

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

CASABLANCA

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

Casablanca North West

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

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July 2023



Greetings

Much of what we have grown up knowing about food changes over time as researchers publish their developments. Calorie counting, the war on carbs, the idea that there are super food are all myths, according to Professor Tim Spector in his latest book "Food for Life" (available through Auckland Libraries). Prof Spector is best known for introducing the world to the wonders of the gut "microbiome", the mixture of "bugs" that help us digest our food, create chemicals and some vitamins, and are extremely important to protect us against heart disease, diabetes, high cholesterol, high blood pressure, obesity, and even some autoimmune conditions.

Ultra-processed foods have been creeping into our diets since the 1970s, and in countries like UK, the US, Australia, and New Zealand, around 50 percent of our energy comes from these ultra-processed foods, and probably about 70 percent of our children's. While such foods have fed us cheaply and have a long shelf-life, they have also affected us in many negative ways. They alter and can damage our gut microbes which might make us overeat. Prof Spector advises that we should gradually change our diets to eat many more plant types to help our gut microbes support our health. View, Google "Talks at Google Tim Spector Eating well" for a video of Prof Spector talking about the ideas behind his advice.

Our microbiomes and immune systems start to develop at birth - read how to boost your child's immunity in this month's magazine, as well as how vitamin B12 can give your life a boost. Don't forget that nurturing your own well-being is important, while those who are struggling in these tough times can seek advice at the CAB. In the Hobsonville area a community meal is planned for the end of July. This month Wills Week is a reminder that only half of New Zealanders have made a will, and leaving a legacy isn't only about money. Have you thought about creating an EPA? Have you thought about your emergency procedures? There is plenty going on in the community for you to find in these pages.

If you have some event or activity you would like to write about or advertise locally, feel free to get in touch.

Stay safe in July

John, Editor



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People & Places

Casablanca North West



Inspired by the Moroccan and Mediterranean cuisines, Casablanca Restaurant offers a unique and tasty family dining experience.

Located on the spacious Te Pumanawa Town Square of Northwest Shopping Centre, it is an easy "go to" with plenty of parking.

Step through the doors and into an Oasis.



Open 7 days a week from 11am until late, coffee and brunch lovers can enjoy the All-Day menu with breakfast-friendly dishes such as the Casablanca Benedict, Pancakes or baked Spanakopita. For the evening, a sophisticated dinner menu full of flavour and boasting rich dishes like a Moroccan Tagine with Slow Roasted Lamb Shank or Citron Chicken. For lighter eats Casablanca offers a Mediterranean inspired Mezze Platter and a range of Starters and Small Bites. The wine and cocktail / mocktail list is hand-picked and there is truly something for everyone.



Casablanca is an excellent setting to host your next event or function as it provides a set-menu with a delicious rolling dining experience featuring the classic favourites; Mezzes, Mains and Desserts.

"Amazing food, just like home. The staff were great. Our waiter provided amazing service and was super helpful I hope his service is acknowledged within, he definitely made the evening delightful. Enjoyed having my birthday dinner here and will certainly be returning" - Feijoa Nas

Casablanca North West located at Town Hall - North West Shopping Centre - 2/2 Te Pumanawa Square, Westgate, Auckland.

Phone 09 600 2797 or book online at <https://www.casablancagroup.co.nz/north-west>.




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Community News

Waitakere Grey Power

Mate Marinovich, the President of the Waitakere Grey Power Association, sent a report ahead of their annual general meeting held in late June. In April we had 19 new members join up, the most in a month since I have been President. This is encouraging for the Committee and maybe reflects a trend tied up with the higher cost of living and a degree of uncertainty before the general election in October. Remember our role is as part of New Zealand's largest advocacy organisation for those over 50 years old to all major political parties and to local boards and Councils. I thank the Henderson Massey Local Board for its \$1500 grant in the past year to enable us to send Fiona Whelan as our delegate to the Greypower Federation Annual General Meeting in Wellington in June. The balance is spent on our Newsletter. We are hopeful for new faces on our Committee.

Thank you to our loyal hardworking Committee. It has been a pleasure to work with them in the past year. Thank you to our loyal Office volunteers for their assistance. Owing to postal increases, we may have to reduce our newsletters from four to three a year. Please include your email address when you renew your membership, for newsletters and general communications. We are in good financial shape and I thank Owen our treasurer for his service and advice.

C'mon Hobby let's eat!

Hobsonville Community Trust (HCT) is organising another community meal on Friday 28 July at Sunderland Lounge 27 Hudson Bay Road, Hobsonville from 6 PM to 7:15 PM.



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

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

All ages are welcome and it's free but you do need to RSVP before 26 July at hobsonville.org.nz/eat as there is limited space available.



Free Property Advice
www.property-hub.nz

Open to anyone living within the Hobsonville area.

Ryman residents planting

A group of residents from the Keith Park Ryman retirement village joined in a community planting day at the Nimrod Reserve by Kano Way, Hobsonville recently. This was organised by Auckland Parks, Kaipātiki Project and Habitat Hobsonville, and 800 plants were put in place.



Photo: Don Baker, Ralph Martin, Ivan Erceg, Don Bennington and John Bennett.

Thrilled to announce new showroom opening

Got Get is a fashion wholesaler producing NZ labels Blacklist, Two by Two, Bone & Arrow, Quite and others. For over 15 years we have enjoyed sharing our creations across New Zealand, Australia and the world. You may have seen our brands in stores and now we can do that directly from our exciting new HQ. Each brand caters to a different facet of women's fashion: Blacklist has a detail-driven corporate spin, Two by Two has a focus on comfort utilising natural fabrics, Bone & Arrow is fashion forward edgy-chic and Quite fills the gaps with accessories, jewellery and experimental extras.

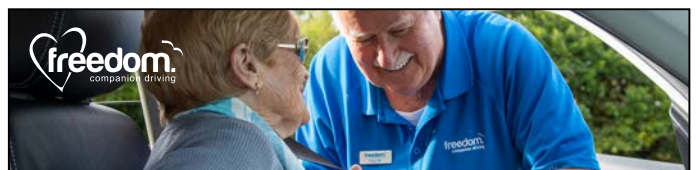


The showroom features brand new in-season styles along with a sample/seconds/sale rack so there's always a chance to snap up a bargain.

We are at Unit 7, 11 Northside Drive, Westgate, Auckland. Office hours Mon - Fri, 10am - 5pm. 09 218 5976

Fashion blacklist.net.nz twobytwo.co.nz boneandarrow.co.nz

Spread the word and bring your friends, family, and fellow fashion enthusiasts to celebrate the new space. We can't wait to see you.



Paul Miller

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Community News

Scott Point School welcomes houses

Scott Point School recently celebrated the anniversary of being in the brand new buildings at 11 Scott Road with the introduction of school houses. Each learner is assigned to a House to which they belong throughout their time at Scott Point School. Each House has a mix of learners and staff, and House Leaders head the groups, with siblings in the same house.



There are four houses, each named after native trees of New Zealand, specimens of which can be found on the school grounds. Each house is represented by a colour so on days where house colours can be worn instead of school uniform these are the colours for each house:

Pöhutukawa - Red; Kōwhai - Yellow; Rimu - Green; Tōtara - Blue

These houses within the school allow learners to establish school spirit, teamwork, collaboration, awareness, and leadership.

Discoverers Hobsonville

"Religion can either be a set of wings for our spirits to fly or a lead weight around our necks."
Erma Pixley



At its monthly gatherings on the 23rd July and the 27th August, Discoverers informal church will be focusing on "Enriching and empowering spiritual life - the key to Christian well being." In these two gatherings attention will be given as to how seven vital spiritual needs can be nourished and sustained.

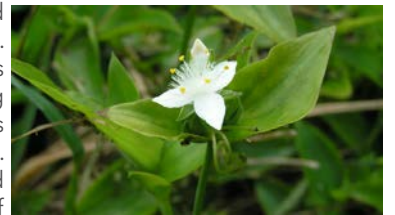
1. Experiencing regularly the healing and empowering love of God.
2. Experiencing moments of self-transcendence.
3. Developing vital beliefs that give our lives meaning, purpose and hope.
4. Developing values centred in love, integrity and justice.
5. Increasing our capacity for wisdom, creativity, and love.
6. Experiencing deep connections with people and with God's wonderful creation, the natural world.
7. Developing spiritual resources to help heal the wounds of grief, guilt, shame, resentment, and self-rejection.

Discoverers informal church meets on the fourth Sunday of each month from 3-30pm to 4-30pm in the Baffin lounge, Headquarters building, 214 Buckley Terrace, Hobsonville Point.

For further information contact Barry Jones Phone: 022 068 3873. Email: beejaynz05@gmail.com Facebook "Discoverers Hobsonville."

Auckland Council introduces fungus to combat weed

It's the weed Auckland gardeners love to hate. Tradescantia, better known as "wandering willie". A creeping ground cover with soft stems and glossy bright green leaves. Tradescantia is well suited to growing in the shade of forests or in full sun. Arguably the most notorious pest weed to have escaped into the wild, it causes considerable damage to the natural environment, spreading along streams by water movement, infesting waterways and smothering native species. Auckland Council is for the first time organising the release of a fungal pathogen biocontrol in an urban environment to help control the weed.



Auckland Council's Senior Regional Advisor Pest Plants, Holly Cox says the council is excited about the long-awaited release of this biocontrol agent. "Tradescantia is very difficult to control and despite the best efforts of volunteers to manage the weed, they've been unable to make inroads. The yellow leaf spot fungus is an ideal control as it disperses itself with water movement and humid air movement spreading to other infestations both inside and outside the stream reserve."

The plants, infected with the yellow spot fungus (*Kordyana brasiliensis*), will be planted in the waterway and together with the tradescantia leaf beetle already present, it is hoped the fungus will further reduce the impact on the ecosystem. The fungal pathogen, native to Brazil, is host-specific meaning it only impacts tradescantia and is no risk to other species. Read more about this past

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Community News

species at www.tiakitamakimakaurau.nz/protect-and-restore-our-environment/pests-in-auckland/pest-search/traflu/

Photo credit: Jonathan Boow.

You've written your life story, now what?

First of all, congratulations on writing your story. No doubt it's been a big job, but hopefully one that you've enjoyed doing. But what do you do with it now?

Maybe, you have written your story as a personal, private project - a looking back over your life for yourself. If you don't want to share your story with anyone, you don't have to. There might be many reasons that you want to keep it to yourself. You might like to gift it to a family member or someone else close to you, but after you have gone. Make sure you specify in your will what should happen to it, so that your wishes are honoured. It may even be that you request it to be destroyed rather than passed on to someone.

If you would like to turn your story into a beautiful book that will make a special and attractive gift for your loved ones, Living Narratives has a wealth of experience when it comes to cover design, page layout and printing options. We take your words, and treat them with respect, designing the layout and format of your book, and including you in the process, to ensure we are presenting your story in a way that honours who you are. Once we have designed your book, you will receive a digital version, and we will arrange printing, so that you end up with multiple copies of your stunning book, that you can share with others. Your books will be delivered to you, but not before we check them personally first, to make sure they meet our high standards. For more information, visit www.livingnarratives.co.nz

Whether or not you get your memoir printed, you've done something that could have a lasting impact - you've written your story, and if you choose to share it, you are writing history with you in it. Future generations will be blessed.

Xbox safety

The aim of Xbox is to bring the joy and community of gaming to everyone on the planet. Gaming can have a positive impact to people of all ages - helping to develop new problem-solving skills, forging new friendships, being a shared activity for families and helping people gain confidence using technology.



But like any online activity, these positive experiences are had when communities are safe, accessible and everyone can play within the boundaries they set, free from fear and intimidation. Navigating these safety challenges can be hard work for busy parents and caregivers.

Common safety risks include harmful and age-inappropriate content, bullying and harassment, grooming and unwanted contact, unsuitable screen time, and cost-risks from in-game purchases.

Xbox has launched a gaming safety toolkit for parents. Google "the Xbox gaming safety toolkit" for excellent detailed advice, including kids & teens age-specific advice.

Visionwest

In June, Visionwest Community Trust opened the first social supermarket of its kind in Auckland. Named Manaaki Kai, the supermarket has been established in partnership with Foodstuffs North Island and will serve West Auckland residents.

Throughout West Auckland, many people live with ongoing food insecurity, struggling to afford good, nutritious food. In fact, 19% of our New Zealand children live in food insecure homes.

A social supermarket provides a dignified alternative a traditional foodbank where, rather than supplying pre-packed food parcels, those with a need for food support are able to self-select the goods they need. Shoppers are also guided through the shopping process so that clients can be supported with practical skills to plan and shop for healthy meals.

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LIVING NARRATIVES



Community News

Operating like a small, regular supermarket, every grocery item in Manaaki Kai is given a points value. Shoppers are allocated a number of points depending on the size of their household. They can then select goods of their choice up to that points value.

Danielle Cleverdon, Head of Kai Services at Visionwest said, "It's about providing food support in a way that retains the dignity and mana of those who are receiving it. Each shopper is asked to contribute to help sustain the work of Manaaki Kai. This contribution adds to that dignity."

Shoppers at Manaaki Kai must live in West Auckland and must prebook a timeslot by visiting Visionwest's Whānau Centre, 67 Glendale Road, Glen Eden. More information is available on the Visionwest website: visionwest.org.nz/whai-manaaki-kai.

Volunteer Stroke Scheme

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

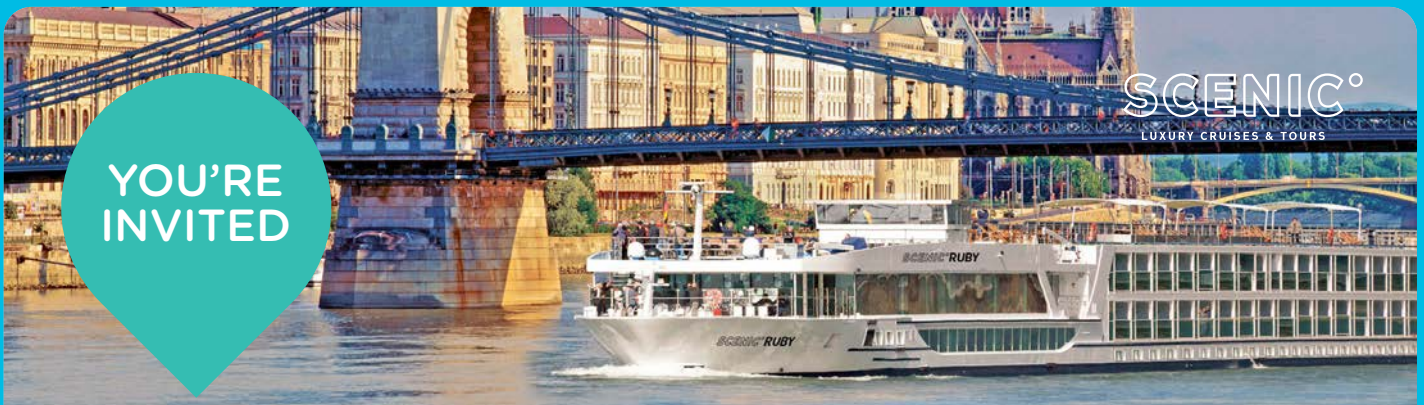
We are looking for volunteers in West Auckland to become conversation partners with our clients. Our volunteers provide their clients with a great opportunity to enjoy social conversation. Following training, volunteers are introduced to clients who live in their area and with whom they share some interests. They visit a client weekly to enjoy conversation, using supportive communication

techniques. Through this opportunity, our clients build confidence in participating in community life. Volunteers gain communication skills through training and are well supported by a speech language therapist and volunteer coordinator.

