, and a great change of scenery from my usual vocation. Honey orders can be made through our online store and couriered quickly at a low cost, or picked up by arrangement.

I sell boxfuls of pots at a lower rate - great for stores, distributors, home bakers and chefs, and for gifts, as well as combo packs that give customers a range of different honey varieties to enjoy.

Our honey comes from the Waitakere Ranges, the Far North, and the Bay of Islands. We have a range of honey types from different floral sources including manuka blends, kanuka, pohutukawa, towai, and more. This gives a variety of different colours, textures, and flavours. What's your favourite?

I hope you will enjoy our honey. Chris Northcott, Don Buck Honey. www.DonBuckHoney.co.nz. DonBuckHoney@gmail.com.

New Zealand Herbal Brew

Delicious Hot Chocolate Peppermint drink

If you love chocolate and peppermint, then try this version of hot chocolate for those cold winter nights.

1-2 teaspoons maple syrup or honey, 1 teaspoon cocoa powder, 1 teaspoon peppermint tea, milk (of any kind), and hot water. Using boiling water, $\frac{3}{4}$ fill your mug with the water and add the peppermint tea in a tea ball infuser. Allow to steep for 2-3 minutes, then remove the tea ball. Add the cocoa and sweetener boiled and stir well, then top up with milk.

Certified organic peppermint tea and other herb teas are available on our website NewZealandHerbalBrew.co.nz.



Soljans Estate's Winter Wine Fair is back

From the 17th of July through to the 25th of July, this will be the best time of the year to stock up your cellar with a fantastic range of wines on specials. The desirable bin ends and special case deals are back by popular demand. You can even make your own 6-pack or 12-pack of wines at a discounted price.

Check out the "Red Star Sale" items at our gift shop for your early Christmas shopping.

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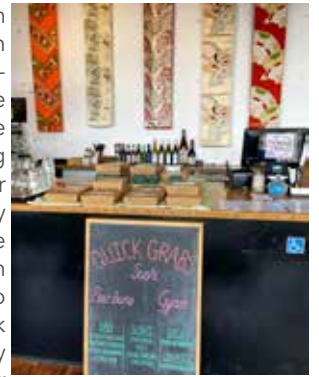


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Get a mulled wine in the cafe to warm you up, or book in for our Winter Wine Fair lunch. A set menu, with wine pairings to accompany, and a complimentary wine tasting in the Cellar Door.

Peko Peko

We are not only open for dining in at dinner time, we are open at lunch time as well and we have a food-to-go station at the counter for the weekday lunches. We have some sushi, bao buns, pork dumpling gyoza, and Katsu chicken on rice for quick grabs for customers in a hurry or who have short lunch hours. We are open for lunch 11:30am-2pm and dinner 4:30pm-8pm Tuesday to Sunday, Monday closed. Please check our FB and Instagram pages for any updates or call us on 09 416 1197 for table bookings and takeaway orders. 102c Hobsonville Rd, next to Hobsonville Primary School.



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The annual release for this in-house collaboration between Thomson Whisky & Hallertau Brewery. Notes of bitter chocolate, espresso coffee, a soupcon of vanilla and a whiff of whisky. A wintery drop for sure. Now available in 330ml bottles.

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Come in and enjoy our warm winter welcome and browse.

You can also look at our range of French spectacle frames - very, very French!



Three years younger in 8 weeks - yes it's possible.

It's official. We can reverse ageing. A randomised controlled clinical trial (considered one of the best types of research studies) conducted among 43 healthy adult males (sorry ladies) between the ages of 50-72 reduced their biological age by 3 years in 8 weeks. Yes you heard right - 8 weeks!

They were put on an 8 week programme of a healthy diet, good sleep, exercise, relaxation support plus supplemental probiotics and plant nutrients.

It has been termed 'ground breaking' providing the first insight into the possibility of improving wellbeing, longevity and lifespan using natural methods to target genes. It's particularly exciting for me because it was conducted by a naturopath, Dr.Kara Fitzgerald.

The researchers were specifically looking at a process called methylation that is known to affect ageing, Methylation is a chemical pathway in the body and one of its roles is to switch off genes (like switching off a light switch). Switching off genes means they don't 'shine' (or express themselves). Some genes when they are expressed can cause trouble or make us sick and, as shown in this study, can make us age quicker.



'So what were the interventions?' I hear you shout because you're not interested in the science you just want to know what to do to get younger.

Here they are:

1. Eat a largely plant based diet including turmeric, green tea, rosemary, sage & basil, onions, garlic, leeks, celery, parsley, broccoli, onion, carrots, peppers, cabbages and apples with skins. They did however eat nutrient-dense animal products such as liver and eggs and low amounts of carbohydrates. They also used a form of intermittent fasting known as time restricted eating.
2. Take a probiotic containing 40 million CFU of Lactobacillus plantarum 299v. Plus a veggie/fruit powder to boost nutrients even more.
3. 30 minutes of exercise every day for at least 5 days of the week with at least 60-80% of exertion (so definitely some huffy puffy going on).
4. Breathing exercises for 20 minutes twice/day because stress ages us.
5. 7 hours of sleep a night.

None of this is new to me. ALL of these things are recommendations I give my clients. If you want to know how I can help you reverse your ageing process then email me at sarahb@sarahbrenchleynaturopathy.com or come and join my Facebook Group 'Women's WellBeing Circle' - www.facebook.com/groups/257168352476633.

