

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report
Parent Aid Celebrate's 20th Birthday

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

Little Creatures

Circulation is 10,000 print copies.

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

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

June 2022



Greetings

We have heard a lot about viruses recently, but what about fungi? Fungi are everywhere but they are easy to miss. They are inside you and around you. They sustain you and all that you depend upon. As you read these words, fungi are changing the way that life happens, as they have done for more than a billion years. They are eating rock, making soil, digesting pollutants, nourishing and killing plants, surviving in space, inducing visions, producing food, making medicines, manipulating animal behaviour and influencing the composition of the Earth's atmosphere. Fungi provide a key to understanding the planet on which we live, and the ways that we think, feel and behave. Plants only made it out of the water around 500 million years ago because of their collaboration with fungi, which served as their root system for tens of million years until plants could evolve their own.

Fungi provide mushrooms and truffles, but also plant diseases and LSD. Hyphae, the "branches" of fungi can find their way through mazes, and underground fungi carry communications and nutrients between trees. Human life benefits from many activities of fungi, from alcohol to soy sauce, to vaccines, to penicillin, to the citric acid used in all fizzy drinks. Without fungi, forests would just accumulate dead trees if it were not for the white rot fungi that break down the wood. "Entangled Life" by Merlin Sheldrake is available through Auckland Libraries and gives a fascinating insight into the world of fungi.

Have a look through this month's Westerly to see which articles might alert you to something relevant in our communities. There are plenty of contributors with details of activities, as well as information about your health, your pets and the various food outlets to enjoy locally. Read about the determination of a local author not to allow health problems get in the way of his creativity. Check out Graham's report on the property market - there is always something new, as well as suggestions and details of what can be done to improve a property. See the tips on fire safety from the local Fire Brigade. While the plants may not be growing as fast in the winter, there is always activity in the garden, whether it's protecting your more vulnerable plants or planning colour for later in the year. Keep warm and have a safe and happy month.

John, Editor



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People & Places

Little Creatures

Beer lovers rejoice! Little Creatures has spread its cherubic wings and flown back into action.

Our Creatures team are delighted to be back and ready to quench thirsts with our exciting range of craft beers accompanied with new mouth-watering seasonal dishes from Head Chef Barry Armstrong. Over the next several weeks we

will begin to share an array of exciting weekly rituals and events including our very popular Quiz Night, our new All You Can Eat Ribs evenings and those eclectic sounds of live music and guest DJ's. Are Thursdays the new Fridays? Keep your ear to the ground for some exciting news about local Thursdays at Little Creatures.

Little Creatures is all about its connection with our community and we truly want our brewery to continue to feel like a home away from home for Hobsonville Point locals and visitors alike. Embodying the quirks and eccentricities the brand is loved for, our hangar is the perfect spot to bring the family and enjoy a Creatures brew and meal by the water. Sunny weekends out in our new Seaside Beer Garden, cosy winter evenings snuggled with a cocktail in Kittyhawk or a large group partying away in the great hall. Little Creatures Hobsonville's dining hall is where the main action is. It is open to walk-ins and bookings alike. Pre book or walk in anytime, see the Maître d' and we will get you seated as soon as possible. This area features fast turnover small and large tables, and a fun, busy vibe.

Functions and private events are back baby! We love to host a party. We've got the space, you bring the mates... create a one of a kind event. Little Creatures specialises in large format private functions so let us help you create a one-of-a-kind event. We are able to set up various food stations throughout the venue for your guests. We can also do bespoke menus and beverage offerings and can accommodate bands, D.J's, stages and large presentation screens. If you are looking to cater from 200 - 500 people in an exciting and dynamic space, please get in touch with Patrick and let us create that event everyone will be raving about.

Situated within the Sunderland aircraft hangar, Kittyhawk is the only fully enclosed space we have. It is designed as our very own Officer's Mess and feels like stepping back into 1940s Hobsonville through



its exquisite attention to detail in finishing and decoration. Kittyhawk is an outstanding space for functions, a unique daytime meeting space, and a beautiful cocktail/wine bar that perfectly contrasts the dynamic vibrancy offered at Little Creatures.

We have digital screens for presentations and whiteboards available for catered or non-catered business meetings and conferences.

To stay up to date on all our events here at the venue please follow us on Facebook or Instagram.

Little Creatures Brewery is located at 3 Boundary Road, Hobsonville Point.

For more information including signing up to our mailing list and to make a booking in our restaurant, please visit www.littlecreatures.co.nz.



Keep an eye on our Facebook page for a giveaway from Little Creatures.

Geoff Dobson MEDIA

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Community News

Vouchers for Hobsonville gatherings

It's not too late to benefit from Hobsonville Community Trust which is still offering \$100 local food vouchers for streets or blocks to get their community together until the end of June (minimum of 5 households; 20 households or more can receive 2 vouchers). It's a chance to connect again with our neighbours and break through the isolation that many have been experiencing. There is also an amazing free street kit available with outdoor games, gazebo, tables, speakers etc. to help. Contact gavin@hobsonville.org.nz for more info or contact the HCT Community Initiatives Team at community@hobsonville.org.nz who will provide you with the food voucher and some resources to help your street / block check that you are ready if there is an emergency in your community that will affect you, your family or your neighbours. Gatherings may be in Hobsonville Point, Scott Point, Hobsonville or Whenuapai. Local food could be from local supermarket, pizza, sushi, Farmers Market food or whatever is available within Hobsonville. A big thanks to the Upper Harbour Board, Team Byron, Harcourts Cooper & Co and Hobsonville Point Residents Society for their support.



Kip McGrath Education Centres: A reputation for excellence

Kip McGrath Education Centres have been improving and extending the learning outcomes of NZ school children for over 40 years and is now a global institution with over 40,000 students in 20 countries. New Zealand centres, however, tailor their lessons to the NZ Curriculum Framework to ensure consistency with school programmes.



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of the teachers that tutor at our centres, but also the quality, curriculum-based learning programmes we create to meet each child's specific needs.

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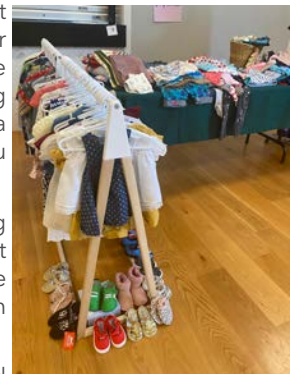
Your child will also love the friendly, kind, positive reinforcement of our carefully selected teachers whose goals are to see that every child gets results, loves learning and grows in confidence.

Testimonial: "We cannot thank you enough for all the time and effort you have put into our son. He is now a confident young man and knows he can put his mind to anything - and succeed! His latest school report is the best he's ever had." Mrs M.

Call today for a free assessment - 09 831 0272 or book online kipmcgrath.co.nz.

Gently Loved Markets - Just Kids!

Gently Loved Markets was born of Event Manager Donna Buchanan's passion for preloved, retro and vintage gems. She couldn't stand the thought of amazing items going to landfill, so created a monthly preloved market at the Kumeu Community Centre.



Now Gently Loved Markets is expanding to include its own preloved market Just Kids! On Sunday 3rd July at the Waimauku War Memorial Hall from 9am - 12pm.

With a range of stalls selling preloved baby to kids' clothes, toys, accessories, nursery items and more. Grab a coffee and a sweet treat from Little M Mobile Coffee, bring

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Community News

cash, your favourite fabric bag and come on a preloved treasure hunt with us.

Time to clear out the kids' gear they no longer need? Contact Donna at gentlylovedmarkets@gmail.com about a stall.

Gently Loved Markets Just Kids! Sunday 3rd July, 9am - 12pm, Waimauku War Memorial Hall, 24 Waimauku Station Rd, Waimauku. FB & IG @gentlylovedmarketsnz.

Scouts

Last month I attended a Scout conference in Wellington. This was the first time in several years that all the zone leaders around the country and National teams had been together since the before the pandemic. The newly appointed National Commissioner opened the conference by stating the time she had spent in Scouts had given her the confidence to stand up in front of the 80 attendees to give her speech, and reminded us about the personal development aspect of Scouting. Scouts Aotearoa a few years ago adapted the S.P.I.C.E.S method (Social development, Physical and mental development, Intellectual development,



Character development, Emotional development and Spiritual development)

The SCOUT Method enables us to use SPICES as an easy way to identify those areas of personal growth for young people as they progress through Scouts and the various scouting activities that will all have an element of SPICES within them i.e. working in a small team and dealing with various challenges, each of the participants may have different learnings from different SPICES such as Social and Character development. As an example, the organisation has a dedicated team that focuses on improving Diversity, Inclusion and Cultural aspects of Scouting for our youth and adult leaders.

Anyone, no matter their age can join Scouts at any stage, you don't need to join as a 5 year old, but can join at any age. The oldest member at the conference had 70 years of scouting service and still managed to dress up as Po Teletubby and laugh the whole way through the experience. He said Scouts keeps him young.

The programme planning team also gave us a sneak peek at the new award modules coming out soon that will cover Civil Defence and Wheels learning pathways.

Would you like to know more how Scouts can help your youth develop and grow, or interested in helping the organisation by being an adult volunteer.

Then please visit www.scouts.nz, or email me, Zl.waitoru@zone.scouts.nz Craig Paltridge Waitoru Zone Leader.

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In Brief Updates

St John Health Shuttles

The West Auckland St John Health Shuttles are a free service for all West Auckland residents. The two shuttles are driven by volunteers who are engaged by St John and have to be police-checked and go through various St John training programmes before being approved to drive. While the service is free, people are encouraged to make a small donation where possible.



We pick people up from their homes in the shuttles and take them to any number of different types of health-related appointments (eg: all the different Waitākere Hospital clinics for adults, children and babies, physios, blood testing, medical centres, opticians, scans and x-ray centres etc). Once the person has completed their appointment or treatment then we take them back home again. Our vans are equipped with wheelchair hoists so transporting people who have to use a wheelchair is no problem at all. The service runs Monday through Friday for appointments between 9.30am and 1.15pm. Return journeys are not available after 2.30pm. For bookings call 0800 925 2672, allowing at least 24 hours' notice.

Spice up your wardrobe with some new, stylish sweatshirts

You can find amazing and comfortable everyday jumpers at doodlewear. Featuring a variety of colours and art by remarkable New Zealand-based artists, we are sure that you will be able to find crews that matches your style.



doodlewear is a New Zealand based online clothing store that specialises in bringing curated New Zealand art straight from the gallery to your wardrobe. We work with amazing New Zealand artists to create amazing and unique art prints you can wear to look flawlessly stylish no matter where you go.

You can choose from more than 100 art print sweatshirts. Discover our adult, kids and youth collections today at doodlewear.co.nz

Support local - Hobsonville owned and based business, every purchase pays a New Zealand-based artist, printed with love in the Bay of Plenty. Let's be social: Instagram & Facebook: @doodlewear.nz.

Netsafe

In March, the Harmful Digital Communications (Unauthorised Posting of Intimate Visual Recording) Amendment Act 2022 came into force. It covers any harmful digital communications (like texts, emails or social media content) which can include racist, sexist and religiously intolerant comments - plus those about disabilities or sexual orientation. It is an offence for a person, without reasonable excuse, to post an intimate visual recording or image of another person without the consent of the person who is the subject of the post; or is reckless as to whether the victim has consented to the post. The law also states that a person under the age of 16 years cannot consent to the posting of an intimate visual recording of which they are the subject. Any person who commits an offence is liable to face imprisonment for a term of up to 2 years or a fine of \$50,000. For further information and to see the 10 communication principles of what the law covers, go to netsafe.org.nz and search for HDCA.



Mobit

In this modern information age, everyone has a phone in their pocket many times more powerful than the average computer was just a few decades ago. It is a wonder there is still a market for expensive IT support. Surely now, everyone must have someone they know, or know themselves, who can solve their technical woes? Probably. Unfortunately, the grandson is too busy with school, and the eldest daughter is always occupied with work. There's just no time for mum and dad.



Despite computers being more accessible than ever, many hidden complexities remain, and security and privacy concerns continue to mount. It seems navigating the world of internet-connected devices is more confusing than ever.

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In Brief Updates

Dave founded Mobit with the goal of being the household name in affordable and yet still professional computer support. Why shouldn't help be available to everybody, at prices reasonable enough that it no longer makes sense to hold out for those savvy friends and family to finally have the time? Wait no longer. Help is available now.

Mobit comes to you anywhere in Auckland - whether you're at home, or at work - for a small call-out fee and one reasonable hourly rate. For readers of The Westerly, your first visit or remote support session will be 50% off for the first hour, and your first non-urgent visit will be call-out fee free. We do PCs, Macs, Phones, TVs, and more.

For more information and our pricing you can visit our website at mobit.nz, email us via help@mobit.nz, or call us on 09 952 4568. We look forward to hearing from you.

Parent Aid North West celebrate their 20th birthday

Parent Aid North West are proud to be celebrating their 20th year in operation.

Our organisation was initially started in 2002 by a group of local women based in the Helensville area that recognised the need for support for parents with babies and children under 5 years of age.



As you can imagine, the scope of Parent Aid North West service has broadened and evolved over this time, but essentially we are still delivering a similar service. We estimate we have helped more than 2000 families over the past 20 years.

To celebrate this milestone birthday, Parent Aid North West are launching our \$20 for 20 years campaign and asking people to donate \$20 through their Givealittle Page. While the amount is reflective of \$1 for each year in service, we are also mindful that over the past 2 years both individuals and businesses have seen reduced incomes and increased financial costs.

Parent Aid North West provides free practical home help to whanau with babies and children under 5 years old within the North West Rodney region. Our focus is addressing the needs of parents that are experiencing postnatal depression, anxiety and stress, sleep deprivation, accident, illness, rural isolation or general hardship.

We assist with household duties, meal preparation, child care, food parcel delivery and can help with transport so that parents can attend medical and well-being appointments.



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Parent Aid North West is a Not for Profit charitable organisation that operates by way of grants, funding and donations. Currently, we do not receive any direct government funding.

We have eight paid part-time employees who are all mothers themselves and hail from various backgrounds involved around childcare.

All our Home Support Workers understand that each client's needs will be different and are incredibly passionate about helping families in our community.

When you are able to assist parents at times of need, ultimately it is to the children's benefit. It is so important for us as an organisation to be equally just as proactive as we are reactive.

We hope by having 500 people donate just \$20 each we will raise \$10,000 which will go towards our team being available to assist more families in our community over the next year and for many years to come.