We will be holding a training for new volunteers in West Auckland in August. If you would like to know about this opportunity, please contact Rosemary Ward, Volunteer Coordinator Phone 487 1513 or email rosemary.ward@waitematadhb.govt.nz.

Hobsonville War Memorial Park playground

The Hobsonville War Memorial Park playground has now been completed by the Upper Harbour Local Board. This replaces the twenty-year old playground, and follows feedback from the community, which was delayed by Covid. Since it re-opened it has been busily enjoyed by local children.



SCENIC TOURS EVENING

Thursday 13th July at 6.00pm

Presented by Karyn Blenkiron our NZ Scenic Representative

Scenic Tours operate River, Land and Luxury Cruising tours throughout the World. We're focusing on River Cruising and the Scenic Eclipse, the World's First Discovery Yacht for Europe 2023 & 2024.

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In Brief Updates

What's on at Te Manawa this July

Highlighted events include Baby Baroque (7 July), a fun dynamic concert; Winter Writers (13 July), when Paula Morris joins the Come Write In group; Ngako: The Collections Talk (13 July) the documentary film series; Matariki Night Māketete (22 July) Māori vendors market; Bake & Chat (27 July) conversations with the Rainbow Culture Club; and Pacifica Beatz (28 July) a music session for under-fives.



School holiday events are Matariki Stars and Photo Frames (3 July); Matariki Multisensory Adventure (4 July) about the stars of Matariki; Manu Aute workshop (7 July) creating Māori kites; Local Awa Exploration (13 July) learn about local rivers and wildlife; Kiribati Flag Making (15 July) make a flag of Kiribati.

Visit <https://drive.google.com/file/d/1wFLOY2jUdkesAT8kkinQjNvgRRn66b7d/view> to see the booklet covering all the July events and activities.

Visit TeManawaAC on Facebook or te.manawa.auckland on Instagram.

West Harbour Community Patrol

The two West Harbour Community Patrol vehicles are now supplied with emergency equipment for most situations that patrollers are likely to come across, all thanks to the generous ongoing funding and support from Mitre10 Westgate.



In the last month AED defibrillators, fire extinguishers, upgraded first aid kits and power packs have been placed in both patrol vehicles. The volunteer

patrollers have attended training sessions in relation to the correct use of these new pieces of equipment.

With patrols being active in our community any day of the week, they are likely to come across vehicle accidents or other medical situations and are now equipped for the most likely scenarios.

The West Harbour Community Patrol is reliant on funding from sponsors and is extremely grateful to Dave Hargreaves Owner Operator of the Mitre 10 Westgate and Henderson for his sponsorship for the last seven years. Without Mitre 10's and another enormous major sponsor the patrol would not be able to operate.

The photo shows Dave Hargreaves presenting the equipment to Des Rankin, Chairman-Patrol Leader of West Harbour Community Patrol.

If you would like to give back to your community and join the patrol visit www.cpnzwestharbour.org.nz Full and ongoing training, patrol uniform provided.

It's all about you

We often do things for other people, but wouldn't it be nice if we could do something nice for ourselves without feeling guilty. It is easy for us to help others but, have you thought about doing something for yourself?



If you are like me, it can be difficult doing something for yourself, especially when you are used to doing things for other people. It can be easy to forget ourselves, we all lead busy lives, but sometimes we need to stop and think about ourselves for a change.

Why not try and do something special for yourself, even if it is something small like buying a coffee and taking it to a park and enjoy the peace outside, or treat yourself to a facial, ticket to the movies, a massage, a session with a personal trainer at a gym or even 5 minutes quiet time at home alone.

It's all about YOU. You deserve to have some quality time for yourself and to treat yourself to something.

Another way we can do something special for ourselves is to learn the healing art of Reiki. Reiki is one of the tools that you can use to recharge your batteries and give yourself the opportunity to heal yourself.

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In Brief Updates

Services have the following saying, "How can you heal someone else, if you can't heal yourself". You owe it to yourself to show yourself love and to remove some of the excess baggage you may be carrying and one of the easiest and best ways is through self-healing. Using the self-healing techniques, you can give yourself a treatment, even if it's for 5 minutes, remember it's all about YOU. Taking time for yourself.

Astramana™ Healing Services, was founded by international hypnotist, Past Life Regression and Life Between Lives Facilitator, Clairvoyant, Tarot Reader, and Reiki Master-Teacher Jason Mackenzie. Check out our website: www.astramana.com or email astramana@gmail.com or call us on 02102770836 with any questions or to find out when our next workshop is. Remember, It's All About YOU.

Countdown commits to 20% off popular Odd Bunch range

Countdown has announced a new commitment to value in the fruit and veg aisle with the retailer's popular Odd Bunch range guaranteed to be at least 20% less than the standard shelf price of comparable fruit and veg.



The Odd Bunch range has been a key part of Countdown's produce aisle since 2017, and in that time it's proved increasingly popular with New Zealanders, with Odd Bunch now making up to 20 per cent of sales in some categories, like apples, capsicums and carrots. In the last financial year alone, Countdown customers purchased over nine million bags of Odd Bunch produce.

Countdown's Commercial Director for Fresh, Pieter de Wet, says the supermarket is pleased to be taking The Odd Bunch to the next level and committing to customers that they're getting a great deal every time they buy from the range.

"We know value, especially in fruit and veg, is more important than ever for our customers who are looking for more ways to save when shopping, and committing to at least 20% off The Odd Bunch is one more thing we can do to make it easier for them.

"And not only can customers be certain they're getting a great, affordable option - they're also helping prevent food waste and providing an outlet for our growers' fruit and veg that might look a little different but still tastes great."

Countdown is also committed to helping customers find value across their entire grocery shop heading into winter, and will be holding the prices of over 100 key grocery lines with a "Great Price

for Winter" programme until 20 August 2023.

The Great Price for Winter programme includes milk, tinned tomatoes, mushrooms, margarine, potatoes, muesli bars, chicken and more.

Times are tough

We've all heard it - mortgage rates are up, food prices have been soaring and most things just simply cost more and yet pay packets haven't kept up.

Most people you speak to have had to tighten their belts. For some it's been a case of deciding which TV streaming service to cut for others it's a struggle to heat their home or put food on the table.

Foodbanks say demand is up on last year, they have noticed people who have previously never needed to turn to a foodbank for help.

What help is available for people who are struggling?

There's quite a lot, if you know where to find it. The Government-backed website sorted.org.nz to help you budget, including a debt calculator.

Or you can get free, confidential advice through the Citizens Advice and its partner budgeting services

The CAB has also helped people withdraw their KiwiSaver because of financial difficulties.

Many of our clients simply don't have any financial buffers for any unexpected events, such as a car or major appliance breaking down.

When this happens, they sometimes feel like they have little choice but to borrow money, which causes further long-term financial difficulties.

What can people do to stop getting into further debt?

The longer you take to pay off debt the more it costs, so make a



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In Brief Updates

plan towards paying it off. Budgeters or online tools could help you with this.

For people juggling several debts, the advice is "pay off the debt with the highest interest rate first, such as credit cards or hire-purchase" agreements.

If you need help to find a foodbank or with budgeting or debt the Citizens Advice Bureau can put you in touch with services that can help. The Massey Citizens advice is at Te Manawa 11 Kohuhu Lane call on DDI 09 833 5775 or 0800 367 222 or email us on massey@cab.org.nz.

Time to get our country back on track

By Cameron Brewer

I've been around local and central politics for some time, however, I've never been more motivated to serve as an elected representative. I've come out of self-employment to take on a public role which won't be easy but New Zealand should be doing so much better.



National is the only party with a plan to get the country back on track. We will do that by fixing the economy to reduce the cost-of-living; restoring law and order; and improving our schools and healthcare.

As a father of three school-aged children, I know how expensive things are. As a North West resident, I also know how bad crime is. Recently, I visited two local dairies with their owners forced to put up cages around their counters.

Behind cost-of-living, law and order is the second most important issue for voters. National will focus on combatting serious repeat youth offenders. Our spokesperson Mark Mitchell is a former decorated police officer. He is incredibly passionate and will make an outstanding Police Minister in October.

I worry about my kids and the falling education standards. Neighbouring MP Erica Stanford is also an incredibly passionate and effective spokesperson who will make a great Education Minister. She will ensure a greater focus on the basics - mandatory teaching of reading, writing and maths each and every school day.

My elderly parents struggle to get the medical appointments, and too many of their friends spending time lying in hospital corridors and spill-over rooms. National will introduce health targets and

demand better patient outcomes.

New Zealand was once the envy of the world and can be again. I'm proud to be standing for National - a party which will fight to get New Zealand back on track.

Cameron Brewer is a North West resident and National's candidate for Upper Harbour.

Authorised by C Brewer, 107 Great South Road, Auckland, 1051.

Warm your heart with Frozen Jr. Playhouse Theatre, Glen Eden

Do you want to build a snowman? If you are a fan of Frozen, you'll love this fanciful and heartwarming stage adaptation of the hugely popular film.

Join Anna, Elsa, and all your favorite characters as they embark on an epic, ice-filled journey of magic, adventure, camaraderie, and discovering the real meaning of true love.

Adapted for young performers, this musical includes favorite Frozen songs such as "Love Is an Open Door," "Do You Want to Build a Snowman?" and "Let It Go," as well as wonderful new songs from the Broadway production. With a cast of beloved characters and its empowering message of love and understanding, Frozen JR. is sure to thaw even the coldest heart.



Frozen JR will be performed by a talented cast of 47 local youth performers aged under 18 years including Hannah Pronk as Anna, Shannon McClennan as Elsa, Dylan Tucker as Hans and Xander Evans as Kristoff.

Directed by Allan Howie, with Ellen Mountcastle and Mackenzie Willis as Musical Directors and Heidi Schuler as choreographer.

Tickets have been very popular so get yours before they sell out. What could be better these holidays?

The Tael Solutions Ltd season of Frozen Jr is produced by Playhouse Theatre Inc. and will be performed in the historic Playhouse Theatre in Glen Eden.

The Playhouse Theatre, Glen Eden - 8 - 15th July. Book at Eventfinda or playhousetheatreinc.com.



RYAN JACKSON

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P O Box 45 Waimauku 0842, Auckland, New Zealand

In Brief Updates

House of Travel Hobsonville

July and August is the perfect time to plan for 2024 adventures.

Introducing our free video consultant service. Share your plans and dreams, and together we'll make holidays even better. Email us to set up an appointment, hobsonville@hot.co.nz



We are open in store at 225 Hobsonville Point Road from Monday - Friday 9am-5pm if you like to speak face to face. You are welcome to pop in anytime or make an appointment by calling 09 416 0700

Just like you, we love to travel.

Last month Namrata got back from Maui and Oahu. While Talita took off to Japan for a week exploring Tokyo and surrounds as a guest of Japan Tourism and Air New Zealand. This month Buzz is off to Europe, Singapore and the UK.

House of Travel Hobsonville is 100% Kiwi owned and operated and we're proud to have supported our local communities for over 30 years. We've kept our doors open through the biggest challenges our industry has ever seen which gives our clients confidence knowing we are still open, available and eager to help plan and book their next journey.

Hobsonville@hot.co.nz 225 Hobsonville Point Road, Hobsonville Point. 09 416 0700.

Te Kori Scott Point

Join us at Te Kori Scott Point (previously the Sustainable Sports Park) to view the first stage of the new park and help planting native trees. Saturday 22 July from 10:00 AM - 12:30 PM. There is no on-site parking so please consider walking, cycling or alternative transport options. The park entrance is off Squadron Drive, Hobsonville, opposite Skua Road.



In collaboration with Habitat Hobsonville, Kaipātiki Project and the Upper Harbour Local Board, we are thrilled to invite you to a planting day at Te Kori Scott Point. Wear appropriate clothes based on weather conditions. Keep in mind the sturdy closed shoes requirement for your safety. Bring a drink bottle to stay hydrated throughout the event. If you have gardening gloves and a spade, please bring them along. However, don't worry if you don't have any - we'll provide them. Remember to bring clean shoes, as we are conscious of kauri dieback and aim to maintain a healthy environment.

This is a fantastic opportunity to connect with like-minded

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Invest in our
community

Find out more about our 5 Year Strategy at [thetrusts.co.nz](https://www.thetrusts.co.nz)

the trusts
Keeping it local

In Brief Updates

individuals, learn about conservation efforts, and make a tangible difference to our community. Feel free to stick around afterwards for a yummy sausage sizzle to thank you for all of your mahi.

NumberWorks'nWords

Maths and English are foundational skills that have to be mastered for students to achieve academic success in many other areas of the curriculum. These skills are complex and don't come easily for many children who can then get left behind in a classroom of 30.



For over 35 years, NumberWorks'nWords has provided support for children's learning with its specialist maths and English tuition services that help children of any ability get on track with their learning, or extend children who are not being challenged.

The secret to NumberWorks'nWords' success comes from world class tuition software, tutors who are subject matter experts, and individual tuition programmes tailored to each child's particular needs.

Every child who comes to NumberWorks'Words NorthWest and Henderson centres receives a unique software assessment to determine their strengths and weaknesses. The owners Alison and Ranjeeta have an understanding of a child's capabilities, they create a learning plan in consultation with parents that focuses on closing learning gaps or extending their knowledge, not teaching them what they already know.

Children receive one-on-one teaching from tutors who explain new concepts, and the students cement their understanding with practice using computer-based exercises. This combination of

individual instruction plus independent practice, is designed to create a confident learner in the classroom.

NumberWorks'nWords Henderson and NorthWest centres are also a fun, supportive environment that will help your child gain a love of learning. Many children who have been struggling academically suffer from a loss in confidence. Tutors at NumberWorks'nWords provide constant feedback on progress and award certificates for achievements. Based on success, children who attend NumberWorks'nWords experience a positive change in mindset about their capabilities.

If you suspect your child is struggling with maths or English and are looking for support, a no obligation free assessment at Numberworks'nWords is a great place to start.