Lorraine Maguire - Rapid Transformational Therapist


Something I teach my weight loss clients which works well with over-eating is the HALT technique. When I want to overeat, eat sugar, or I feel I am having a craving for certain addictive foods I HALT and:

Hungry - realise that I am actually hungry and eat something healthy - fruit, vegetables, nuts, seeds, nutritious meal.

Angry/Anxious - realise I want to push down anger, anxiety or other feelings like sadness, boredom or guilt with food. Instead I express my feelings to myself first and then to someone else if need be.

Lonely - realise I am lonely, feeling isolated or disconnected and want to eat to comfort myself. I reach out for love, support and connection from friends or family. I make a phone call or arrange to meet someone.





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Health & Beauty

Tired - realise I am tired and sometimes that makes me feel I need to eat so instead I rest, sleep, meditate or sometimes do light exercise to increase my energy. This also works for Thirsty as thirst can make me feel hungry so I drink some water or herbal tea and then see if I still feel the need to eat.

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

Preventative Botox

It's a common misconception that the right time to start Botox is when you start to notice fine lines and wrinkles appearing. However, more and more experts are advocating Botox as a preventative measure prior to the appearance of wrinkles. Research indicates that beginning Botox early can make the skin more elastic and more resistant to wrinkles.



Although everyone's skin is different, people in their late 20's and early 30's tend to be a good age for preventative Botox treatment. If you have the habit of pursing your lips or frowning your brow, regular treatments help train the muscles to stop falling into those bad habits and prevent deeper wrinkles from forming. Preventative Botox also helps to keep the muscles weak which means you don't need to use as much as you get older.

The Fraser Dental team would love to help you be the best version of yourself. For a Botox consultation please contact us at 1 Wisely Road, Hobsonville on 09 416 5050 or email info@fraserdental.co.nz.

Hobsonville Physiotherapy

As winter approaches it's not as easy to get outside due to rubbish weather and diminishing daylight therefore the awesome CSP (Chartered Society of Physiotherapists, UK) has adapted a simple set of exercises designed for people to help prevent deconditioning. And they want it shared. Let's keep people moving through winter.

Developed by physiotherapy experts the exercises will help older people stay strong, improve mental health and prevent falling.

There are lots of ways that you can see the exercises in different formats:

- Share the URL with links to an animation and an A4 printable poster www.csp.org.uk/easyexercises
- Share the animation

- Downloadable versions of the individual exercises and the full animation are located here <https://vimeo.com/showcase/6900217>

- Share them on YouTube here <https://youtu.be/n8s-8KtfgFM>
- Share each of the six exercises separately on Twitter or retweet @theCSP tweets using #StayInWorkOut
- Use Facebook to post the exercises with your friends and family See the full poster below...

We all know how important it is to keep active. So try these exercises once a day to pass some time and keep fit.

Hobsonville Physiotherapy phone 09 416 4455, email physio@hobsonvillephysio.co.nz.

Simple stretching for winter days

Everyone understands how important stretching is to start off a day. Now winter has arrived, it's very important to remember your daily stretching. When the weather becomes cold, your muscles tend to contract and make them more prone to an injury. Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a good range of motion in our joints. Without it, the muscles shorten and become tight which puts you at a risk for joint pain, strains, and muscle injury. Make sure that you properly stretch your muscles to avoid any unwanted injuries this winter.

Four simple stretching for lower extremities.

- Hamstring stretch will keep the muscles at the back of your thigh flexible. Stand with one foot up on a step, both legs straight. Keeping your back straight and pelvis horizontal, lean forward until you feel a stretch in the hamstring. To increase the stretch pull the toes towards you. Hold this for 30 seconds.

-Quadriceps stretch will keep the muscles in front of your thigh strong. Balancing on one leg, you can hold onto a chair or a wall

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to keep you balanced if needed. Grab your right foot, using your right hand, and pull it towards your glutes until you feel stretching in your thigh. Hold the position 30 seconds, then repeat, switching from your left leg to your right.

-Calf stretching is essential! Place ball of your feet on the edge of a stair. Keeping both knees straight, allow both heels to drop slowly until you feel the stretch at the back of the calf muscle.

Hold this position for 30 seconds.

-Ankle stretching as soon as you get up in the morning will help your stiff ankle joints moving.

Rotate your ankle slowly in a large circle. Repeat in the opposite direction. Repeat 10 times.

If you are having any lower extremity problem, give the team at Hobsonville Podiatry a call on 09 390 4184. They can give you an accurate diagnosis of your condition and determine if the tight muscles may be causing your problem. The team at Hobsonville Podiatry can show you how to properly stretch your lower extremities.

Do you have tight hip flexors?

Hi, I'm Craig the Chiropractor at Elevate Chiropractic. Due to the amount of sitting we tend to do, tight hip flexors are a common occurrence, but how do you know if yours are tight or not? Well, here is a simple test you can try.

Simply lay on your back on the ground and pull one knee towards your chest. What you are looking for is what the straight leg does. Ideally it should stay flat on the ground.

If you have tight hip flexors, the straight leg will bend, and the knee will lift off the ground.

I have recently made a video showing this test and more importantly, how to then stretch the hip flexors....safely.

To watch the video, simply head over the blog section on our website, www.elevatechiropractic.co.nz. If you have any other

questions, me on 09 413 5312.

Dry eyes? Eye fatigue? Headaches?