Massey Birdwood Settlers Association

Covid certainly seems to linger and has meant that some of the activities that take place in the hall have not started up or are just getting underway.

Kung Fu started back just after the school holidays as has St John Massey Youth.

Our Kung Fu classes are on a Thursday starting at 7 pm and the tutor is See Wong. These classes have been popular and See welcomes past and present members. You can phone See on 021 383 3021.

The St John Massey Youth headed back to the hall on Wednesday 11th May. These classes are popular as well, especially for young people who are keen to help their community through service and learning practical skills and possibly helping save a life.





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In Brief Updates

The West Auckland Bujinkan Ninjutsu classes operate on a Tuesday and are another form of martial art class. Donna Altena is the Tutor for this class and you can follow some of her blogs on our Facebook page. May we quote;

Started off with rolls

Then it was getting used to moving while striking with the hanbo. The old hand foot and eye combination, never fails to trip someone up.

Did some simple scenarios, Attempted grab, evasion and drop back into seigan, Using the hanbo to do a wrist control (ura gyaku) from a grab, Blocking 2 punches to the inside wrist.

Watching someone who has never handled a hanbo before took me back to when I first picked one up and almost instantly fell in love with how they work, even though it was a very long time before I got any proficiency with one. (Still a work in progress and I'm really happy with that.).

If you want to get involved in an activity during the week, come along and join in one up at your local hall.

If you would like to run a group yourself at the hall, Monday evening is free from 6.30 pm till 9 pm. Give John Riddell a ring on 027 477 9750 or email masseybirdwood@gmail.com if your keen on hiring space on Monday nights.

A simple way to listen to music

Music can trigger memories that take us back to a particular moment in time. Music is especially valuable and enjoyable for older people and those living with dementia or Alzheimer's. But mainstream music players can be overly complicated to use and set up, so at Mindjig we offer two excellent products, specially designed for seniors and those with dementia. Simple to use, they allow your loved one control of the music they listen to, in good looking designs.



The first product is an easy to use radio, where the tuning controls are hidden behind a panel, so that the user won't accidentally change the radio stations saved. The volume control is sculpted and easy to grip. The radio has a beautiful retro-style look.

The second is called The Simple Music Player, and as with the radio is beautifully designed. Mp3 format music is loaded onto the player by family or carer, and the player's volume set in hidden controls. Then all the user has to do is lift the lid/flap to start the music, and lower it to stop the music playing. There is a one large button to skip to the next track.

If you have a loved one who would like a simple way to listen to their music, take a look at these products on our website.

Visit www.mindjig.co.nz or Email Julie or Jonathan at info@mindjig.co.nz, Phone 09 600 3251, Phone or Text 022 480 3022.

House of Travel Hobsonville

I just wanted to start this month's article with a huge thank you for all the support my travel agency has received since the borders reopened. It's been clear to us that Hobsonville and the North-West love booking with a locally owned and operated New Zealand travel agency especially as many other



foreign owned agencies have since packed up and left. We showed why supporting local is important as we reciprocated by staying open and contactable right through the pandemic and now Monday - Friday 9-5 instore.

The North-West sure is full of travellers planning amazing journeys. We have been fortunate to book some fantastic and inspiring trips. So far these have included some super excited young couples on their first big European adventure, a multi-generational holiday to the South Pacific, and local school cultural trips to the USA. We have arranged expedition small ship cruises to Antarctica, Alaska, Galapagos and the Amazon and multiple ocean cruises to all corners of the globe. We were also excited to set up exotic, tailor-made Asian itineraries, European tours and river cruises. We enjoyed organising family holidays to many sunny and sandy destinations. The list goes on and on. Wow, what a dynamic and exciting place we live and work in!

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

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

With the security of a physical store, experienced consultants, 100% Kiwi business owner operated, TAANZ bonded and local, who better to be your travel agent wingman?

Your ideas + our knowledge = better holidays.

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

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In Brief Updates

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

Help students build resilience and self-belief

Does your teen need help to unleash their full potential in all areas of their life, from academic achievement to creative acknowledgement to sporting success?



In our hearts, we all dream of living life to the full; being strong, confident, and happy. Sometimes it's hard to imagine what life could be like without the limiting beliefs that hold us back, as they make us feel increasingly anxious, exhausted, and frustrated with ourselves and our life.

Rapid Transformational Coaching helps turn this around and allows teens to experience extraordinary results fast, so they can live life to their full potential each and every day. View my website for full details www.terrinenmancoaching.com. Coaching is available for students 12-18years with parent/guardian consent. Book a free Discovery call with Terri <https://calendly.com/terrinenmancoaching> to discuss your teen's needs and to see if RTT Coaching is a good fit for them.

Waitakere Greypower Association

Just a reminder that Waitakere Greypower look forward to welcoming our members and friends to our Annual General Meeting to be held on Wednesday 15th June 2022 at 1.00 pm for 1.30 pm at the Te Atatu South Community Centre, 247 Edmonton Rd, Te Atatu South. Our Guest Speaker will be Hon.Carmel Sepulomi, Minister of Social Development. You are welcome to stay for light refreshments at the conclusion of the meeting. We are keen to have new people put their names forward to join our Committee at this AGM. It is important for our future that current members try and get a friend to join as a new member as we are always looking for new members. Remember Greypower is the largest advocacy organisation in the country for Seniors over 50 years old. There is strength in numbers. We advocate to local boards, Auckland Council and to all political parties. Remember to come to our Annual General Meeting

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on Wednesday 15th June 2022 at 1.00 pm for 1.30 pm. Mate Marinovich, President.

West Harbour Christian Kindergarten

From West Harbour Christian Kindergarten, I'm reaching out to say hello and to tell you a little about us. We are a small, well resourced, Centre that is situated in the Alliance Church, West Harbour. Many people pass us by and don't see what we are really about, so in saying that I thought I would enlighten you.



We have a wonderful team of dedicated, fully qualified teachers who believe in providing the best experiences and learning opportunities for our young tamariki. With a roll that goes no higher than 37 at one sitting we are able to follow the children's interests and to provide interactive activities that best suit and encourage their continued growth and development. As no two children are alike, we don't teach to a fixed programme, we plan and teach in support of each child's individual leaning requirement. We are continually scaffolding their learning, so that they can reach their full potential. We use their interests to do this and design our teaching programs around this.

We believe also in celebration and just recently celebrated our Mothers by putting on a breakfast, this was a huge success. Next up we are going to support the stop bullying campaign, celebrate Queens birthday and prepare for Matariki - the Maori New Year. Please feel free to call us on 09 416 8091 if you would like to know



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www.terrinenmancoaching.com



Sessions Online, or In-Person at Hobsonville Point

In Brief Updates

more.

New Principal at Massey High School

With the departure of Mr Denham to take on a role of Headmaster at Wellington College, Massey High School's Board of Trustees has much pleasure to announce that it, with the assistance of our whanau group representatives, has appointed Mr Alastair Fairley as our new Principal. We are excited to have someone of such experience and talent to lead the school. Mr Fairley has been at Massey High for 16 years. He has a proven understanding of our students and wider community's talents and needs and has a strong desire to see everyone reach their potential through education.



Below is a bio of Mr Fairley - Alastair entered the teaching profession in 2006. Prior to that he worked for 10 years in the specialised field of Insolvency Accounting both here and in the United Kingdom.

Born and bred in the West, he attended Rutherford High School (now Rutherford College) before attending the University of Auckland where he graduated with a Bachelor of Commerce (Accounting, Finance) and a Post Graduate Diploma in Commerce (Commercial and Insolvency Law). He looks back on that chapter in his career as setting the stage for answering the call to teach.

"Whilst personally rewarding, the continued exposure to the impact that barriers to education can have on life choices for young New Zealanders made me acutely aware of the need to embark on a very

different pathway"

The catalyst for change was the liquidation of a long established business that saw him putting a large number of young men and women out of work - men and women who had limited choices in terms of alternative employment as the result of limited engagement with education, many of who were raising families that would likely grow up in similar circumstances.

Teaching was a way to be part of a profession that provides opportunities and choices for young people. A Post Graduate Diploma in Teaching (Secondary) through Massey University (which included a placement at Massey High School), led him to joining the staff of Massey High School in 2006 - initially as a teacher of Accounting and Economics. He subsequently became the Year 13 Level Co-Ordinator and began his long association with Student Leadership, a role which he still enjoys today. He joined the Senior Leadership Team in 2015, working closely with the school's Pastoral Care team, restructuring systems to enhance the already strong support mechanisms in place at Massey High School. His portfolios also included responsibilities for property, finance, and initiatives to strengthen Massey High School's bonds with the community as well as being involved with teaching and learning.

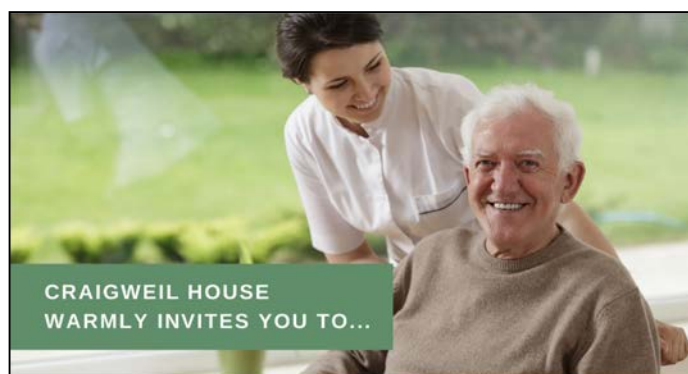
He is a strong proponent of the mantra that every student counts and champions Massey High School as an environment that, through the work of its teachers, supports the diverse mix of backgrounds, cultures, and talents of the students he has the privilege of working with.

SeniorNet West Auckland

SeniorNet is all about Seniors helping Seniors to manage their Tablets, Smart Phones and Laptops. We are here to help with any queries and can cover both Apple and Android.

Our Tutors are all Seniors too so we work at a slower pace that makes it easier for you to follow. So please if you or any Senior members of your family could benefit from a little help, perhaps with internet banking, emails, etc we would love to see you. Our office is upstairs in the Henderson RSA, Railside Avenue, Henderson. We have a Help Day on the 2nd and 4th Tuesdays of the month from 10am to 11 am in June they on the 14th and 28th and we ask for \$5.00 payment if we are able to help.

We also have an open meeting on the 3rd Tuesday starting at 10 am, when we have a guest speaker and morning tea. Our June meeting is on the 21st. Everyone is welcome you do not have to belong to SeniorNet to attend. If you wish to contact us our phone number is 09 837 7600, please leave a message and we will get back to you. Membership Forms and up to date information can be found on our web page www.SeniorNet-west-auckland.org.nz.



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Safer Communities

Winter brings a unique set of fire dangers that you need to be aware of. Follow these fire safety tips to help keep yourself and your family safe, no matter the season.

Heaters and clothes dryers

- Remember the 'heater metre' rule: keep flammable materials at least one metre away from any heat sources. And it's one heater or larger appliance per plug - no more.
- Never cover heating appliances or store objects on top of them.
- Don't overload clothes dryers and clean the lint filter after each load cycle.

Fireplaces and chimneys

- Clean chimneys and flues before you light the first fire of the season.
- Always use a fireguard or spark-guard when using an open fire.
- Never throw rubbish into the fireplace - particularly batteries and aerosol cans.
- Always empty ashes and ashtrays into a metal bin and pour water over them before disposal. Remember that ashes can take up to 5 days to cool.

- Keep matches, lighters and anything else that can create fire out of reach of children.

Electric blankets

- Replace your electric blanket every 5 years with newer heat-protected models, which are safer.
- Worn and old electric blankets can cause an electric shock, fire and possibly even death.
- At the first sign of wear have your electric blanket checked by a qualified electrician.
- Don't place heavy objects on the bed while the blanket is on.
- Make sure the blanket is always flat on the bed and that controls or cords are not twisted or caught between the mattress and the base of the bed. Twisted cords are a common cause of electric blanket fires.
- Roll your blanket when you store it for the summer, don't fold it.
- Check your electric blanket is in good working order before you use it and turn it off before you go to sleep.

Fire moves fast, keep your smoke alarms in working order by pressing the button to check, this is also a good opportunity to



familiarise your children with the sound. Make sure your family has a house hold escape plan and designated outside meeting place in the event of a fire. It is important to practice your plan with your family at night in order to memorise escape routes in the dark.



Tom Kearney

Senior Fire Fighter
Waitakere Fire Brigade
Phone 09 810 9251

Advice for Rock Fishers Be smart around rocks

Drowning
Prevention
Auckland 

Check conditions

This includes swell, weather, and tide forecasts as well as advice on safety signs.

Wear a lifejacket and correct clothing

Light clothing, sturdy footwear such as sneakers and a correctly fitted lifejacket are essential.

Beware of waves and swells

Always face the sea, never turn your back. Have a clear escape path to safe ground and don't get caught by an incoming tide or large swell.

For 17 years, Drowning Prevention Auckland has provided a rock fishing advisor initiative with Auckland Council and Surf Life Saving Northern Region which seeks to reduce rock-based fishing fatalities and promote a safe culture among this high-risk group. The implementation of safety advisors who educate fishers through face-to-face contact has largely succeeded in reducing fisher drownings in West Coast beaches. To find out more about the West Coast Rock-based Fisher Safety Project and review the 2021 Rock Fishing report, visit <https://www.dpanz.org.nz/research/rock-fishing/>

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Property

Property market report

This is a buyers' market with banks still grid-locking buyer sentiment and causing despair in the housing market for Owners and Developers alike.

If you need a sign, here is a very accurate picture. In the Rodney and Waitakere areas there were 18 properties taken to auction by Barfoots last week and 2 sold representing an underwhelming 11% result.

The latest REINZ statistics showcasing the Auckland Region price index declined by 5.4% between January and April with the declines within the region ranging from 1.5% in South Auckland to 6.9% in the central suburbs.

In a recent Tony Alexander - First Mortgage Trust Survey it highlighted open home traffic was down between 70% and 80% and price expectation down by over 50% of those buyers in the market.

With all that said, we have some things to be positive about. The CCCFA (that ugly legislation that Grant Robinson rushed through Parliament) is in for review and due to be released in June 2022 with signals that it will be partially repealed to exclude the mortgage market.

There is also widespread discussion that New Zealand is still under-supplied with houses. And although there is an affordability crisis we need homes to satisfy our present population.