Juggling debt? A quick guide to debt consolidation

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

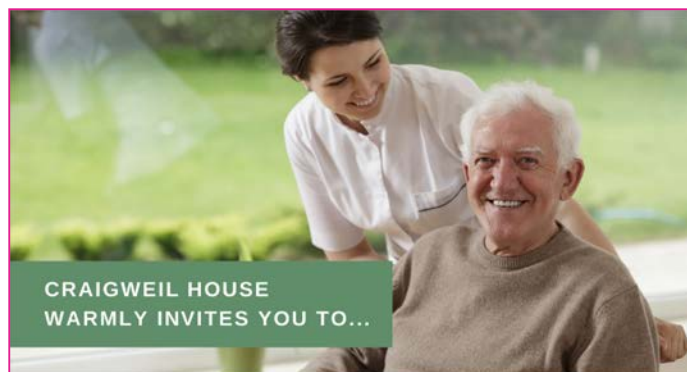


Debt consolidation involves combining all or most of your credit facilities into a single loan with one repayment. There are several benefits to consider:

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

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

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



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In Brief Updates

Are you likely to accumulate additional debt while repaying your consolidation loan?

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

Disclaimer: Please note that the content provided in this article is intended as an overview and as general information only. While care is taken to ensure accuracy and reliability, the information provided is subject to continuous change and may not reflect current developments or address your situation. Before making any decisions based on the information provided in this article, please use your discretion, and seek independent guidance.

Repaint done: Now for signage, mural and new class

The Massey Birdwood Settlers Hall repaint is now complete and new signage is now being planned.

The paint job is not dissimilar to the Redhills shopping centre opposite the hall, with a light grey, dark grey trim, and red doors and roof.

Signage is currently being revamped and should be complete and in place by the end of August while the mural will be replaced in September. All with thanks to Lotto, TTCF, Waitakere Licencing Trust, and the Tag out Trust. We hope Massey will be proud as the hall is in a prominent position and dominates the landscape. In Massey sitting as it does on the corner of Don Buck Road and Redhills Road.

To give you an idea of the new signage, and well a picture of the hall, check out these photos.

If you want to hire the hall for your organisation, we have times available during the working week (Monday to Friday 9 am to 5 pm), and Monday nights in the hall. The Den, a side room, is also available during the working week, Monday and Tuesday nights.

As if to welcome the new paint work, on the 3rd June, Zumba classes started in the hall. To be held three Saturdays every month (not the second Saturday of the month), the classes are under the guidance of Fleur who also runs classes in the Sunderland lounge



in Hobsonville.

If you would like to hire the hall contact John Riddell email masseybirdwood@gmail.com. If you would like to join the Association, fees are only \$1 for Massey residents, also write to John by emailing masseybirdwood@gmail.com.

Maurie Abraham retiring

After 11 years as Foundation Principal of Hobsonville Point Secondary School I will be retiring on 14 July.



Prior to starting here in 2012 I was Deputy Principal and Principal of Opotiki College in the Eastern Bay of Plenty for 20 years. Before that I taught at Thames High School and Ngaruawahia High School. So it has been a long career with 30 years of senior leadership.

The opportunity to start a school from scratch was too good to resist. This involved working with the Board to establish an innovative, future-focused vision, appointing innovative, future-focused colleagues to work alongside and working with others to design and deliver an innovative and future-focused programme of learning and way of teaching.

It has been demanding but, ultimately, hugely rewarding.

How has it been demanding? We purposefully set out to design a school to be an institution more appropriate for learners born in the 21st Century. This has meant creating a school that looks so different to what our parents experienced and so different to what students in nearby schools, many of them often given the title of 'top' schools, were experiencing. Early on, especially, we had to hold our courage and communicate clearly what we were doing and why. We simply had to take our parent community with us.

Our focus was to push back against the idea of a school being an institution of assessment and, instead, focus on it being an institution of learning. We also wished to move the focus of a school away from being an institution of control towards one where we supported our young people to develop their self-regulation, their independence and their autonomy.

From the outset, we wanted our school to be one where adolescents could practise being adults, where it was safe for them to get it wrong from time-to-time and where they learn by getting it wrong.

At different levels what does this mean? It means: We have no bells so that students learn to self-manage. We are all on first name terms to recognise we are all adults. We do not have a school uniform so that young people can celebrate their diversity. We ignore NCEA

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Level 1 so that we can retain the focus on learning, not assessment, and work towards quality qualifications at Level 2 and 3. We design learning programmes which combine specialist learning areas so that students understand how learning is connected. We provide opportunities for students to partner up with community groups and complete projects that solve problems for them. We focus on the learning of important habits so that students are more prepared to thrive in a changing world. We provide real-world learning opportunities through our strong internship programme

How has it been rewarding? Seeing young people be their unique selves, seeing how they respond when you trust them and give them opportunities to prove that trust, hearing them talking to our many national and international visitors about their learning and seeing staff flourish in such an environment are what makes it rewarding.

The biggest rewards come from seeing the odd, quirky young people who arrive here in Year 9 graduating as those still odd, quirky adolescents 5 years later as we have let them flourish as who they are.

I am sad to be finishing as I love coming to work but I know it is time for someone with another set of skills to lead the school into the future.

Our community has a unique school of which it can be proud. I've absolutely loved it.

Maurie Abraham.

Shai Navot

Climate change is the defining challenge of our time. We have a responsibility to current and future New Zealanders to reduce emissions, regenerate our environment and prepare our communities for the future. One thing is certain, we cannot off-set our way to net-zero by 2050 - emissions must come down.

Climate action requires system-level changes, and we need all sectors working together to transition to lower-emissions practices.

The Opportunities Party's climate policies involve bold, creative solutions and smart investment:

1. Empower farmers to be biodiversity champions through financial incentives that support their transition of marginal land back into natives, unlocking carbon sequestration, biodiversity and environmental protection.



2. Fix the Emissions Trading Scheme to drive reductions faster by excluding new forestry offsets, capping units, and enabling the Climate Commission to set the carbon price. Re-invest more of the scheme's revenue into renewable energy development, emissions-free transport and carbon dividend.

3. Electrify public transport with a zero-emission bus fleet by 2030, and completely fund regional councils to make the switch. The annual reduction of CO₂-e would be the equivalent of taking 75,000 petrol cars off our roads for one year. TOP is committed to making public transport more affordable, accessible and greener.

Top is also focused on adaptation, proposing a review of urban planning, managed retreat, green finance, collaboration with the insurance industry, and developing policy for climate refugees.

We must face this climate crisis head on, and the time for action is now. For public meetings of The Opportunities Party in July visit top.org.nz/events. Shai Navot - shai.navot@top.org.nz www.top.org.nz/climate-opportunities. Shai Navot is a practising lawyer, a former Crown prosecutor, and is TOP's Candidate for Upper Harbour.

Authorised: H Cargo 90 Crawford St Dunedin.

Why keep art on a wall when you can wear it and share it?

Doodlewear, an online clothing store based in Hobsonville Point, lets you wear and share art with the world. Our curated collection showcases stunning artworks transformed into wearable masterpieces. Stand out from the crowd with our high-quality, comfortable art print t-shirts.

We take pride in collaborating with incredible New Zealand artists. We offer 100% combed cotton t-shirts in a range of themes, styles, sizes, and colours for the whole family, allowing you to express your individuality and personal style.

Our products aren't mass-produced; each item is printed to order with love in New Zealand. At Doodlewear, our goal is to provide t-shirts that not only look great but also feel amazing to wear.

Explore our online shop today at www.doodlewear.co.nz and connect with us on Instagram www.instagram.com/doodlewear.nz and Facebook www.facebook.com/doodlewear.nz



Walkers Wanted

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

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Safer Communities



International deployments to Canada

One of the great aspects of volunteering in Fire and Emergency is the ability to travel to places like Australia and Canada, if selected, to advance your skills and



work to assist in helping people, saving property and significant assets from fire.

I was lucky enough to go on the 24th May for 5 weeks to Canada and although it is physically hard and mentally taxing I find it truly humbling to help others affected by tragic environmental impacts.

To my family, thank you for being self-reliant, and to my clients, thank you for having faith in our seamless systems and processes that allows our magnificent Mike Pero Support framework to kick in and allows everything to continue without me being in New Zealand.

If you'd like a presentation on what it's like to be involved in this event/ activity, or you'd like to be a happy and satisfied Mike Pero Client, call me today on 0800 900 700 or email graham.mcintyre@mikepero.com.



Graham McIntyre

Chief Fire Officer
Waitakere Volunteer Fire Brigade
Phone 09 810 9251

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Find out how you can get involved on World Drowning Prevention Day.

dpanz.org.nz/wdpd

Property

Property market report

Market responds to RBNZ change in stance.

Economists say all three key drivers of the housing market point to a stronger market and house price gains, everyone's watching with a keen eye.

Kiwibank economists say they are expecting to see "some healthy green shoots" emerging in the spring housing sales season.

In Kiwibank's weekly First View publication, chief economist Jarrod Kerr and senior economist Mary Jo Vergara House say house prices are still falling, "but at a reduced rate".

"And sales activity is building upward momentum. There are signs of stabilisation."

They note that the REINZ data for the month of May showed further falls in house prices across the country.

"Wellington has seen the sharpest contraction in prices, falling 1.5% on the month to be down 25% from the November 2021 peak. Auckland is close behind, with house prices off 23% from the peak. They say they expect buyers and sellers to go into hibernation over winter. "And the true litmus test for the housing market will be in spring. We expect to see an uplift in confidence and activity over the warmer months." There are three drivers of the housing market.

"Firstly, the peak in interest rates should mark the bottom in the housing market correction. Falling mortgage rates will support confidence and activity.

"Secondly, the demand/supply imbalance will worsen. The surge in migration and the loss of dwellings at high risk in climate change will only exacerbate the housing shortage.

"And finally, the residential construction boom is coming to an end. The number of dwellings coming to market will fall back from very high levels. The growth in demand, with a migration boom, will once again outstrip supply in coming years.

"All three drivers point to a strengthening housing market, and price

gains,"

In Westpac's Weekly Commentary, senior economist Michael Gordon says the key things the Westpac economists are watching in the economy looking ahead are:

1. the state of the labour market,
2. the degree to which the inflation rate slows over the course of this year, and
3. the potential for a rebound in the housing market.

"The May REINZ figures showed that house sales have picked up from their lows and that prices have stabilised after a cumulative decline of around 17% since late 2021.

Let's look at the sales:

Herald Island	\$1,450,000
Hobsonville	\$700,000 to \$1,456,000
Massey	\$520,000 to \$940,000
Swanson	\$990,000 to \$1,600,000
Westgate	\$1,130,000
West Harbour	\$880,000 to \$1,303,000
Whenuapai	\$1,350,000 to \$1,440,000

Whatever your situation and position, a conversation can always help create clarity and after 17 years of real estate knowledge and application at a top level, I am here to assist you making the very best decision possible. Contact me on 027 632 0421 or email graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

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 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



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Property

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 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: <https://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 <https://graham-mcintyre.mikepero.com/blog/> . Contact Graham McIntyre AREINZ on 0800 900 700 or 027 632 0421. (Licensed REAA 2008).

Divorce Café podcast launches!

Lawyers and friends Shelley Funnell and Taina Henderson have combined their experience and launched Divorce Café, a podcast that demystifies, detangles and (hopefully) detoxes the legal process that follows a separation. This is a podcast for people getting into or out of a relationship.

Divorce Café is a series of smart and funny interviews with the experts in the relationship property field about the law, their biggest cases, and what you need to know to get through a separation (and navigate difficult legal issues whilst in the relationship).

On a mission to help people navigating this very stressful experience to survive it intact, it's about relationships too, not just separations, dealing with tricky topics such as how to negotiate a prenup without losing the love of your life.

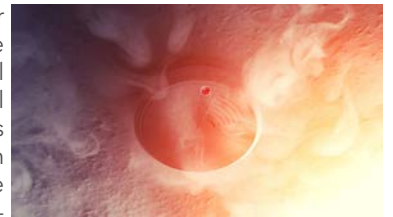


You can find Divorce Café on Spotify, Apple Podcasts and Youtube by searching Divorce Café, or via the Henderson Reeves website.

If you need help with a separation or prenup (aka contracting out agreement) you really need a specialist relationship property lawyer. You can get hold of Taina on tainahenderson@hendersonreeves.co.nz.

Importance of smoke alarms in rental properties

A working smoke detector alarm is essential for peace of mind and safety in rental properties. In this blog, we will cover the rules and regulations related to smoke alarms in rentals, including acceptable types, installation tips, record-keeping, and maintenance responsibilities.



According to Fire and Emergency NZ, 80% of house fires they attended were due to incorrectly installed or non-functioning smoke alarms. Landlords should take proactive measures to safeguard their investment by maintaining effective smoke alarms, which act as cost-effective insurance against fire incidents. This not only protects the property but also alerts tenants to potential dangers and prevents tragedies.

Rental properties must have smoke alarms installed, meeting specific requirements. New alarms should be photoelectric with a 10-year battery life or hard-wired into a power source. They must also meet international standards and be installed as per the manufacturer's instructions. Existing alarms do not need immediate replacement but should be in good condition and gradually replaced with alarms meeting the new standards.

Photoelectric smoke alarms are recommended as they are more effective in detecting smoldering fires. Installing interconnected smoke alarms throughout the property provides additional protection.

Smoke alarms should be installed within three metres of bedroom doors, as most fires start in bedrooms. Alarms should be placed on each level of the property, including the basement and attic if applicable. Ceiling or high wall installation is preferable to allow smoke detection as it rises. Avoid placing alarms near windows, doors, or air vents.

Follow manufacturer's instructions for proper installation and ensure secure fastening. Regular testing is crucial to ensure their functionality. At The Rent Shop Hobsonville, we offer comprehensive yearly assessments by smoke alarm installation contractors at a

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Record-keeping is important and legally required. Landlords should maintain records of installations, replacements, and maintenance, including dates and types of detectors used. This demonstrates their commitment to providing a safe environment. We verify smoke alarm presence during our routine inspections and address tenant concerns.

Landlords are responsible for installing, maintaining, and ensuring smoke alarms are in good working condition. Tenants should also test alarms regularly, report issues promptly, and replace batteries as needed.

Non-compliance with smoke alarm regulations can lead to fines and legal consequences. Recent cases show fines of up to \$4,000 for landlords failing to provide smoke alarms.

In conclusion, smoke alarms are vital for rental property safety. By adhering to regulations and maintaining functional smoke alarms, landlords and tenants create a secure environment. If you're wanting more information regarding our services and how we can help you. Email us at mike.james@therentshop.co.nz.

Make sure to do your due diligence when buying

When buying a property, it is recommended to have a due diligence clause in your agreement. This will allow you a period of time to conduct inspections, surveys, and assessments on the property. You can also engage professionals such as building inspectors, surveyors, and lawyers to scrutinise the property's condition, title, permits, and any other relevant documentation.