With all there is to see and share on digital devices, staring at screens throughout the day is pretty much unavoidable. But all that screen time whether at work or not can be hard on your eyes. Dry eyes, eye fatigue and headaches are just a few of the symptoms you can experience following extended periods of screen use. Eyezen blue light protecting lenses are only available at a select few independent practices around New Zealand and are designed specifically to combat these symptoms. Phone the team here at Westgate Optometrists to find out if Eyezen is right for you. Phone: 09 831 0202 or visit www.westopt.nz.



Unichem Hobsonville Pharmacy

Unichem Hobsonville Pharmacy is located in the Hobson Centre next to Countdown. It is owned by Jeff Spearman who has owned pharmacies in the area and has lived locally since 1985. Jeff relocated his business into the new centre in March 2016, renamed it Unichem Hobsonville. Now, along with co-owner and pharmacist Charles Yoo, Unichem Hobsonville Pharmacy strives to provide exceptional service and care in the community.



The Pharmacy team includes pharmacists, dispensary technicians and qualified pharmacy assistants to deal with your health and beauty requirements. We are all friendly, approachable and professional.

We offer many services including prescription dispensing, medicine management, blister pack or sachet packaging and free delivery during working hours. We accept faxed or email prescriptions and utilise Southern Cross direct claiming. We can discard unused medications for you. We offer free blood pressure checks.

We have staff specialising in Women's Health, Natural Health and also offer a huge selection of great gifts for every occasion.

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Winter ills and vitamin D pitfalls

Winter can be a time that people may feel a bit sad and get more colds and flu. Vitamin D is often blamed for this because it comes from the sun and there is less sun in winter. Makes sense, but nothing is ever simple in the human body.

Vitamin D Pitfalls

Perhaps the most important issue is to ensure good vitamin D levels is how well your Vitamin D Receptor (VDR) works to get the vitamin D into your cells. The VDR is like the gate. There is no point in having lots of vitamin D if it can't get through the gate. Blood tests only measure vitamin D levels in your blood and not in your cells, so these results are not always reliable.

Improving your VDR "Gate"

How well you can get your vitamin D into your cells can be improved by taking a product called Sulforaphane. A good brand of this is Four Health Green. Sulforaphane which is made from broccoli spouts can up-regulate your vitamin D receptor. This may be all you need to increase the vitamin D levels inside your cells and boost your mood and your immunity.

The function of your VDR is regulated by a number of genes. We can test your genes for you and let you know if your VDR needs help.

Maybe it's Not Vitamin D:

If you have a fully-functioning VDR and good levels of active vitamin D in your cells and you still feel you need a mood boost, then pop in to see the Health Coaches at Massey Unichem Pharmacy. It maybe that you need a boost in methylation with SAME. Or perhaps a course of acetyl-L-carnitine might give you that boost of energy and mood to get you through winter in style. Martin Harris. 396 Don Buck Road, Massey. 09 833 7235.

New HPV self-testing research programme to launch

Waitematā DHB (District Health Board), Auckland DHB, Counties Manukau Health and Total Healthcare PHO (Primary Health Organisation) will offer HPV self-testing at select Local Doctors clinics from June 2021, as part of a new 18-month research programme. Cervical cancer is caused by human papillomavirus (HPV) infection.

The announcement follows the Government's recent \$53 million commitment to roll out HPV self-testing nationwide in 2023. The research programme will be targeted at Māori and Pacific women and ultimately used to inform how the Ministry of Health operates the national HPV self-testing programme in two years' time.

Total Healthcare is one of the largest primary health organisations in New Zealand. Its provider arm, Tamaki Health, has Local Doctors and White Cross clinics in all three DHB catchments.

Total Healthcare General Manager Kate Moodabe says the PHO welcomes the Government's announcement.

"HPV self-testing's enhanced accuracy over the current screening method means deaths from cervical cancer could be reduced by a further 15-17 percent. This is a preventable cancer and we are dedicated to demonstrating how HPV self-testing can be used to reduce inequities and improve women's health outcomes."

The majority of cervical cancer cases in Aotearoa occur in women who have never been screened or are under-screened. Māori and Pacific women are the most under-served in the country, with the highest proportions of never- and under-screened women.

Waitematā DHB and Auckland DHB Director of Health Outcomes, Dr Karen Bartholomew says previous DHB research shows that Māori women are 10 times more likely to take a self-test at home than seek a standard cervical smear at a clinic. Pacific women are six times more likely.

"We've already proven that HPV self-tests are empowering and less-invasive for women - this programme will investigate how this research translates into a real-world, clinical setting."

The ugly truth about snacking

Every kind of snack imaginable is on offer at the supermarket these days. Sweet, savoury, healthy, unhealthy, processed, natural, gluten-free, sugar-free, paleo, keto, low-fat and more.



We are encouraged to serve snacks throughout the day

e.g. morning and afternoon tea, a little after dinner snack or treat, a snack before lunch or something to keep you going after lunch.

The truth is, that by snacking we never allow our stomach to empty and as a result are more likely to experience digestive upsets.

More importantly, by snacking between meals our insulin levels remain elevated for longer, over time they can stay elevated which will create weight gain and prevent you from losing weight.

Think back to the stories of a hundred years ago or even the 1950's. Snacking was rare and typically for the wealthy such as royalty. When the 40 hour working week was brought forth, unions made



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sure workers received adequate rest which in later years included morning and afternoon tea breaks or smoko breaks as they were once known. Snacking was rolled out to the masses as a necessary part of our working life.