A report by Westpac Senior Economist Satish Ranchhod says New Zealand's population increased by about 11% between 2015 and 2020, but over the same period housing stock increased by just 7%.



the rentshop

Mike James

Managing Director

📞 021 413 660

✉️ mike.james@therentshop.co.nz

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"That left us with around 75,000 too few homes," Ranchhod says. While the shortage of homes was felt most intensely in Auckland, it became increasingly widespread throughout the rest of the country as well, with the average number of people per dwelling rising strongly in all regions over the last decade. But a lot has changed over the last couple of years due to the Covid-19 pandemic. Border closures mean net migration gains, which had averaged around 60,000 people a year, turned into a net loss of 7600 in the year to February, while the number of new homes being built increased to record levels. The report estimates the housing shortfall has been reduced by around 30,000 homes over that period, from 75,000 pre-pandemic to about 45,000 today.

Let's look at the sales from last month:

Hobsonville	\$812,000 to \$2,200,000
Massey	\$800,000 to \$2,617,000
Waitakere	\$1,485,000 to \$3,375,000
West Harbour	\$1,115,000 to \$2,000,000
Westgate	\$1,200,000 to \$1,270,000
Whenuapai	\$1,125,000 to \$3,300,000

Give me a call today on 0800 900 700 for more information. After 17 years of making people my priority in real estate, you will benefit from unparalleled experience, care and commitment. It costs no more to use a more experienced customer focused agent that puts you, front and centre. Graham McIntyre phone 027 632 0421 email graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

Should you sell your rental property?

With the government's changes to the tax system for property investors, many landlords are wondering if this is the right time to cash up and sell.

Compelling reasons to sell include the Healthy Homes Standards, phasing out of interest payment deductibility, and the likelihood of weak capital gains for the next few years due to flat/low price growth.

On the other hand, property is traditionally seen as a good hedge against inflation. Plus consider where you would put the money gained from selling your rental: where would you get a return that outperforms inflation?

The biggest factor in making the decision to sell your rental property should be your long-term financial goals. Does your rental fit into these? Is it moving you in the right direction? If so, you should keep it. And if not, it could be time to rethink your investments.

Graham McIntyre

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327 Main Road, Kumeu, Auckland
2 Clark Road, Hobsonville, Auckland

Property

We can help you with analysing your rental property's affordability, the potential returns on alternatives, and your long-term financial goals. Contact the friendly UHY Haines Norton Kumeu team at 329a Main Road, Kumeu on 09 412 9853 or email kumeu@uhyhn.co.nz.

Factors affecting rent levels

As a landlord, you want to get the highest rent possible for your investment property. However, it is important to price your property to meet the market to avoid extended vacant periods which will impact on your return.

Do your research and consider the following to get top dollar for your property:

Time of Year - Some local markets are affected by seasonal changes in the work force more than others. Do your research to identify times of the year with maximum demand when premium rent levels can be commanded.

Location - Research historic rent levels for your location. What is the perception of this area, suburb within the local region? Find out more about the current demographic and properties in the area.

Size/Age/Condition - The majority of demand for rental properties in most regions is for 2-4 bedroom homes suitable for families. Properties with too few, or too many bedrooms will have lower demand.

Tenants are attracted to well-maintained, well-kept properties that are warm and dry. Consider redecoration or modernising to maximise the rent level.

Marketing - Use a professional property manager to ensure that your property is marketed where tenants are looking. They will have access to the best websites and have experience in targeting the listing to right audience. In addition, they will likely have their own database of tenants actively looking for properties like yours.

Presentation - Check out your competition - what can you do to make your property stand out from other listings available in the area? Does your property present well and hold appeal for a wide range of potential tenants? Consider de-cluttering, professional cleaning, internal painting in neutral colours and garden maintenance to appeal to the widest audience.

Professional v Private landlord - Tenants often feel more comfortable working with a property management company as it gives them a degree of separation from the owner, confidence that they will be treated in accordance with industry best practice and that the rent will be set at a fair level.



Furnished v Unfurnished - From our experience, unfurnished fixed term lettings attract a greater level of enquiry and demand therefore secure a higher rent. Most tenants have their own belongings to move in to their rental.

School zones - Being located in a desirable school zone will appeal to families and may present an opportunity to command a premium rent.

Tenancy Term - We find that most families are looking for stability and security for their family and in most instances prefer a fixed term tenancy. Having to move frequently can be both costly and stressful.

Local amenities - What is close by? Shops, community centre, sports fields, playgrounds, restaurants, cafes, takeaways, bank, post office, etc. Tenants are interested in what the area offers, not just the property itself.

Section size and safety - Properties that have a safe, fenced, easy care section appeal to families with children and pet owners. Something with reasonable size for play and entertainment and also offering privacy is ideal.

Local Market/Economic Conditions - What things are impacting the local rental market/economy? Whilst these cannot be controlled, it is important to price in line with current market conditions.

Supply & Demand - The rental sector is very much driven by market forces of supply and demand. Look at comparable in your area, price bracket etc. and price competitively to reduce the risk of prolonged vacancy and increase the likelihood of attracting multiple applications.

Test the market - Set the rent level and market accordingly but be prepared to adjust downwards if demand doesn't materialise within the first 1-2 weeks. Failure to do will run the risk of increased vacancy which will impact your rent return.

To discuss your property's rental attractiveness in more detail, or to request an up to date market rental appraisal, please contact managing director Mike James 021 413 660 or email mike.james@therentshop.co.nz.

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Property

they wanted others to experience a fast and efficient service with access to competitive finance as and when they required, and all totally online. We have all experienced the frustration and slowness of the typical lending/banking channels and it occurred to us (over a couple of wines!) that others were likely in the same boat, so we decided in conjunction with our fintech partner to develop a new portal right here in the West.

We currently specialise in car, marine, personal and debt consolidation financing with a team of finance application specialists with access to over a dozen forward thinking lenders. We work with you and the lending institutes to help structure your loan to suit your personal needs with highly competitive finance rates based on your credit criteria and ability to service the loan.

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Start your application today at www.grfinance.co.nz and see how quickly we can turn your application into the things you really want today. For a confidential discussion, please feel free to reach out to info@grfinance.co.nz or contact Gary directly on 021 669 430.

Protect your children's inheritance after your death

Split families are becoming more common in current times. You may have children from a previous relationship who have now become part of your family unit with your current partner or spouse. It is common in such a scenario to leave your estate to your partner or spouse on the assumption that they will then leave your assets to your children when your partner or spouse passes away after you. In these circumstances it is important to contract with your current partner or spouse not to change their will after your death excluding your children. This can be done using a section 21 agreement under

the Property (Relationships) Act 1976. To do so you will need to consult your lawyer to prepare the appropriate agreement and for each of you to obtain independent legal advice before signing. For more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

Mortgages and Home purchases, should you try and 'time' the Market.

I've been having a lot of discussions recently with clients about timing.

Should I wait for the regulation changes to come in before I try and borrow? Should I buy now or wait for the market to dip more? Should I wait for the next OCR announcement before making any decisions?



The answer to all these questions is almost always 'well it depends...' If you're an investor these things can be very important - and I'm happy to give you my 2cents worth.

If you're looking at buying your own home, your own personal circumstances matter more than timing. Timing the market is hard, and you'll never know if you got it right until long after your decision. And, waiting on changes from the Government can take much longer than you expect...

When you're buying your own home, it's a big decision, its impacts on your life go way beyond the financial. If you're planning to live in your home for a long time, odds are whatever is happening in the market right now won't matter by the time you're ready for you next move.

So, if you're looking at borrowing for you home - I always think now is the best time to look at what's possible in the current market - so you can make the right choices around what matters to you. To be prepared for when that dream home appears in your property search.

If you're keen to see what your lending options might be - or get my 2cents on the market, let's talk.

Scott Wombwell, Managing Director & Financial Advisor, Better Borrowing 020 4009 8944 | www.betterborrowing.co.nz.

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Property

Unit Titles

By Tina White, ClearStone Legal

There are different types of Titles in New Zealand and one of these is Strata or Unit Title. These types of titles are for apartments or town houses. You own the apartment or unit and any ancillary building like a garage or shed and share the common areas such as driveways and lifts.

When you buy property with a Unit Title you become a member of the Body Corporate. The Body Corporate's responsibilities include maintaining common property, arranging insurance and collecting membership fees known as Body Corporate levies.

Typically, the Body Corporate levies cover insurance, cleaning, gardening and might also include maintenance.

Members are invited to attend regular meetings to talk about issues, maintenance and vote on decisions. Members must also follow the Body Corporate rules which may include damage to common property, rubbish, noise, parking, interference of other unit owners' enjoyment of their property or restrictions on owning a pet.

Each Body Corporate is required to have a Long Term Maintenance Plan for maintenance required over the next ten years and forecast. For example, budgeting for when the carparking might need to be resurfaced and then funding to cover all of the maintenance is set aside over ten years to avoid a big lump sum to be paid by the owners on that one expensive year.

It is important to review the Title and any related documents before buying a Unit Title Property.

ClearStone Legal can assist you with any questions you have about buying or selling property. Telephone 09 973 5102.



you from a range of available options. A bespoke home is more akin to having a jacket tailor-made to perfectly fit your shape in a style and fabric of your own choosing.

Spec plans are the easiest and most straightforward option. These can work well for investors who are not too worried about the specifics of design and may prefer generic designs and colour schemes that suit most people. Spec plans can also suit people with tight time frames and those without any specific preferences.

For those who do have specific needs and preferences, spec plans can be too restrictive due to the finite number of plans available and limited flexibility for altering any aspects of the build. Often you can't just add an extra bedroom, for example, because the plans are not designed to allow for this or the site doesn't have enough room. It can even be difficult to request variations to fixtures such as taps or tiles. This means with spec plans you may have to compromise and alter your new lifestyle to work in with the house rather than the house being made to work for you. Also, if you have any difficulties on your site a spec plan may not be able to adapt and provide work-around solutions for you.

Building a bespoke home is a more complex process but gives you the freedom to create a house that maximises the potential of your site, ticks off all your 'must haves' and gives you decent chunk of your wish list too.

Designing a home from scratch gives you the chance to discuss your ideas with the architect and the freedom to explore an extensive range of styles, features and products. You're involved with every decision, some you may never have thought about, creating a home that meets all your needs and reflects your personality, taste and lifestyle.

It is a longer journey with more uncertainties, but it's also a magical one. With a trustworthy builder such as Maddren to guide you, it can be one of life's great experiences.

Get in touch now with Maddren to discuss all you need to know about building a bespoke home.

Spec or bespoke?

When it comes to choosing between spec (speculative) and bespoke for your building project there is no right or wrong answer: both have their pros and cons.

Spec plan homes are like buying a jacket at the shops - you pick one you like that suits



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Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HERALD ISLAND	1,900,000	809M2	160M2	2,300,000		1,300,000	670M2	180m2	1,180,000
HOBSONVILLE	990,000	131M2	111M2	1,052,000		900,000	143M2	125M2	1,140,000
	1,125,000	77M2	172M2	1,128,000		1,725,000	809M2	210M2	1,400,000
	965,000	149M2	91M2	1,100,000		1,050,000	607M2	150M2	949,000
	1,030,000	143M2	138M2	1,120,000		1,450,000	809M2	123M2	1,300,000
	1,315,000	308M2	163M2	1,390,000		1,900,000	1544M2	340M2	2,617,391
	1,475,000	310M2	226M2	1,718,000		720,000	87M2	67M2	835,000
	845,000	0M2	99M2	935,000		1,200,000	700M2	94M2	997,500
	790,000	0M2	81M2	820,000		880,000	565M2	100M2	1,005,000
	1,875,000	596M2	244M2	2,220,000		860,000	0M2	100M2	909,000
	895,000	149M2	94M2	928,500		1,000,000	388M2	183M2	970,150
	835,000	0M2	73M2	812,500		980,000	523M2	144M2	1,030,000
	830,000	113M2	92M2	910,000	WAITAKERE	2,475,000	9HA	265M2	3,375,000
	880,000	211M2	99M2	990,000	WEST HARBOUR	1,400,000	778M2	81M2	1,650,000
	1,000,000	171M2	89m2	1,070,000		1,250,000	262M2	205M2	1,390,000
	1,500,000	297M2	230M2	1,760,000		1,275,000	662M2	140M2	1,140,000
	1,230,000	158M2	160M2	1,415,000		1,470,000	693M2	187m2	1,600,000
	1,340,000	200M2	176M2	1,515,000		1,325,000	259M2	188m2	1,225,000
MASSEY	1,050,000	766M2	100M2	1,150,000		1,420,000	619M2	245M2	1,620,000
	1,300,000	812M2	100M2	2,500,000		1,750,000	848M2	280M2	1,950,000
	780,000	0M2	82M2	850,000		1,010,000	0M2	140M2	1,115,000
	925,000	211M2	93M2	870,000		1,050,000	563M2	102M2	1,130,000
	1,150,000	609M2	94M2	1,100,000		2,075,000	662M2	320M2	2,000,000
	1,075,000	922m2	104m2	1,345,000	WESTGATE	1,150,000	450M2	150M2	1,270,000
	950,000	427M2	147M2	800,000		1,105,000	188M2	160M2	1,200,000
	1,200,000	625M2	250M2	1,296,000	WHENUAPAI	1,145,000	959M2	72M2	1,125,000
	1,225,000	464M2	177M2	1,080,000		3,435,000	4054M2	380M2	3,200,000
	1,250,000	605M2	209M2	1,395,000		3,180,000	3824M2	210M2	3,300,000
	975,000	1075M2	100M2	1,050,000					

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.

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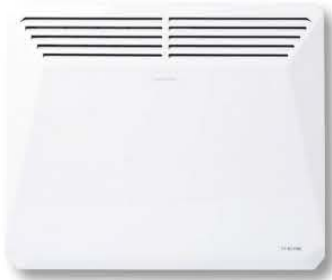
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Graham McIntyre
027 632 0421

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EXTENDED FAMILY OR BLENDED FAMILY - ROYAL HEIGHTS

5 2 2

By Negotiation

3 Bangla Place, Massey
By Negotiation

If your expecting to house all of the family plus some, you'll need a big home with multiple living and outdoor spaces, you'll also need some clever parking options and a fully fenced yard for the cutties and the critters. Well you've found just that. A near new, multi-level home that delivers more than you thought possible in its price category. Tucked away, off-street parking for four cars (tandem) and double garage, moving up to an expansive lounge-dining-kitchen with direct access to sunny and expansive entertainment decking and fully fenced yard, peppered with mature trees for shade and ambience. Two bedrooms and bathroom and guest w/c on this level and up-stairs three more generous bedrooms, separate lounge and bathroom. Delivering the perfect environment for a mixed, blended or growing family.

