

# the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

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

**MEAT**  
*At* **BRIGHAM**

[www.meatatbrigham.co.nz](http://www.meatatbrigham.co.nz)

Meat at Brigham

Circulation is 10,000 print copies.

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June 2023



## Greetings

In the past 20 years the average attention span has dropped from two and half minutes to 47 seconds. Now most of us live our lives tethered to our computers and smartphones, which are unending sources of distraction. Why do we feel control of life in the physical world but not the digital world?

On average, people check their inboxes 77 times a day. Digital distractions are ramping up our natural tendency to shift focus, raising stress levels and hurting productivity.

But we can still take control. We can minimise distractions by finding a quiet place to work. Taking regular breaks during work and regular exercise may improve attention. Meditation may teach us to concentrate, and we need to eat a balanced diet and get enough sleep. Protect our energy by concentrating on important tasks when our mental resources are at their peak for avoiding distraction. Research has found that most people have peak periods of focus in the late morning and mid-afternoon. Emails create stress, so they're better done when you're not at your peak. Try to balance hard tasks with simpler routine activities. Our cognitive resources are limited! For more details Google "Gloria Mark PhD" who has researched this issue and recently published a book.

This month you may find plenty to draw you attention in the Westerly. There is just such a variety of activities available in the area. Don't miss the exhibition by young artists later in the month. Winter weather may bring snow to enjoy for a day, and make sure your immune system is firing at its best. With climate change under way, think about ways to reduce your impact. Take care not to get scammed by an unexpected contact.

Is the housing market picking up yet? Check Graham's column to find out, and while you are there see the other ideas available for house and garden. The mobile library is making extra stops to help you pick up the books you have ordered. Or sit back and read the ideas from our Area Columnists. All in all, the Westerly is full of suggestions.

Enjoy June and keep safe.

John, Editor



# What's inside

- 3 People & Places
- 4 Community News
- 6 In brief: Updates
- 8 Community support
- 10 Number Works
- 12 For the kids
- 14 Property News
- 16 Home Lending
- 18 Property Market
- 24 Hot Property
- 26 Property Statistics
- 28 Home & Garden
- 30 Interior mistakes
- 32 Tile & Grout Repairs
- 34 Pets
- 36 Food & Beverage
- 38 Health & Beauty
- 40 Men's haircare
- 42 Area Columnists
- 44 Recreators
- 46 Healthy play

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# People & Places

## MEAT at Brigham

MEAT at Brigham is a small family owned and operated business bringing fine, quality takeaway food to Hobsonville and surrounding areas. Around 15 years ago while working as a chef, Steven had the dream of one day opening his own eatery and the idea for "MEET" was first conceived with the simple view that every time you go out for a meal at someone's house or restaurant you "meet" with those who are special or important to you.

Fast forward to 2017 when Steven started to develop his passion for solid fuel cooking reigniting a passion for good food. Five years on after spending many weekends cooking for family and friends, Steven has now brought his passion for great food to the community.

We are cooking daily, rain, hail or sun so you can be guaranteed fresh food. All our meat is cooked our wood fired off-set smoker, we predominantly use oak for all our cooking for that classic American BBQ flavour using rubs from some of the countries top competitive BBQ teams.

MEAT at Brigham is Hobsonville's newest family-owned BBQ food truck. All our meat is cooked in our wood fired off-set BBQ. We want to share the passion of delicious food with the community so come



down to get some meat and check us out for yourself.

From classic recipes to new-age kitchen adventures, each dish reflects our passion for high-quality food presented in a simple yet pleasing manner. Dive right in, and take a bite; join us today.

We have plenty of options for all our customers ranging from burgers, loaded fries, brisket mac and cheese, chicken wings, our signature "meat box" contains a taste of our favorites or you can purchase single serves of meat.

Not only are we a takeaway option for people, we also provide a catering service too private events. We are able to deliver food fresh and hot to our customers or we could bring our smoker to your function and cook on site. We provide a wide range of options for a catering service at reasonable prices and would love to help out for your next event.

We are open Wednesday to Friday 11:20am to 2pm for lunch and again 4.30pm to 8pm for dinner. Saturdays we are open 3pm to 8 pm. Feel free to phone through your order to 021 117 0742. We are located at 179 Brigham Creek Road, Hobsonville - on the Washpod site



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# Community News

## Driving Miss Daisy Hobsonville

Driving Miss Daisy Hobsonville, owned by John Ng, is committed to helping people get out and about, so you can live life to the full.



At Driving Miss Daisy, we are always mindful of our clients' wellbeing ensuring that they are comfortable and safe. This reliable service is for everybody. It's about helping people maintaining, or regaining, their independence with a professional and flexible service, catering to clients' specific needs and requirements.

Our drivers can accompany clients to medical or social appointments, including to the hairdresser, to shopping, or medical appointments, anywhere the heart desires - clients design the journey. Our drivers will always go the extra mile by opening the car door, carrying the shopping, and assisting clients to and from their front door, as required.

Our clients can feel confident there is every protocol in place to keep their trip safe. All drivers are Police vetted and well qualified with a P-endorsement driver's licence, First Aid Certificate, and are Dementia Friends qualified. Our cars are maintained to high standards, always clean and hygienic.

Wheelchair Accessible Vehicles are available. Total Mobility Scheme cards accepted, and we are an ACC contracted supplier.

To make a booking or discuss your requirements, call John today.

Phone: 09 412 5332 / 021 166 1175.

## Massey High School

Massey High School is holding its annual Open Night on Monday 12 June 2023. Everyone is welcome, regardless of year level of your child. Come along and join a guided walk with our head prefects and chat to our students and staff. We have two sessions: 3.30pm to 5.30pm and 6.30pm to 8.30pm.



At Massey we emphasise creating a culture of learning that prepares students for their futures and enables them to become lifelong learners. We demand the highest behavioural standards and expect students and staff to be accountable for their actions.

Please phone the school office if you have any enquiries 09 831 0500. We look forward to welcoming you on Monday 12 June.

Principal - Alastair Fairley

## Kip McGrath Education Centres

The Kip McGrath difference:

1. Proven methodology - our proven methods and techniques will bring out the best in your child. Trust the experts to bring the fun back into learning.

2. Qualified teachers - Our qualified teachers are trained in our methods. Your child will be taught by enthusiastic tutors who will make learning enjoyable.

3. Personalised learning - Every child learns differently and will receive a programme tailored to their learning needs.

4. International reputation - With over 40 years' experience tutoring primary and secondary students, Kip McGrath knows what works.

5. Online tuition - available for students unable to attend the Centres.

Book online or call us on 09 831 0272.



## Discoverers Hobsonville

There are many things that can diminish our sense of self-worth. Not receiving affirmation from those we expect it from. Suffering taunts and nicknames given to us from pupils at school. People keeping their distance from us because our ethnicity, religion, values and culture are different from theirs. Not being supported and encouraged when we have made mistakes or experienced failure.





Our qualified teachers create individual tutoring programs using Kip McGrath methods.

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# Community News

On Sunday 25th June, Discoverers informal church will be engaging with the teaching of Jesus about the need to recognise our value as persons. The focus will be on the parables (stories) he told to illustrate the worth of every person.

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

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

## Snow in the Park

Get your gloves and woolly hats at the ready, as Snow in the Park, one of the most popular events in the Henderson-Massey Local Board event calendar will be back at Royal Reserve on Saturday 18 June between 11:00am and 3:00pm. This free event will be at Royal Reserve, Beauchamp Drive, Massey. This is a great community event for the whole family. There will be a four-lane tube run, under-six snowboarding area, snow play area, children's entertainment, climbing wall, bumper-ball soccer and much more! Snow will be provided by Snowplanet, there will be prizes and competitions, and food and coffee stalls.



## 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 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](http://www.mindjig.co.nz) or Email Julie or Jonathan at [info@mindjig.co.nz](mailto:info@mindjig.co.nz), Phone 09 600 3251, or Phone/Text 022 480 3022.

## Hobsonville Let's Reconnect

"Hobsonville Let's Reconnect" is being facilitated by Hobsonville Community Trust (HCT) and runs through to 23 June 2023, so now is the time to take action if you haven't already. Response has been excellent already. HCT provides \$100 local food vouchers to any streets, laneways or blocks in the Hobsonville area that want to get together for a neighbours' gathering. Super easy and great way to connect with your neighbours and embrace community. Minimum of 10 households (although a \$50 voucher is available for between 5-10 households). More info at [hobsonville.org.nz/connect](http://hobsonville.org.nz/connect)



## Hobsonville War Memorial Park playground

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



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# In Brief Updates

## “Mission accomplished”

On Saturday 29 April Love to Move, Kayleen Smith, and SKINMED, Rachel Paterson, hosted an event under the Pink Ribbon Breakfast fundraising umbrella.

Their goal was to raise \$5000.00 for this very worthy cause - as at 5 May the total is \$7361.25.

The event was advertised as a glamour evening where you could get dressed up, enjoy some yummy food, hosted by Little Creatures Brewery, and purchase some amazing items from the donated goods for the auctions whilst having an awesome evening out. It met all that criteria and more.



The event began at 6pm when you arrived at the exclusive 'Kittyhawk' within the Little Creatures Brewery facility. Greeted with a friendly face, you were provided with a free drink on arrival upon entering a cosy welcoming atmosphere.

Directed to the Silent Auction tables, the first of three different auction options, with displays of goods donated from 14 local businesses, a total of \$1260 worth on offer. This auction raised \$1230.

The second auction, "The Money or the Bag", was a take on the age-old show of the same name hosted by Selwyn Toogood in the day. A lot of fun was had with the 12 bags offering goods valued at \$1739, but, there was one Booby prize. Lots of fun and laughter with this one.

The Big auction was the finale, once great food and drink had been consumed, courtesy of our hosts Little Creatures.

This auction was facilitated by a well-known local, Geoff Polglase, who managed to extract the most out of the bidders. With goods to the value of \$6585 on offer and \$4630 raised, this was an exceptional result.