Snacks are often refined foods e.g. morning tea commonly consists of biscuits, cakes, pies or sandwiches and even the healthy ones such as bliss balls, protein bars or trail mix, are often high calorie and sometimes high sugar or high fat, but are they really necessary?

Spending more time composing your meals of nutritious foods and a variety of foods including lots of vegetables, good quality protein and good quality fats, will set up your satiety for several hours, it will keep your blood sugar even and render snacks unnecessary.

See if our Lose Weight for Good Weight Loss Program is right for you. Visit our website: /www.WeightLossProgram.co.nz

By Rebecca Stenbeck, Naturopath & Founder of Lose Weight For Good Weight Loss Program.

For Eyes Optometrist - update from Anna

I've been at For Eyes for 6 weeks already. Time has flown learning the ropes and meeting new people. Thanks for the friendly welcome received, and do pop in and say hi if you're passing. I'm always happy to re-adjust or tighten your spectacles for you, or arrange an appointment with Matthew or Molly if you need your eyes examined.

Previously I was an optometrist in Northern Ireland and am pleased



to report For Eyes has fabulous equipment compared to the practice I worked in, especially the sophisticated retinal scanning equipment. The eye examinations are top notch. Here, my new role is receptionist/optical assistant and I'm enjoying the fashion side of eye care, with stylish new frames arriving every week. I would love to assist you in selecting a pair if you're ready for a new look.

Cheers, Anna,

For Eyes Optometrists, Kumeu Shopping Village, Phone 09 412 8172.

Huapai couple extend custom prosthesis business

Tim Carr, Fay Cobbett and their team have extended their MyReflection scanning locations nationally to offer women post mastectomy custom-fitted breast prosthesis.

Until recently their prosthesis were only available to Auckland based women because the only trained scanner and equipment were in Auckland.

But they have worked hard during the past two years to take this to women throughout the country and now have scanners available in nearly every centre.

Inspired by Fay's own journey with breast cancer, the couple embraced their knowledge and skill with 3D printing and developed a unique process to create custom-made individually fitted breast prostheses.

The product has been through a rigorous development phase and the resulting prosthesis has been refined to closely match the feel of breast tissue while only weighing about 30% of a traditional prosthesis.

Each woman's chest wall is different after mastectomy and generic prosthesis can sometimes be uncomfortable or ill fitting.

Tracey Winslade is one of the women to receive a MyReflection prosthesis.

"I can wear a t-shirt and look like me, I can wear a dress and look like me. It feels so comfortable - I truly do forget that I am wearing it," Tracey says.

"I like the feel of it, the behaviour of it. I like that it just sits in place where I put it and stays there. I like that I can use my original bras which I have never quite had the will to get rid of - they live again! It also does something to my headspace when I look in the mirror - my mind recognises my body and my body recognises my Reflection



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Matthew and Molly Whittington, optometrists in the Kumeu Village since 1993
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Health & Beauty

and it feels at peace. This wasn't something I even expected to experience so is a wonderful bonus".

The process of creating a custom breast prosthesis starts by using a hand-held scanner to create a 3D map of the individual woman's chest wall. Once the scan is complete, the data is used to create a 3D printed plastic mould from which a lightweight, flexible silicone prosthesis is made.

Fay personally knows the benefits of a custom-fitted breast prosthesis and is passionate about making these available to as many women as possible.

Since the company's launch in February 2019, 12 additional female scanners have been trained nationwide, making scanning available in 20 locations around New Zealand from Southland to Whangarei with Takapuna the most recent location.

The prosthesis can be made and supplied to women within the government subsidy for post mastectomy prosthesis. So often there are no additional costs to women.

Unless a woman's body shape changes, she should only need to be scanned once. Additional prosthesis can be created from the same mould, meaning back-up prosthesis or replacements can be easily reproduced.

Three prosthesis are included in MyReflections offering - providing options to replace it without additional cost.

The company continues to refine their product and is close to releasing a heavier swimming prosthesis which allows it to be worn swimming without floating.

Contact enquiries@myreflection.co.nz or phone 09 36 63 555 for more information.

Great habits start at a young age

We need to encourage good dental health for kids from a very early age, so that they turn into a lifelong habit.

Children's mouths are more sensitive than adult mouths. It may be helpful to find a toothpaste flavour your child enjoys. Look for ways to make brushing enjoyable, maybe even exciting! Take advantage of your child's playful nature, and put a big smile on your face and keep the mood light.



General Brushing Tips:

- Age-appropriate soft-bristled toothbrush
- Smear toothpaste for under 2yrs, pea-size toothpaste over 2yrs
- Brush twice a day
- Replace toothbrush every 3 to 4 months or after an illness

Regular dental visits should begin as early as your child's first birthday. Come in and visit one of our lovely child oral health therapists Ashley, TK & Andy at Kumeu Dental today! Call our friendly reception team on 09 412 9507.

Hear 4U Ltd - one year on - Lisa Greene

It has been a year since I started providing Audiology services to people in their homes. It has felt great bringing this service to people at home where they feel most comfortable and safe.

I really enjoy the diversity of people I can help. I have helped busy professional people who struggle to get to clinics during a working week, people who work from home and prefer the convenience of home visits, people who don't drive and hate to bother others for transport, and people living in residential care facilities.

Some clients contact me because they need hearing aids for the first time, and others need their hearing and hearing aids checked and require ongoing help maintaining their hearing aids. My greatest satisfaction comes from helping people truly benefit from their hearing aids.