The purpose of these investigations is to uncover any potential issues or hidden problems that may affect the value or desirability of the property. This may include whether the property is in a

flood zone and whether buildings on the property are properly consented. If you discover any significant concerns, you have the option to renegotiate the terms of the purchase with the vendor or withdraw from the agreement altogether.

It is advisable to consult with a lawyer before signing an agreement to purchase a property to draft a comprehensive due diligence clause tailored to your specific needs and circumstances. For any assistance with this or any other legal issue you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

Why everyone needs an Enduring Power of Attorney

The term "Enduring Power of Attorney" (or EPA for short) might sound scary to some people. When you break it down "Enduring" means lasting over a period of time and an "Attorney" is someone that acts on your behalf. So, when you put an EPA in place, it means that you are formally nominating someone to make decisions for you, over time. Your attorney can look after your personal wellbeing and/or property and finances in the event that you're medically unable to, or if you decide it's too much to manage yourself. You have the power to decide who acts as your attorney, who they need to consult with (aside from yourself), determine conditions and restrictions and for property and finance matters, when the EPA comes into effect.



There are two kinds of EPA - one for personal care and welfare and a separate one for property. An EPA for personal care and welfare allows you to choose one person as your attorney. This is not a lawyer, but someone close to you who knows your wishes and who you trust to make important decisions about your health, accommodation and care. This EPA only comes into effect in the event that a medical professional determines you no longer have mental capacity.

On the other hand, an EPA for property gives you the option to appoint one or more attorneys to make decisions about your property, finances and legal contracts. This means they can pay bills, manage a bank account or buy and sell property on your behalf. You can determine whether it takes effect immediately, or only if you no longer have the capacity to make decisions. With this EPA you can also determine who your attorney/s need to consult with or provide information to and include restrictions and conditions to control how your assets are managed.

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To future-proof the EPAs, we always recommend you appoint a back-up person called a successor attorney. This way, should your attorney be unable to act on your behalf or pass away, the successor attorney will be able to step in to make decisions.

Many people believe EPAs are only important to have as we get older, but this is not true. Anybody can lose capacity at any age or stage due to unforeseen circumstances, such as a stroke or an accident. If you do not have EPAs in place and you lose capacity, then it can be stressful, take a long time and be costly to apply to the court to appoint someone to be your property manager or welfare guardian (or both).

Having EPAs in place is like having an insurance policy and needs to be in place in advance. It is particularly stressful when a loved one loses capacity and by taking a bit of time now and getting these documents sorted, you could avoid a lot of extra stress (and cost) for your family down the track.

We are happy to discuss and advise you on the best ways to protect and manage your estate, so give us a call on 09 973 5102 and make a time to come and see us at either our Kumeu or Te Atatu Peninsula offices.

First home buyers – the time is right

There is nothing more satisfying than helping people move into their first home.

The role I play as a Mortgage Adviser for first home buyers is very broad and can include planning, assisting with budgets, property consultant, home grant applications, KiwiSaver assistance, bank negotiator, and of course support. This is all with just one goal in mind, getting my clients into their first home.



Regardless of what stage you may be at in your planning a good Mortgage Adviser can really help. I work alongside first home buyers every day and have access to over 15 lenders who may be able to assist. There are several good reasons why now is a good time to take that next step – firstly property prices are better than they have been for several years and secondly there are a number of grants and other initiatives available right now to specifically help first home buyers get into a home. My role is to share all this information with you and provide support and guidance, it's what I love to do.

So, if you are just thinking about it, looking for some support to

take the next step or ready to buy let's talk. I am available for an obligation free chat.

Stephen Massey - Mortgage Adviser and First Home Specialist, Call 021 711 444, or check out my website loanmarket.co.nz/stephen-massey.

Public Trust NorthWest

You might think you don't have enough assets to leave in a will, but new research shows 85 percent of people want to leave a legacy that goes beyond money and assets and instead make sure they're passing on things like values to live by, happiness and a good upbringing.



Wills Week 2023, supported by Public Trust, runs from 17 to 21 July and aims to empower New Zealanders with knowledge and confidence to write their will. Nearly 50% of New Zealanders over 18 have a will in place, and we are working hard to significantly boost that number.

New research, commissioned by Public Trust in its 150th year, shows that leaving a legacy matters. The research reveals an increasing interest in and value placed on 'emotional' legacy which is less about finances and more about passing on values, taonga and heirlooms.

Legacies can be many different things and go beyond money and assets – a legacy can also be about passing on family traditions, a favourite recipe passed through generations, or a sentimental jewellery item.

Public Trust NorthWest Customer Centre, NorthWest Shopping Centre, 48 Maki Street, Massey North, Auckland 0614, 0800 371 471, www.publictrust.co.nz.

\$100 = Exposure for a month

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



Loan Market

Stephen Massey
Mortgage Adviser

stephen.massey@loanmarket.co.nz
021 711 444

Let's chat.



Free Property Advice
www.property-hub.nz

Area Property Stats

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

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HELENSVILLE	1,300,000	3012M2	156M2	1,170,000		1,200,000	900M2	100M2	936,000
	820,000	481M2	90M2	765,000		780,000	0M2	80M2	720,000
HOBSONVILLE	800,000	92M2	80M2	700,000		910,000	112M2	82M2	680,000
	1,285,000	205M2	162M2	1,199,000		880,000	0M2	110M2	745,000
	790,000	82M2	70M2	768,000		810,000	0M2	110M2	740,000
	1,390,000	266M2	164M2	1,295,000		930,000	350M2	167M2	940,000
	690,000	0M2	83M2	635,000	PARAKAI	735,000	0M2	78M2	715,000
	1,750,000	809M2	274M2	1,440,000	RIVERHEAD	1,280,000	730M2	127M2	1,130,000
	850,000	139M2	79M2	810,000	SWANSON	1,225,000	1064M2	123M2	1,120,000
	1,450,000	297M2	211M2	1,456,000	TAUPAKI	1,725,000	16904M2	329M2	2,000,000
	1,125,000	77M2	172M2	987,500	WAITAKERE	1,625,000	4.52HA	91M2	990,000
KUMEU	1,275,000	478M2	181M2	1,200,000		1,700,000	1.35HA	200M2	1,600,000
	1,450,000	599M2	209M2	1,420,000	WEST HARBOUR	1,025,000	0M2	105M2	880,000
	1,075,000	347M2	148M2	1,000,000		1,560,000	732M2	300M2	1,303,000
MASSEY	900,000	0M2	114M2	52,000	WESTGATE	1,185,000	200M2	190M2	1,130,000
	755,000	90M2	77M2	640,000	WHENUAPAI	1,480,000	362M2	269M2	1,350,000
	940,000	0M2	140M2	840,000		1,410,000	345M2	226M2	1,440,000
	1,025,000	789M2	120M2	860,000					
	1,600,000	809M2	130M2	755,000					

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

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

2.95% up to \$490,000

(Not 4% that others may charge!)

1.95% on the balance

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

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

*Available for a limited time. Conditions apply.

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

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Graham McIntyre
Brand & Territory Owner
027 632 0421



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Meteor

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3 2 2

Asking Price \$875,000

2 / 143A Wiseley Road, West Harbour
Asking Price \$875,000

Modern baton construction, Inner harbour view, three bedroom and two bathroom with large double garage. Overlooking West Harbour Marina this is an incredible, affordable introduction to this fantastic area. Enjoy the lock up and leave lifestyle in this 3 bedroom, 2 bathroom home that features beautiful views of Auckland City and the Harbour. Downstairs, has a double garage, laundry, under-stairs storage, full bathroom, double bedroom with french doors leading out to landscaped courtyard. Perfect for a flatmate, independent teenager or extended family member. On the first level is a spacious open plan living area with modern kitchen featuring generous storage. Two bedrooms and a full bathroom on the second level with the master bedroom enjoying panoramic views.

www.mikepero.com/RX3636130



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



BUSINESS - TOWN CENTRE ZONE - HUAPAI

3 1 1

By Negotiation

8 Orah Road, Huapai
By Negotiation

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

www.mikepero.com/RX3226379



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



FLAT LAND - BIG SHED - AQUAFER BORE

By Negotiation

Lot 2 / 337 Ararimu Valley Road, Helensville By Negotiation

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

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

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

www.mikepero.com/RX3570208



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

Testimonial

"Looking for results, choose Graham McIntyre! I feel confident in recommending Graham, he is a true gentleman with a friendly demeanour. Graham delivers proven results with integrity throughout the entire selling process. I couldn't be happier in my choice of working with Graham, an honest real estate agent who is driven to get best results for the client."

Larry

Get in the know with
Graham McIntyre

Brand and Territory Owner
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Hot Property



Home with potential in Riverhead

Brimming with space, and flair and potential, this substantial three-bedroom home exudes unique appeal and will capture the eye of families and first home buyers' keen renovators looking to reside in Riverhead

Constructed over one level and with three bedrooms conveniently located this practical layout is perfectly suited to relaxed lifestyles

and entertainers, providing the backdrop to everyday activity.

The kitchen, dining and living area all enjoy a designated space yet interact effortlessly, and the adjoining deck provides you with an outdoor setting where you can admire the superb, suburban landscape.

One bathroom and a separate laundry are also found within the floor plan. The interior is tidy and includes carpet which could be enhanced or completely refurbished depending on your preference.

A low-maintenance and well-proportioned garden is positioned at the front of the section while ample off-street space rounds out the property.

Hot Property

Boundary Lines Indicative



Located near Riverhead school this property also enjoys proximity to local amenities which assures convenience.

This property is expected to attract interest from a broad audience, and therefore, you're urged to proceed swiftly.

For more information on this property call Karina Anderson on 022 093 7512 or karina.anderson@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

Home & Garden

Need a tiler - Tile Wright

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

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

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

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

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

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



Are you aware of the new Drinking Water Standards?

Drinking Water Standards have been put in place to ensure all drinking water is safe for consumers.

The new Drinking Water Standards came into effect on 14 November 2022. If you own an unregistered water seller service, you had to have registered your service by 15 November 2022. If you own an unregistered drinking water supply (landlord, workplace etc that supplies water), you must register your supply by 15 November 2025, and will have further time to meet all the compliance requirements.

What are Drinking Water Standards? The Drinking Water Standards (the Standards) have been developed to make sure that all drinking water is safe for consumers. They set Maximum and Minimum Allowable Values (MAVs) for a range of different substances and characteristics that may be present in water. These include chemical,

radiological and microbiological contaminants. A MAV of a microorganism or contaminant is its concentration in drinking water above which there is a significant risk of contracting a waterborne (enteric) disease. The Standards apply to all drinking water supplies, except those serving a single domestic dwelling or household. They must be met at every point in a distribution system, from the point the water is treated to the furthest tap or outlet. While the Standards establish limits on the composition of drinking water the Drinking Water Quality Assurance Rules (the Rules) tell suppliers what they need to do to comply with the Standards. The Rules include monitoring and reporting requirements along with other assurance actions. Taumata Arowai is also consulting on the Rules. For further information, contact KPL to ensure your DRINKING WATER complies or inform you of the steps you need to take to comply.

info@kpl.co.nz 09 412 9108

For the month of JULY - we are offering 15% off all drinking water filters purchased in store. Call in and say hello, we'd love to see you!

July kitchen garden

Winter is officially here, but there is still plenty to do: prep for spring crops, new fruit trees to be planted and get winter crops in the ground. Sow green crops of lupin and mustard in any empty spaces in the vegetable garden for digging into the soil for green manure, refresh the soil for crops by adding new compost and sheep pellets.

Plant seedlings: broccoli, cabbage, cauliflower, lettuce, Brussels sprouts, silverbeet, spinach, onion. Protect from the cold while they are young and don't forget to protect seedlings from slug and snails.

Sow seeds: spinach, cabbage, cauliflower, broccoli, Brussels sprouts, lettuce, onions, and peas. Transplant to the garden as the weather warms and when they are showing at least two sets of true leaves.

Broad beans can be planted directly into the soil, stagger your sowing for a continuous harvest and feed all vegetables with a liquid general fertiliser. Plant new rhubarb then lift and divide old crowns, tidy up old strawberry beds and prepare for new plants. Feed your citrus with citrus fertiliser and make sure to water it in, feed all winter vegetables every two weeks.

Sprout new potatoes, stand them upright in a light dry place for them to sprout ready for planting and prepare the beds for when they are ready.

Protect your cauliflower, broccoli and Brussels sprouts by dusting them with derris dust to protect them from the white butterfly and the diamond back moth. Remember to get to the undersides of the leaves where the eggs are laid.

Get pruning of fruit trees underway as the trees become bare of leaves, remove all debris when you have finished and apply clean up spray to bare fruit trees, use copper spray and winter oil to stop bugs and diseases burrowing in for the winter. Spray citrus trees



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Home & Garden

with copper oxychloride to prevent brown rot and verrucosis. Plant or replace older fruit trees.

Plant new strawberries plants, they will show new leaves in the spring, feed with blood and bone as you plant. Garlic can still be planted this time of year.

Keep weeds under control; attack them when they are small.

Happy gardening everyone.

Mitre 10 MEGA Westgate & Henderson

Start your new lifestyle with Signature Homes

Signature Homes West & North-West Auckland is one of the most sought-after and respected builders in Auckland, where no new build project is too big or too small.

Owners Dean and Amanda Pritchard bring unrivalled new home experience to West Auckland. The unique combination of Dean's decades of experience as an award-winning builder with Amanda's expertise in sales and marketing enables them to provide a full-service building solution that is second to none.



Searching for expert guidance?

Change is inevitable and sometimes beyond our control. Having access to guidance and expertise to facilitate these transitions can provide a sense of reassurance. Signature Homes West & North-West Auckland aim to empower individuals to transition into the process of rebuilding for a secure future.

Signature Homes Knock Down & Rebuild service goes beyond the design phase—it begins with assessing the viability of your project. Offering a no-obligation, complimentary site assessment and consultancy to get you started.

As trusted experts in the Auckland Unitary Plan, all details of the process are handled for you. From architectural design to the seamless removal of your existing building, securing consents, and executing the entire build process.

Throughout the entire process, Signature Homes' expert team will be by your side to provide unwavering support and the best industry-leading guarantees in New Zealand, ensuring your new home journey is smooth and worry-free.

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

Time to be inspired -

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

Ready to start your new home journey? Contact Signature Homes

Knock Down & Rebuild

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Stay in the neighbourhood you love

With Signature Homes' Knock Down & Rebuild service, everything is taken care of for you. The whole process is managed - from the design, removal of your existing home, gaining the appropriate consents, and, of course, the build. Contact Signature Homes West & North-West Auckland today to start your new home journey.

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Home & Garden

West & North-West Auckland on 0800 020 600 today.

Feels like winter is definitely on the way

When it comes to winter, there are certain 'cold weather' preventative measures that will help maintain a healthy home, prevent leaks, avoid excess water loss and excessive bills.

Dripping & leaking taps - check all the taps in your house (inside and outside).

Running & leaking toilets - check that your toilet is flushing properly and listen for a 'running water' sound.