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AS NEW - WITH DEVELOPMENT OPTIONS - MIXED URBAN



By Negotiation

29 Hewlett Road, Massey
By Negotiation

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

www.mikepero.com/RX3074419



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LOVED FOR 50 YEARS - KIWIANA IN MASSEY



By Negotiation

60 Glenbervie Crescent, Massey
By Negotiation

Seldom found, a genuine, and much loved lockwood offering true craftsmanship and an honest slice of Kiwiana in the heart of Massey. This home has been entwined within its family for most of its life, and is testimony to the care and pride that has been bestowed on its life. A home that enjoys the sunshine from dawn to dusk, and elevated easy living with extensive storage and carpark below. Traditional Lockwood layout, laundry, w/c and bathroom and access to three generous rooms off the central hall. Lounge and dining room integrate to decking to the north and the west. The home is elevated on 607square meters (approx) of fenced lawn with a peppering of fruit trees and an aspect of Kemp Park right next door, which certainly extends the opportunity to exercise and play.

www.mikepero.com/RX3273585



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027 632 0421

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LIFESTYLE LIVING AT ITS BEST - NEIGHBOUR-LESS 4 2 2

By Negotiation

80 Puke Road, Kumeu
By Negotiation

An exceptional blend of easy care lifestyle living mixed with mature fruit trees and the privacy extended with native regeneration bush delivering peace, tranquillity, Tui's and Kereru. Gentle sloping and terraced to support sunshine and wind-less outdoor living, this pocket of paradise is very special indeed. A four bedroom, two lounge home with extensive open plan living leading to North West decking to pull the beautiful environment in. Garaging, workshop and office within additional buildings on site with extensive off-street parking. If you are looking for something very special, and priced at a lifestyle living entry point this is a must see.



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www.mikepero.com/RX3262621



DOUBLE GARAGE, VACANT, VALUE IN WEST HARBOUR 3 1 1

By Negotiation

100 Moire Road, West Harbour
By Negotiation

Double garage internal access, seldom found in the area, palisade weatherboard and tile roof. This is a robust and sensible home that you can enjoy or add value to. If you've been searching for a smart and simple three bedroom home in West Harbour this property should top your list. A genuine standalone home on 354 square meters of land (approx) with established gardens and secure fencing. The landscaping is contrasting and modern which integrates with the home through north facing decking and slider. An open plan lounge, dining and kitchen with central hall to three good sized bedrooms and bathroom. Close to West Harbour Primary School, Parks and Bus stop across the road, while North West Mall and Westgate shopping is a very short drive.



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www.mikepero.com/RX3136972



WATERFRONT, 3 HOUSES ON 2908SQM (APPROX) 4 2 1

By Negotiation

131 Colwill Road, Massey
By Negotiation

On offer is three house on one site spanning over ½ an acre and an idyllic waterfront and bush accented paradise. If you wanted to bring the entire extended family this is the offering that will house you all. 131A is an attached three bedroom one bathroom home with double garage over two levels offering high stud and sunny aspect. 131B is an attached three bedroom one bathroom home with single garage over two levels, also delivering a great aspect. 131 is a character four bedroom home with two bathrooms and two lounges and balconies that ensure the alfresco living is never compromised. A very unique offering for the big family that wants a collective haven but individual sanctuaries. A short walk to the water, convenience shopping primary school, parks and transport links.



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www.mikepero.com/RX3136994



BIG ON VALUE - SMALL ON PRICE 3 1 1

By Negotiation

369A Hobsonville Road, Hobsonville
By Negotiation

A home that makes the most of its 392sqm section (more or less) with generous parking, single garage and wrap-around lawn peppered with shrubs and hedging. Bigger than it looks, this three room home delivers more than many others with open plan kitchen, dining and lounge and direct access into the roof loft for storage. Located in the heart of Hobsonville, a short walk for groceries and convenience shopping, with access to schools, parks and the inner harbour close by. Fee simple freehold title and an honest pedigree, take a look today.



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Central's Tips

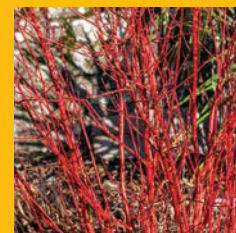
June 2022



Use strawberry runners for new plants this season, grow hardy rocket for winter salads, protect citrus and other trees from frost. Cover the worm farm over winter.



Plant some fiery winter reds, get spring flowering bulbs in now and check out flowering camellia varieties. Rake the leaves up and check out NZ's smallest kowhai.



The fruit and vegetable garden

- **Lift strawberry runners and trim away from the parent plant** – these can be planted in fresh Garden Mix to produce delicious strawberries in the summer season. Spread sheep pellets around the new plants.
- **Rocket and parsley easy food staples to grow now** – they don't mind cooler temperatures, and both add flavour and nutrition to winter cooking.
- **Stake or build supports around broad bean crops** as they grow, because single plants can reach 1.5 – 1.7m high.
- **Frost coming to the garden?** Make shelters for young citrus, tamarillo plants and passionfruit vines. Frost cloth from the local garden centre is also a cheap and easy option, as is newspaper if you're caught short one evening.
- **Lift and trim the roots of mint plants, replanting with compost.** Mint roots tend to take over garden beds and limit the growth of other plants and herbs. Mint can be planted in an open-ended pot buried in the soil, away from other desirables.
- **Cover worm farms for the winter as worms are sensitive to cold.** Old carpet, blankets etc can add that extra layer of warmth.
- Time to **clean out summer crops in the glasshouse** and replace the soil.

The rest of the Garden

- **Camellias are a wonderful winter shrub**, producing flowers with shades from white and soft pink though to deep rose and red. Sasanqua varieties make excellent hedges are the type that flower now, earlier than other varieties.
- **Frost cover for exposed plants:** renga renga lilies, coastal astelias, citrus trees and subtropicals.
- **Small but rewarding: the dwarf Kowhai 'Dragon's Gold' flowers now.** It's easily clipped as a shrub, hedge or topiary and it adds colour in winter. Similarly, the pacific *Metrosideros* 'Tahiti' is a shrub to 1.5m and its red flowers are spectacular.
- **Showy winter red shades** include red stemmed dogwoods and the coral bark maple. Early flowering *Magnolia* 'Vulcan' is a stunner and *Camellia* 'Takanini' has a long flowering period. At ground level plum coloured hellebore flowers and *Azalea* 'Ward's Ruby' are stunning.
- **In Auckland it's not too late to plant any winter bulbs** such as tulips, daffodils, and hyacinths. Our warm climate means the soil is only just beginning to cool down now. If growing them in pots, plant in Garden Mix.
- **Rake fallen leaves off the lawn.** Leaving them kills off grass creating muddy areas.

Project for June

Deal to the mud!

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Hot Property



Extended family or blended family – Royal Heights

If you're expecting to house all of the family plus some, you'll need a big home with multiple living and outdoor spaces, you'll also need some clever parking options and a fully fenced yard for the cutties and the critters. Well you've found just that.

A near new, multi-level home that delivers more than you thought possible in its price category.

Tucked away, off-street parking for four cars (tandem) and double garage, moving up to an expansive lounge-dining-kitchen with direct access to sunny and expansive entertainment decking and fully fenced yard, peppered with mature trees for shade and ambience.

Two bedrooms and bathroom and guest w/c on this level and up-stairs three more generous bedrooms, separate lounge and bathroom.

It delivers the perfect environment for mixed, blended or growing family without stress and without compromise.

Excellent central location with quick access to convenience

Hot Property



shopping, motorway onramp, parks and schools.

For more information on this property or a discussion on your next property change, call Graham McIntyre on 027 632 0421 or 0800 900 700 or graham.mcintyre@mikepero.com.

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Camellias for your garden

It is hard not to notice the flowering camellias in gardens at the moment. These are the early blooming camellia sasanquas making the perfect hedge with lots of colour to brighten up the start of winter. Camellias are remarkably tolerant and adaptable. Fantastic for hedging, screening, background planting, container planting and as one-off stunning specimens. They trim well, transplant easily, and can provide flowers from as early as March through to November.

Awa Nursery currently has a huge range of camellias in many



different colours. We have camellia sasanquas, an early flowering variety from March onwards, camellia japonica and camellia reticulate hybrids, which flower from May through to October. Perfect to brighten up an area in winter.

Camellias have a spurt of growth after flowering, so it is best to feed them when the last flowers are coming to an end. You can trim them immediately after flowering. They are happiest in acid soil that does not have too much clay content. They like a nice peaty soil that drains well. You can work some peat into your soil if you feel it has a bit too much clay. The roots are near the surface, so it is important to keep them cool in the heat of summer with a layer of mulch. If possible, plant with protection from the afternoon sun. You can buy a specialised acid fertiliser to feed your camellias which will assist them to stay healthy and keep the foliage the deep glossy green that we all love.

Autumn lawns

It's autumn and we are feeling a bit of a chill in the air - winter is getting closer. Are your lawns ready?

We've been very lucky with the extended warm conditions bringing long periods of unusually high temperatures and settled conditions. There's been so little rain NIWA reports autumn was in a soil moisture deficit - for the third year in a row. Even some of the plants are confused with some daffodil bulbs already about to flower in some areas.

Our lawns are getting confused too - the higher temperatures and lower amounts of rain have seen them continue to grow, some quite vigorously, and some kikuyu lawns have become very thatch as the mowing hasn't coped with the excessive growth. It's as if the kikuyu has decided to grow it's stolons (the long vine-like runners above the ground) rather than the leaves on top, and this after an extended period of strong growth. You end up with a thick, tangled matt of runners and clippings underneath and the green grass blades growing just on the top.

How can you tell if your regularly mown Kikuyu lawn has become thatchy? Walk over it and even though it is regularly mown it feels spongy underfoot and your foot sinks in = thatchy. While mowing does your mower sink in, lift up chunks of Kikuyu and maybe clog? That's got thatchy. Or does the mower leave lots of brown areas where it has cut off the green grass and exposed the brown underlying thatch but the mower is already set very high? That's thatchy. Have a good close look under the green grass blades.

What to do? There is only one thing to do - remove the thatch and



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lower your Kikuyu grasses growth level back to close to the ground. That is called dethatching. You can hire a specialist dethatching mower which is quite expensive, or you can mow your lawn very slowly and on a very low setting with a side throw mower and then rake up and remove or mulch in those clippings. There will be a lot of clippings from this (way too much for your catcher mower to handle) and your lawn will look terrible till it grows back. We've been doing a few recently and the growth back has been startlingly quick - looking great again in just a couple of weeks. Do it when there is some growth and a bit of rain so it recovers as quickly as possible, best is autumn and spring. If you do it in winter you can create a muddy, messy lawn which stays this way for months.

Lowering the level of your thatchy kikuyu lawn (and then frequent mowing) is the key to a great looking kikuyu lawn.

Gary Turton - Jim's Mowing, phone 0800 454 654.

Whenuapai Floral and Garden Circle

Our May meeting was attended by fewer members than usual presumably due to our ongoing fear of Covid. Unfortunately as a senior you are well aware of the time Covid is taking from you, planned trips and visits being cancelled without any guarantee that you can do these in a few years' time. However we must be grateful as others have fared worse.

Our trading table presented beautifully with lovely fragrant stock plants for sale which had been reared by one of our long standing members, this along with preserves also the product of members.

Our April outing to Alberton was graced with beautiful weather and the visit along with a delicious Devonshire tea was enjoyed by all. We then had a visit to Touch of the Tropics in Trig Road a huge step up from what you would call a Garden Centre it is set out as a magnificent garden except all the Plants are for sale, a truly beautiful place to visit.

The movies followed by lunch will be our May outing and in June we

will celebrate our birthday with a luncheon at the Huapai Golf Club. July and August the club is in recess reopening in September.

We welcome new members, our meetings are held at 1pm at The Whenuapai Village Hall, Waimarie Rd, Whenuapai Village. Please come join us.

Only rain down the drain

Most of us would never tip paint or chemicals into a stream or the sea and would be angry if we saw someone else doing that. We might even report them to the authorities. But many of us also don't understand what happens to water once it goes down the sink or the drain, and this can lead to people inadvertently polluting local streams - which of course eventually gets to the sea.



Water leaves your property down two different systems. Inside the house, your toilets and sinks are connected to the wastewater system, and this water is treated at a water treatment plant to remove any pollutants before it is recycled or discharged. Outside the house and out on the street, drains are designed for rain, and are connected to the stormwater system. These pipes flow to a nearby waterway, like an estuary or stream, and the water is not treated on the way there. This means anything washed down the drain, like paint or garden chemicals, or soapy, dirty water from washing the car, goes straight to our natural environment, where it can cause a multitude of problems.

Our streams and waterways are home to many native fish, insects, plants and birds. Pollution can restrict sunlight from reaching them, smother them, clog up the gills and eyes of fish, reduce oxygen in the water, and poison them.

Even natural products like garden waste or large amounts of soil can

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cause problems. If you see a stream or waterway that looks polluted, you can call the Pollution Hotline 09 377 3107, 24 hours a day, seven days a week) and an expert will come and investigate.

There are a few simple things you can do to make sure you don't cause a pollution event. Wash your car on the grass, or at a carwash. Use water-based paint, and wipe excess paint off brushes onto newspaper, then wash in an indoor sink or onto grass or gravel. Don't put lawn clippings, soil, pool or spa water, oil or household chemicals down the drain. You can also help by picking up litter or joining a streamside planting event.

Remember, drains are for rain!

Paint flowing into a wetland in Hobsonville Point in 2021.

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5 important things to consider before building your own home

So you are thinking about building new? Not sure where to begin? The secret to designing a home you love is knowing what you want to get out of it. Once you figure out what's important to you and your family, the design will fall into place. Signature Homes has round up some practical and stylish steps to help get you started on your exciting journey.



1. Family and flow - The best part about building a new house is knowing the space is tailored to fit you and your family. Your social habits and family size should play a big role in the design of your home. Your layout should be intuitive to how you live and entertain. Think about your family life what would make it easier in your new home. Do you want to be near the kids or at the other end of the house? Do you need more than one bathroom?