Kim Perry, who recently recovered from Breast Cancer, spoke to the group providing a raw and real experience of her journey and how she believes we can best support those who undergo the extensive treatment programmes.

Key supporters which must be noted are, House of Travel Hobsonville, Buzz Thomson, who advertised the event far and wide for us in both online and print form - a huge thank you. To our sponsors - wow, their generosity was overwhelming.

Fifth Avenue Diamond Jewellers, Olive Black, Happipuncture, Better To Give, Costco, New World, Golden Silk, Senses Massage, Hobsonville Optometrists, Little Creatures, Hobsonville Real Estate, Kathleen - Coaching, Earthbound, Art Fleur, The Artisan Hub, Catalina Hair Design, PashminaNZ, Yellow Lab, Hobsonville

Community Trust, Gourmet Gannet, Countdown, Indian Summer.

A little bit about the organisers:

SKINMED NZ is a locally based boutique skin therapy clinic based in Bomb Point, Hobsonville. Dedicated to all things skin health and inner health, we offer a range of tailored skin treatments specifically designed to assist with slowing the aging and pigmentation process. We offer a niche range of services targeting anti-ageing, pigmentation, Dermal Needling, Crystal Microdermabrasion, Dermaplane, Bespoke Facials/Peels.

SKINMED uses the best in Medical grade skincare.

[www.skinmednz.co.nz](http://www.skinmednz.co.nz)

Love To Move is a personal training business focused on educating, challenging and motivating individuals by providing dynamic lifestyle exercise routines. Targeted at mature audiences the sessions are facilitated in a private home gym with 1:1 sessions, bootcamps and small group training. Kayleen is a mature trainer who has understanding and first-hand knowledge of her clientele making them feel secure and comfortable in this environment.

[www.lovetomove.co.nz](http://www.lovetomove.co.nz)

Donations can still be made until the 31 May 2023 by going to our Pink Ribbon Page

[Pink Ribbon Breakfast | Love To Move and SKINMED NZ's Page.](#)

## House of Travel Hobsonville

One of the perks of being the top travel agency in this part of Auckland is getting invited on TV and getting to check out some of the latest experiences travel has to offer. In this way we can share our knowledge and create even more unforgettable journeys. Recently Buzz was on the AM show with Ryan and Melissa



to talk about what a great place Hobart, Tasmania is to spend a long weekend. In the same week we were invited out to the Airport and a private tour (between flights) of the new Emirates A380 with Premium Economy. At House of Travel, we have access to all the of the classes plus we have the ability to mix fares. Hundreds of our clients have been taking the option to fly Premium Economy on the 17h flight from Auckland to Dubai and v.v and economy to Europe. With economy prices often over 3k it's not much more to upgrade to a class which provides luxurious seats with extra leg room and much more space. For example, where three seats are normally by the window Emirates only has two. We also have fantastic Dubai stopover packages along with access to all the other international






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# In Brief Updates

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

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

## Hobsonville Newcomers Evening

Are you a new resident to Hobsonville / Hobsonville Point / Scott Point? If so, the Newcomers Evening on 9th June is for you.



Every year the Hobsonville Community Trust invites new residents to come together for a free social evening where you will be introduced to neighbours, fellow residents, and community leaders, all over some yummy nibbles and refreshments.

Hosted in the beautiful Sunderland Lounge, in Hudson Bay Road, Hobsonville Point, this evening is not to be missed. The evening is strictly limited by ticketed entry to 150 guests (adults only) and the whole evening is facilitated so that you will meet a wide range of people across the evening and know much more about what is happening in your community that you can join in or be aware of. Contact [hobsonville.org.nz/newcomers](http://hobsonville.org.nz/newcomers) for details.

## Rewarding local schools at NorthWest Shopping Centre

Thirteen West Auckland schools and almost 6,000 children will be taking part in a local NorthWest Shopping Centre initiative, "NorthWest Rewards Schools". The popular school fundraising scheme returns Monday 12 June, running until Sunday 16 July 2023. Every dollar spent at NorthWest Shopping Centre is equivalent to one point for the participating school of your choice. Simply validate your receipt at the Customer Service kiosk to place



your vote.

There is \$6,000 in sponsorship to be donated to winning schools from NorthWest Shopping Centre. At the end of the promotion, the school with the highest average spend per student will receive \$3,000 cash for their school. The second and third placed schools will receive \$2,000 and \$1,000 cash. It's a great way to support local schools, providing potential opportunities for much-needed resources.

In addition, as a customer when you submit a vote, you will also personally go into the draw to win a \$250.00 NorthWest gift card. Just fill in the form at the Customer Service kiosk when you place your vote. For more information visit [northwestshoppingcentre.co.nz](http://northwestshoppingcentre.co.nz)

Participating schools to gain your support for 2023 are: Colwill School, Helensville School, Hobsonville School, Huapai District School, Lincoln Heights, Marina View School, Massey Primary, Parakai School, Tirimoana School, Waimaukau School, Waitakere Primary, Whenuapai School and Woodhill School.

## Local school art exhibition

The work of young artists from over twenty primary and secondary schools within the north-west Auckland region, will once again be the main attraction at NorthWest Shopping Centre from Monday 19th June until Sunday 2nd July 2023.



NorthWest Shopping Centre are honoured to be hosting the FREE community art display again, for the fifth year.

Exhibition organiser Rob Taylor, Principal of Colwill School says, "It's

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 LIVING NARRATIVES



# In Brief Updates

great to see the art exhibition return. It's an excellent opportunity to showcase our talented youngsters' art to the wider community. Past years' exhibitions have generated very positive responses from the general public, and we are thrilled to have two weeks of display this year."

This year's theme 'Expect the Unexpected' allows students to interpret the topic using their choice of visual media. This could include artworks made in response to our recent weather, NZ history and surrealism. There will be an anticipated thirty pieces of art - photography, paints, prints and sculpture from each school.

Each participating school will have their own display booth, which will be staged inside NorthWest Shopping Centre, in two areas adjacent to Farmers and Countdown from 19 June-2 July 2023.

## NumberWorks'nWords

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



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

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

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

Children receive one-on-one teaching from tutors who explain new concepts, and the students cement their understanding with practice using computer-based exercises. This combination of individual instruction plus independent practice, is designed to create a confident learner in the classroom.

NumberWorks'nWords Henderson and NorthWest centres are also a fun, supportive environment that will help your child gain a love

of learning. Many children who have been struggling academically suffer from a loss in confidence. Tutors at NumberWorks'nWords provide constant feedback on progress and award certificates for achievements. Based on success, children who attend NumberWorks'nWords experience a positive change in mindset about their capabilities.

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

## Mobile Library @ Headquarters, Hobsonville Point

Visit the Mobile Library North bus to borrow books for the whole family. Request items for pickup at [aucklandlibraries.govt.nz](http://aucklandlibraries.govt.nz), and learn how to get the most out of your free Auckland Libraries card. If you are requesting a library item from pickup choose "Mobile North" from the alphabetical list of pickup locations. The bus will be located at the Headquarters Building, run by Hobsonville Community Trust, 214 Buckley Avenue, Hobsonville Point every second Tuesday from 9.30am to 12 noon.



## Scouts update

JOTT (Jamboree on the Trail) took place on the 13th May. This is an international event held every year for the last 26 years and involves millions of Scouts around the world taking part in local hikes. The Waitoru Zone hike was held at the picturesque Wenderholm overlooking the Hauraki Gulf. We had just over 180 youth and Leaders take part in this year's event. A bit wet and muddy in places considering the amount of rain we have had, but that just made it a bit more exciting. We held 3 different hikes so the young ones could take part and a bit more challenging for the older ones.



This year also sees the 23rd NZ Scout Jamboree being held at Mystery Creek over the New Year holidays, where the Scouts and Venturers take part in a wide range of activities and adventures for

**Your children are amazing already. We just help them prove it.**

[numberworksnwords.com/nz](http://numberworksnwords.com/nz)

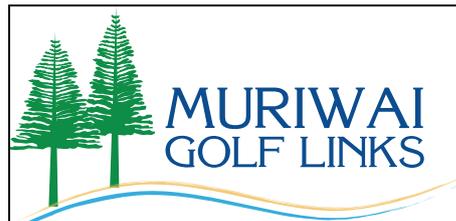
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# In Brief Updates

10 days.

You may see some of the Scout Groups out fundraising with sausage sizzles, selling firewood and a range of other events to help the youth get to Jamboree. Please support the youth in their quest to raise funds if you can. Groups are open to ideas on fundraising, if you can help. Please get in touch.

This year we have seen an increase in youth wanting to be part of Scouting, this is fantastic as the skills the youth learn while at Scouts remain with them throughout their lives.

But we do need more Adults to help us. We are not asking for Bear Grylls, but mums, dads, aunties, uncles, caregivers... in fact anyone over 18 years old that can help us out for an hour or two a week if possible or just help when they. Scouts have comprehensive adult training programmes that are designed to be fun while learning.

If you would like to know more, please get in touch by emailing me [zl.waitoru@zone.scouts.nz](mailto:zl.waitoru@zone.scouts.nz) or visit [www.scouts.nz](http://www.scouts.nz)

Craig Paltridge Waitoru Zone Leader.

## Get the most out of your tyres

Tyres are a crucial component of a vehicle, and they play a significant role in ensuring safety and comfort while driving. Here are some driving tips that can help extend the life of your tyres:

1. Maintain proper tyre pressure: Proper tyre pressure is crucial for maintaining the tyre's shape, performance, and lifespan. Check the tyre pressure regularly and ensure that it's within the manufacturer's

recommended range. Underinflated tyres can cause increased wear and tear on the tyre's sidewalls, while overinflated tyres can cause increased wear and tear on the tyre's tread.

2. Rotate your tyres regularly: Regular tyre rotation can help ensure even wear and extend the life of your tyres. Consult your vehicle's owner's manual for recommended rotation intervals, which typically range from 8,000 to 15,000 kilometres.

3. Avoid overloading your vehicle: Overloading your vehicle can cause excessive wear on your tyres, as well as other components of your vehicle. Ensure that you do not exceed the recommended weight limit for your vehicle and that the weight is evenly distributed.