Drains - check for slow running water into shower drains, basins, and any outside drainage.

Hot water cylinders - check your HWC for any surface drips or leakages. This can go easily unnoticed if hot water cylinders are in a cupboard.

Gutters - check your gutters are clear of leaves and debris to prevent water build up. Overflowing gutters can cause roof leaks.

We have an experienced team of plumbers, roofers and drainlayers who can help with any of these issues. We offer no obligation quotes, so give us a call today.

We are also excited to share that we now offer a Supergold card discount. Just let us know you have a Supergold card when you book in your plumbing job, and we will give you 20% off your first hour of plumbing labour.

Contact Laser Plumbing & Roofing Whenuapai today for all your service needs on 09 417 0110 or whenuapai@laserplumbing.co.nz



From plumbing through to roofing, drainage, gas, and pumps and drain unblocking, we can offer total solutions.

We are open five days a week from 7:30am - 4:30pm and are conveniently located at Unit 4, 3 Northside Drive, Westgate. For more information, visit our website www.whenuapai.laserplumbing.co.nz.

Your trusted pool and spa maintenance expert

Is your pool or spa in need of some tender loving care? Look no further than Go2Guy, the leading name in pool and spa maintenance and service. Go2Guy is here to ensure your aquatic oasis remains in pristine condition all year round.

At Go2Guy, we offer a comprehensive range of services tailored to meet your specific needs. From routine cleaning, computerised chemical balancing to equipment repair and troubleshooting, Go2Guy has you covered.

Whether you have a residential pool, spa, or a community pool, Go2Guy has the knowledge and expertise to handle any maintenance challenge. We take pride in our attention to detail and commitment to customer satisfaction.

Go2Guy has flexible service plans that are designed to accommodate your schedule and budget, ensuring that you receive the level of care that suits you best.

Don't let pool or spa maintenance stress you out. Contact Go2Guy today and let our experts take care of all your maintenance needs. Trust us to keep your pool crystal clear and your spa a haven of relaxation.

For the past four years, Go2Guy has also offered a stump grinding service. Phone 029 124 1191. Go2Guy2019@gmail.com. [facebook.com/go2guy78/](https://www.facebook.com/go2guy78/)



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Whenuapai Floral and Garden Circle

Since our birthday luncheon at Swanson last month, the club is now in recess for the winter. So, stay indoors by the fire (or heat pump not

Walkers Wanted

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

Home & Garden

nearly as visually appealing) and plan for the garden next spring. The shortest day is nearly upon us, I guess behind us by the time you read this, which means each day is slightly longer than the one before. We call this the Winter Solstice which as Google explains -

"It all comes down to Earth being a little wonky on its axis. Rather than rotating perfectly vertically, our planet is tilted at about 23 degrees. This tilt is what gives us the four seasons: winter, spring, summer, and autumn.

On top of that, the Earth does not travel around the Sun in a perfect circle, but in a football-shaped ellipse. As the Earth completes one lap around the Sun each year, different parts of the planet are tilted towards our star at different times and get the most direct sunlight."

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

Promoting gardening and healthy eating

Gardening is one of the most pleasurable activities one can have. What other activity provides hours of joy, exercise and puts food on the table. Many of us can remember our parents' or grandparents' wonderful gardens and the produce. The tastiest tomatoes, peas, strawberries, huge cabbages, carrots and parsnips and the taste of sun-ripened grapes straight from the vine, simply delicious.



The Triangle Park Community Teaching Garden started as a simple shared community garden and now flourishes as somewhere people come to connect, share knowledge, and to grow and harvest food. We grow fruits, vegetables, herbs and flowers using organic principles. You can help at the garden whatever your skills are - we share the produce between the participants after a session. Maybe your children want to be involved, they sure love all the bugs and bees around. Come along, grow food and have fun.

Triangle Park Community Teaching Garden - 385 Don Buck Road, Massey (next to the Massey Community Hub)

Our upcoming workshops are:

Winter Gardening Workshop - Every Wednesday & Saturday, 10am

- 12pm.

Come join us for a morning of seed-raising, sowing, planting, harvesting, composting, and more autumn garden projects. This is a great opportunity to share your knowledge, learn new skills and gain practical experience with organic gardening. Please email triangleparkgarden@gmail.com with any queries.

SJB Window Cleaning

Established just over a year ago by Simon Ballantyne, SJB Window Cleaning is a locally owned business that is available to take care of all your window cleaning needs, both commercial and residential. Using eco-friendly cleaning products, we offer a range of services to keep the glass in and around your property looking sparkling.



We offer the option to have both the interior and exterior of the windows on your property cleaned, or just one if you prefer, along with the cleaning of the following; Pool Glass, Interior Mirrors, Shower Glass, Glass Balustrades and Balcony Balustrades.

Since we began, we have established a strong client database with our competitive pricing and friendly, reliable service and are trusted and recommended by local real estate and letting agents.

We operate Auckland wide, and can provide a free, no obligation quote for you so get in touch and we'll be happy to help. You can contact us on: 027 502 6200 or email us at: info@sjbwindows.co.nz.

Fielding Earthworks and Civil Limited

My name is Justin. I'm 33 years old, west Auckland born and raised. I am the director of Fielding Earthworks&civil Limited. I recently started my company with the intention of running part-time on the side of my full-time job working on weekends public holidays etc. I have 17 years earthworks & civil experience and I want to offer to my community the opportunity to deliver a quality affordable service as well as having the opportunity to build my dream so I can move to growing my company full time.

Services we offer; excavator/truck+operator hire, concrete subgrade prep driveway/house slab/ footpath, small retaining wall

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Home & Garden

construction primarily timber, Non certified drainage solutions/ Nova coil/ slip drains/catch pits, site works trenching footings site cuts site clearing, rural property maintenance gravel driveways swale drains/water tables.

No job too big or too small - I'll have a look at them all and provide an honest affordable quote

West Auckland needs good reliable honest contractors to help people recover and rebuild after the rough past few years we have experienced. It would be awesome if you would consider Fielding Earthworks & civil for your next project

ContactDetails-Justin02102901611,emailFieldingearthworkscivil@gmail.com.

Tile and grout cleaning and re-colouring

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



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

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

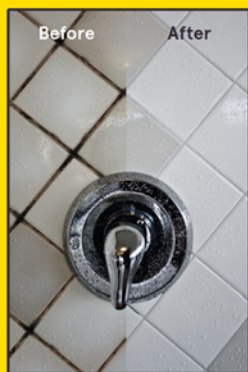
We can replace the porous cement grout with an epoxy grout which too is stain resistant and waterproof. We offer shower glass

Dirty Tiles & Grout? Don't put up with it any longer

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

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

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



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

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restoration and apply a durable protective coating afterwards.

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

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

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

Fruit Tree Pruning and Care Workshop 2

Sunday 23rd July (9.30am to 11.30am).

If you want to make the most of your fruit trees or maybe you're thinking of planting some new ones then this is a good time of year to do this. This very popular pruning & care workshop will give you all the basics to assist in your success. As this event is generally over-subscribed we are running this follow up one from the June workshop to ensure everyone who is interested gets the opportunity to attend.

David Bayly, our in house tree care expert, will be once again running this very useful and timely workshop in his usual relaxed and interactive style.

Topics to be discussed will include: Tools required, Pros & cons of various trees, Site selection and preparation, Planting methodologies/ techniques, General tree care and Safety considerations.

As mentioned above, this event is extremely popular so booking is essential as spaces are limited (see below for booking details).

Afterwards you will also be able to stroll around the beautiful Sculpture Gardens which has around 40 marvellous pieces created for our 2023 exhibition by local and international artists on display; as well as the extended nature trail (approximately 3.5km in total).*

We also have our cute little coffee shop on site plus of course the Plant Centre for you to browse through.

Our knowledgeable and friendly staff will also be on hand to help with any other garden related questions.

* The gardens and nature trail are unfortunately not suitable for wheelchairs or walking frames.

1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa. Tickets: \$25 per person. To Book: info@kaiparacoast.co.nz or 09 420 5655.

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

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

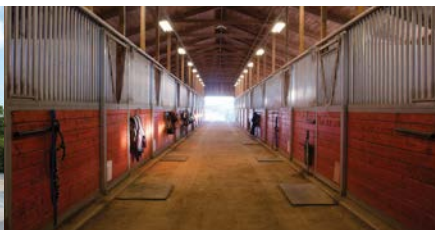
*So come on rural communities – take a photo of your barn, especially those with the “wow” and the “OH MY GOD I want one” factors and enter **Barns We Love**, there are fantastic vouchers to be won!*

Celebrate with us by registering your barn today!

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

and we will get the details to you!

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



SUPPORTED BY



Kumeu Courier
community newsletter



Pets

Cat lovers we need your help

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



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

Local business expands into Australia

The expansion of The Dog Safe Workplace into Australia highlights the growing recognition of the importance of safe interactions between humans and dogs in the workplace. By educating workers about canine body language, the company equips employees with the skills to understand and interpret the subtle cues dogs use to communicate their emotions and intentions. This knowledge is essential for preventing misunderstandings and potentially dangerous situations, ensuring a safe and secure work environment for everyone involved. Incidents involving dogs in the workplace can range from minor



conflicts to more serious accidents. However, many of these incidents can be prevented through proper education and awareness. By providing workers with comprehensive training on canine body language, The Dog Safe Workplace aims to minimise the occurrence of incidents by enabling employees to recognise signs of stress, fear, or aggression in dogs. This allows for early intervention and appropriate action, mitigating potential risks and ensuring the well-being of your workers.

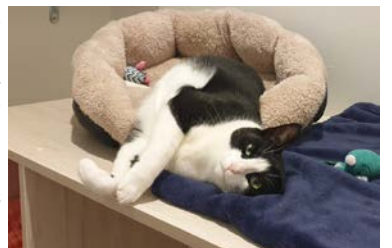
The expansion of The Dog Safe Workplace into Australia promotes a culture of understanding and empathy towards our canine companions. By educating workers on canine body language, the company fosters a deeper appreciation for the unique needs and behaviours of dogs. Employees gain insights into how dogs perceive the world and learn to respect their boundaries and individual personalities. This increased understanding encourages a more compassionate and empathetic approach to working around dogs, resulting in enhanced relationships and a positive work environment.

Education on canine body language not only benefits the safety of employees and dogs but also enhances the confidence and comfort levels of workers in the presence of dogs. By understanding and accurately interpreting dog behavior, employees feel more at ease and confident when interacting with them. This can lead to improved employee well-being, reduced stress levels, and increased job satisfaction, ultimately creating a more productive and positive work environment.

It provides an opportunity for Australian businesses to benefit from the knowledge that our own local business can provide. The exchange of best practices and the adoption of canine body language education can contribute to a safer and more inclusive workplace culture throughout Australia, aligning with the global trend of recognizing the importance of keeping your workers safe.

Kanika Park Cat Retreat

At Kanika Park Cat Retreat we pride ourselves on providing a luxury stay for your pussy cat. We want your cat to have the same experience as you would if you were on a luxury holiday. We provide all your pussy cats needs. A spacious airy warm suite for only your cat. Filled with toys, snuggly blankets and restful sleeping spots. Awesome music is playing all the time in the background. They are served wet food for breakfast and dinner with biscuits and water available 24/7. Just before bedtime we give them treats and a hug then say goodnight. In the morning they get breakfast served and their



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Pets

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We happily give any medication that is required at no extra charge but do ask that it is supplied with clear written instructions. We also recommend that if your cat is on a special diet that you bring it with you. This will mitigate upset tummies. You are most welcome to bring some things from home to go in their room. We have found that having an item with their or your smell on it helps to make it a more comfortable stay

If you have any questions please contact us on P: 027 550 1406 E: info@kanikapark.nz W: kanikapark.nz

Why do dogs tilt their heads?

Dogs have many endearing behaviours that humans find cute and charming, and one of these behaviours is the head tilt.

When a dog tilts its head, it often stimulates a positive response from us humans.

But what exactly causes dogs to tilt their heads, and what does this behaviour signify?

The head tilt is a common behaviour in many breeds of dogs. It typically happens when a dog hears a sound that it's curious about or doesn't understand. This could be a high-pitched sound, a strange noise, or even the owner's voice when the dog hears an unfamiliar word or phrase.

One theory is it helps them better locate the source of the sound. By tilting their heads, dogs can adjust their ears to better hear the sound and determine where it's coming from. This appears to be particularly useful in a new or unfamiliar environment.

Another theory is it's a way to communicate with humans. Dogs are social animals that have evolved alongside humans. They have developed many behaviours designed to communicate with people. It may be a way for dogs to signal to their owners that they're listening and trying to understand what's being said.

It's possible that dogs tilt their heads simply because it is a behaviour that humans find endearing. Dogs are very attuned to their owners' emotions and behaviours, and they may tilt their heads to gain an encouraging response from their owners.

While the exact reason why dogs tilt their heads is not fully understood, it's likely the behaviour serves a combination of functions, including helping dogs locate the source of a sound, communicating with humans, and eliciting a positive response from their owners. Regardless of the reason behind the behaviour, the

head tilt is a charming and endearing trait that many dog owners find irresistible.

Nurturing Nature's Feathered Friends

Feeding wild birds during winter is crucial due to the scarcity of natural food sources and harsh weather conditions. By providing nourishment through bird feeders, we support their survival and well-being while fostering our connection with nature.

Why should we feed the wild birds:

- **Adequate Nutrition:** Winter scarcity makes it difficult for birds to find enough food. Bird feeders filled with seeds, and Topflite Energy food offer vital nutrition.
- **Survival and Energy Conservation:** Birds need extra energy to endure the cold. Regular feeding helps them conserve energy and increases their chances of survival.
- **Populations and Biodiversity:** Feeding attracts various bird species, contributing to their preservation and supporting ecosystem health.
- **Educational and Recreational Benefits:** Observing birds at feeders enhances our knowledge of their behavior and migration while providing relaxation and stress reduction.
- **Conservation and Awareness:** Feeding promotes environmental awareness and encourages engagement in conservation efforts.

By feeding wild birds in winter, we aid their survival, maintain biodiversity, and deepen our connection with nature. Let's embrace the joy of bird feeding and create a haven for these feathered friends in the cold season. We have a wide range of wild bird food and feeders available in store at Pet Patch and if you want to learn more about the birds in our environment and how to attract more to your garden come in and see us!



Want a day off your doggo?

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Food & Beverages

The Riverhead's winter menu is now available

Follow the route of the ancient Māori and early pioneers on a ferry journey up the upper Waitemata Harbour to The Riverhead, New Zealand's oldest riverside tavern.

The journey takes 1.5 hours each way and you spend a leisurely 2.5 hours at The Riverhead for dining.

The waters of the upper Waitemata Harbour are very sheltered meaning the ferries run in almost any weather, making it a fantastic activity even in winter.

Find out more and book your tickets here: www.theriverheadexperience.co.nz.