Invest in getting the flow right and try to find a mix between large multi-functional rooms and smaller, intimate spaces. You want your home to still work for you over time, so future-proofing your design is also important. To help you get started take a look at the hundreds of plans Signature Homes has available to get inspiration for what could work for you.

2. How do you live? Your home should reflect you and make it easy to do the things you love. Starting with a blank canvas means you

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can build a home that matches your interests. Once you've figured out your core needs like your kitchen layout and the number of bedrooms and bathrooms make sure you consider your lifestyle. Think about your hobbies and the things that make you happy - will you need extra room in the garage for bikes or a boat? Can you have a covered deck if you like having dinner parties and BBQs? Is a connection to nature important to you? Asking yourself questions like these will highlight your needs and will help you focus your floorplan and final design.

3. Where do you want to live? You can't build a home without the land so this point is an important one. Whether you decide to find an empty plot, subdivide your current section, or knock-down and build new, there are a few ways you can get creative when building your dream home. If you've got a piece of land in mind check what type of building it is zoned for with your council, either online or in person. In Auckland under the Auckland Unitary Plan, some areas actually allow you to use more of your section.

4. Nail your style - This is the fun bit! From external cladding and window treatments to fixtures and finishes, start collecting images of home exteriors and interiors you love on Pinterest or in a scrapbook and organise your images into categories - you will notice themes start to appear. Remember to stay practical and keep your budget in mind. Showhomes are a fantastic way to get real-life inspiration, they can offer ideas you may have not even considered and give you a sense of what you can get for your budget.

5. Figure out your budget - While sparks of inspiration will keep you motivated throughout your build, it's your budget that is really going to drive the direction of your project. Start by getting a clear idea of your finances and make a wants and needs list. This will help

you determine what your non-negotiables are and it will help you to weigh your options if you end up having to make tough decisions. It's important to note that finance details for building a home are different than a standard mortgage and there are lots of different ways you can structure it to work for you. Do some research and talk to our Construction Finance specialists about what options would work in your price bracket - you could be pleasantly surprised.

Call our team at Signature homes West Auckland to discuss your option; obligation free 0800 020 600.

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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 more bacteria laden than before you started.

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Kitchen upgrades on a budget

Kitchens are the heart of the home and it's not a secret that they can be one of the most expensive rooms in your house to renovate. If a full renovation is out of the budget at the moment, there are a number of electrical upgrades you can make to your kitchen that will modernize it, without the huge price-tag.



Switches - Probably one the most used electrical features of any room, light switches and power point switches have come a long way over the years. With a huge range of colours and finishes available, upgrading your switches is an affordable option to give your kitchen a modern lift.

Invisible Outlets - The number of appliances that people use in their kitchens has increased hugely, and many older kitchens do not have a sufficient number of power points to meet the demands of busy kiwi lives. Invisible outlets or side bench power points are a

fantastic option to increase the number of outlets, without making them an unsightly feature of your kitchen. Have all of your benchtop appliances plugged in at once without having to unplug and shuffle things around every time you want a cup of tea.

Data Ports - Kitchens are the heart of the home, so it makes sense to have data ports available to charge your phone or device while you're busy in the kitchen. No more messing around finding chargers or leaving your phone on charge in another room.

Extra Lighting - Kiwis spend a huge amount of time in their kitchens, so an adequate amount lighting can make all the difference. The addition of pantry, baseboard or feature lighting can add both a wow factor and practicality to your kitchen, whether you're cooking a meal or grabbing a late night snack.

If an electrical kitchen makeover sounds like something your home is calling out for, contact the team at Blackout Electric on 022 500 5856 or email us at info@blackoutelectric.co.nz.

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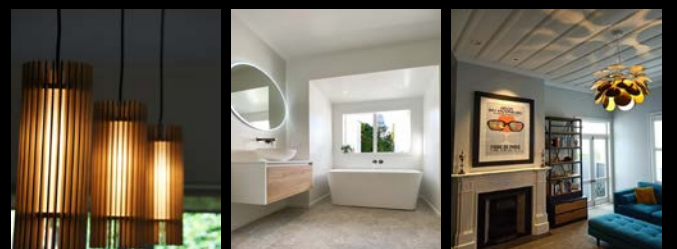
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Home & Garden

and public gardens. Originally formed in 1969 we have members from Waimauku and Muriwai, Kumeu, Huapai, Taupaki and even as far away as Te Atatu and Orewa. From a small start of eight people, the club has grown to over 70 members and developed into its current format of garden visits and day trips. There is no criteria for membership, just an interest in visiting gardens and socialising with like-minded people.

Run by a small committee of members, we organise day trips on the third Thursday of every month either by comfortable coach for travelling longer distances, or by carpooling for more local visits. We schedule in morning tea and lunch, visiting gardens and attractions within the range of a return day trip from Huapai. Although our trips have been curtailed somewhat by Covid, over the years some of the trips we have made include visits to Mangawhai, Matakana, Pukekohe and Drury, Howick and Clevedon, Auckland Botanic Gardens and visits more locally to vineyards and gardens in Coatesville and Kumeu. During the winter months we plan indoor activities to avoid bad weather and arrange a mid-winter lunch or a movie and lunch.

For future trips we are planning to go to Hamilton Gardens, the Hundertwasser Art Centre and Quarry Gardens in Whangarei, Cornwall Park in spring, a mid-winter lunch in a local restaurant and a winter movie day.

The Garden Club welcomes new members and we encourage you to join us on our outings. We have a Facebook page which you can follow or join and if you have any queries please feel free to contact any of the committee members as listed below.

Ann 021 035 7406, Diana 027 478 8928, Donna 021 233 0974, Judy 027 272 9994, Moira 027 498 9154.

Kumeu Community Garden

As we prepare for winter, we have some exciting projects underway at Kumeu Community Garden.

We have recently been granted approval to build a fence structure across the front of the garden.

Once again we are humbled by the kindness of local businesses who are supporting us to realise this project. ITM Kumeu have donated posts and NJC Hire have offered free equipment hire to help with installation. The post and wire structure will support an attractive wall of vines that will add to the aesthetic of the garden whilst creating a barrier to the busy Oraha Rd. Making the garden space safer for families with younger children to enjoy.



Last year Craig Walker Buildings Ltd. donated a shed which has become a vital structure in the garden. The shed has been prepared for a refurb and we will be welcoming Waimauku Scouts to paint this with the paint donated by Dulux. The colours chosen are from their recessive colour palate which will blend in with the surroundings whilst giving the shed a new clean look.

If you want to know more about KCG visit us on Facebook or Instagram or email us at kumeucommunitygarden@gmail.com.

Western ITM

It's about that time to get on top of areas where excess water is likely to hang around... Land drainage lowers the ground water level whilst retaining moisture in the pores of the soil. Western ITM supplies a range of Marley and drainage solutions to effectively manage the removal and distribution of water.

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Pets

Shorthair Cat Show

Sunday 19 June 2022 - 10.00am to 3.00pm. Kumeu Community Centre, Access Road.

TOSCA Cat Club is running a show in June featuring all Shorthair Breeds of cats and kittens, along with our specialist breeds of Siamese and Oriental Shorthair (the tall slinky ones).

Our annual show features beautiful champions strutting their stuff (and yelling about it) as well as divine kittens. Our judges come from all over New Zealand and will be giving a commentary on the cats as they are judged.

Come in the morning to watch judging, or come in the afternoon to see the winners with their ribbons and our prizegiving.

All welcome to come and view for a small door charge of \$4 per adult and \$2 for children (sorry, we don't have Eftpos, please bring cash).

If you have any queries, please call our club secretary Sue Starrs on 09 833 5200. (Here are local kittens, some of them will be entered in the show - come and meet them at the show along with many friends and cousins.)



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 programs



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.

CareVets Hobsonville

Opened in September 2020, CareVets Hobsonville is a new, custom-built clinic located at 6 Rawiri Place, next to the Hobsonville SPCA and Kristal Pet Grooming. Alongside our work with the SPCA, we provide a full range of services to our growing client base. This includes consultations, vaccinations, diagnostics, senior wellness checks, routine surgery and dental procedures. Our staff are a passionate team of animal lovers who pride themselves on providing a top-quality service for you and your pets. We have so far thoroughly enjoyed meeting and helping the pets of Hobsonville and the wider area. We have plenty of parking, so feel free to come and check us out. We look forward to meeting more of you soon.

CareVets Hobsonville - 6 Rawiri Place, Hobsonville, Auckland, phone 09 416 2277 or email hobsonville@carevets.co.nz, visit www.carevets.co.nz.

Raw Food Direct

Gary Withers has been involved with the breeding, exhibiting and welfare of dogs for over 50 years. He is currently President of a number of canine associations, breeder of Great Danes and an international judge. Canine nutrition and welfare has always been a subject he is very close to and believes should be important to everyone that owns a dog.

A correctly balanced diet is important to any dog whether feeding dry, processed food or a fresh, raw diet. The ease of feeding dry food is understandable and is often cheaper than feeding raw, so Gary who has fed his dogs raw all their lives was determined to look for a solution that would include bringing a balanced raw diet to dog owners that is easy to feed and also affordable.

Gary provides a variety of raw dog food that makes balancing the correct amount of muscle meat, organ meat/tripe and bone as simple as making an order. The food provided comes frozen, cubed in free flow form. There are no additives or hormones in the food as all raw food products are sourced from sustainability focused suppliers and are 100% chemical free.



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Pets

He invites anyone to compare his prices to other raw food suppliers and for everyone in this area, the delivery is free.

Check out his website at www.rawfooddirect.nz.

Kanika Park Cat Retreat

Travelling with Cats - Part I. From going to the vet or to a cattery, it's important that your cat calm and as stress-free

What type of carrier is best for travelling with my cat?

It's important that your cat is both safe and comfortable when travelling in their carrier. Some good features to consider:

Made of a sturdy material - Plastic is the safest type of carrier for your cat to travel in over a material or cardboard and more comfortable than wire mesh. Plastic carriers are also easier to clean

The right size - The carrier needs to be tall enough to allow your cat to sit, stand, move around, and be long enough for your cat to be able to lie down comfortably. If you have a large breed such as a Maine Coon, you may need an extra-large carrier

Both front and roof opening doors - Both options mean you can be flexible and choose the best method to suit your cat. A front door is also good for cats that will happily go in of their own accord

Removeable top half - This is particularly useful at the vets if your cat is nervous and doesn't want to come out of the carrier

Sides that offer privacy and concealment - A carrier that has a solid back and sides gives the cat privacy, and has slits to allow ventilation

Space for a blanket at the bottom Ideally this blanket should smell of your cat and your home so that it is familiar and reassuring.

Part II next month. Kanika Park Cat Retreat phone 027 550 1406 or email info@kanikapark.nz.



“There is no hurry, Rest.” says Gizmo

Our 'Personal Development Coach Animal' for this edition is Gizmo. In his previous place people had big plans for him, but now Sheri is planning with him, not for him and his life is feeling very different.

Beauty + Breeding = Boot Camp

Gizmo's breeding and looks got him into a high-pressure, boot

camp style training situation very young. This left a deep impression that Sheri, his new person and an experienced horsewoman, is often reminded of. They had hit a plateau in their progress towards harmony and she was looking to deeply understand how life felt for Gizmo.

I connected in short bit-sized sessions, inviting him to orchestrate how long we chatted and the topics of conversation. Being able to engage on his terms was very important to him. At the end of the last session, he felt calmer, with an expanded energy - more empowered, yet peaceful.

Sheri echoed this in her feedback: "Gizmo's demeanor improved almost immediately after you started communicating with him. He became much more relaxed and approachable in the stall. For the first time ever, I have been able to groom Gizmo without dodging his teeth. And, I am now able to pet his face, which is a huge step. Even running loose in the arena, he has been cantering lovely circles around me, instead of racing up and down one wall like a maniac. The changes have been quite noticeable."

Know the real me - He showed his gentle and curious true nature in the first session and explained how it felt when his mind and body are hijacked, PTSD style, by reflexive survival flight patterns. Patterns he developed to cope with unmanageable pressure in his earlier days. He also shared how much he enjoys his explosive physicality with a mind movie of Sheri laughing and kicking a ball in the arena with Gizmo in hot pursuit. Play. Natural relationship building in play.

Gizmo wanted Sheri to know that there is no hurry, and that the times they 'hang out' feel so good to him. The power of companionship is immense - he shared a moment as his exhale caressed Sheri's arm - both of them peaceful, nothing to be done, all is well. Togetherness borne of no expectations or agenda. This peace is our baseline and in our busy, goal driven lives, we can lose sight of this.

As I witnessed healing for him, he revealed his vibrant soul - shining so brightly that it illuminated all around him. He has wisdom and tenderness to share - and is so much more than his beautiful body. Shine bright dear boy, you are in loving hands.

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

As I witnessed healing for him, he revealed his vibrant soul - shining so brightly that it illuminated all around him. He has wisdom and tenderness to share - and is so much more than his beautiful body. Shine bright dear boy, you are in loving hands. x

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Food & Beverages

Jesters Westgate

Calling all locals & beyond. The cooler months have officially arrived, what better way is there to warm up than trying our new seasonal chef special - the Steak & Mushroom Melt. Premium steak, creamy gravy, slow cooked Belgian mushrooms and Jesters classic cheddar cheese sauce, drooling yet?

Available in our Westgate store, our pie vans and on UberEATS now, so what are you waiting for? Get one in your pie hole today!



Eye healthy winter-warmer with Westgate Optometrists

A classic in a kiwi winter cookbook, apple crumble truly is the greatest dessert around for many of us. As well as being a good source of vitamin C, apples are also packed full of bioflavonoid, which lower your risk of developing cataracts or age-related macular degeneration. Which is just another reason why you should whip up a crumble next time you fancy something sweet!



What you'll need: 300g plain flour, a pinch of salt, 200g unsalted butter, 225g unrefined, brown sugar, knob of butter for greasing, 450g peeled and cored apples - cut into 1cm pieces, Tbsp of flour, 1 pinch of ground cinnamon.