For more information visit www.hear4u.nz or you can contact Lisa at 0800 119 510, or 021 209 2684, email lisa@hear4u.co.nz.



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A trip down memory lane

The other morning, I woke up thinking about the people who have touched my life and different events that's happened to me, some good and some not so good and it made me think how these people and things have developed me be the person I am today. Sometimes times



the memories we have are happy and sometimes they are sad. For whatever reason, we remember these things, shows that they are important to us.

Have you ever met someone and felt you have met them before? Have you visited a place and felt you've been there? Have you watched something on TV or read something in a book or magazine and felt it seems familiar? Or have you had a dream that took you back in time?

Do you ever say to yourself, why has this happened to me? Maybe, you say to yourself, wouldn't it be nice to go back there, a trip down memory lane.

Did you know you can go down memory lane? It is possible to go back in time under hypnosis. You can go back to another time and place through a Past Life Regression. Not only can you go back in time under Hypnosis, you are given the opportunity to heal various aspects of that time that may be affecting your current life.

Astramana™ Healing Services, Past Life Regression Facilitator Jason Mackenzie has conducted various Past Life Regression sessions over the years, taking people on journeys to different times and places such as a soldier in the Army, a small village in Asia, Royalty in Europe.

Are you ready to go down Memory Lane, with a Past Life Regression session? Then now is the time to check out our website: www.astramana.com or email astramana@gmail.com with any questions or to book yourself a journey back in time with a Past Life Regression session.

Does your business work with hazardous substances?

If you are one of the thousands of Kiwi businesses that works with hazardous substances, keeping your people safe has just become a

whole lot simpler.

On 30 April 2021, the hazard classification system HSNO was replaced by GHS 7, the Globally Harmonised System of Classification and Labelling of Chemicals.

Created by the United Nations, GHS is an internationally agreed system that hopes to eventually supersede the diverse classification and labelling standards used in different countries.

Implemented by New Zealand's Environmental Protection Agency (EPA), the new system better aligns New Zealand with its global trading partners (including Australia), and even more importantly, improve workplace safety.

In the accompanying photo is the HSNO symbol for flammable liquid and also the GHS version for the same substance. Not only does it clearly show it's a flammable liquid, but it also immediately lets people know it is ecotoxic and a health hazard.

That's good news for everyone from nail technicians, school caretakers and swimming pool maintenance people right through to those working in the most highly hazardous sectors.

Under Regulation 9 of the Health and Safety at Work (General Risk and Workplace Management) Regulation 2016, employers are duty-bound to ensure that all their workers have the new hazardous substances information, supervision, and training relevant to their roles.

GHS breaks hazardous substances down into three main categories - environmental, physical and health. Hazards are communicated on labels and safety data sheets, and include information about the safe way to store, use and dispose of chemicals.

In the long-term it is hoped the GHS will help boost people's knowledge of the chronic health hazards of chemicals, and ultimately aid in the elimination or replacement of such substances.

Employers will need to upskill their teams to an appropriate level in order to comply (EPA has assured businesses there will be a grace period to give everyone time to complete any necessary training).

Importers and manufacturers will also need to ensure that their products meet the requirements of the EPA notices for labelling.

With the impact of Covid 19, 2020 was a year we would not wish to repeat. Unfortunately, it was also a bad year for accidents and work-related health issues, with deaths and serious injuries occurring in the workplace back at levels that were last seen over 5 years ago.

This will be a major concern and all industries, Government agencies and the Regulator - WorkSafe NZ, will be focused on reducing harm in the workplace.

What this will mean is unclear at this time, but it is likely that workplace inspections will increase, and industries deemed to be at significant risk will be targeted.

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Going forward it will be prudent for Securo clients to ensure that their health and safety systems are in place, fit for purpose and are effective in minimising risk of harm.

This can best be achieved by regular visits from your Securo consultant, and with their guidance, assessing current practices and taking corrective and preventative actions where necessary.

Should you require an immediate visit or have concerns, please advise your consultant and/or contact the Securo head office on 0800 55 33 44 to arrange prompt attention.

For further information contact John Riddell from Securo, email securo4@securo.co.nz or check out the website www.securo.co.nz.

Discover a hidden oasis at New Shoots Children's Centre

Imagine this: each morning you walk your children across a bridge and over a pond brimming with wildlife. You enter a bespoke early childhood centre set amongst trees and nestled in a bush-clad landscape.

Inside is a space with earthy tones, wooden walls and abundant sunlight. Shelves are stocked with natural resources; the scent of delicious home cooking wafts out of the kitchen. Each room flows effortlessly out onto a protected central courtyard, where children are free to roam.

It's not a fairy tale: it's New Shoots Greenhithe.

Children lucky enough to live near this family-friendly neighbourhood on Auckland's North Shore get to spend their days in a treehouse-like children's centre where nature reigns supreme.

The Greenhithe story - The site sat underutilised for a long, long time. It was home to an old, rundown house and the vegetation was overgrown. It's a spacious section tucked away on a cul-de-sac in a suburban neighbourhood.

It was a stunning piece of land just screaming out to be rejuvenated, tidied up, restored.

Luckily, one of New Shoots' owners, Michelle Pratt, has an eye for potential. Michelle could picture a place children would thrive in. She fell in love with the pond, which was in desperate need of restoration, and the nature surrounding it.

Standing on the site, it was hard to walk away - so she bought the

land.