Don Buck Honey - Summer Harvest four-pack \$40

This is a selection of four honey varieties displaying some of the honey types produced around the North-West of Auckland, mainly in the forests of the Waitakere Ranges. Four boutique 500g honeys with different colours, tastes, and textures.

Includes:

1. Silver-Award winning Waitakere Forest Blend.
2. Waitakere Ranges Kanuka Honey.



3. Rural West Auckland Blend.

4. Rewarewa Blend from the Waitakere Ranges.

Pickup is from Massey, or these can be couriered to you using Post Haste. www.DonBuckHoney.co.nz | donbuckhoney@gmail.com

West Auckland winery listed as a Category 1 historic place

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



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

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

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

This event includes a heritage tour of Corban Estate and many of the fascinating findings from the detailed Heritage New Zealand Pouhere Taonga heritage listing report. In addition, a rare chance to view winemaking relics and photographs from the prohibition era, along with a screening of original wine tour footage and a Talk & Tour by fourth generation Corban, Sharon Alexander, is also being presented in collaboration with the Corban Winery Estate Heritage



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Food & Beverages

Preservation Trust and West Auckland Historical Society. For booking information please visit www.ceac.org.nz/events.

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

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Contact Jesters Westgate at amljesters@gmail.com and give yourself and your colleagues a treat they won't soon forget!

Phone Tony at 021 510138.

Spearmint Sauce Recipe

Mint sauce is a traditional favourite often served with roast lamb, but is also delicious spooned over roasted or steamed vegetables and used as a base to make salad dressing, with the addition of olive oil and a little yoghurt.

Try this tasty and vibrant Spearmint variation using Spearmint tea. This recipe is from the Edmonds Cookery Book, 1984 edition.

Ingredients: 3 tablespoons Spearmint tea, boiling water (approx. 100ml), 2 tablespoons raw sugar, ½ cup apple cider vinegar (approx.), salt and pepper to taste.

Method: Add the tea to a heat proof jug and pour over just enough boiling water to cover the tea and allow for expansion (about 100ml). Add the sugar and stir to dissolve it. Then add the apple cider vinegar to taste - about half a cup. Season with salt and pepper and it is ready to serve either warm or cold. This will keep in



the refrigerator for about five days.

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

Indulge in High Tea at Soljans

Join us every Friday in July for our brand-new High Tea menu.

Enjoy a selection of finger sandwiches, freshly baked scones, and exquisite sweets, all served in a cozy and inviting atmosphere. Warm your soul with our premium brewed teas or add a touch of celebration with a glass of bubbles.

There's no need to travel far when we bring the best experience around, right here in Kumeu. Whether you're gathering with loved ones or treating yourself to a moment of pure luxury, our winter High Tea is the perfect choice.



Secure your table online now. Bookings are essential.

www.soljans.co.nz/events/high-tea/

Mid Winter lunch - 30th July

Instead of their usual supper club, this month Good from Scratch are running a Mid Winter Sunday lunch.

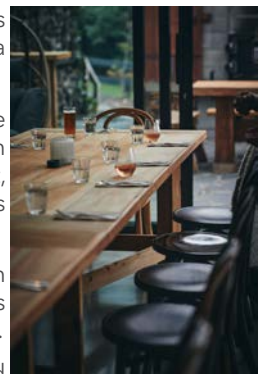
They'll have the fires lit, the mulled wine flowing and some cracking food to warm you up. (Think prawn cocktails with a twist, a proper sunday roast, yorkshire puddings and Sticky toffee date sponge!)

Come and enjoy our beautiful space with family and friends over some fabulous winter dishes produced from farm to plate.

There is a limited number of guests and doors open at 12:30pm with starters served at 1pm. Bookings are essential

Check out www.goodfromscratch.co.nz/whatson/ for more details.

We hope to see you there.





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Health & Beauty

Boosting your child's immune system

Words by Juno Scott-Kelly & Naturopath Erin O'Hara (BSc and BNATMed), who practises in Auckland, New Zealand. <https://www.erinohara.co.nz/>

Our immune system is a remarkable defence mechanism that protects us from diseases and keeps harmful bacteria and viruses at bay, and ensuring that our children have a robust immune system is vital to their overall health and well-being. Naturopath Erin O'Hara, provides tips to support and enhance your child's immune system.



1. Eat the Colours of the Rainbow: Fruits and vegetables are not only packed with essential vitamins and minerals, but they also contain phytonutrients that have immune-boosting qualities. Encourage your child to consume a variety of fruits and vegetables.
2. Reduce Sugar Intake: Excessive sugar consumption has been shown to negatively impact the microbiome, the community of microorganisms in our gut. Limiting your child's sugar intake can help maintain a healthy balance within their microbiome.
3. Establish a Regular Sleep Routine: Sufficient sleep is crucial for a child's immune system. Ensure your child is getting the recommended hours of sleep for their age group.
4. Encourage Physical Activity: Regular exercise and an active lifestyle have been shown to strengthen the immune system and increase the body's resistance to diseases.
5. Hydration is Key: An adequate amount of water is essential for

maintaining overall health, regulating blood circulation, supporting metabolism, and facilitating the elimination of toxins from the body. Provide them with a drink bottle that can be easily accessed at all times.

6. Breastfeeding: If possible, opt for breastfeeding as it provides a rich source of antibodies and white blood cells that are essential for developing a healthy immune system in babies.

7. Consider Supplements and Natural Alternatives to antibiotics when appropriate: Certain supplements can play a role in supporting your child's immune system. Vitamin C for respiratory infections and Vitamin D for immune function. Vitamins A and E help health and healing. Omega-3 fatty acids found in fish oil help reduce inflammation and protect against respiratory infections. Zinc is a nutrient crucial for growth and immune system function. Probiotics can promote a healthy gut microbiome, reducing the risk of infections. Beta-glucan, found in mushrooms, strengthens and modulates the immune response.

Incorporating these tips into your child's daily routine can significantly contribute to a resilient immune system.

Hypnosis heals 100s of issues

You probably already know hypnosis has helped athletes visualise and achieve their goals. And as I celebrate 6 years of being a hypnotherapist, I become more aware of how hypnosis has helped 100s of people easily heal from 100s of issues. I am amazed at what hypnosis can accomplish in my own and my clients' lives. Under hypnosis a person is able to let go of something they want to be free of or achieve something they can't seem to get.



I have helped people with addictions, alcoholism, anger, anxiety (general & specific - bugs, spiders, driving, flying, sharks, men, needles), binge eating, blushing, bulimia, burning feet, business & career blocks, chronic fatigue, depression, drugs, eczema, excess weight, fear of abandonment & failure, guilt, gut problems, intimacy issues, imposter syndrome, insomnia & sleep issues, lack of confidence & low self-esteem, learning abilities, lichen sclerosus, lost passwords, lovability, memory, menstrual issues, migraines, money blocks, motivation, nail biting, nausea, not feeling enough or worthy, overreacting, panic attacks, PCOS, people pleasing, perfectionism, physical pain, procrastination, public speaking,



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Health & Beauty

relationship attachment issues, self-doubt & self-sabotage, sexual blocks, shame, skin rash, smoking, stealing, stress management, study blocks, thumb sucking, trust issues, vaginismus, vaping, and vulvodynia.

This is only half of what I have helped people with. The more people I help, the more my mind boggles how many issues can be helped with hypnosis. Imagine how hypnosis can help you.

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

Holly the mobile physio

Holly is taking Hobsonville Physiotherapy on the road...

Holly from Hobsonville Physiotherapy is offering home visits for local retirement village residents having trouble getting to and from clinic appointments. Treatment for balance deficits, falls prevention, initial post-surgical rehabilitation and any normal day to day injuries can be done in your own home.



Fees: (45 minute appointments). ACC initial: \$60. ACC follow up: \$45. Private initial: \$100. Private follow up: \$80.

Please contact Hobsonville Physiotherapy to book your appointment. Call 09 416 4455 or email physio@hobsonvillephysio.co.nz.

Vitamin B12: Boost your life

Vitamin B12 deficiency is often discovered because people experience low energy. The good news is that low B12 levels can be increased easily giving you a real boost in energy and vitality. In fact, it is very common for people with chronic fatigue syndrome to have low vitamin B12 levels.

For some people, this can be achieved through your diet. Animal meats are the best sources. Vegetarians often become deficient in vitamin B12 over time. Supplements can also be useful. Tablets are available, but some people lack the enzymes necessary to absorb B12 from food or tablets.

The absorption of vitamin B12 decreases with age. For this reason, supplementation of vitamin B12 is recommended for most people

over the age of 60. For people over the age of 60 and those younger ones who cannot absorb B12, we need to use a form of vitamin B12 that bypasses normal digestion. This can involve drops or tablets that dissolve in the mouth which get absorbed straight into the blood stream. Some people may need injections of vitamin B12. These injections can be given by a pharmacist.

While energy and vitality are the best-known role of vitamin B12, it also has lots of other uses.

A vitamin B12 blood test is not always a completely accurate level of vitamin B12 status. For this reason, and the fact that vitamin B12 is incredibly safe, I often recommend patients don't bother testing and simply try supplementing and see how they feel.

If you want to discuss getting a B12 supplement or a "shot" come chat to the team at Unichem Massey Pharmacy. Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.

Revitalizing luxury skin treatments - Hobsonville Point

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



At SKINMED, we specialise in three key skincare treatments for both men and women, typically aged between 30 and 70. Our services include Dermal Needling, Microdermabrasion, and Bespoke Facials tailored to address your unique skin condition, age, and desired outcomes. We utilise cutting-edge cosmeceutical products from renowned brands like Noon, Mesoestetic and Genosys to slow down the aging process, diminish pigmentation, and promote healthy skin.

Unlike over-the-counter products that often yield limited results, our clients have come to appreciate the remarkable difference our personalised treatments make. We believe that skincare is not just about physical appearance but also about enhancing your inner beauty. Our mission is to make you look and feel fantastic, ensuring you experience a sense of relaxation, individuality, and pampering in a serene and unhurried environment. From the moment you enter

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Health & Beauty

our luxurious treatment room located in the idyllic Bomb Point, we want you to step into a tranquil oasis where everything revolves around you for the next hour or so.

SKINMED opened an online store in Feb22 to allow customers to purchase products to use between visits or for when they simply could not physically see clients during Covid. Be sure to check out our website at www.skinmednz.co.nz and our 5 Star Google Reviews.

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

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

Lower back

When I transitioned from being highly active as an osteo to spending more time sitting behind a desk, I realised how much it affected my back.

The mistake I made was not moving enough.

I experienced a phenomenon known as "creep," which we often explain to our clients as the reason behind certain back discomforts.

When we remain seated for extended periods and are placed into a position over time, our tissues gradually adapt to the sustained position, causing temporary elongation.



It's essential to understand that when we finally rise and start moving again, it takes approximately 30 to 90 minutes for the tissue to return to its normal state. So, in some circumstances that's the length of an entire football (or soccer) match.

This is why seemingly mundane tasks, such as picking up a piece of paper from the floor, can cause significant discomfort. It also explains why attempting to lift a heavy suitcase after sitting on a plane for hours can result in back pain.

To counteract the adverse effects of creep, we must prioritise movement - actually getting up and out of our chairs, our truck or digger seats often.

And if we cannot, we need to allow those tissues to retract and adjust - which can take up to 90 mins before we lift or bend forward.

Every 20-30 mins get up and walk around the desk/office/corridor/playground.

Or when you finish the job on the digger or once you reach your destination as a truck driver climb out do some gentle backbends and always remember - we've got your back.

If you need help with your back concerns, please contact our team today on 09 212 8753 or book online at www.topnotchbodyworks.co.nz. ACC and Southern Cross Providers.

Hobsonville Hearing

Hobsonville Hearing is the first permanent audiology practice in the Hobsonville area and is locally owned and operated by audiologist Abby Johnson. We share our premises with several other allied health professionals at Suite 2, Level 1, inside the Hobson Centre 124 Hobsonville Road, Hobsonville. At Hobsonville Hearing, we take great pride in providing our community with high quality, professional and patient-centred care



We offer all audiology services including hearing tests, annual hearing aid reviews, ear wax removal using microsuction, workplace testing and custom ear plugs. We are an independent audiology clinic, meaning we can service and fit ALL leading brands of hearing aids and our prices are fair and transparent.

Our goal is to ensure every interaction with us is positive and puts your needs first - you are more than just a number. Hobsonville Hearing is Auckland's top rated audiology clinic on Google with

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Osteoarthritis and chiropractic

Have you been diagnosed with osteoarthritis but have no idea what that means or what you can do about it? Have a look at our newest article about osteoarthritis. It can be found at <https://hobbycc.co.nz/osteoarthritis-what-is-it-and-what-can-i-do-about-an-osteoarthritis-diagnosis/> Give us a call if you would like to book in! Hobsonville Chiropractic Centre, 295 Hobsonville Road, Phone 09 416 7589. Open late nights and Saturday mornings.

Fear of missing something

All doctors have a fear of missing something, some diagnosis that eludes us no matter how hard we try, some patient we don't get to see because we are off on a weekend or some problem that creeps up that we did not get informed about.

For a patient, it's even worse because you might miss something important to your health and wellbeing.

In a climate where it's hard to get in to see a GP for weeks or you only get a phone or video consult without actual examination, every patient really needs to be looking after their own health and not just putting things off because "it didn't seem important at the time" or "the clinic did not contact me."

Personal responsibility for your health starts with these simple steps:

1) You know you best: If you have a symptom that is not going away after some over-the-counter medication, seek medical advice. If it is something urgent, call 111 for an ambulance. If you can't get into your GP, go to the nearest Accident and Medical clinic or Emergency Department. Be patient though as the wait might be long - if you're bad enough to go there, you have to be patient enough to wait to be seen. Tell them how sick you are so they can accurately assess and triage you - that means they will see you faster according to what is happening to you.

2) Better or you're back: If you are treated for a condition and you are not getting better, go back and get seen to again especially if you are worse.

3) Never one too many: If you have something going on that one doctor cannot seem to solve, ask for a second opinion, either in the same practice or from another provider.

4) Better to check and find nothing than to not check and miss

something: If you have persistent symptoms, ask for some tests because someone once said "life is like a box of chocolates, you never know what you might find..."

5) If you are referred to the public specialists, the usual time frame is up to 4 months - if you don't hear from them or you are getting worse - go see your GP who will write in to increase priority

Be proactive when it comes to your own health. The healthcare landscape is a huge sea of different situations, the only sure thing is keeping your own wits about you and hanging on tight.

Dr Frederick Goh. Royal Heights Shopping Centre, Shop 12, 138 Royal Road, Massey, Auckland. Phone 09 393 6313. www.rhdoctors.nz.

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Area Columnists

Thinking about your emergency procedures

Over the past month there have been some major fires, one in Wellington, to a residential building claiming life, the other in Auckland that saw toxic clouds of fumes float over parts of Auckland.