Instructions: 1) Preheat the oven to 180C. 2) Mix the flour and 175g of the sugar together in a large mixing bowl, adding a pinch of salt. 3) A few at a time, rub cubes of the butter into the flour mixture until it resembles breadcrumbs. 4) Add the apples into a separate large bowl, before adding the remaining 50g sugar, a tablespoon of flour and cinnamon. Stir well, but gently to avoid breaking up the fruit. 5) Butter an ovenproof dish, then spoon the fruit mixture into the bottom. 6) Sprinkle the crumble mixture over the top of the fruit. 7) Allow to bake in the oven for 40-45 minutes, until the crumble mixture has been browned, and the fruit mixture is bubbling. 8)

Serve with custard or ice cream. Enjoy!

Westgate Optometrists, 4/46 Maki Street, NorthWest Shopping Centre. Around the corner from Goode Brothers Restaurant and opposite the Kiwibank. Phone 09 831 0202 or E: info@westopt.nz.

Don Buck Honey

Don Buck Honey is a small one-man beekeeping operation that sells honey from hives in West Auckland and the Far North. I sell a range of honeys with different tastes, colors, and textures. Wholesale rate for boxfuls of honey - great idea for sharing or for gifts. The Don Buck Honey Summer Harvest Four Pack is a great way to try a range of different honey tastes! \$45



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- 1x Rural West Auckland Blend
- 1x Manuka-Rewarewa Blend (85+ mgso) from the Waitakere Ranges.

Order through my online store - courier/pickup/payment options available at the checkout. Pickup is from Massey. Discount: Three (3x) Summer Harvest Four Packs for \$120. www.DonBuckHoney.co.nz || DonBuckHoney@gmail.com.

Nari Sushi Massey

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



All our sushi is freshly made to order and we pride ourselves in using the highest quality ingredients; vegetables, fish, seafood,



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Food & Beverages

meat and dairy are delivered to us only by well-established suppliers.

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

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

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

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

What are you waiting for? Come to Nari Sushi "Where good Food & good People meet"

Elderberry Jellies Recipe

This is a delicious recipe using elderberries and roses in their dried form. Any kind of your favourite herbs or fruits could be used instead and you can change up the liquid component to plain water or even wine. The amount of agar agar used, creates a firm-textured jelly. If you prefer something a little softer to serve as a dessert rather than as sweets, try using a lesser amount.

Ingredients: ½ cup dried elderberries, ¼ cup dried roses, 1 ½ cups of sweetened fruit juice (I used feijoa syrup leftover from bottling feijoas which was a 1:2 ratio of sugar to water. You can also use water and add 2/3 to ¾ cup of sugar or honey), 2 whole cloves, 2 teaspoons of fresh lime juice (or any citrus), 1 tablespoon of agar agar.

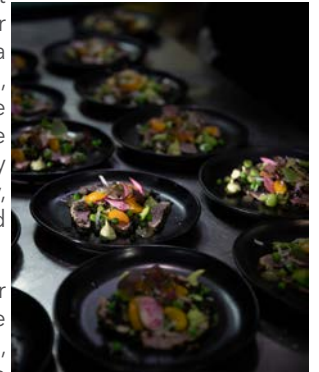
Method: Place the fruit juice, elderberries, dried roses, lime juice and whole cloves into a saucepan and bring to the boil. Simmer for 10 minutes, then remove from heat and strain. Use the back of a spoon to press out all of the liquid. Place the liquid back into a saucepan and bring back to a simmer. Mix the agar agar to a runny paste with cold water and add to the liquid, whisking all of the time. Allow the mixture to simmer whilst whisking for about 5 minutes or until the mixture thickens and becomes quite clear. Next, remove from the heat and pour into silicon moulds and allow to cool and



set. Enjoy as a treat or served with ice cream as a dessert. Certified organic elderberries and dried rose buds can be purchased via our online store: www.NewZealandHerbalBrew.co.nz.

Soljans Estate Winery

Soljans Estate Winery is the perfect place for your next function. Whether it is a birthday, a work celebration, a conference, or anything in between, come and celebrate amongst the vines in our gorgeous venue at the gateway to Kumeu wine country. Only 20 minutes away from Auckland city, but a world away from the hustle and bustle.



From the moment you enter our expertly designed winery, you will be charmed by the lush vineyard setting, and traditional Mediterranean style which reflects our Dalmatian heritage. Hineura stone has been used to mirror the traditional stone buildings of our homeland, while bi-folding cedar doors provide you with the perfect indoor/outdoor dining facilities, tailored to suit your needs.

With beautiful menus created seasonally, we showcase our heritage with delicious Mediterranean inspired dishes created by our head chef, Rob Baxter. With an array of outstanding wines to choose from, you can treat your guests to the best of what Kumeu wine country has to offer. To chat about your function, email Samara at functions@soljans.co.nz, or call us on 09 412 5858. Come, sip, enjoy!

Hallertau

As we head into the winter season we are banking up the fire and enjoying some seasonal food and drink here at Hallertau. Our latest release Double Stout 8.8% is a seriously black stout dominated by intense roasted flavours with solid hop bitterness and warming alcohol on the finish. Sunday nights from 5pm sees the introduction of our traditional Sunday Roast served with a beer or local wine for an inflation busting \$26. Grab rug and wrap your mitts around a mulled cider for some autumnal perfection.



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Health & Beauty

Feijoa wisdom

It's feijoa season again. These little fruits teach us lots about life...

- 1) You can't pluck them off the tree; wait for them to drop: Be patient, good things come to those who wait.
- 2) When they eventually drop, pick them up before the birds get at them: Wake early and be quick, opportunities don't wait and your competitors don't either.
- 3) Some fruits may have been pecked at or eaten through: You win some, you lose some, be glad for what you have in hand.
- 4) Cut the fruit in half and share it with your loved one: Like life's many experiences, you only get one taste of that one fruit, sweet or sour, so enjoy it while it lasts.
- 5) If you have too many, give them away to your neighbours, friends and colleagues before they rot: When you have more than enough, you might as well spread the love around.

Till next season.

Dr Frederick Goh www.rhdoctors.nz.



Dental savings plan

An employer in Timaru made headlines recently with news of their proactive stance on their employees' dental care. To encourage good oral health, the company has implemented an innovative plan that involves staff opting into a scheme to put aside \$15 per week for dental work, boosted by a one-off employer contribution.



Dental bills can be tough on your budget, particularly when unexpected problems are discovered that require additional treatment. Fraser Dental has designed a dental savings plan called Smilesaver that works similarly to the Timaru employer's scheme. You can choose a plan where you make small weekly payments that fit in with your budget. The savings accumulate and can be used towards any dental treatment or products. For example, our \$9 per week plan is popular with young adults who have turned 18 and no longer receive government-funded dental care. All patients new

to Smilesaver also receive a \$50 credit to their account to help get started.

Talk to the friendly Fraser Dental team at 1 Wiseley Road, Hobsonville about applying for Smilesaver today and avoid those unexpected dental bills. Phone 09 416 5050 or email info@fraserdental.co.nz.

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Quick but healthy fix for diarrhoea

No-one likes getting "the runs". Which is why people generally whisper quietly to me: "can you give me something to bung it up?" Of course I can, but what I prefer to offer is suggestions to make the person reasonably comfortable now, and super healthy later. You see, bugging-up someone's bowel when they have a bad bug will make them more comfortable (and confident!) now, but potentially prolong the problem, or cause a swing to constipation.

So what is my strategy for "the runs"? I prefer to restore gut balance and let the body clear itself of any bad bugs, all while reducing the discomfort and embarrassing symptoms. A total "bung-up" can lead to a prolonged illness or problems later on.

Quick fix also restores health

The number one strategy I use for restoring bowel function is a type of probiotic called *Saccharomyces boulardii* (or SB for short). SB immediately improves diarrhoea without bugging you up. SB has extra benefits too. It beats up on any nasty bacteria or fungi that might be living in the gut and restores good balance of your microbiome (the good bacteria).

SB will relieve diarrhoea symptoms quickly. I have seen it work wonders in people with traveller's diarrhoea (or Delhi belly), quickly getting them back on the tourist circuit.

SB is becoming used in conventional medicine too. Conditions like *Clostridium difficile* infections are resistant to most antibiotics and

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Health & Beauty

can lead to a life of misery. Specialists are now prescribing SB for these difficult Clostridium infections.

The long-term consequences of a tummy bug can include damage to the gut lining. SB has shown ability to reduce inflammation here and restore the levels of sIgA (a key part of the gut immune system).

I recommend keeping a bottle of SB in your home or taking it with you on your travels. The dosage should be varied depending on the severity of the diarrhoea. People should take between 1 and 10 capsules per day. Ask the health coaches at Massey Unichem Pharmacy about SB.

Navigating the transition of menopause

Menopause can be a turbulent experience, it can also be transformative. Hormones fluctuate naturally and symptoms can be signs that there are imbalances elsewhere in our lives. Here are some tips to help:



1. Eating a balanced diet of fats, proteins and carbohydrates ensures you feel full so less likely to snack, have stable blood sugar and have better energy and mood. It's vital that you eat carbohydrates, fats and proteins at every meal.

2. Eat 5 - 7 servings of fruit and vegetables to ensure you are getting enough vitamins, minerals and plant nutrients that are important for hormone balance. Numerous studies show that menopausal women eating lots of vegetables, fruit and soy experience fewer hot flashes and reduce the risk of post-menopausal health conditions such as cardiovascular disorders and certain cancers.

3. Calcium is important for post-menopausal women as deficiency increases the risk of osteoporosis. Oestrogen is important for strong bones. When bone density decreases with age, declining oestrogen and reduced calcium can exacerbate bone loss. Dairy products contain a good amount of calcium and other bone boosting nutrients. Green vegetables such as broccoli and pak choy, small bony fish such as sardines, and soy also contain easily absorbable calcium.

4. Phytoestrogens are specific compounds found in plants that help to modulate oestrogen. Several studies show they may reduce incidences of hot flashes. Phytoestrogen rich foods include flaxseeds, lentils, soy beans, chickpeas, peanuts, barley, grapes,

plums, pears, apples, grape berries, beans, sprouts, cabbage, spinach, grains, garlic, onion, wine and tea.

5. Gut health is extremely important. Hormones such as oestrogen, progesterone and testosterone are influenced by the health of the gut and vice versa. Eating fibre and prebiotic foods are key. Fibre helps ensure excess oestrogen and other wastes are removed and prebiotic foods fuel the 'good bacteria' which create the short chain fatty acids crucial to a healthy gut and body. Fibre and prebiotic rich foods include legumes, oats, berries, bananas, asparagus, onions, leeks and garlic.

6. Love your liver - alcohol affects oestrogen's detoxification and removal. This can cause symptoms including migraines and hot flushes. Be cautious with how much alcohol you drink - try other options such as kombucha or kefir in a wine glass instead. Eating a wholefood rich diet ensures your liver has the nutrients required to carry out its roles including detoxification of oestrogen and cholesterol.

7. Getting a good sleep is critical for our body to repair and recover. Melatonin, serotonin and oestrogen are related when one is low it affects the others. Sleeping well improves your mood and oestrogen balance.

8. Keep calm and de-stress. Stress causes havoc with our hormones. Cortisol can be made at the expense of reproductive hormones.

9. Movement is vital in maintaining weight, balancing stress hormones, strengthening our bones, increasing testosterone (important for motivation and energy) and helps with sleep and mood.

10. Watch out for foreign oestrogens in your environment - chemicals like BPA mimic oestrogen causing unpleasant symptoms such as hot flushes.

I encourage you to be curious about the symptoms you experience and reflect on the possible reasons - are there areas of your life that need some attention? Your diet? Your lifestyle? Your mindset? This is your opportunity to make the changes to ensure a happier and healthier future.

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Find me at www.facebook.com/sarah.brenchley.5/ and reach out if you need any support or have questions.

Change of season: Tips to keep your immune system strong

A change of season always comes with a roller coaster of variables that tend to increase your chances of getting sick. It commonly happens that as soon as the winter weather ends and the temperature starts rising you come down with a cold. In spring, seasonal allergies can increase a person's vulnerability to infections and low immunity. Thankfully, Erin O'Hara, well-known Naturopath and owner of Golden Yogi has some simple tips to boost your immune system as the weather shifts.



Get plenty of sunshine - Vitamin D is important in keeping your immune system ready to fight infections. When possible, get outside and soak up the sun. The best source of Vitamin D is from sunlight directly on your skin. Alternatively, eat food that contains high doses of Vitamin D such as oily fish, and eggs.

Eat the colours of the rainbow - All fruits and vegetables offer different vitamins and minerals, so it is important that you and your family get a good variety. Aim to serve yourself and your family at least five portions of fruit and vegetables a day. Vitamin and mineral-rich foods that nourish your immune system include fruits, vegetables, nuts, seeds, leafy greens, green vegetable juices, quinoa, and pulses.

Sleep for at least seven hours a night - Getting enough sleep is one of the main ingredients to keeping strong and healthy. Rest is

important to keep your heart and other organs functioning correctly. If you are not getting enough sleep at night you can top up your sleep by taking naps after lunch. Aim to get seven to eight hours of sleep each night for optimal health.

Exercise regularly - Regular exercise promotes good cell circulation, improves mood, energy levels, heart health and prevents weight gain. Try to squeeze exercise into your week wherever possible. This could be a simple 15-minute walk, a short yoga routine, bike ride, or swimming. Try to be consistent and set yourself some goals for the week. Aim for 20-30 minutes of exercise four to five times per week.

Drink more water - Drink plenty of water in the cooler months and during a change of season. Drinking water can help maintain regularity and flushes out toxins in the body. If you don't love drinking water then add lemon, lime, orange, mint, or cucumber to your water for flavour. Alternatively, herbal tea that is caffeine free counts towards your water intake.

Lay off the sugar - Refined sugars negatively impact the body's defence structure. Sugar has been shown to alter the microbiome in some pretty extreme ways, feeding the more pathogenic sugar-loving bacteria, which can crowd out beneficial, immune-boosting bacteria. To curb a sweet craving, eat more foods with protein and fats to stabilize your sugar levels, and try not to skip meals.

Try to minimize stress - When we're stressed, the immune system's ability to fight off antigens is reduced to make us more susceptible to infections. The stress hormone cortisol can suppress the effectiveness of the immune system. Manage your stress levels by practicing relaxation techniques such as yoga, deep breathing, massage, meditation, or journaling.

Erin O'Hara combines her knowledge of Naturopathy and Science to provide an

integrative and evidence-based approach to wellbeing. She has been involved in the Health and Wellbeing Industry for about 20 years through extensive University study (BSc and BNatMed), scientific research, and an intrinsic passion for health & wellbeing.