4. Avoid aggressive driving: Aggressive driving, such as hard braking, accelerating, and cornering, can cause increased wear and tear on your tyres. Avoid sudden and harsh movements while driving to help extend the life of your tyres.

5. Avoid driving on rough roads: Driving on rough or uneven roads can cause excessive wear and tear on your tyres. If possible, avoid driving on roads that are in poor condition or have debris on them.

6. Check your alignment: Proper wheel alignment is essential for ensuring even wear on your tyres. If your wheels are misaligned, it can cause uneven wear and tear on your tyres, resulting in a shorter lifespan.

By following these driving tips, you can help extend the life of your tyres, which not only saves you money but also ensures safety and comfort while driving. Remember to always prioritise safety on the road and consult with a professional if you notice any signs of wear or damage to your tyres.

For advice and help on choosing the correct tyre, wheel alignment

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# In Brief Updates

or for a free tyre check, visit the team at Bridgestone Kumeu or Westgate. You can find us at 1 Cellar Court, Westgate phone 09 833 8555, or 43 Main Road, Kumeu phone 09 412 9111.

## For the kids too

When you wear jewellery that is inspired by the people you love, it not only gives you, the wearer, a sense of comfort and connection to those people, but it also gives those people a sense of connection to you too.

When I wear my "Little Love Letters" necklace, it's not just about me keeping my children close, they totally love seeing their initials hanging around my neck. They will often talk about the pendants and even play with them, given the chance. I am sure this reaffirms to them how much they are loved and reminds them that they are always in my thoughts and in everything you do.

If you'd like a piece of jewellery to keep you connected to your children, visit my website [www.preciousimprints.co.nz](http://www.preciousimprints.co.nz). You can choose from earrings, rings, necklaces and more. Or email me at [jo@preciousimprints.co.nz](mailto:jo@preciousimprints.co.nz) if you have a design ideal you would love to see turned into a piece of jewellery.



## Massey Birdwood Settlers Hall news

People driving through Massey are possibly confused.

Where the Massey Birdwood Settlers Association had their sign on the front of the hall, there are now the words Massey Library.

With the hall in the throes of being painted hall signage has been taken done and reveals the site of the original library in Massey, started by the Association back in the 1970's

To be fair the library started in a hall cupboard, then was located



in old shed, a doctors room moved up to Massey that stood in what is now the Scout carpark, before filling the space the Redhills Community Kindergarten now occupies.

The Council then took over the library and the library shifted over to Triangle Park (Massey Matters), then to where the YMCA is now before moving to its present location in the NorWest Shopping area.

Lotto have granted the Massey Birdwood Settlers Association with the money to repaint the hall, the 2nd time this century the hall will have been painted and all in time for the 100-year celebrations in April 2025.

If you would like to hire the hall or the den, the Association has space available during the working week. Please email our secretary, John Riddell on [masseybirdwood@gmail.com](mailto:masseybirdwood@gmail.com).

## Stables Pottery

Stables Pottery is a collaborative venture between Mike Cribbens and Melissa Mead to create a range of locally made "daily-ware" functional pottery and ceramics - quality items both a pleasure on the eye and nice to touch.

Stables Pottery takes its name from our first premises - a converted pony stables in Henderson Valley, more recently moving to our new facility in Albany, North Shore.



Located in a small industrial complex (off Rosedale Rd), the new premises has enabled us to streamline our production processes and move to a full-time commercial ceramic and pottery business. This move has also allowed us to expand out our range of products. So if you're looking for unique pottery (mugs, plates, bowls, vases, pitchers, platters, tankards, planters, etc), contact us or come see us.

The new facility allows us to accept more commercial commission work, most common being logoed mugs and tumblers.

All items (both Stables Pottery & Mead Ceramics) are hand-made by us, either using hand-build techniques or thrown on the pottery wheel. Similarly, all the glazes we use, we make ourselves - meaning that every item is unique (even the production runs). We sell at Catalina Bay Farmers Market (4th Sunday of the month) and Smales Farm Market (2nd Sunday of the month).

In addition to improved production facilities, the new studio enables us to offer pottery workshops as well as open up the studio for "Come play with Clay" team-building and social-events (typically 8-10 people).

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# In Brief Updates

So if you're looking for something unique for a present, for yourself, or your customers, come and talk to us.

enquiries@stablespottery.co.nz      www.stablespottery.co.nz    021 0285 9498.

## Mary's Companionship Services

My name is Mary and I have been a registered nurse for 35 years, with the past 19 years being spent working as a community nurse in West Auckland.

I am ready for a new adventure, and have started my own companionship service to meet the individual needs of people living out West. My vision is to develop on-going, supportive and professional relationships with valued clients.

The companionship service includes shopping, driving service, and social outings. Medical appointment assistance is also available, to help yourself or your loved one better understand a medical diagnosis, treatments or terminology. I can also accompany you to a consultation, and if you're having a surgical procedure, stay with you following anesthetic.

Are you a caregiver looking for some time on your own so you can catch up with a friend, get work done, or have some down time? Companion sitting is available, so you can relax knowing your loved one is in good hands.

Please see my website for further details and I look forward to hearing from you!

www.marycs.co.nz. 020 4006 4952 mary.mcsservice@gmail.com.



## Grey Power

Grey Power is an advocacy organisation promoting the welfare and well-being of all those citizens in the 50 plus age group. We monitor what the government is doing and how that will affect our members - meeting with influential people including politicians, to make our views known. The local branch for Waitākere is based in Te Atatū.

Mate Marinovich President of the Waitakere Greypower Association writes: As your President it is my duty to inform all of our members that our Annual General Meeting will be held on Wednesday 21st June 2023 at 1.00 pm at the Te Atatu South Community Centre, 247 Edmonton Rd, Te Atatu South. Our Guest Speaker will be Hon. Carmel Sepuloni, Minister for Social Development and Deputy



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Prime Minister. All members and friends are welcome to attend. Light refreshments will be served at the conclusion of the meeting.

This is a clarion call for attracting new members onto the Committee at the AGM. A number of your Committee have served for 5 to 7 years. As President on behalf of your Committee we need at least four new Committee members to refresh and remain the major advocacy voice in West Auckland for citizens 50 plus.

## helloworld Westgate

Helloworld Westgate are pleased to be able to bring you Scenic Tours Eclipse and Luxury Europe River Cruising 2023 & 2024.



Are you ready to embark on a luxurious and unforgettable journey through some of the world's most breathtaking natural wonders? Then look no further than our Scenic River Cruise and Ultra Luxury Scenic Eclipse Cruise.

Our Scenic River Cruise takes you through the heart of Europe's most picturesque cities, from the stunning castles of the Rhine River to the colourful canals of Amsterdam. You'll enjoy the ultimate in comfort and luxury on board our state-of-the-art river ships, with world-class dining, entertainment, and amenities.

Carolyn has just returned from sailing onboard the Scenic Eclipse Ship this year and is excited to share her experiences and give you some information from her time onboard. Lesley has sailed with Scenic from Amsterdam to Budapest so together we have quite a knowledge of what you can expect.

However it is our pleasure to welcome you to our evening with the Scenic Tours NZ Sales Manager, Karyn Blenkinson on Thursday July



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# In Brief Updates

13 at Huapai Golf Club at 6pm.

Please let us know if you would like to attend - our email is: [westgate@travel.helloworld.co.nz](mailto:westgate@travel.helloworld.co.nz) with your name amount of people attending and your mobile phone contact. Alternatively you can phone us on 09 416 1799.

We are now located between St Pierres and Hollywood Bakery (opposite Harvey Norman) at Westgate.

## “Hi Mum” scam

What is a “Hi Mum’ scam? The scammer poses as a loved one in a message and asks for money. Hundreds of Kiwis were scammed last year, losing tens of millions of dollars.

When she got a text out of the blue, Shelley Lock was heartened her daughter who she hadn't spoken to for three years was reaching out. "It said, 'I love you mum and I'm stressed', and I sent one back saying, 'I love you too, mum's here'," Lock said. "I thought for her to say that she was stressed and to contact me, something is really not good here." But when she received another text saying her daughter was at the mall closest to Lock's home and needed money for a phone, the penny dropped. Because there is no mall anywhere near her home. It was a scam.

The 'Hi Mum' scam has been doing the rounds recently. "It sends a message from a loved one, often a child, can be a brother or a cousin, saying they're in trouble, the phone is broken, they need money," said Netsafe chief online safety officer Sean Lyons. This particular scam has been around for a while and can get nasty. Scammers want you to do things quickly and without thinking, by creating urgency, Netsafe said the best defence is deleting the message. For more details about online safety, visit [netsafe.org.nz](http://netsafe.org.nz)



## West Harbour Christian Kindergarten

Kia Ora/Hello from West Harbour Christian Kindergarten, we are situated at 145 Moire Rd, West Harbour a small family orientated centre licensed for 37 children catering for the needs of children/tamariki ages from 2 to 5 years old. We have children from all cultures and diverse needs, and strongly believe that every child has a right to education.

The centre has been part of West Harbour community for the last 10 years. We are proud to say that we have been here for all our past and present parents who have put their trust in our teachers/kaiako hands to guide their child's learning and development journey at the kindergarten.

As teachers we provide lots of provocations to cater for the needs of the children who attend the kindergarten, we work together with the parents as we strongly believe a good reciprocal relationship between parents/whānau and teachers/kaiako is the key success of a child's learning journey here at the centre.

Currently we do have limited spaces available for your young ones, if you are looking for daycare, please do feel free to drop by and visit our centre, we are more than happy to see and show you around. The teachers are qualified and registered and are passionate in what they do.

Please visit our website: [www.whck.org.nz](http://www.whck.org.nz) or our facebook page West Harbour Christian Kindergarten to read our fabulous reviews from our past and present parents/whānau.

Contact us via email: [info@whck.org.nz](mailto:info@whck.org.nz) or telephone 09- 416 8091  
God Bless, Susan Naidu.