Transforming it into a secret oasis - Michelle explained her vision to Copeland Associates Architects who designed a centre that would seamlessly connect with the natural landscape all around it. They enlisted the help of Peak CM Construction who worked tirelessly to bring the space to life.

It's a makeover story like no other.

Outside, the land was repurposed and restored, the pond revitalised. Replacing that old house now sits a newly designed and purpose-built early childhood centre made up of three separate pods that open up onto a gorgeous central courtyard. Inside the building, nature permeates every cell.

You witness it even before you arrive. Driving down the hill towards the centre, you get a bird's eye view of the pods and the protected courtyard within.

You park your car and walk along a bridge over the beautiful pond. Children - and their parents - get to start the day by really experiencing that nature that exists all around us.

Within the walls

The interior of our architecturally-designed early childhood centre was designed to mimic the abundant nature beyond the walls. It offers; The warmth of our unique XLam timber walls. The cool solidity of the concrete floors underfoot. Soft, muted tones that bring the colours of nature into the building.

Our toddler's room is green, representing trees and bushes, leaves and grass. The infant's area is painted in earthy shades to reflect the earth. Our blue preschooler's pod represents the water running through the site.

The magical courtyard - A communal space for all ages, the courtyard is the perfect place for quiet contemplation.

There are low hanging palm trees, available to children at their own level.

Children playing in the sandpit can catch views of the pond and surrounding bush.

Pockets of space between the pods offer different physical challenges perfectly suited to young children - hills and decks, sandpits and slides.

The pond: our pride and joy -

When we first found this site, we knew the pond and its amazing wildlife needed protecting. We tidied it up and planted native New Zealand flora around it to attract wildlife back to the water.

Walking over the revitalised pond each morning and afternoon is a visual cue: the sights and sounds of the water and its natural inhabitants are a reminder that nature is all around us.

As it continues to thrive, our older children will get to head out on excursions to visit the pond; watch the water; collect sticks and stones from the surrounding area.



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The benefits of connecting with nature - Have you ever had a hard day and felt a compelling desire to get outside? Breathe in fresh air? Go for a stroll in a park? Nature is restorative - it's something we all need regular doses of.

The ability to observe and experience nature regularly gives people - children and adults alike - the chance to rest and reflect.

And it's not just a theory - the importance of nature on our health has been well-researched and the benefits proven.

Designing spaces with nature in mind - With busy lives spent increasingly inside, it's more important than ever to find ways to bring nature to us, rather than the other way around. This intuitive desire to connect with nature has led researchers to study the phenomenon and designers to put it into action.

A team of researchers at Harvard University coined the term biophilic design, or design that incorporates the love of life. It's centred around the findings that nature benefits people's physical and mental health. It makes us feel good, relieves stress and improves our mood.

Knowing this, architects and designers can incorporate nature into their design.

A place where children thrive - For young children in particular, life is busy and everything is new. Having the opportunity to connect with nature gives children a chance to take a pause from their usual busyness. To rest their minds and observe, letting their experiences sink in.

When children get to experience a built environment working with nature, not impeding it, their brains have time to comprehend the world around them. It helps develop their confidence, improve their concentration and inspire their creativity.

Want your children to spend their days at an oasis?

Give your children the gift of days spent surrounded by nature.

Contact us to register your child at our oasis-like childcare centre in Greenhithe.

To learn more about New Shoots Children's Centre:

Visit our website where you can discover our curriculum, vision, and commitment to sustainability.

New Shoots Western Centres are located in Westgate, Hobsonville and Whenuapai.

If you're interested in learning more you can visit www.newshoots.co.nz.

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of your customer? Talking a walk through the experiences of your customer from first learning about your business through to making payment for your products or services can be a real eye opener.

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Once a customer wants to talk to you, how easy is it? Will the phone be answered if they call you? Will an email or online inquiry be replied to within 24 hours? If you want the customer to come to your shop/office, how easy is it to find where you are, and will they be able to find a carpark easily?

The easier it is for someone to do business with you, the less likely your potential customer is to walk away at each step in the process.

Getting an external person to walk through the customer experience with you is a great way to get a different perspective and to pick up things that someone in the business every day might be blind to.

Ann Gibbard is a Business Success Partner with Oxygen8 Consulting. For help with growing your business or improving its profitability, preparing your business for sale, or for a free Business Diagnostic, contact Ann at ann@oxygen8.co.nz or 021 682 014.

Free the Uyghur Muslims in Xinjiang

China and the European Union traded sanctions against each other's officials as the U.S. joined the U.K. and Canada "in parallel to measures by the European Union" to protest "human rights violations and abuses" in the western Xinjiang region.



The EU and U.S., along with Australia, New Zealand, and Canada released a joint statement saying, "We will continue to stand together to shine a spotlight on China's human rights violations. We stand united and call for justice for those suffering in Xinjiang. Uyghurs, Kazakhs and other predominantly Muslim ethnic minorities in China's Xinjiang Uyghur Autonomous Region face systematic state-organised mass imprisonment, torture and persecution amounting to crimes against humanity, Amnesty International said as it launched a new report and campaign today.

Amnesty International's Crisis Response team released dozens of new testimonies from former detainees detailing the extreme measures taken by Chinese authorities since 2017 to essentially root

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out the religious traditions, cultural practices and local languages of the region's Muslim ethnic groups. Carried out under the guise of fighting "terrorism", these crimes have targeted ethnic Uyghurs, Kazakhs, Hui, Kyrgyz, Uzbeks and Tajiks.