Earlier in the year of course we had natural disasters in the form of floods hit Auckland and the North Island.

Natural disasters and other disasters such as fires and medical emergencies effects can be mitigated against to some extent through similar processes, understanding, planning and practice. Most of the items to consider will be valid for each type of disaster.

Have you considered your emergency procedures and tested them to ensure they are adequate recently? You should be practicing an emergency drill every six months.

In short; do you have an Emergency Plan which has been communicated, understood, tested and reviewed?

Items to be considered:

Personal safety - Have your alarms been tested, Are all emergency exits clear, Is there a clearly marked Assembly Point, When did you last conduct a trial emergency evacuation (6 monthly), Is your First Aid Kit adequately stocked, Are your First Aiders trained adequately, Do you have current emergency contact details for all workers, Are all workers trained in your Emergency Procedures - will they know what to do should an emergency occur, Are your Emergency Wardens adequately trained and familiar with their area of responsibility, Have you provided for emergency nutrition such as water, snack bars etc.

Property Safety - Is your building WoF current and are all systems tested and working, Emergency systems in place and working, eg emergency lighting, etc, Are there emergency shut down systems in place and working (gas isolation valves, power, machinery, etc), Do you have products etc stored in racking and shelving - is it secure, If you have Dangerous Goods onsite, is the storage appropriate, bunds empty and effective, signage, approved handlers etc all current, Do you have adequate Spill Kits and management systems in place.

Business Security - How would your business systems stand up in an emergency, data security, confidential records, client databases. Are there backup systems and documents off site, Have you

critically reviewed the level of your insurance cover recently, Are all emergency phone numbers displayed and understood. Has the list been reviewed recently, Are all your emergency phone numbers displayed and understood. Has the list been reviewed recently?

For further information on your emergency planning for your business, contact John Riddell from Securo by emailing securo4@securo.co.nz or checking out the website www.securo.co.nz.

Upper Harbour Board

It's been a busy time for Local Boards recently. Let's not get started on the Annual Budget and sale of airport shares, but it has been and continues to be a stressful and contentious time for many. At the end of the day a compromise solution was reached and voted on by the Councillors and Mayor. The result for the Upper Harbour Local Board is a return of some but not all the funding that was going to be cut. Thank you to all who submitted and gave feedback on the important work that Local Boards do.

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Early in July we will be voting on our work programme for the next 12 months. It contains the aspects that you, the community, have told us are important - it's slanted towards community and the environment as that is the feedback we received. It also contains some important Capex (capital expenditure) projects.

It feels like we rush headlong from one consultation to another, but there are some coming up that are really important.

Firstly, is the consultation on our Local Board Plan. This is a three-year strategic document that is developed in consultation with communities. It guides our investment, advocacy and work programmes over the next three years. It covers five key areas - Our People, Our Environment, Our Places, Our Community and Our Economy. We haven't started from scratch as we know there has been a lot of feedback already through the Annual Plan, the previous Local Board Plan and Peoples Panel Surveys so we have used these as a base. Consultation is open between 13th July and 14th August at akhaveyoursay.nz.

Secondly, is the Future Development Strategy. This will have impacts on Auckland's growth, especially in Whenuapai. The Future Development Strategy sets out how, where and when we should grow over the next 30 years. I believe we need to build the infrastructure first before we allow thousands of new houses in an area. Consultation is open until 4th July. <https://akhaveyoursay.aucklandcouncil.govt.nz/future-development-strategy>



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Area Columnists

There are many planting days coming up this winter. To find our more information look at our Facebook Page or sign up to our e-newsletter which contains regular updates about everything going on in Upper Harbour. The QR code below will take you directly to the sign-up page. Have a lovely July. Anna Atkinson, Upper Harbour Local Board Chairperson.

Why more sales might not be the answer

In the pursuit of business growth, many entrepreneurs and business owners often turn to increasing their marketing spend as the go-to solution. The common belief is that more sales will automatically solve all their business problems. However, this approach can be counterproductive if the underlying inefficiencies and profitability issues are not addressed. Here are some steps businesses should take before focusing solely on attracting more sales.

1. **Ensure Profitability of Every Sale:** Before seeking to increase sales, it's crucial to assess the profitability of each transaction. By carefully analysing your costs, pricing, and margins, you can identify areas where adjustments are needed. Look for opportunities to streamline operations, negotiate better supplier deals, or optimise your pricing strategy. By maximising profitability on every sale, you'll lay a solid foundation for sustainable growth. Increasing the number of unprofitable sales will lead to ongoing cashflow issues.
2. **Assess Your Ability to Scale:** Scaling a business requires more than just increasing sales; it demands the ability to handle growth effectively. Assess your operational capacity and infrastructure to ensure they can accommodate an influx of new customers. Are your systems and processes scalable? Do you have the necessary resources to fulfill increased demand? Investing in technology, automation, and training can help you handle higher volumes without compromising quality or customer experience.
3. **Establish Efficient Systems and Processes:** Efficiency is a key driver of business success. Take a critical look at your existing systems and processes. Are there bottlenecks or areas where tasks are unnecessarily time-consuming? Implementing streamlined workflows and utilising technology can help optimise productivity, reduce errors, and improve overall operational efficiency. By fine-tuning your internal operations, you create a solid foundation for growth.
4. **Build a Strong Team:** Your team is the backbone of your business, and having the right people in place is essential for growth. Evaluate your current staff and identify any skill gaps or areas where additional expertise is needed. Hiring talented individuals who align with your company culture and possess the necessary skills

can significantly impact your ability to scale and deliver exceptional customer service. Where recruitment remains a challenge, investing in training and professional development opportunities for your team can both fill the skill gaps and foster a culture of continuous improvement.

With these fundamentals in place, you can confidently explore strategies to attract more sales, knowing that your business is equipped to handle the increased demand and deliver exceptional value to your customers. Remember, growth is a journey that requires a holistic approach, and by taking these steps, you set yourself on the path to long-term success.

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.

Does your family experience time zone chaos?

Geographical boundaries ostensibly create the distance part of Distance Families.

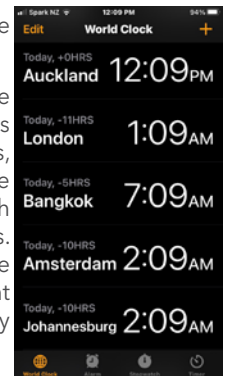
Of all the barriers requiring managing, time zones cause the most havoc. Time zones affect so much of how the world interacts, however little is written about them. A Google Scholar search of time zones, along with family communication, reveals few results. This is surprising considering the explosive growth of globalisation and the significant impact time zones have on the distance family communication.

New Zealand sits almost exclusively in its own time zone. It saddens me when I hear mainly expats and immigrants despair their parents or grandparents regularly get time zone differences mixed up and ring at the wrong time resulting in interrupted night's sleep.

There are ways to remedy this. If this is your family, get creative.

Type up a chart showing times in both locations (summer and standard time) so 'at a glance', your afar family can see what time it is in New Zealand. Print and laminate in different sizes (wallet size, iPad size and/or Post-It size for their computer monitor). Even glue on a magnet and make one a fridge adornment.

If you think your family might get offended if it comes from you, have your kids design and gift wrap it instead and feature a show-



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Area Columnists

stopper family photo.

Better still, if your overseas family doesn't take life too seriously, featured two photos: one of you awake and one of you asleep.

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

Clothing Swap and Shop

Are you tired of staring at a closet full of clothes and feeling like you have nothing to wear? Are you passionate about sustainable fashion and reducing textile waste? Look no further, because we have the perfect solution for you!



Introducing the Kumeu Clothing Swap & Shop event, where you can refresh your wardrobe, save money, and contribute to a greener planet.

We are a community women's clothing swap and sale, run by passionate locals and a dedicated team of volunteers. Our mission is to promote community and sustainability, as well as make good quality clothing accessible to everyone.

All profits raised go to Parent Aid North West, a charity who do the most incredible work supporting local families with young children when they need it most.

So, what exactly is a clothing swap?

It's a fun and eco-friendly gathering where women come together to exchange their gently used garments, accessories, and shoes.

Instead of buying new items, you'll have the opportunity to breathe new life into pre-loved fashion treasures, making your style truly one-of-a-kind.

By participating in a clothing swap you actively contribute to reducing textile waste and minimising your carbon footprint. It's a small step towards a more sustainable future.

Our 2023 event will be held at the Big Sheds, Kumeu Showgrounds on Sunday September 10, 10am-4pm.

- Sort your wardrobe
- Bring your items to one of the drop off days
- Pay your \$30 donation

- Come along to the event on September 10 and take home with you the same amount of items that you donated

- If you want more than your quota, each item is just \$5

- Swappers are welcome to come any time on the event day between 10am and 4pm

Drop off days at the The Big Sheds, Kumeu Showgrounds, are Thursday September 7, 3pm-7pm; Friday September 8, 9am-5pm; Saturday September 9, 8am-11am.

From 1pm onwards on September 10 we open to the public as our huge \$5 clothing sale - an incredible way to buy quality second-hand women's clothes for a total bargain.

Music, crepes, coffee and an auction are included in the day.

At the last Kumeu Clothing Swap and Shop in 2021 are, from left, event organiser Bex, Parent Aid North West Board Chairperson Ali, and event organiser Kate.

Check out our Facebook Group (Kumeu Clothing Swap & Shop) and Instagram (@kumeuclothingswapandshop) for more information and event updates.

If you would like to be part of the volunteer team, or are interested in sponsoring the event, email Bex at bex.holland@outlook.com for more information.

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NORTHWEST MONTHLY NEWS

NEWS | COMMUNITY | WHAT'S ON | PEOPLE

JULY 2023

June brought snow to West Auckland

The cold weather and showers didn't put off the thousands of locals who turned up at Royal Reserve on Sunday June 18 as the park was transformed into a winter wonderland for Snow in the Park.

This much-loved free community event was put on by Henderson-Massey Local Board who estimated that more than 4000 people turned up to this event.

The snow was delivered by Snowplanet in Silverdale, to create a tube run and snow play area where kids could make a snowman, snow castles or just play.

This unique event, which is the largest local board event, aims to bring families and neighbours together to enjoy the local park. Some children on the day were experiencing snow for the first time.

The additional free activities included a climbing wall, free face painting and delicious food.

This event has been put on for the local community since 2014 and continues to grow each year.

Funded solely by the Henderson-Massey Local Board, future events of this kind could be affected with budgets being cut that would see total local board operating funding reduced by \$16 million. The cost for an event like this is around \$65000.

The support from local community group partners like YMCA, Waitakere Army Cadets and many more coming together to run this event really helps.

With the annual budget adopted in late June 2023, the questions being asked is will this event continue and if so what will the 2024 event look like?

As outlined by the Auckland Council, funding may need to be sourced from elsewhere or the community may be part-charged to continue an event such as this.



Feedback sought on shaping Auckland's future

Auckland Council is asking for feedback on how Auckland should grow over the next 30 years, with public consultation closing July 4, 2023.

With half a million more people expected to live in the city by 2058, the draft Future Development Strategy is the council's plan to make sure homes, jobs and infrastructure are built in the right places, at the right time, while also building resilience to climate change and protecting the environment.

"The Future Development Strategy looks at the big issues around growth that affect our quality of life - things like where we choose to live and work, how we move around our city, our resilience to natural hazards and growing in a

way that both reduces emissions and adapts to climate change, to benefit future generations," says Auckland Council Planning, Environment and Parks Committee Chair Richard Hills.

"And we want to hear from Aucklanders on whether they think we have got this right."

The draft strategy recommends most of Auckland's future growth occurs in existing urban areas.

It also proposes delaying or stopping development in specific greenfield areas (undeveloped land) that have previously been identified for future urban development, due to natural hazard risk, impacts on our ability to halve emissions and the high infrastructure costs associated with development.

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Caption: Auckland City from Mount Eden.

The Future Development Strategy also maps out Auckland urban areas most constrained by natural hazards and recommends a way to determine which areas might be prioritised for investigations into the best adaptation responses.

That means the release of some future intensive housing areas and flood prone areas could be excluded from development.

Auckland Plan Strategy and Research General Manager Jacques Victor says it's important for the city to have a clear, agreed plan for managing its growth.

Doing this now will ensure these are reflected in the next set of budget decisions the Auckland Council makes, he explains.

"The 10-year budget, also known as the Long Term Plan, which decides where Auckland Council's funds go over a 10-year period, is due to be refreshed early next year and so it is important we have the Future Development Strategy adopted by then so it can influence our investments."

What can Aucklanders have their say on?

The Auckland Council wants to hear from Aucklanders on the following proposals in the draft Future Development Strategy.

1. To focus most of Auckland's growth in existing urban areas, rather than growing more at the city edges.

2. To focus development near local centres giving people easier access to work, services,

facilities and shops by walking, cycling and public transport.

3. To avoid further growth in areas which are exposed to significant risk of environmental hazards (such as flooding and slips).

4. To prioritise nature-based infrastructure that responds to the impacts of climate change.

People can make a submission online through the Auckland Council website Future Development Strategy | AK Have Your Say (aucklandcouncil.govt.nz) before July 4.

Cato Bolam Consultants Planning Manager Kaaren Joubert says that, when finalised, the Future Development Strategy (FDS) will replace parts of the existing Auckland Plan 2050, the Development Strategy 2018 and the Future Urban Land Supply Strategy 2017.

She suggests it is well worth having a close look at what it proposes.

"Central government has driven change through its legislative programme, particularly through the National Policy Statement on Urban Development 2020 (NPS-UD) and environmental and climate legislation," says Kaaren.

"This change has significant implications on Auckland. The draft FDS responds to the NPS-UD, which requires councils to ensure there is at least sufficient housing and business development capacity to meet demand over the next 30 years.

"Based on what would be the total enabled

capacity under the council's Plan Change 78 as notified, the draft FDS does not identify any significant new areas for growth.

"However, it does outline a greater focus on where, how and when development take-up occurs.

She says short- to medium-term priorities (one-10 years) include Auckland Housing Programme priorities in Mt Roskill, Mángere and Tāmaki; Westgate, the city centre, and the Drury-Opakheke area.

"Beyond 10 years the council considers that longer-term prioritisation cannot currently be done with any degree of certainty."

The draft FDS also proposes removing areas for urban development in whole or in part due to hazard risks (such as natural, natural environment, natural heritage, highly productive land, cultural heritage), Kaaren explains.

"In the short term, the most constrained areas for future development that are proposed to be removed by rezoning to a non-urban zoning include Hatfields Beach stage 2, parts of Kumeū-Huapai-Riverhead, Takanini and parts of Drury-Opapeke.

"Areas with moderate exposure to hazards that are proposed for further investigation are Warkworth North-east and Warkworth South, Dairy Flat, Wainui East, Upper Orewa, Kumeū-Huapai (whole FUA), Riverhead, Albany Village 2 and Oruarangi 2."