## Craigweil House

Here at Craigweil House recently, we had an egg-stra special day celebrating Easter with our lovely residents. It was complete with coloured eggs, cakes, friends and family with some brilliant decorated Easter egg pictures to display on our walls.



We love our creative sessions here at Craigweil House, so for Anzac Day we arranged some arts and crafts for our residents to enjoy.

Anzac Day is a very important day for New Zealand citizens, and many of our seniors in aged care have been affected by the First World War in some way. This day can be emotional for some and it's important to give them the opportunity to express their feelings.

If you would like to enquire about Craigweil House for your loved one, please get in touch. We are a boutique rural facility with personalised compassionate support and care for rest home, hospital, and secure dementia levels of care - 09-420 8277.



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# Safer Communities



The rapid spread and growth of a house fire has increased dramatically over the years.

With the easily combustible and volatile materials that are used today in manufacturing the majority of our household furniture we have less time to react to protect ourselves and our families.

If you take a quick look around your home to see what you have. It doesn't take long to identify couches, chairs, carpet, curtains, blankets, mattresses etc. which are made using chemicals and dyes that when burn, release extremely toxic and life-threatening gases into the environment.

This is why it is critical for you to have a plan on how you be alerted and get out to safety as soon as possible.

The first is to ensure you take necessary precautions by ensuring you have a safe distance from heaters and fires for anything that could catch fire (A metre from the heater).

Working smoke alarms to alert you as early as possible when smoke is detected. These are inexpensive and available from most hardware and grocery stores.

The final point and often one that is overlooked is to have an escape plan. Fires can kill in less than three minutes, so it is critical to have an escape route, and a backup should your initial one be compromised.

Gather at a predetermined spot such as a letterbox. This keeps you and your family together, away from the fire and helps us find you when we are responding.

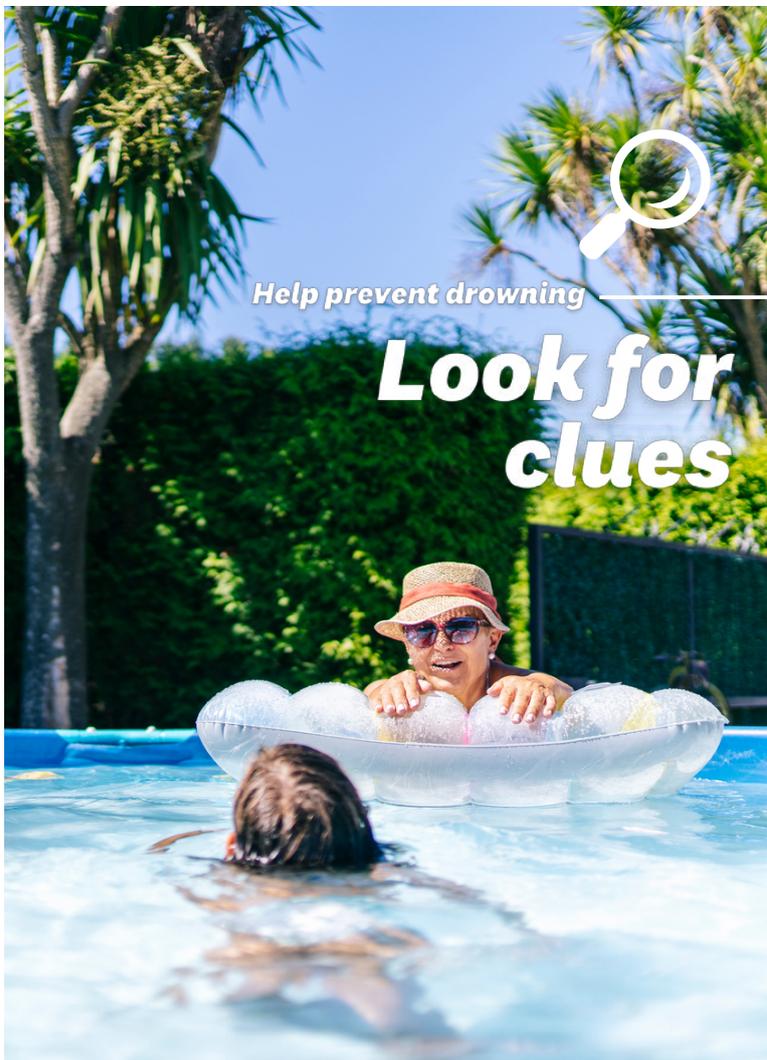
Additional support is available at [www.escapemyhouse.co.nz](http://www.escapemyhouse.co.nz).

**Jamie Shaw**

Deputy Chief Fire Officer

Waitakere Volunteer Fire Brigade

Phone 09 810 9251



Help prevent drowning

## Look for clues



### In the backyard



- Buckets filled with water
- Pool gate left open
- Uncovered pond
- Spa with no cover

If you spot any of these clues it could spell danger. Visit our website for free online water safety courses to help you and your family stay safer around water this summer.

[dpanz.org.nz](http://dpanz.org.nz)

# Property

## Property market report

What goes up, must come down, and what goes down must come up, that's the market.

Without sounding like an old and broken record let me repeat what I said in 2020/2021. This market that we are seeing, with month on month increases in all real estate pricing is simply not sustainable and the rate of increases on a monthly basis indicates a correction at some stage is likely.

And so it is, but hold that thought because the reverse is also true, in this market where we are seeing month on month decreases in all real estate pricing it is also not sustainable and indicates a correction at some stage is certain. As the Reserve bank and the finance minister Grant Robertson pull the strings, levers and fiddle with the money bits, it's a matter of time before the market comes back to life, in part cheered on by Owner's needs to get on with life and Purchasers confident that prices have turned a corner. Declines over the past 12 months are:

Rodney down 11.1%

Waitakere down 14.8%

North Shore down 14.1%

Auckland City down 14.5%

Therefore we expect that 2024 will be the year of recover and regeneration. Don't expect big shift in property values in the short term future as the election machine sucks the air out of buyers and sellers alike.

Let's look at the sales:

Hobsonville	\$620,000 to \$1,500,000
Massey	\$870,000 to \$1,300,000
Swanson	\$1,250,000
Waitakere	\$1,100,000
West Harbour	\$1,025,000 to \$1,905,000

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

## Why you should include a Building Report condition

Congratulations! You've finally found the right property and had your offer accepted. Hopefully, you've made the offer conditional upon receiving a satisfactory building report. That means that you will now have up to 15 working days to get the inspection done. While this is an extra upfront cost, we recommend our clients do this as it could save time and money later down the track.

A building inspection needs to be undertaken by a licensed building professional and include a detailed written report, if you wish to rely on it. While DIY is in our DNA and we all have a knowledgeable tradie mate, this is the time to call in an accredited property inspector with appropriate indemnity insurance. They will undertake a thorough inspection and supply you with a written report. The report will identify any issues that need remedy, risks, or upcoming maintenance required. Sometimes the real estate agent might supply you with a property inspection report which is great, but if that report fails to identify something that later costs you money to fix, you can't hold them accountable.

What happens if the reports identifies issues? Don't worry, you have options:-

Option 1: You can use the building report to try and negotiate a reduction in price to cover these issues, you can then attend to them following settlement yourself. This is useful if you have a tight turn-around for settlement or you are wanting to make changes to the property anyway. You just need to consider if the change in price will impact your finance and disclose any issues to your lender.

Options 2: If you don't want to do the work, you can also negotiate that as a condition of settlement the vendor fixes the issues. This is where we step in and negotiate on your behalf with the Vendor's Solicitor. In this case the purchase price will remain the same.

Option 3: Cancel the Agreement - if the issues are extensive



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2 Clark Road, Hobsonville, Auckland

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enough that you decide you don't want to go through with the purchase, or you can't get finance due to them, then you can cancel the Agreement and any deposit paid will be returned to you.

Before the Vendor will negotiate or agree to cancel the Agreement, they will want to see the written building inspection report to verify your claim.

The good news is that, in our experience most Vendors are happy to negotiate, as once they are aware of issues, they are obliged to disclose these to other potential buyers. It's a buyer's market right now and Vendors don't usually want to risk losing a sale.

We are always very happy to provide advice before you sign an Agreement for Sale and Purchase, so if you have queries give us a call on 09 973 5102. Another great place to find information on buying or selling is on the Settled website at [www.settled.govt.nz](http://www.settled.govt.nz).

## Five essential considerations for your retirement

Everyone moves at their own pace when it comes to retirement living and you may be ready to move into a village when you finish working to enjoy a more active village life, or you may want to wait and consider social and health concerns. There are a variety of reasons people turn to retirement villages, be it health, companionship, maintenance work, financial freedom through to liking the community feel and activities a village provides. This is a personal decision. It is important to note that most retirement villages have a minimum entry age ranging from 65 upwards and require some work to be done to prepare.

Know your wealth - It sometimes goes without saying but you'll need to understand your asset pool and what you want to sell to ensure you have the cash to invest in this transition, all villages are different in their purchase and ongoing costs.

Have a plan - You'll need to have an experienced AREINZ real estate agent that can guide you through the process of getting the most money for your property assets.

Be legally smart - Make sure your will is up-to-date, you have two enduring power of attorneys in place and that you seek advice on any license to occupy you may be considering

Communicate - Ensure your friends and family are in the loop with your thoughts and plans, they will generally provide their advice.

Start de-cluttering - Do a little daily, not all at once. You'll need to



work through your home and slowly sell, re-site or remove your furniture and bits-n-bods. You will be downsizing so space will be tight.

For a free helpful guide to moving into retirement living and some great partners and/or to pre-register for the next "Best of Aged Care Seminar and Chat" please text the word retirement to 027 632 0421 or email [graham@kumeucourier.co.nz](mailto:graham@kumeucourier.co.nz).

## Reliable and accessible management

Choosing a local property management company has many advantages. A local team has in-depth knowledge of the local rental market and the community, which can help maximise rental returns. Here are some of the benefits of working with a local property management company versus one from outside the area



Firstly, a local property management company has a wealth of knowledge about the local rental market. They can provide insights into unique features of the area and tailor their services to suit your specific needs. This knowledge helps you to make informed decisions about your property investments. You can also rest assured that your property is being managed by a team that understands the rental market in your area and has the expertise to help you achieve the highest rental returns.