Chinese authorities have built a sophisticated surveillance system and a vast network of hundreds of grim "transformation-through-education" centres - actually, internment camps - throughout Xinjiang. Torture and other ill-treatment is systematic in the camps and every aspect of daily life is regimented in an effort to forcibly instil a secular, homogeneous Chinese nation and Communist party ideals. "The Chinese authorities have created a dystopian hell-cape on a staggering scale in the Xinjiang Uyghur Autonomous Region," said Agnès Callamard, Amnesty International's Secretary General.

The United Nations has said that up to 1.5 million Uyghurs are in internment camps in China. Adrian Zenz, senior fellow in China studies at the Victims of Communism Memorial Foundation, called it probably the largest incarceration of an ethnoreligious minority since the Holocaust and said the effort meets the U.N.'s definition of genocide.

In this age of social connection please vote with your name, your wallet and your opinion. China needs to hear your voice, it's not ethical nor tolerable. Tell Chinese manufacturers and importers into New Zealand that it's not good enough to turn a blind eye, stand up and be counted at www.change.org/p/stand-up-for-the-uyghur-muslims-in-china-antonio-guterres-amnesty-un

Construction completion nears for surf lifesaving clubs

The first of seven Auckland surf lifesaving clubs to be upgraded over the next decade as part of a multi-million dollar regional refurbishment programme is set to be completed in the coming weeks.



The final stage of construction and fit-out for the new Trusts Karekare Surf Lifesaving Club building is now nearing completion with the clubrooms expected to be in use by July - twenty years after the planning and consent process first began.

The Auckland region has 15 surf lifesaving clubs with the oldest formed 87 years ago. The surf club buildings were usually constructed by volunteers and supporters using materials that have not withstood exposure to the harsh marine environment along the

region's coastline.

The Karekare club, which was established in 1935, will be the first of seven new surf clubrooms to be built, replacing a timber building severely damaged by rust and rot with a \$3.3million concrete masonry structure - designed to support life-saving efforts at the beach for the next century and beyond.

Matt Wade, the Trusts Karekare Surf Lifesaving Club captain, says during the construction period, volunteers at Karekare have been storing equipment and operating out of shipping containers on an adjacent property.

He says without a suitable building, lifesavers are provided little shelter from the elements for up to eight hours at a time and would need to perform resuscitations on the beach, car park or even on a neighbour's front lawn.

"The surf lifesaving network in Auckland is seeing a significantly increased demand for its services as regional populations increase. National publicity highlighting the pristine nature and wilderness vistas at Karekare and Whatipu has also encouraged visitors from further afield who are unfamiliar with the dangers of the area.

"Volunteers at the clubs now focus on proactively identifying beachgoers who are unknowingly placing themselves in high-risk situations and intervening before they develop into a rescue scenario.

"With more pressure on the surf clubs to help make our beaches safer, the 10:20 replacement programme over the next 20 years is an essential investment to provide the infrastructure our volunteers need to save lives," he says.

Wade says Karekare lifesavers spent around 4200 hours patrolling the beach rescuing or assisting 24 people to safety over the most recent season and took over 1,000 preventative actions to preemptively steer beach users away from danger.

Trusts CEO Allan Pollard, whose organisation is now naming rights sponsor of the club says Auckland's West Coast beaches are some of the most dangerous in the country.

"With over 10km to patrol, the Karekare club has one of the country's longest and most challenging stretches of coastline, and it is critical that the 100 volunteer surf lifesavers have the financial resources and purpose-built facilities they need to protect the thousands of beachgoers that visit the area each year.

"Features at the new surf club building will include a life-saving station, first aid room, and an elevated watchtower - allowing greater visibility down the beach.

"The opening of new facilities will help save the lives of the next generations of beach users - with rescuers able to bring people suffering from hypothermia into a warm environment and also be able to resuscitate those who have stopped breathing with

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Area Columnists

specialised equipment stations," he says.

Pollard says the investment in new facilities, which was also partially funded by Auckland Council, will provide a Civil Defence and Search and Rescue centre for the area and also plays an essential role in the attraction and retention of lifeguards - with ages ranging from 14-80.

How does worship involving all ages work?

Discoverers Church in Hobsonville Point is an effort by some North Shore Methodists to pioneer a new style of church. One of the emphases of Discoverers is to provide opportunities for people of all ages to explore together significant faith and social issues.

How does that work in practice? Here's a practical example. Sunday 27th of May, was celebrated in churches around the world as Pentecost Sunday. A reference to the phenomenon of God's Spirit energising the disciples of Jesus on the Feast of Pentecost in Jerusalem.

These were some of the activities that were used in the Discoverers gathering on Pentecost Sunday to help people explore the theme of how God's powerful Spirit created the first Christian church.

- The gathering began with people writing down or drawing what images came to mind when they hear the word "Spirit." For some the word suggested alcoholic drink. For others, they thought of the defiant spirit within oppressed people who seek liberation. Others noted that the word conjured up images of ghosts.

- The story of the gift of God's spirit to the followers of Jesus was not read from the Book of Acts but was told via a video clip using animated characters and simple language children could readily understand.

- The events at Pentecost have been described as the 'birthday of the Christian church.' The activities that then followed explored each of the four aspects of the early church.