<https://www.erinohara.co.nz/>

A simple health tip to save you time and money

I often hear people say they don't have time to do their stretches, go for a walk, do a little exercise or simply be PROACTIVE about their health.

The truth is, if you don't make the time to be proactive about your health, at some stage you are going to have to be REACTIVE.

And when you are being reactive, it often takes a lot longer, costs a lot more, and is just not as nice (who wants to be sick or sore?).

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Health & Beauty

The simple tip to help save you some time, money and discomfort is to start being more proactive about your health.

This could be as simple as adding some stretches or a short walk into your day. It all helps.

If you need some extra help, please call 09 413 5312 or visit www.elevatechiropractic.co.nz.

Don't become a victim of the winter blues

It was only few weeks ago that we put our clocks back an hour and we all know what this means, it gets dark earlier, some like it, some don't. By changing the clocks, we know we are moving closer towards winter, the weather is going to change, we may find ourselves staying inside more, becoming less social and less energetic and some of us may start feeling depressed. We can call this the Winter Blues.



However, you don't need to become a victim to the winter blues, you have the ability to take control and use this time to look forward to the future and know that summer is only a few months away.

During the winter months, we can do a few things to help ourselves to keep positive:

1. Do some exercise: ie walk around the park
2. Look at taking some vitamin supplements
3. Set yourself a personal goal: eg weight loss, becoming fitter
4. Start a new hobby such as painting
5. Catch up on projects around the house that you have put off
6. Take a holiday somewhere: ie Fiji, Queenstown

By doing these various things will help bring you joy into your life and will help create a sense of wellness that will help prevent you falling to the Winter Blues.

Not only is it important for you to look after your physical self, it's also important to look after your whole self and that means, your: physical, mental, emotional and spiritual self, bringing balance on all these levels will help you to be fulfilled and beat the winter time blues.

At Astramana™ Healing Services we can help you beat the winter blues through one of our many healing workshops. We offer various hypnotherapy sessions, tarot reading, or even a Rife session.

In the near future, Astramana™ Healing Services will be offering a psychic self-development course where you can join like-minded people to open up your psychic abilities, feel free to email us to register your interest.

Astramana™ Healing Services, was founded by International Hypnotist, Reiki Master-Teacher, Clairvoyant & Tarot Reader Jason Mackenzie. Check out our website: www.astramana.com or email astramana@gmail.com with any questions or to book a session, workshop or a Tarot reading. You can find us on Facebook at Astramana Healing Services. Let us help you avoid the winter blues.

Glaucoma... a message from your optometrist

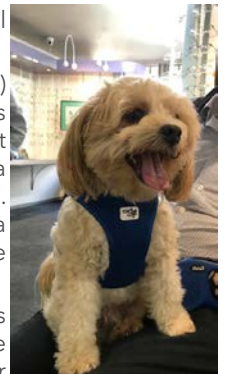
Did you know people with 20/20 vision can still have glaucoma?

The NZAO (NZ Association of Optometrists) states that more than 70,000 New Zealanders aged 40 years and older have glaucoma, but at least half do not know they have it. Glaucoma is one of leading causes of blindness in Kiwis. However, the good news is that glaucoma is also one of the most easily treated eye diseases... if picked up early.

So even if you have 20/20 vision, your peepers still need a regular check. At For Eyes, we have state of the art scanning equipment to monitor the nerve fibre layer deep inside your eyes and we can often pick up glaucoma (and other damaging eye diseases) even before they begin to affect your eyesight.

Don't just hope for the best; come to For Eyes and see the best. Make your appointment online via our Facebook page or website or <https://for-eyes-optometrists-nz.au1.cliniko.com/booking>

Caption for picture: Every man and his dog come to For Eyes in the Kumeu Shopping Village.



PINC & STEEL Cancer Rehab

Do you know someone who is going through Cancer, or has residual symptoms from cancer treatment? We can help.

Here at NorthWest Physio + we have three fully qualified cancer rehab physiotherapists who are here to support, guide and rehabilitate people through every stage of their treatment and recovery. Hannah Fordyce, Sean Berg & Cody Langford have all completed their training in PINC (Women's rehab) and STEEL (Men's rehab).

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Health & Beauty

The PINC and STEEL rehabilitation programs are divided into 4 phases. This allows us to provide physiotherapy support right from diagnosis, through surgery and treatment, working with you on personalised goals for as long as you need.

Various sources of funding are available for those with different cancer types. Head over to the PINC & STEEL website to register or apply for funding. www.pincandsteel.com. For information on applying for funding or to find out more about physiotherapy and cancer please contact us on: info@nwphysioplus.co.nz or 09 412 2945.

Luxury skin treatments - Hobsonville Point

If it's a luxury skincare experience you are looking for, then visit Rachel from SKINMED NZ. After many years of providing a variety of services within the skin treatment, cosmetic appearance, and make-up artistry working across Auckland, Rachel decided 2022 was going to be the year to kick off her own skincare clinic and so SKINMED NZ was born in Hobsonville Point.



SKINMED focuses on three key skincare treatments for both men & women aged typically between 30-70 years; Dermal Needling, Microdermabrasion and Bespoke Facials tailored to suit your skin condition, age, and the results you are looking for. Using world leading cosmeceutical products from Mesoestetic and Genosys the goal is to slow the anti-ageing

process, reduce pigmentation and support healthy skin. "My clients have come to realise the over-the-counter products provide limited results or simply don't work and they want to feel relaxed, unique, and pampered in a relaxing, non rushed environment. Over and above everything else I have learnt to understand my purpose, and my "why" in life, and that is to make other people look and feel great about themselves, not just on the outside but just as equally as important, how you feel about your inner beauty. From the moment you walk into my luxurious treatment room located in Bomb Point, I want you to feel like you have stepped into a tranquil oasis, where for the next hour or so, it's all about you."

To help the business through the tough Covid restrictions SKINMED opened an online store in Feb 22 to allow customers to purchase products to use between visits or for when they simply could not physically see clients. We now offer supporting brands such as BePure, California Mango, Victoria Curtis, and Gentlemen's Tonic.

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.

Pure Allies

Suddenly after a long warm summer, it is freezing! Pure Allies have some lovely natural, affordable products to help keep you comfortable. We are offering two winter specials, any two chest balms, body butters or massage balms (or mix and match) for \$25. Or for every \$30 spend a free lip balm with our new organic pineapple flavor. (Wonderful for kids that get those dry winter chapped lips). Our chest balms are our most popular winter product, helping ease and give relief from coughs and blocked noses etc. Check us out on Facebook - Pure Allies NZ. Email pureallies@gmail.com. All products are handcrafted, by request locally.



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

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

This combined one stop shop approach delivers a unique integrated message through multiple platforms to meet the needs of business and communicate with tens of thousands in your direct local area. The publication was developed to assist local business, local clubs and networks to communicate in ways that assist them delivering a strong statement, price point, or service offer. The editorial within the publication is free from cost while the business card advertising is only \$100 plus GST per month. Therefore, if you put forward an editorial and a business card advert into the magazine it would deliver to an anticipated 25,000 individuals within the area over one month, representing a cost per exposure of \$3.91 per thousand people exposed to your message. If you were running a full page advert and editorial your cost per exposure is only \$29.90 per thousand people exposed to your message.

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

In response to advertiser demand we offer the following options:

Business Card Advertising:

A low cost roll over brand and contact image that is truly cost effective and long term. Keeps you front and centre with your market, and allows you to link your message and your brand together in print and online. The cost is minimised to \$100 plus GST per month.



Display Advertising:

A strong brand, display message that dominates the space and has immediate impact based on the key messaging that you wish to convey to market. A select range of adverts are run in the magazine allowing maximum impact in print and online exposure. The cost of a half page is \$450 plus GST per month.



Front Cover and Inside Page:

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

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



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

Area Columnists

A musical partnership

In 2012, Marcus Powell (from award winning band Blindspott) founded the Crescendo Trust of Aotearoa (CTOA) to support students making original music and learning music production skills. Since that time CTOA has mentored over 3,000 rangatahi (young people) and supported them in their journey to further education, employment, or internships.

In the last two years students from Hobsonville Point Secondary School have been lucky enough to work with mentors to extend themselves and their music. These students have benefitted from the expertise of Dave Atai (Nesian Mystic) and Chip Matthews (The New Loungehead) by attending sessions at the CTOA Avondale studios.

CTOA's mentoring programmes are carefully designed to provide taura/students, with solid hands-on technical skills, balanced with personal development to build confidence and self-esteem. The students have been fortunate to experience high quality professional mentoring which has nurtured their musical ambitions.

One of the strengths in the mentoring is that it is tailored to the individual student - the learning journey is personalised to support each student to reach their potential. It has been a pleasure to observe the growth in talent and self-belief in our students who have been working with CTOA.

Myah Somers is a talented year 13 singer songwriter - in the past she has worked with a band and had some great success in Smokefreerockquest in the last few years. This year Myah is focusing on her solo singer songwriter skills and has spent time in the CTOA studio honing both her songwriting and music production skills. The opportunities to be mentored by the experts has developed her skills enormously this year.

Vicho Lorca and Jake Tourell are two year 12 students who attend CTOA on Wednesdays as part of our projects learning. Vicho and Jake love making beats and are learning to use sophisticated software to create their own beats and record their hip hop vocals. Both Vicho and Jake have been extended beyond their comfort zones by their mentors' encouragement - this has been a rich learning experience for both of them.

The learning and creation of original music means that these students are creating evidence which can be marked against the level 2 and level 3 NCEA composition and songwriting standards - so as well as significant new learning, building self-esteem, and skill building, they are also earning credits.

I would like to thank Dave Atai, Chip Matthews, and Marcus Powell for all their guidance and support for my students. Opportunities provided by CTOA have changed the lives of many and it is wonderful to see that CTOA is proudly funded by the very community they are

enriching.

I will leave the last words to two HPSS students:

Jake Tourell - It has been a great opportunity to meet people from all aspects of the industry. I've made so many positive connections and feel like I am transitioning from school and into the music industry. Lots of my learning has been improving my skills to work with current industry standard software and how to write original music. I've really enjoyed working with other people and coming into contact with different styles and processes - it has developed my taste in different musical genres. The staff are warm and friendly, they really care about the learners and I feel very respected for who I am. I also feel it is a safe space for anyone to grow and develop in.



Myah Somers - I was lucky enough to have had a once in a lifetime opportunity through Crescendo's free mentoring program. During this nine week course, I learned the basics of music production and how to build my brand as an artist. I now spend my Wednesdays using their recording booths to work on my production skills and create music. I love that I have all the information at my fingertips while also being left to my own devices to experiment and discover my individual sound as an artist. I enjoy my time at Crescendo and look forward to every Wednesday.



Jeni Little - Music Specialist & Performing Arts Learning Area Leader - Hobsonville Point Secondary School.

Confined spaces: Part 2

Serial Killer in the Working Environment Entry and Working Safely in a Confined Space: When You Plan a Confined Space Entry, Don't Just Plan to Get In - Plan to Get Out

This is the second in our two-part series on working in a confined space.

WorkSafe New Zealand accepts the Standard AS 2865 Confined spaces as the current state of knowledge on confined space entry

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Area Columnists

work.

What does the standard require? Issue a written authority for entry to work. The PCBU or person responsible for the work should issue a written authority - or confined space entry permit - as described in the Standard. Essentially, this permit is a safety checklist to make sure nothing is overlooked. Working with a stand-by person. Have a trained stand-by person to monitor the safety of the person working inside the confined space and to take action if an emergency arises. Ensure there is a reliable system of communication - by voice, radio, hand signals, hard-wired communication etc. Monitor and maintain control measures;

- o Test the air in a confined space constantly as oxygen and gas levels in a confined space can change quickly.
- o Be alert for any change in conditions.
- o If conditions change, evacuate the confined space

If necessary, there should be a system for getting a worker out of the space quickly if anything goes wrong. This could include using a safety harness and lifeline attached to a tripod.

DANGER - Confined space - Permit must be completed and authorized prior to entry. Controlling the risks; The control measures should be applied in the order given earlier (beginning with elimination, followed by minimisation). Consider the following issues:

Can work be done without entry to the confined space? Always, as a first step, check to see if the work can be done with equipment from outside the confined space. The golden rule is: Don't go in if you don't have to.

Training - Provide training for all workers who may be involved in confined space work, including stand-by persons, to ensure they have the skills to safely do this work. Regularly reassess their competency for working in confined spaces. Workers who use detectors to test whether the atmosphere is safe must be trained to use them correctly.

Safety n Action have specific training courses on entering and working in confined spaces that are recognized by New Zealand Qualification Authority and credited to applicable NZ unit standards.

Confined space emergency procedures: Have a site-specific emergency procedure and emergency equipment for every confined space job. This will include: First aid, Firefighting equipment, A rescue procedure for workers who may be injured or incapacitated, PPE and RPE for rescuers, Emergency contact details register.

Rescue procedures should be tested to make sure they are safe and effective - it is not easy to extract a person from a confined space. When testing rescue procedures, make the situation as realistic as possible. The victim and the rescuer are likely to be wearing PPE and RPE that may make it more difficult to extract them.



Free Property Advice
www.property-hub.nz

This quick guide is a brief summary of the standard and does not provide all the information required for safe working in a confined space.

For further information: AS 2865 Confined spaces. Available from SAI Global at: www.infostore.saiglobal.com

Personal protective equipment - a guide for businesses - Respiratory protective equipment (RPE) - advice for businesses; Test the atmosphere for toxic and combustible contaminants; Test for toxic contaminants (e.g. hydrogen sulphide, methane, carbon monoxide) and flammable contaminants (e.g. petroleum vapours). You need to use appropriate detection equipment, which should be correctly calibrated at regular intervals.

Ventilate the confined space if necessary - Ventilate the confined space by using a blower designed for the purpose. When blowing air into the confined space, make sure high volume of air is blown in at a low speed - this can be provided by trunking and a blower made especially for this purpose. Then test again for levels of oxygen and other gases to ensure that contaminants are reduced to below the Workplace Exposure Standard, or a safe level.

Select appropriate breathing apparatus if necessary - If the space can't be ventilated, or if the work will contaminate the atmosphere (e.g. hot work, painting, sludge removal), use a suitable self-contained breathing apparatus or supplied-air respirator.

Selecting the right personal protective equipment (PPE) - PPE provides protection for workers when all other control measures can't eliminate or minimise the risk. PPE is the lowest control and shouldn't be the first or only control measure considered. PPE can include: Respiratory protective equipment (RPE), Safety helmet, Gloves, Hearing protectors, Safety harness, Lifeline.