Secondly, local property management companies have established vendor relationships with local vendors that can provide quick and efficient services. These vendors understand the local market and can provide reliable and affordable services. This ultimately saves you time and money when it comes to property management.

Thirdly, a local property management company is easily accessible. You can easily reach out to them at any time, and they will respond promptly to any issues you may have. This means that you can rely on them to handle any problems that arise, ensuring that your property is well-maintained, and your tenants are happy.

Fourthly, a local property management company has local expertise. They have inside knowledge of the community, including local regulations, tenant behaviours, and rental rates. By having a team with local expertise, you can have peace of mind that your property management is in good hands.

Finally, a local property management company is generally more reliable compared to an outside company. They have a greater

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sense of accountability and take pride in the services they provide by focusing on long-term relationships with their clients. This means that you can rely on them to provide high-quality property management services that meet your specific needs.

In conclusion, choosing a local property management company has many benefits. A local team has a wealth of knowledge about the local rental market and community, which can help maximise rental returns. They have established vendor relationships and are easily accessible. They also have local expertise and are generally more reliable compared to an outside company. By choosing a local property management company, you can enjoy these benefits and many more. Contact your local property management company The Rent Shop Hobsonville today and learn how their local expertise can help you achieve your property investment goals. Mike.james@therentshop.co.nz.

## Home lending when you're not a Mum & Dad with 2.5 kids

If you've picked up an application form for a home loan (or pretty much anything else) odds, are it had a space for your name, for your partner, and it might have had room to list up to three children. The vast majority of personal home lending the banks do is for couples or individuals, and most of their forms and processes have been built with this in mind.



When you do not fit within this 'box' it can make the whole process confusing and frustrating. For example, the scenarios I have seen

lately include:

- Three or more borrowers coming together to buy a property.
- Mixed / combined families.
- Borrowers who will live at different addresses - e.g. investing in a rental property together.
- Owners with unequal shares in the home.

In each of these cases there were Banks who were very keen to consider mortgage applications from these clients, and other Banks who were not. By looking across multiple banks at one time I was able to make the process much easier for my clients - whereas if they had to go bank to bank, they may have gone through three of four before they found someone who could help.

So, if your bank has said 'no' or made things difficult because you don't fit a 'standard' customer profile; this doesn't mean you can't get lending. It just means you need to keep shopping around. Or better yet, get someone to do it for you.

If you'd like help finding what lender best suits your situation, I'm available free of charge; and if you want to meet in person the coffee is on me.

Scott Wombwell, Managing Director & Financial Advisor, Better Borrowing 020 4009 8944 [www.betterborrowing.co.nz](http://www.betterborrowing.co.nz)

## Public Trust

West Aucklanders are benefiting from Public Trust's innovative and accessible NorthWest Customer Centre.

The centre is off to a positive start since opening in the NorthWest Shopping Centre last year, says Catherine Simpson, Public Trust Head of Service Delivery - Auckland and North.

The team has so far helped a lot of locals make a will or get their enduring power of attorney (EPA) sorted, she says.

For anyone feeling a bit apprehensive about sorting a will or enduring power of attorney, Simpson suggests popping into the centre and asking the friendly team any questions they have.

"We can help them to understand what they might need and let them know the easiest way to do it."

Simpson says the large, flat accessible spaces have been appreciated by the community. The large self-serve screen helps people navigate through products and services easily.

"The centre provides greater ease and accessibility for those in the



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# Property

West Auckland area wanting to tick getting a will or EPA off their to-do list," she says.

"We've had the opportunity to meet people who have wandered past and seen us there. We've also seen customers who have opted to come and see us there because it's a convenient location. It has been a very warm reception from the local community," Simpson says.

"We are so happy to be helping people locally in West Auckland. Our centre is in a high-growth area, and next door to a lot of other services. There are a lot of new housing developments around and it's just a short drive to most parts of West Auckland such as Ranui and Swanson."

Public Trust NorthWest Customer Centre, NorthWest Shopping Centre, 48 Maki Street, Massey North, Auckland 0614, 0800 371 471, [www.publictrust.co.nz](http://www.publictrust.co.nz).

## Selling a property when you're splitting up

The decision has been made, the personal items and small household items have been allocated, the bank accounts separated as have the bills, but you can't come to a decision around the family home. You have a registered valuation and you have two independent property appraisals completed from reputable and AREINZ qualified real estate people. So you understand the value, you understand the process to cash up and one party says, no. I'm not moving, I'm staying put and I've changed the locks. Not ideal, highly stressful and unfortunate for all parties involved. If you are the party that says no, consider the facts. The family court can order the property to be sold. However this will take time and money which ultimately will reduce the amount each party receives from the property due to cost and fees, but also the court dictates the sales process, the minimum (or reserve) price and the marketing spend. This process can cost tens of thousands of dollars and take 12 months to get through the courts. For more information on working through this property these two links may assist: <https://www.justice.govt.nz/family/separation-divorce/divide-relationship-property/> and <http://communitylaw.org.nz/community-law-manual/chapter-24-relationships-and-break-ups/relationship-property-dividing-your-property-when-you-split-up-chapter-24/>. Each party should have a competent solicitor to allow a common sense approach to progressing the decision, and a clear decision made early provides clarity for all parties affected to move forward. Your chosen real estate professional will explain the communication path with all parties and ensure decision makers are



updated and informed weekly. Working with an AREINZ Real Estate Agent ensures your working with an agent that is at the top of their profession and ensures that any issues are forecasted and dealt with quickly and effectively.

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

## Does your will do what you want?

If a person dies leaving behind a valid will but it does not properly dispose of all their assets, then the remaining assets will be distributed intestate under the Administration Act 1969 ("Act"). This could happen if the deceased forgets to deal with an asset in his or her will or if a beneficiary no longer exists when the deceased dies. The estate will then be divided among the surviving spouse, children, parents, and other next of kin, depending on the circumstances.



For example, Mr A decides to leave his assets to his family trust to look after the next generation. A few years after signing his will Mr A and the other trustees of the family trust decide to wind up the trust. Unfortunately, Mr A forgets to update his will which still has the family trust as the beneficiary of his estate - but it no longer exists. Mr A's estate will now be distributed pursuant to the intestacy laws under the Act.

In many situations this may not be a problem as the people who end up inheriting under the Act may be the same as if the family trust inherited the estate. However, sometimes this may not be the case and the estate is distributed in a way that the deceased never intended.

This is why it is good practice to regularly check your will to make sure it properly disposes of your assets. If you are uncertain about the distribution of your assets upon your death or need to update your will, you can contact Kemp Barristers & Solicitors at [info@kempsolicitors.co.nz](mailto:info@kempsolicitors.co.nz) or 09 412 6000.

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Offers Over \$895,000

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

[www.mikepero.com/RX3636130](http://www.mikepero.com/RX3636130)



**Graham McIntyre**  
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**AS NEW - IMMEDIATE POSSESSION AVAILABLE**

5 2 3

**By Negotiation**

**6A Mansion Court, West Harbour**  
By Negotiation

The home has been immaculately presented and delivers an as-new look and feel with natural colour palette and excellent attention to detail. Set on 417sqm of land offering a fenced rear section, established plantings and grand entrance, the home at 248 square meters makes the very most of it's location and premium address. Close to the inner harbour and a stone throw away from Marina View School. Split over two levels, the home offers living downstairs with an additional bedroom that can be used as an office or second lounge, while upstairs is four bedrooms and two bathrooms. Multi-use carpeted garage with loads of space and storage and easy access to garden shed and clothes line.

[www.mikepero.com/RX3610153](http://www.mikepero.com/RX3610153)



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**BUSINESS - TOWN CENTRE ZONE - HUAPAI**

3 1 1

**By Negotiation**

**8 Oraha Road, Huapai**  
By Negotiation

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



**Graham McIntyre**  
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## Testimonial

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

**Larry**

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## GENEROUS SEMI-RURAL ON ½ ACRE

4 2 2

By Negotiation

### 15 Buttercup Place, Waimauku By Negotiation

Big home on a large site full of sunshine and the good life. Set in a semi-rural cul-de-sac location, and enjoying a sunny north slope with established trees, and independent pathways to the school, convenience shopping, parks, bowling, tennis and RSA clubs. This single level home with high cathedral ceilings will deliver a peaceful and enjoyable living style that will bring a smile to your lips and a twinkle to your eyes. A home that has three bedrooms and a fourth room that could be used for family, guests, study, office or a second lounge. With open plan kitchen-dining-lounge with uncompromised alfresco to North facing decking. Three bedrooms, laundry and bathroom all off a central corridor with the master enjoying a walk in and ensuite. A separate independent double garage.

[www.mikepero.com/RX3627851](http://www.mikepero.com/RX3627851)



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## HEATED POOL, HEATED ALFRESCO, HEBEL CLADDING

4 2 2

By Negotiation

### 16 Korako Drive, Huapai By Negotiation

Set on 757 square meters of land in a quiet and flat location, with park, playground and School a small stroll away. This near new, showcase Versatile Homes build, displays the best aspects of modern living by design. An un-encumbered indoor-outdoor living environment favouring the north, with expansive decking and heated covered alfresco integrating through to an in-ground heated salt water pool. Entertainers, up-spec kitchen with full scullery. The home offers: Entertainers Open Plan Living, Heated Salt Water Pool, Full Kitchen and Scullery, Multiple entertaining decks, Formal Lounge, Oversized double garage, Heated covered alfresco living, Separate Laundry with easy clothes line access, Flat single level living, All bedrooms off a central hallway, Central Air, Bathroom, Separate w/c and ensuite.