Listening to the Apostles teaching. Using sets of written instructions, small groups made paper flowers. Then the whole gathering reflected on how they learned the art of making paper flowers. People were then invited to share what they learned from their parents, and how they learned those things. From a bowl, in which was a large selection of names, Biblical and others written on cards, people were invited to select a card or cards and share what that particular person had taught them.

Bonding with others. Participants were broken into small groups. Each group drew on a large piece of paper a flower with a petal for

each member of the group. Individuals then wrote down the things about themselves they felt were unique. If there were features about each person that were shared by others, these were noted too. The simple exercise illustrated how important it is for a faith community to reflect and respect both diversity and unity.

Sharing in the fellowship meal. A feature of the early church, and the church ever since has been remembering Jesus as bread and wine are shared in a common meal. At the gathering a loaf was broken, bread eaten and grape juice drunk.

Praying. To encourage participation in prayer, members of the group were invited to choose slips of coloured paper whose colour represented the person or situation members wanted to pray for.

All ages are very welcome at the monthly gatherings of Discoverers on the 4th Sunday of the month from 3-30pm to 4-30pm in the Baffin lounge, Headquarters building, Hobsonville Point.

Low income whanau support in winter charity initiative

Hundreds of vulnerable whanau will receive support from a procurement specialist under a new charitable initiative that will provide customised product packs to help them get through the colder months.



Brook Turner, head of service development and partnerships at Visionwest Community Trust, says their new Winter Warmers campaign is designed to help struggling whanau navigate the financial 'pain points' of winter and the introduction of the procurement specialist model has several advantages in helping them achieve this.

Each of the whanau the Trust supports is assigned a key worker who assesses their individual needs and works with the charity's procurement expert to purchase essential items on their behalf. Allocating the Trust's limited resources through a centralised specialist who can negotiate volume purchasing deals, allows the individualised support process to help the maximum number of each whanau across the region.

Turner says winter, Christmas and back-to-school are the three times of the year that families are most under pressure and the procurement specialist and key workers provide individual support to help in buying products as well as budgeting education.



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Area Columnists

"From a health perspective, winter is the most critical time of need for whanau on a low income - without the capability to stay warm, they are at higher risk of illness such as influenza.

"At the same time, house rents are now at record levels - particularly in centres like Auckland.

"What we know is that a one-size-fits-all approach to charitable support doesn't work. If you have someone who has already spent their limited funds buying a blanket, giving them another blanket when they need warm pyjamas or a heater isn't the best way to help.

"The advantages of assigning a procurement specialist is really about leveraging procurement logistics and economies of scale when purchasing the similar items for multiple whanau," he says.

Turner says Visionwest partners with local businesses to purchase essentials that could be as low as cost price plus 10 per cent - saving hundreds of thousands of dollars annually.

He says not only does this save the family the time and resources needed to shop around but they can purchase higher quality products at a lower price.

Trusts CEO Allan Pollard, whose organisation is raising funds for the initiative says the innovative model stood out for them at a critical time of need.

"A primary objective of our organisation is to identify more efficient ways to support the community and ensure these charity models are adequately resourced when they most need it.

"Every week around 300-350 new whanau approach Visionwest for help. They aim to ensure that within six weeks they no longer need food support because they are getting budget advice, and they also provide housing and employment support.

"Visionwest's personalised approach to supporting whanau means thousands of locals will not just have a more comfortable winter but will be given the individual tools necessary to help them budget more effectively for future expenses.

"We know the need is there and as an organisation we want to help groups like Visionwest scale up over time to provide support for every family that needs it. Sadly, right now they are having to choose to support only the most vulnerable," he says.

Pollard says their customers will be given the opportunity to donate 50 cents at the point of purchase in their West Auckland retail and hospitality outlets over the coming weeks. The Trusts will match every donation which could provide an additional \$20,000 to the Winter Warmers charitable initiative.

Turner says they will also launch a peer-to-peer campaign that encourages fundraisers to either be a 'Walking Warrior' or a 'Onesie Wearer'.

"As a Walking Warrior, they can nominate a distance they can

commit to walking and ask their friends and family to sponsor them. Alternatively, they can be sponsored to wear a onesie or pyjamas for a day, whether it is at work or picking the kids up from school or even in a board meeting," he says.

To find out more visit winterwarmers.org.nz

Catching up with friends at Kumeu Women's Institute 90th

Kumeu Women's Institute president Joan Pickering welcomed 38 present and past members to the institute's anniversary lunch at Soljans Estate Winery and Cafe.



After reciting of the institute's aspirations, and singing of its ode, Mary Davies read an account of the first meeting in 1931.

Fortuna Turnwald (nee Babich) who has been an institute member since attending meetings with her mother during the 1940s, then gave recollections of those early years when members wore hats and gloves to meetings and were addressed as "Mrs" or "Miss", rather than their Christian names. Rona Attwood, who has been a Kumeu member for more than 60 years, followed with her recollections, and especially of the formation of the choir, of which she remains a member.

A celebratory cake made and iced by secretary Catherine Agent was cut by Joan and Rona, with many photos taken.

Following a smorgasbord lunch, entertainment was provided by talented past members Margaret Lindsay, Christine Smith, Wanda Brittain, Kate Joseph and Ruth Ballard.

Sue Manning summed up the day in a thank you card following the event.

"What a fabulous function it was - so well organised to make it something special.

"The photo display brought back many memories, and the speeches and entertainment were very enjoyable.

"There was a lovely atmosphere and great food.

"However, best of all was being in the company of, and catching up with, old friends."



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