Take care when selecting the right PPE for an emergency response. As well as respiratory protective equipment (RPE), this could include items such as safety helmet, gloves, hearing protectors, safety harness and lifeline.

Record of documentation - Ensure all documented records - permit to work, worker training records, PPE issue etc are carefully and securely stored for future reference.

If you have concerns around this topic or other H&S matters, contact Securo consultant John Riddell by email securo4@securo.co.nz or check out our website www.securo.co.nz.

Why volunteer?

Covid has impacted on many people's lives and rethink what is important to them and if it is time to move on to new things. That is so with volunteering too.



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With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers help to people in need, and to the community but even greater can be the benefits for you the volunteer.

All sorts of people volunteer for many different reasons. Whether you're at university or retired, working or job hunting, there's a rewarding role for you at a Citizens Advice

Ten great reasons to volunteer

1. Make a difference - It can be incredibly rewarding to contribute something non-financial to a cause you care about.
2. Boost your confidence - Trying something new and getting out of your comfort zone every now and then can do wonders for your confidence levels.
3. Do something interesting - Don't let your spare time trickle away - fill it doing something interesting and challenging.
4. Meet new people - Tired of doing the same things with the same group of friends? Widen your circle and horizons by meeting people you might not normally.
5. Improve your prospects - Having volunteering on your CV demonstrates that you're someone with initiative and a rounded life.
6. Get to know your community - Whether you've lived in a town for 20 years or have just moved there, you'll develop a great feel for the people and the place at a Citizens Advice.
7. Put your talents to use - Use it or lose it. Got the gift of languages? Volunteer as an interpreter.
8. Enjoy free training - CAB trainee advisers can gain through their training.
9. Gain office-based work experience - Get ahead of the competition for jobs and university places with some real life experience. Law students, for example, can use the CAB as a Community Placement.
10. We need you! Ninety per cent of the people who work in the



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Citizens Advice service are volunteers, and we simply wouldn't be here for our clients without them.

The Citizens Advice Service at Massey/Westgate needs volunteers, if you think this rewarding voluntary work could be for you contact Barbara 09 833 5775 or massey@cab.org.nz.

Distance families: Traveller beware

New Zealand Distance Families (here and overseas) are on the move including my own. Flights to and from New Zealand are heavily booked. Reservations are dominated by what the travel industry calls the VFR market (visiting friends and relatives). Finally... we are free to hug our loved ones.



In a recent article, CNN predicts "a summer of travel chaos" caused by understaffing, cancelled flights, sky high rental car prices and of course the added layer of pre-departure COVID testing.

Depending on where you're travelling to/from determines what COVID test/s (if any) you need to do pre-departure. Additionally, when returning home you'll need to complete a New Zealand Declaration online to obtain a personal Traveller Pass with your own QR code. Airlines and the like will ask to see it. You can start the declaration ahead of time but you can't finish it until you attach evidence of your negative test. By the time this is happening you could have checked out of your hotel and be on the way to the airport scrambling to complete it on a mobile phone or laptop. All of this isn't for the faint hearted.

The 24-48 hours before flying out are busy enough without needing to fit in a COVID test - but that's the new normal. What's the solution? The answer is blocking time aside for tests and paperwork. If you're flying out in the evening and if your destination insists on a supervised Rapid Antigen Test (RAT) within 24 hours of departure, you'll have to fit that in the day you leave in between your final pack and emptying the fridge. Likewise, once you're on foreign territory you'll then need to figure out where you'll get your test done prior to flying home. Think about the day of the week this all needs to be happen. Some clinics and pharmacies may not open 7 days: check their opening hours in advance. Try and avoid leaving things to the



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Area Columnists

last minute... just in case. A well thought out plan with time to spare will give you peace of mind.

Helen Ellis, M.A. is a researcher, author, anthropologist, veteran of Distance Grandparenting and Founder of DistanceFamilies.com. She is the author of Being a Distance Grandparent and her latest release, Being a Distance Son or Daughter. Her books are available online and at selected bookstores. Also available at the Hobsonville Point Pharmacy.

Countdown winter price freeze of more than 500 essentials

From Monday, 9 May, Countdown is freezing the price of more than 500 essential products to help give New Zealanders more certainty on food prices as the country moves into winter.



Countdown customers will find staples such as diced tomatoes, butter, cheese, sugar, flour, shaved ham, hot roast chicken, carrots and pumpkin at the same low price all through the colder months, no matter what happens with inflation and costs.

Spencer Sonn, Countdown's Managing Director, says the move aims to buck the current inflationary environment where the company is receiving millions of dollars of cost increase requests every month from suppliers who are facing higher fuel, raw material and freight costs.

"As we head into the chillier months, the cost of living is undeniably top of everyone's minds," says Spencer Sonn. "We want to help Kiwis' money go further despite the pressures everyone is facing with increasing costs, and that's why we've pledged that the price of these 500-plus essentials won't change," he says.

In the last ten months, Countdown has received close to 1,000 cost increase requests from its suppliers, more than double the same period the year before. The average increase requested is just over 9 per cent as a result of suppliers' own costs of raw products, fuel, fertiliser, grains and import costs also increasing.

"There are so many factors impacting food prices at the moment and every week we're working with suppliers to help offset cost increases as much as possible so that our customers aren't impacted. But the reality is that we are all impacted by the current environment," says Spencer Sonn.

"Every week we'll also still have more than 5,000 specials and discounts across our stores and online, as well as more than 3,000 products on Great Price for even more certainty. But on these Great Price Winter Freeze products, we've pledged that they can't be touched by inflation this winter and we hope this helps with planning in these uncertain times.

"At Countdown we are deeply committed to making Kiwis' lives a little better every day, and our customers can be sure of our commitment to continue to work hard to do so," says Spencer Sonn.

The full Great Price Winter Freeze range can be found online <https://www.countdown.co.nz/shop/productgroup/157901>

What makes a valuable business?

Many business owners believe their business is part of their retirement planning, and that they will be able to sell the business to fund their retirement.

In reality businesses are often worth much less than the owner thinks, and in some cases may not be sellable.

These are the traits that a valuable business may have:

Independence from the owner - A business that is able to be run without the owner being involved in day to day operations is 10 times more valuable than a business that can't run without its owner. This means having goods systems and processes in place, and a management structure that takes care of the business operations. Strategic direction and owner oversight is generally still required for a SME business.

Scalable / potential for growth - A business that does not have robust systems and processes, or is still run in a very manual way, will struggle to grow. Technology will often improve efficiencies and standardisation. Systems and processes must be able to be repeatable at a larger scale as new customers or products/services are introduced.

Track record of growth - A purchaser or investor will place a higher value on businesses that have consistently increased both sales and profit over time as this is an indicator of future growth.

Predictable or recurring revenue - A business that is always looking for the next sale will not be as attractive as a business that either has recurring revenue (eg long term contracts, or subscription based revenue), or predictable revenue (where you can show potential business growth based on a repeatable formula).

High barriers to entry for competitors - How easy it is for a



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competitor to do what you do? A company that manages social media or builds websites will have much more competition than a business that requires the development of specialist equipment, or the skills of a specialist person where there is a limited number of specialists. Other barriers might include the cost of equipment needed, a unique product or service that is not easily replicated, exclusive contracts, or regulatory barriers.

To get the most out of the time and money spent on your business asset, you need to look at your business from the eyes of the potential purchaser if you wish to sell, or determine the level of oversight vs the amount of passive income generated if you wish to hold onto the business after retirement.

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.

My Multiple Sclerosis journey to happiness, joy and writing

I will start by changing one word in the wonderful song for the film "Love Story" "Where do I begin, to tell the story of how great a love can be."

I will change that to:

"Where do I begin to tell the story of how great a life can be."

Life does change when you have Multiple Sclerosis, you can still enjoy a great life, a joyous life, a life full of love, do not let Multiple Sclerosis define you or who you are.

I read that a person with Multiple Sclerosis uses 30% more energy at rest than a person without Multiple Sclerosis - think about that, you need to go easy on yourself.

I was diagnosed in 2006 at 48, overwhelmed, I could not cope. I was angry, confused, and suicidal, I could no longer "burn the candle at both ends" I could not multitask like before, my brain could not cope, and my body could not keep up. By 11.30 in the morning, I was totally wiped out. I retired at 55 years old.

Cognitive Behavioural Therapy, 12-month duration, taught me that I can still do what I used to do to the same standard, things just took a darn sight longer. It was the mind reset that I needed.



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Yes, I still overdo things in the garden and physical fatigue hits, or I write to much or do too much research and cognitive fatigue wipes me out. Multiple Sclerosis fatigue is not like just being overtired; it is as though someone has removed all but one of your energiser bunny batteries. When either of those happens, I just rest. If I really overdo things, then the following day I rest, giving my mind and body the time, they deserve. I no longer feel guilty, why should I, my body and mind need recovery time - think 30% more energy at rest, what happens with activity?

There are times when I am cognitively too tired to even watch a movie, then I listen to music, close my eyes, and relax.

If I cannot do something one day, then fine I will do it when I can, no harm done. Life is to be enjoyed not endured. Things will still get done, just later. Give yourself a break, it does work.

Like most people with Multiple Sclerosis, I still have a lot of annoying symptoms for which there are drugs, creams, cooling towels, cooling jacket, cold shower, calf socks for calf cramps, gentle exercise, walking sticks, bladder, I always know where the nearest toilet is; positive thinking and being gentle with yourself works wonders or a cuddle with our rabbits.

I started writing to keep my mind active after I had to stop work. I picked up and old manuscript, typewritten in the eighty's. I read through it and refiled it, I had this idea about the damage we are doing to the environment and species and started writing and researching. The Charles Langham series was formed. <https://youtu.be/luK9TA8tJ3Y>. My literary agent achieved a 10-year contract with a new publisher in October 2021, which was great news. They have already republished my Charles Langham environmental political trilogy, The Pacific Affair, The Atlantic Affair and The Caribbean Affair. They have published my Paul Nichols murder mystery called, "Murder by Truth" (a man explains to his wife how and why he died and who killed him) are soon will release my two children's book based on our two Dutch rabbit siblings, Bunnie the bunny and Bunnie and Bugsy. My agent knows I have Multiple Sclerosis and I research a lot and write at my own pace, for my own enjoyment with no deadlines, that way it stays an enjoyable pastime. If I am too tired to write, then I do not it is that easy. I am currently working on the second Paul Nichols novel, Murder by retribution. I have a fourth Charles Langham novel forming in my mind. In March I had a new website developed by Utopia which looks brilliant. Davina, my wife does a lot of proof reading and editing for me as I go and suggests ideas so we know that when we send the manuscripts to my Literary Agent, they are as close to perfect as we can get before the publisher's editors start their work.

My agent has retained all the film rights for my books. Adapting a novel to a screenplay is challenging work even using specific software.

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We have a love of travel and before Covid alternated each year between a UK trip via Singapore which we love and going on cruises. We use wheel chair assistance through airports, which is less fatiguing. We plan everything in advance down to the smallest detail, to ensure all will go smoothly and stress free. The Journey is part of the holiday and should be enjoyable. We do everything to make it so.

We have two house therapy rabbits, 8y 9m old siblings, they are a joy. We worry more about their health than ours. Both have arthritis and on many medications.

We love gardening and have made the garden as easy to look after as possible, and still grow our own vegetables, out of the rabbits' reach of course, and rhubarb which we use to make wine and crumble.

We treat ourselves to Ardbeg Islay malt and Remy Martin and certain wines, like Malbec and enjoy a tippie before dinner. Why not, life is here to enjoy.

With Multiple Sclerosis, we still have a life of love, joy, and achievement. www.garypaulstephenson.com.

Living a life with the principles of Degrowth

Degrowth promotes upcycling by learning to do it yourself (DIY) through community workshops, purchasing pre-made products or by collaborating on a custom circular design.



We live in a hyper-capitalist society that has left us decades behind seeing effective action in the name of climate responsibility. Consumerism leaves people yearning for 'more' in a way that never seems to leave one satisfied for long. With busier work lives than ever, an outrageous cost of living and never-ending new technology it often feels as though we are rats running faster and faster around a wheel that is about to fall off. Our current measure of success through the monetary lens of GDP, does not measure quality of life or connection to our community and environment.

Is it time to look at Degrowth? Degrowth looks to critique the current model of capital and address the fact that GDP growth on a planet with finite resources is economically inept. Degrowth will enable our society to relearn the old ways of living in balance with Papatuanuku;

never extracting more resources than our environment can manage and not polluting more than ecological boundaries can reasonably allow. It is a way of life that continues to be practiced by many indigenous communities around the world.

The world's richest 10% have been responsible for over half our planet's total carbon emissions since 1990. The richest 1% emit 100 times more emissions than the poorest 50%, proving the need for a climate justice model that redistributes the wealth of the richest who do the most damage. This redistribution of wealth could be enacted through a new tax model that sees those at the top of the financial food chain pay higher taxes (a reasonable request seeing as they are hardly paid now).

What is needed for Degrowth on a global scale - The concept of GDP as a measure of progress needs to be replaced with a 'Gross Progress Indicator' that measures; health, education, housing, well-being, equity and happiness. We need to see a global economic shift in line with Kate Raworth Doughnut Economics where our economy is balanced with natural ecosystems and taxation/shareholding systems are made far more equitable.

Embracing a Life with Less - 20 years ago, I was compelled to change my lifestyle for the good of the environment. While the concept of 'Degrowth' was far from my mind, I knew I had to change the way I lived in my day to day. I noticed the passionate environmentalists around me were focusing on various things whether it be; transport via cycling, food via a plant-based diet or significant reductions in general consumption.

My first two big changes were converting to vegetarianism and quitting the corporate world for a job in the public sector. Giving up meat was relatively easy, most restaurants at the time offered at least one vege option and I learnt to just take it. Incorporating a wider range of herbs and spices into cooking helped make satisfying, flavoursome meals without the meat and made me more excited about cooking sustainably. Quitting my corporate job meant I took a reasonable pay cut but I easily adjusted to living with less. I now understand that an increase in salary is a direct correlation to an increase in consumption which eventuates to a rise in landfill.

I would advise people to pick one habit to change, sticking with it until it's routine before moving onto the next one as I've found this to be the most effective way of making big lifestyle changes.

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