[www.mikepero.com/RX3678277](http://www.mikepero.com/RX3678277)



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STUNNING KIWIANA BUNGALOW ON 800SQM (APPROX). 3 1 1

By Negotiation

**24 Alice Street, Riverhead**  
By Negotiation

A beautifully presented and well maintained 1970's bungalow offering the very best of traditional Kiwi values and easy living. Created with care and matured with love this three bedroom, single bathroom bungalow offers the best of tradition, with all bedrooms, w/c, bathroom and laundry off a central corridor. North facing lounge and dining areas lead seamlessly onto sun soaked decking, leading onto generous lawn peppered with established trees and perfumed roses. Private deck off the master provides a retreat in the tempered autumn afternoons. A single garage and workshop and transportable sleepout/tiny house adds considerable value to a buyer wanting to create strong family memories in this historic Auckland settlement.

[www.mikepero.com/RX3653642](http://www.mikepero.com/RX3653642)



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## Testimonial

"Smooth and low stress. Graham was great – there was no unnecessary pressure on us as buyers. He was supportive, knowledgeable, and willing to provide advice throughout our extended buying process."

**Ben & Brooke**

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**SIX CAR UNDERCOVER PARKING - BEAUTIFULLY KIWIANA** 3 3 1

**By Negotiation**

**26 Vina Place, Massey**  
By Negotiation

That's not a typo, six under cover car parks, plus another three hard stand car parks plus parking on its own drive in a cul-de-sac location. If you like a car or nine and need a big footprint to keep your precious metal safe, this is a home that you'll fall in love with. A traditional weatherboard home, offering great bones, through three bedrooms and bathroom off the central corridor, laundry, kitchen-dining and formal lounge with a featured closed woodburner. Decking to the North East with conservatory and alfresco to the grassed yard, set on 812 sqm (more or less). A close distance to schools, convenience shopping, parks, transport links and motorway on-ramp. This property not only has convenience it is convenient. So many options, such a unique proposition.

[www.mikepero.com/RX3640030](http://www.mikepero.com/RX3640030)



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**FLAT LAND - BIG SHED - AQUAFER BORE**

**By Negotiation**

**Lot 2 / 337 Ararimu Valley Road, Helensville**  
By Negotiation

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

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

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

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**HOME, MINOR, STABLES, LAND OF PLENTY**

5 2 2

**By Negotiation**

**412 Taupaki Road, Kumeu**  
By Negotiation

Welcome to Equine Heaven, a property that delivers significant infrastructure to satisfy a buyer that wants to work, play and invest in their future. Set on 4.4 hectares (approx) of land and offering some significant lifestyle value. Large 5 bedroom home, with 2 bathrooms and 3 plus living areas. Double garage and extensive 3 bay shed. Independent minor dwelling with garage. Beautifully appointed in-ground pool. Seven paddocks. Arena, outside stables, inside stables, tak shed. Security gates, and good fencing. Extensive entertainers decking. Seldom available with so much on offer, we welcome buyer interest and feedback. Long settlement options are very much on the table to the right buyer.



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## Testimonial

"A knowledgeable, trusted local agent. Graham is a professional with a great knowledge of the local market, keeping vendors regularly updated with market happenings. A great thanks to him and his counterpart Karina for their work in getting our house sold."

**Alistair & Elise**

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# Hot Property



## Heated Pool, Heated Alfresco, Hebel Exterior

Set on 757 square meters (approx) of land in a quiet and flat location, with park, playground and School a small stroll away. This near new, showcase Versatile Homes build, displays the best aspects of modern living by design. An un-encumbered indoor-outdoor living environment favouring the north, with expansive decking and heated covered alfresco integrating through to an in-ground heated

salt water pool. Entertainers, up-spec kitchen with full scullery. The home offers:

- Entertainers Open Plan Living
- Heated Salt Water Pool
- Full Kitchen and Scullery
- Multiple entertaining decks
- Formal Lounge
- Oversized double garage
- Heated covered alfresco living

# Hot Property



- Separate Laundry with easy clothes line access
- Flat single level living
- All bedrooms off a central hallway
- Central Air
- Bathroom, Separate w/c and ensuite
- North facing and sheltered from SW winds

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](mailto:graham.mcintyre@mikepero.com) - Mike Pero Real Estate Ltd Licensed REAA (2008).

# 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](mailto:hobsonville@mikepero.com). This service is free from cost.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HELENSVILLE	790,000	455M2	83M2	620,000		1,525,000	1113M2	120M2	1,300,000
	650,000	465M2	50M2	580,000		1,375,000	921M2	120M2	1,215,000
HOBSONVILLE	690,000	0M2	63M2	620,000		990,000	168M2	134M2	870,000
	1,600,000	321M2	256M2	1,558,000	RIVERHEAD	3,050,000	4.29HA	391M2	3,100,000
	790,000	0M2	64M2	675,000		2,650,000	1HA	258M2	3,000,000
	775,000	0M2	79M2	709,000	SWANSON	1,425,000	516M2	259M2	1,250,000
	1,450,000	330M2	251M2	1,500,000	WAITAKERE	1,425,000	4HA	201M2	1,100,000
	1,230,000	154M2	160M2	1,220,000	WEST HARBOUR	1,150,000	327M2	180M2	1,025,000
	1,015,000	178M2	116M2	916,100		2,060,000	633M2	332M2	1,905,000
	1,215,000	0M2	185M2	910,000	WHENUAPAI	1,200,000	345M2	147M2	1,100,000
	835,000	0M2	87M2	710,000		735,000	114M2	83M2	670,000
	1,340,000	257M2	163M2	1,265,000		1,320,000	1045M2	134M2	1,200,000
HUAPAI	1,650,000	876M2	206M2	1,160,000		1,205,000	345M2	155M2	1,149,000
KUMEU	1,225,000	361M2	192M2	1,250,000					
	1,250,000	400M2	181M2	1,110,000					
	2,025,000	1.74HA	240M2	1,980,000					
	2,375,000	1.07HA	230M2	1,900,000					
MASSEY	1,375,000	911M2	150M2	990,000					
	850,000	365M2	84M2	775,000					

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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# Home & Garden

## Need a tiler - Tile Wright

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

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

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## Five things we want you to know

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



1. Don't DIY - A seasoned DIYer might be tempted to think because they've plumbed their own kitchen tap that carrying out their own electrical is within their DIY capabilities. However, we suggest asking yourself; is saving a bit of money really worth the extra time, stress and your safety? Electrical work can be dangerous if you

are not trained on the specifics, and a simple mistake can lead to electrocution or cause an electrical fire.

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

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

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

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

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

## It's planting season

It is planting season. Well, with the amount of rain we have had over summer it seems like we could have been planting native plants all year. However, the cooler months have always been the best time of year to plant as the soil is easier to plant into, and it provides a few months for roots to start establishing before soils dry out in summer.





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# Home & Garden

There are a number of parks and reserves across Rodney that have volunteer planting days so keep your eye out for your local event. Also, anyone with a stream that discharges into the Kaipara Harbour is eligible for Kaipara Moana Remediation (KMR) funding to help with plants and planting.

New Zealand Biosecurity Services is an approved contractor with KMR so you can apply for grants to cover a portion of our fees. If you have a large area that needs planting this year or need planting advice, give one of our friendly team a call on 09 447 1998 or email [administration@biosecurity.net.nz](mailto:administration@biosecurity.net.nz).

## Functional layouts for your kitchen

Did you know Mitre 10 MEGA Westgate can design your kitchen?

Finding the best configuration to utilise your space.

The key to a great, workable kitchen is utilising the space you must give you maximum workbench, storage and circulation space.

The kitchen layout is the shape that is made by the arrangement of the benchtop, major appliances and storage areas. It's worth being meticulous, so measure the area you have to work with, draw the space to scale using gridded paper and sketch out the five fundamental layouts for most kitchens - the G, U, L, single and galley.

Look at how the different layouts affect functionality and provide you with optimal use of space - it should become obvious which layout will work the best. Kitchens are the hardest room in a house to design, so if you are having trouble don't hesitate to ask one of the in-store designers for some expert advice and help.

If you're taking out your old kitchen to renovate the space and install a new kitchen, this is the time to rip off your old plasterboard and install new wiring, pipe work and insulation.

When moving a sink to a new location in the room you will need a building permit, best to talk to your local council to get advice before starting. If you are swapping out a sink with a sink that is in the same position, you will not need a building permit.

Once plasterboard is all removed it is imperative that a bit of time is set aside for straightening the studs and nogs to ensure a straight and flat wall finish.



For walls that are considerably wobbly it's a good idea to use 13mm plasterboard to iron out a few wrinkles.

## A dip in the temperature - winter is on the way

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

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

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

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

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

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

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

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Graham McIntyre

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# Home & Garden

service needs on 09 417 0110 or whenuapai@laserplumbing.co.nz. From plumbing through to roofing, drainage, gas, and pumps and drain unblocking, we can offer total solutions.

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

## Interior home mistakes you don't need to make

As an interior designer, I'm often in people's homes, whether for an entire project or a one-off consultation. I often see the same mistakes made over again. Here are a few...

1. Rugs - If the sofa is barely on the rug or the rug is in front of the sofa, then it's not the correct size. Another mistake I see is a grouping of furniture with no rug. The furniture looks like it's floating in the space. Rugs are a critical layer and make a massive difference, bringing everything together away from the walls and giving the room structure and balance.

2. Matchy Matchy - In the 1950s and 60s, it was all about being matchy-matchy. Using the same wood finishes and fabrics in each space. Well, that was then. This is now. The last thing you want to do is create something that looks like it's been ordered from a catalogue. Mix the wood finishes up and let each piece showcase its character.

In terms of fabric, have at least four different fabrics in each space. Seek patterns that evoke a fond memory and make you happy. Muster the confidence and try to throw something discoordinate and unexpected into the mix, and you might be surprised just how much it enlivens the space.

3. Not Letting Go - If there is a piece that is not working, it's old fashioned, ugly, tired, it's just not right in that space, and you don't love it. It doesn't matter how much money you throw at or around it by purchasing new things for that room. That object is ALWAYS going to steal your thunder. Be tough, and say goodbye.