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Kaaren says the overall aim is to ensure that as much of the development capacity available is focussed in locations close to employment, services and rapid transit networks.

"The timing for introducing new (greenfields/Future Urban zoned) areas is generally pushed back from past planning timeframes and is based on infrastructure triggers (i.e. when all the required bulk infrastructure can be provided)," she adds.

"The implication is that wider areas where land is live zoned through plan changes, which cannot be serviced by existing bulk infrastructure, are excluded from at least the first 10 years. It is proposed to regularly review infrastructure programmes to ensure they reflect the latest information.

"The council plans to follow the principle that, where plan-enabled capacity is reduced or constrained, over time forgone capacity will be offset by creating additional capacity in such locations, so that overall capacity is broadly maintained."

Kaaren says rural residential growth is proposed to predominantly be focused on towns that provide services for the wider rural area, particularly rural nodes of Warkworth and Pukekohe with less growth in the smaller towns and villages.

Rural lifestyle growth is proposed to remain focussed into areas zoned as 'countryside living' and only a small amount of growth will be provided for in the wider rural area outside of Warkworth and Pukekohe.

"To implement the proposed directions the draft FDS identifies broad categories of supporting actions for its implementation as being - changes to the Auckland Unitary Plan (AUP); investment prioritisation; and advocacy, research and non-statutory approaches."

Where to from here?

Following finalisation of the FDS, a comprehensive implementation plan will be developed by the Auckland Council in accordance with the requirements of the NPS-UD.

It is envisaged that the implementation plan will be reviewed annually and updated as required to respond to emerging challenges and change.

At the close of the public consultation period the Local Boards' feedback will be sought during July 2023.

The council expects the proposed final FDS will be presented to the Planning, Environment and Parks Committee in September 2023 for adoption and it is unlikely submitters will be heard by the committee, Kaaren adds.

Email kaarenj@catobolam.co.nz for more information.

Flooding help and Hobsonville Road changes

Many North West businesses were lucky to escape major damage during the extreme weather events which hit Auckland earlier this year (Auckland Anniversary floods and Cyclone Gabrielle).

Those in low lying areas were worst affected.

The Auckland Business Chamber outlined some of the relief available, especially when a local state of emergency was declared.

Grants were offered to help businesses get back on their feet, the double whammy felt by some after suffering through earlier COVID restrictions.

About \$1 billion was also offered in Budget 2023 in May for further relief from extreme weather events and mitigation measures.

And the www.business.govt.nz website continues to have business information around extreme weather.

Auckland Mayor Wayne Brown has backed a flood risk reduction programme 'Making Space for Water' by supporting proposed "blue-green" network solutions in suitable areas throughout the region.

At the June 22 Governing Body meeting, the Healthy Waters team identified waterways suitable for blue-green network solutions.

Blue-green networks, which link waterways (blue) and parks (green) with stormwater infrastructure, would make space for water to flow through the landscape.

In heavy storms, rainfall would collect in these areas reducing risk to people and property, the council explains.

"The initial evaluation of sites suitable for blue-green networks was based on risk assessments for flooding frequency and magnitude, and stability of surrounding buildings. More importantly, our teams gauged the rate water rises and the potential for entrapment or risk to life," Wayne Brown says.

"These projects will depend on property acquisition and central government funding, and will be developed, scaled, and delivered as funding permits."

The Auckland sites currently identified as suitable for proposed blue-green networks include Wairau Creek (Totaravale, Lower Sunnynook, Milford), the Kumeu River, Waimoko Stream (Swanson), Opanuku Stream (Henderson), Porters Stream (Glen Eden), Whau Stream (Blockhouse Bay), Cox's Creek (Grey Lynn), Gribblehirst Park/St Leonards Road (Meola/Epsom), Te Auaunga Awa (Mt Roskill), Harania Creek (Mangere), Te Ararata Greenway (Mangere), and Whangapouri (Pukekohe).

The next step will be to develop risk profiles and some project objectives for each waterway.

The draft Tamaki Makaurau Recovery Plan - with sections to be released as work programmes are finalised, includes 'Making Space for Water' and the proposed blue-green networks.

Wayne warns that flood and storm recovery will be complex and requires community engagement, so may take some time.

During July a briefing will be held for all Local Board members to discuss 'Making Space For Water' with the final programme due to go to the Governing Body for consideration in September.

Auckland Council's Recovery Coordination Office will continue to engage with central government to define the arrangements for funding recovery efforts. The funding split and costs have still to be worked out.

Meanwhile, initial feedback closed on June 30 for a proposed Hobsonville Road Cycleway.

Auckland Transport (AT) is working to deliver a connected safe cycle network across Auckland with the Hobsonville Road Cycleway aiming to provide safer access for cyclists to the Hobsonville Ferry Terminal and the new bus interchange at Westgate serving the Western Express (buses run between Westgate and the city centre every seven or eight minutes during peak periods later this year).

It also links local users to businesses, retail, entertainment, and schools.

The cycleway will be on both sides of the road between the current kerbs and avoid disruption to services, without widening Hobsonville Road.

AT is prioritising the implementation of protected cycleways, with some form of physical separation between traffic and people on bikes or micromobility - such as e-scooters, so the Hobsonville Road cycleway will include some form of separation - just what that is will be determined after consultation.

Funding has been allocated from the Climate Action Targeted Rate (CATR) to deliver a cycleway along Hobsonville Road - an important connection for the cycle network, linking up cyclists to the north and to the west, including the Northwestern Path to the City Centre and beyond.

Supporting Growth is planning for future transport investment in NorthWest Auckland growth areas including Hobsonville and Whenuapai.

Hobsonville Road is identified as a future strategic transport corridor and planning has been undertaken to protect land for future implementation of the required strategic corridor.

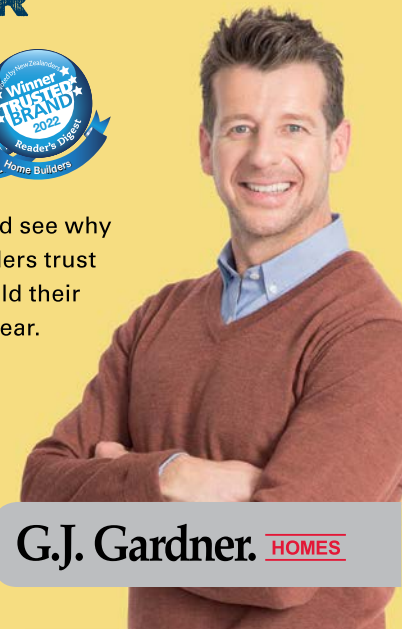
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A Notice of Requirement (NoR) was lodged by AT on December 19, 2022, to alter the existing road widening designation on Hobsonville Road.

The long-term plan includes widening Hobsonville Road in about 10-15 years.

AT says some safety concerns were raised about a two-way cycleway including the potential of it being confusing for drivers coming out of side roads and driveways. This design would have required AT to signalise a lot of the intersections and could cause traffic delays for drivers.

Much of Hobsonville Road's on-street parking could be "repurposed" as arterial roads generally have little or no on-street parking to keep the route working efficiently.

Safety improvement may include some intersection layout changes - including some raised speed tables, investigating signalling Brigham Creek, Trig Road, and Luckens Road intersections, new pedestrian crossings, and changes to bus stop waiting areas.

Feedback will help inform the preliminary design for the Hobsonville Road Cycleway, with a detailed design expected to be available later this year or early 2024 and construction likely to start mid-2024.

Visit the Auckland Council website for more information.

Westgate's growth



The story of Westgate's growth started back in 1997 when NZRPG purchased the original land which is now Westgate Shopping Centre. At the time, work on a planned retail development site had never begun. The new owner (NZRPG) got to work and by Christmas 1998 the first shops opened and Westgate was born.

By 2002 the old Waitakere City Council proposed a plan to create a larger town centre, and NZRPG took on the challenge to plan and build a destination that offers a unique mix of retail, residential, entertainment and commercial precincts around a planned design.

Fast forward ten years and Westgate Town Centre is a metropolitan hub for the large and rapidly expanding communities of Auckland North Western region

Home to all but one of New Zealand's major retail anchors, the Westgate Town Centre comprises New Zealand's largest Mitre 10 and Bunnings stores, alongside three identifiable shopping precincts: Westgate Shopping Centre, Westgate Lifestyle and NorthWest and in late 2022 the first Costco store in New Zealand opened. The Town Centre is, and will continue to be, a community hub for the people of West Auckland.

Westgate is home to Te Manawa, Auckland Council's first fully integrated community facility. Even with an immense amount of construction ongoing, Westgate Town Centre still has a green heart with the Te Hauauru Reserve, a new recreational area, and Kopupaka Park, a

project that won awards at the World Landscape Architecture Festival.

Westgate is an important part of Auckland's growth capacity and will continue to develop over the next 10- 15 years. Construction capacity of around 15,000 homes is currently provided within the direct catchment of Westgate. Population growth of over 80,000 is anticipated by 2048.

What we expect to see over the next 2- 5 years will be a mixture of retail, commercial and residential offerings in the heart of Westgate Town Centre. The obvious reality is the need to expand away from the city centre and create suburban hubs to enable the CBD to maximise its potential and fuel the economic growth in the areas surrounding Central Auckland.

Looking ahead, a lot of work has been done to identify the growth hubs for Auckland and Westgate is one of these.

How to shop with big brands without the big cost!

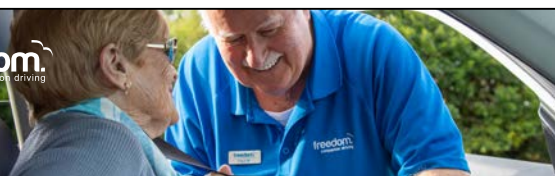



With living costs rising, there is no better feeling than knowing you have saved big on some of your favourite brands. Outlets are a great way to shop if you still want the big brands without the big price tag. Gone are the days when you have to travel over the bridge for outlet prices. Westgate now offers the largest collection of outlet shopping in one area in West Auckland.

Westgate Shopping Centre is home to some top international sports brands, including Adidas, New Balance, Asics, Puma, Under Armour and Skechers. If you want to sport a new athletic look at the gym, court or field, these sportswear brands offer high-quality and stylish clothing, accessories, and footwear, all at a discounted outlet price. And if you're not looking for sportswear but still want to shop the outlet bargains, try ECCO Shoes, Converse, Bendon, Platypus and Timberland who offer boots, casual footwear, underwear and more.

So the big question is how much can you really save? Most offer up to 50% off on regular retail price. If you're looking for an even better deal, these outlet stores often run promotions that take the price down even further, sometimes up to 70% to 80% off.

With over 1350 free parking spaces and all 11 stores within walking distance, this is the perfect place to save on your favourite brands.



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What's on at Westgate



Baby Baroque Kids' Concerts - FREE

Friday 7 July
10am and 11.30am
Te Manawa

NZ Barok is delighted to be performing its Baby Baroque Kids' concerts in Massey.

Join NZ Barok to hear the story of Ruby May, a little girl with a big imagination. Introduce the children in your lives to the beautiful sounds of baroque music. Wave a scarf, shake a shaker to a march and enjoy a happy music-filled hour. This concert is most suitable for children aged 0-6 years.

Book free tickets online www.nzbarok.org.nz/

Abba Heaven - Tribute Band

Saturday 8 July
8pm - 11pm
Swanson RSA

ABBA Heaven! returns to the Swanson Memorial RSA. Playing two huge sets of ABBA megahits.

Tickets from the Club or Eventfinda.

Auckland Paint and Wine Night - Aoraki

Monday 17 July 2023
7:00pm - 9:00pm
Little Creatures Brewing,

The concept is simple - take a brush in one hand, a drink in the other and let's paint a masterpiece.

A creative night of drinking and painting in the heart of Auckland. No previous painting experience necessary. Get your creative juices flowing and your brush strokes going.

Find out more and get tickets online www.paintvine.co.nz

Mobile Library

Tuesday 4 July and Tuesday 18 July
9.30am - 12.00pm
Headquarters building, Hobsonville

The Mobile Library North parks at the Headquarters Building on Tuesday 4 and 18 July.

The mobile library service is provided by Auckland Libraries. The Mobile Library North is a full-sized bus that has books for children and adults.

When visiting the mobile library you can:



- Return items borrowed from Auckland Libraries branches
- Return items borrowed from a mobile library
- Pick up items requested online
- Browse collections for children, teens, and adults
- Get information about digital resources (including eBooks, eAudiobooks, eMagazines)

See their Facebook page for more information @ AucklandMobileLibraries

Latin Dance Night

Saturday 22 July
7.30pm - 1.00am
Miss Q's, Westgate Shopping Centre

Northshore Latin Dance brings this special night to Westgate.

Everyone is welcome to join and experience a night of Latin dancing and groove till late to popular Latin songs. A class covers the basics of salsa, bachata, and cha cha cha.

The class will start at 7.30 pm followed by a Latin freestyle dance party with fun and Not to Miss line dances in between. \$10 to participate (Cash Only)

See their Facebook page for more information @ missqsanz

Free Kids events at NorthWest Shopping Centre

Enjoy *FREE holiday fun this July at NorthWest Shopping Centre! Kids can feed their creativity with a variety of crafts, including balloon workshops with Trey from TV's Blow Up.

Week One: 3-7 July

Monday, 10am-1pm: Balloon crafts with Trey.

Tuesday, 10am-12pm: Meet Spiderman as he roams around the Centre.

Wednesday, 10am-1pm: Balloon crafts with Trey.

Thursday, 10am-12pm: Meet Black Panther as he roams around the Centre.

Friday, 10am-1pm: Balloon crafts with Trey.

Week Two: 10-14 July

Monday, 10am-1pm: Make your own flower crown.

Tuesday, 10am-1pm: Make your own friendship bracelet.

Wednesday, 10am-1pm: Make your own flower crown.

Thursday, 10am-1pm: Make your own Matariki stamp art star cluster.

Matariki Friday, 10am-1pm: Make your own Matariki star from flax.



114 Hobsonville Road, Hobsonville, Auckland
Phone 09 416 7227 • Email manager@hobsonvillersa.org.nz

We welcome all Members and guests of reciprocal rights clubs.
New members welcome to join at any time.
Darts, Pool & Gaming Lounge available.

OPEN Wed - Sun 3pm to close.
Dining Room open Wed - Sun 5pm to 8pm, group bookings welcome, lunch group bookings for 20 plus by arrangement

- Camper Vans welcome to stay (bookings essential)
 - Facilities available for private functions, work meetings, small conferences
- Contact Manager for further information & costs

THE SMALL RSA WITH THE BIG HEART

OUTLETS

WESTGATE | SHOPPING CENTRE

Timberland  OUTLET

SKECHERS

CONVERSE 
AUTHENTIC FACTORY OUTLET

 **UNDER ARMOUR**



 **asics** OUTLET

 **PUMA**

PLATYPUS 

 **new balance**
OUTLET

ecco