If it's a piece that reminds you of someone dear, replace it with something more suited to the space that pays homage to this person or memory. Or keep a small part of that object. You might be able to repurpose the handles, the legs or a portion of the fabric. I have loads of these goodies to share, so stay tuned and see you soon.



Your local Interior Designer, Hayley Brown BDVA Int. (Hons)

Contact Hayley by heading over to [www.loubrown.co.nz](http://www.loubrown.co.nz) for your free 15-minute strategy session.

## Top tips to winterise your pool

• In house pool water testing for phosphates. Phosphates are organic materials that naturally occur in your pool, coming from dead leaves, lawn fertilizer, and many other sources. At high enough levels, phosphates feed algae to grow in your pool. This will turn your pool's water green and cloudy.

• Dose with algacide monthly to kill any algae growth. Use MSA to kill and prevent algae.

• Duck's taking a shine to your pool? Algiguard to repel ducks and insects.

• Pool overflowing? Use the excess water to backwash your filter. Avoid the water level in the skimmer getting too low.

• Chemically clean the filter with Filter Brite. This will prolong your filter media life.

• Shock/super chlorinate once or twice during winter to kill any bacteria and prevent biofilms.

Jack Frost knocking at your door? Are you prepared?

A woodburner is the perfect way to stay warm and keep your house dry during these upcoming chilly winter months.

Accessories also available such as wood racks, guards, fire tool sets, radiant wood heater fans plus much more.

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Supply, installation, consent all taken care of by us.

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Drains and gutters overflowing with leaves? Book in today for gutter and drain cleaning to ensure you are collecting sufficient rainwater and not letting it go to waste. Blocked gutters can cause water ingress in your ceiling, roof leaks, and gutter drooping.

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# Home & Garden

## Start your new lifestyle with Signature Homes

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

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

The new kid on the block - Searching for new home inspiration? Why not visit Signature Homes latest Huapai showhome to experience the difference.

This dual pavilion home provides 199sqm of effortlessly light, bright, and beautifully sun-soaked living spaces.

Visiting a showhome gives you a chance to look at different home designs in living colour. You'll be able to explore the layout, run your hand along the finishes, soak in the space and imagine what it would be like to live there.



You will find the showhome located at 190 Matua Road, Huapai. Open daily from 12pm-4pm.

Build with confidence - One of the many benefits of building with Signature Homes, is that all the nuts and bolts are taken care of so you can relax and be confident your build is in good hands from start to finish. On-time, on budget, with no nasty surprises, and New Zealand's most comprehensive building guarantees - including our fixed price guarantee.

Ready to start your new home journey? Contact Signature Homes West & North-West Auckland on 0800 020 600 today.

## Whenuapai Floral and Garden Circle

Despite a relatively wet day, there was a good attendance for the May meeting. Not much colour in our gardens currently with only six blooms for the board and nothing to display in a vase for the Committee table. Members were reminded about the birthday luncheon scheduled for later in May. Own transport and pay on the day at Swanson. We plan to meet at noon.

"Rain lily plants (Habranthus robustus or Zephyranthes robusta) grace the dappled shade garden bed or container, producing adorable blooms following rain showers. Growing rain lilies is not difficult when the right conditions are available to the plant. Rain lily bulbs produce diminutive blossoms in abundance once they

MEET OUR NEW

## Huapai Showhome



**190 MATUA ROAD, HUAPAI**

OPEN MONDAY - SUNDAY | 12PM - 4PM

# Home & Garden

are settled in the right spot. Also known as Zephyr lily and fairy lily, growing rain lilies are petite, reaching no more than a foot (30 cm) in height and rarely getting that tall. Pink, yellow and white crocus-like flowers bloom from late spring through late summer, sometimes earlier during rainy seasons. Multiple flowers bloom on each stem."

Our guest speaker was Gloria Dingley whose specialty is growing Lachenalia bulbs which punch above their weight by providing masses of colour in a tiny place. As she has limited growing space they are an ideal choice with maximum impact for minimum effort.

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

## Tile and grout cleaning and re-colouring

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



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

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

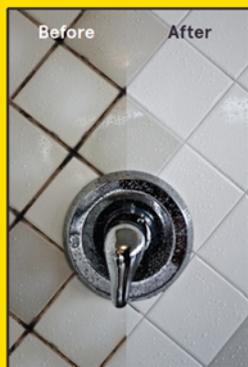
## Dirty Tiles & Grout?

Don't put up with it any longer

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

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

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



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

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We can replace the porous cement grout with an epoxy grout which too is stain resistant and waterproof. We offer shower glass restoration and apply a durable protective coating afterwards.

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

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

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

## Waimauku Garden Club

Wow! What an exciting day in the city.

We left Waimauku in the morning at 9am on our luxurious bus for a smooth fast ride in the bus lane past the crawling vehicles to arrive right at the door of our destination

Weta Workshop Unleashed Sky City. We enjoyed the 90-minute guided experience through the themed environments including immersive horror fantasy, and sci-fi worlds.

There was the cinematic soundtrack, animatronic creatures, physical and digital interactive, hyper-realistic sculptured giants and characters, a horror house experience, and much more to enjoy.

The experience includes imagine a fantasy world, enter a world featuring two opposing dinosaur factions with towering castles as the centerpiece of the scene.

Discover a sci-fi adventure, immerse yourself in an atmospheric sci-fi wonder as a gigantic robot comes to life at the climax of the story. Presented by our enthusiastic guide. Produced by so many creative imaginative people.

We headed to the waterfront to enjoy a leisurely lunch followed by a bit of retail therapy before heading to the Maritimes Museum for a very informative tour by our passionate tour guide.

Dive deeper into our maritime history discover the genius of early Pacific navigation and the great voyages of exploration to Aotearoa New Zealand. Test your sea legs in the replica 1840s rocking cabin experience the journey of the early immigrants. Fascinating stuff.

What an awesome day we shared. We are also on Facebook: www.facebook.com/groups/358928941269802. Love to have you join us.

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# Home & Garden

home building experience a pleasure.

We build beautiful homes for young families, singles and retired people, from modest townhouses through to expansive country estates.

Our dedicated team take care of everything, including permits, resource consents, planning issues, engineering drainage and geotechnical reports.

We can even help you find a section or unique lifestyle property, sort out finance and payment terms to make it as simple as possible.

Have an idea on paper but not sure where to start? Our New Home Consultants and onsite Architects can turn your sketch into reality and have it priced all in the space of a very short timeframe. Our designers have consistently been at the forefront of developing living concepts that cater for modern lifestyles and New Zealand's unique environment.

We project manage everything every step of the way and give you written assurances, regarding costs, workmanship, material guarantees, completion dates and other key issues.

Our thoroughness is just one of many reasons why year after year, more people build with G.J. Gardner Homes than any other builder.

So give the team at G.J.'s Rodney West a call today on 09 412 5371, they can't wait to start your exciting build journey.

## Fruit tree pruning & care workshops

Sunday 25th June (9.30am to 11.30am)

If you want to make the most of your fruit trees or maybe you're thinking of planting some new ones then this is a good time of year to do this. This very popular pruning & care workshop will give you all the basics to assist in your success.

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

Topics to be discussed will include: Tools required

- Pros & cons of various trees
- Planting methodologies/techniques
- General tree care
- Safety considerations

This event is traditionally extremely popular so booking is ESSENTIAL as spaces are limited (see below for booking details).

Afterwards you will also be able to stroll around the beautiful Sculpture Gardens which has over 40 marvellous pieces created for our 2022 exhibition by local and international artists on display; as

well as the extended nature trail (approximately 3.5km in total). \*

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

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

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

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

## Kumeu Community Garden

Over the last few months you will have noticed Liam and Calvin building composting bins at the Community Garden. These bins will be utilised to minimise and utilise waste from the garden and produce a high nutrient, quality compost that can be used to benefit the growing kai.

Every one of us can minimise our impact on landfill and utilise kitchen and garden waste more efficiently. Small scale composting with miniature systems like Bokashi are widely available from various outlets and easy to set up at home.

Auckland Council is rolling out a food scraps collection however this will be transported some distance to be processed, imagine if households processed their own food scraps and used it locally to benefit the community.

If you are interested to find out more there are workshops run by the Compost Collective (details can be found on Facebook) or pop down to the Garden and chat to Calvin!

You could set up your own community compost sharing on your local community Facebook page.

For more KCG information, follow us on Facebook or email us at kumeucommunitygarden@gmail.com.

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# Pets

## Cat lovers we need your help

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



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

## Shorthair Cat Show

Sunday 18 June 2023 - 10.30am to 3.00pm - Kumeu Community Centre, 35 Access Road.



Hey you! Yes you! What are you looking at? Come see me and my friends and family at the annual TOSCA Cat Club show featuring all Shorthair Breeds of cats and kittens, along with our specialist breeds of Siamese and Oriental Shorthair (the tall slinky ones).

The show has both past and present champions strutting their stuff (and yelling about it) as well as divine kittens. Our judges come from Australia and 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. We will also

have some trade stalls and spot prizes throughout the day.

All welcome to come and view for a small door charge of \$5 per adult and \$3 for children or \$12 for a family (sorry, we don't have Eftpos, please bring cash).

If you have any queries, please call our club secretary Anne-Marie Hall on 027 277 6770.

## Waggamuffin Pet Supplies

Waggamuffin Pet Supplies are local residents from Riverhead and operate every month from the Kumeu Markets selling our 100% NZ Natural Dog Treats and we also operate out of Catalina Bay Farmers Market every week on Saturday and Sunday. We also sell our exclusively made Dog Bandanas that are a very popular for dressing your Doggie up along with shampoos, Dog Ice Creams etc. We are a dedicated team and try to please each and every one. We are also available online just in case you can't attend the markets [www.waggamuffin.co.nz](http://www.waggamuffin.co.nz).



## Winter with your pets

When winter arrives, our furry friends may feel a bit cooped up indoors. Keeping them entertained becomes crucial to their well-being. Here are some tips to keep your pets happy during the chilly months. Firstly, engage them in indoor games like hide-and-seek or puzzle toys that challenge their minds. Set up an obstacle course or create an indoor treasure hunt using treats. Secondly, try interactive toys

that dispense treats or engage them in gentle indoor exercises like laser pointer games or feather wand play for cats. Finally, consider scheduling playdates with other pet owners for socialization and playtime. By providing mental stimulation, physical activity, and social interactions, you can help your pets thrive even in the winter months. We have a wide variety of interactive toys, Treats, waterproof coats and jumpers and warm cozy beds in store now!



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# Pets

## Kanika Park Cat Retreat

Cat flu - Feline Upper Respiratory Infection (URI)

Cat flu is like the common cold in people. The severity of cat flu varies. In some cases, it can be life-threatening, particularly in kittens, and adult cats with underlying illnesses



Symptoms of cat flu? Breathing problems, coughing, discharge from the eyes/nose, fatigue, fever, loss of appetite, sneezing, ulcers of the mouth/eyes.

How do cats get cat flu? Cat flu is generally spread by direct contact between cats (saliva, tears, discharge from the eyes/nose). It can also be spread indirectly via contaminated food bowls, bedding, litter trays or human hands. After the flu many cats will remain life-long carriers of the virus but will show no, or minimal, signs of illness

Treatment - Although antibiotics can help with certain complications, there is currently no single cat flu treatment. Instead, cats with cat flu must be isolated from other cats until they are fully recovered.

Phone 027 550 1406, email [info@kanikapark.nz](mailto:info@kanikapark.nz), [www.kanikapark.nz](http://www.kanikapark.nz)

## Why do dogs tilt their heads?

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

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

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

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

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



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

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

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

## Pet patch pet of the month

Meet Koa he is a 15 year old Husky.

He is a well traveled gentleman having lived and traveled Australia with his family before moving and traveling around NZ. He now calls our wonderful Huapai Community home.

If you would like to be featured as next month's Pet Patch Pet of the Month please send your entries to [info@petpatch.co.nz](mailto:info@petpatch.co.nz) and if you get featured you get a \$20 store voucher!



## Want a day off your doggo?

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# PET PATCH

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# Food & Beverages

## The Riverhead's winter menu is now available

In late 2022 we welcomed Asim Pyakurel to the team as our Head Chef. Behind the scenes he has been working with our fantastic kitchen crew to design an exciting winter menu which is available now in The Landing.

The menu promises you a wide variety of choices including a Confit Duck Leg dish with Parisian gnocchi and a delightful Eye Fillet & Beef Cheek dish with bone marrow crumble. Then there's pure comfort on a plate with our Truffle Pea & Smoked Almond Risotto as well as our absolute faves; Riv's Famous Ribs, Beer Battered Fish & Chips and Scotch Fillet.

We would also like to extend our thanks to our wonderful team here - they have worked incredibly hard over our busy summer period and it's their efforts that make The Riverhead such a special place for our guests.

The Riverhead is New Zealand's oldest riverside tavern, nestled on the banks of the upper Waitemata Harbour. To find out more or to book a table head to our website: [www.riverhead.co.nz](http://www.riverhead.co.nz).



## Revival of a classic: it's baking, but not as you know it

Can you work out what I'm talking about?

"These sweet treats date back to the 1940s when the Edmonds Cookbook was a staple in every home and no tea party was complete without them.

These nostalgic baked goods have all but disappeared from our shelves as the foundry that once made the irons closed its doors"



Have you worked out what we are talking about? Ginger Gems!

Well dust off your aprons people, because EngelElzen are bringing the gem iron back.

The EngelElzen Gem Iron and recipe is now available online at [www.engelelzen.co.nz](http://www.engelelzen.co.nz).

## Soljans Wedding Open Day

Join us on the 18th of June from 3:00pm for our free Wedding Open Day. Whether you're looking for your perfect wedding venue or simply looking for inspiration, our wedding open day is a great way to visit our beautiful winery and view our ceremony and reception areas.



If you have any questions or would like to organise a private show around on another date, please do not hesitate to contact Soljans Wedding Coordinator Sophie via email on [functions@soljans.co.nz](mailto:functions@soljans.co.nz).

## Don Buck Honey

I'm a west Auckland based beekeeper who owns and operates Don Buck Honey. In addition to potted honey I also sell beeswax blocks, made from the wax scrapings from my honey production. Filtered and clean, 100% beeswax.

Bees wax is popular for making polishes, balms, candles, and food wraps (as a reusable alternative to plastic cling wraps) etc.

I sell the beeswax in 250g blocks. These are \$12 each, and fit in with the usual discounts I do for buying potted honey (i.e. 4+ honey pots or wax blocks is discounted 10%, 6+ is 15%, etc).

Make your order from my online Don Buck Honey store: you can opt to pick up from me in Massey and pay cash if you like, or you can have them couriered with Post Haste. <https://donbuckhoney.co.nz/>



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# Food & Beverages

product/bees-wax-block-approx-250g/

Chris Northcott. Don Buck Honey.

## Jesters Pies Westgate

Jesters Westgate owner Tony and his team are pleased to announce that the Jesters NZ brand has been acquired by Boxx Brands. The parent company of Jesters Worldwide has acquired the Jesters NZ Business from the long-term master franchisee who helped develop and grow the business in New Zealand. The ownership of Jesters Westgate remains unchanged.

The brand will be re-invigorated, so stay tuned for some exciting changes but rest assured the premium quality ingredients, flaky pastry and 'world famous chips' remain for lovers of all things Jesters.

Jesters Pies Westgate, since 2007 at Westgate Shopping Centre ... next to Countdown.



## FED

At FED we take pride in being your personal chefs. We are a meal delivery service based in Henderson that offers fresh, chef-made meals to make your life easier. With us, you won't have to worry about cooking as we take care of everything in the kitchen. All you have to do is heat it up and eat it up.



We offer a range of options to suit your needs, including one-off orders, care boxes, and flexible weekly subscriptions. We understand the importance of catering to your needs, and we are committed to

delivering meals that are both delicious and nutritious.

Our service is a thoughtful gift for your loved ones, especially new parents, someone needing recovery or those going through a tough time. We believe in the power of good food to nourish the body and the soul, and our meals are a testament to that.

We take pride in our culinary creations and invite you to try them for yourself. Leave us to kitchen duty so you can do more of what's important to you. [www.getfed.co.nz](http://www.getfed.co.nz).

## Elderflower liqueur

Elderflower liqueur is a versatile and delicious star ingredient in cocktails and is great used in baking and cooking. Add it to soda water to make a simple spritzer or drizzle it over the sponge cake in your trifle or add a teaspoon to whipped cream or icing.

Ingredients: for a same-day, small batch recipe use 1 cup vodka (37.5% ABV), ½ cup Elderflower Tea, 45g sugar, 30 ml water, ¼ teaspoon vanilla essence and ¾ teaspoon lemon juice. (If you have the time to leave the Elderflowers to soak longer in the vodka, use ¼ cup of flowers to 1 cup of vodka and leave for a week, shaking frequently).

Method: Begin by soaking the Elderflowers in the vodka for several hours. Shake frequently. Next strain the mixture into a small pot and add the remainder of the ingredients. Bring to a boil to dissolve the sugar and remove a little of the alcohol. Simmer for approximately 5 minutes, then pour into a bottle and allow to cool before adding the lid. This liqueur will be shelf-stable provided you haven't removed too much of the alcohol whilst simmering it.

Certified Organic Elderflower Tea along with other herbal teas are available through our online store: [www.NewZealandHerbalBrew.co.nz](http://www.NewZealandHerbalBrew.co.nz).



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# Health & Beauty

## Meet the team - Holly

Over the past few years Holly has found a new hobby in aerial silks. Holly grew up doing a handful of dance forms and decided that she would like to move from dancing on the ground to dancing in the air. She loves the satisfaction of completing a difficult move and the thrill of drops. Eventually she would like to be able to do more performances but for now she is content doing her weekly classes and showing off videos of the latest move she's mastered to her friends and colleagues.

Opening hours: Monday - Friday: 7am - 6.30pm, Saturday: 9am - 1pm, Sunday: Closed. Contact: 09 416 4455, email [physio@hobsonvillephysio.co.nz](mailto:physio@hobsonvillephysio.co.nz).



## Home Healthcare Equipment

The aim of Home Healthcare Equipment is to offer customers and their caregivers an improved quality of life through products which have been designed specifically to make their lives easier.

We have an extensive range of products available including walkers, walking sticks, cushions, shower stools, over toilet frames, reachers, incontinence items and more.



Many of our products such as wheelchairs, walkers, bathroom aids and crutches are also available to hire on a daily or weekly basis.

We are located in the heart of Blockhouse Bay inside the Blockhouse Bay Pharmacy at 526 Blockhouse Bay Road.

For further enquiries please phone 09 627 6241 or email [homehealthequipnz@gmail.com](mailto:homehealthequipnz@gmail.com).

## Fatigue and menopause - Are you tired of being tired?

Fatigue is extremely common and a number one symptom of women in their forties. Studies have shown that about 33% of women experience extreme tiredness.



There can be lots of reasons for fatigue and it is important to rule out any underlying health conditions first as it can be a symptom for a number of serious diseases. The information and tips below are assuming that you are otherwise healthy.

Reasons for Fatigue:

Hormones that are out of whack - thyroid, insulin, melatonin and oestrogen all affect energy and when they are low we get tired. Other reasons for fatigue include poor sleep, poor diet and nutrient deficiency, food sensitivities and a reliance on energy drinks. Dehydration, being sedentary and not moving, poor posture, stress (no surprises there) and being a woman.

Our cycles are specifically designed to create an ebb and flow of energy (amongst other things). We are not designed to be high energy 24 hours a day/7 days a week - we are not little men. We are special. Our energy tends to naturally increase the first half of our cycle when oestrogen increases and drops during the second half of our cycle when oestrogen drops - that is normal. There is nothing wrong with you. Start tracking your energy and see if there is a pattern and then try and find ways to honour that rhythm rather than fight against it.

My top tips for fighting fatigue and creating energy include:

1. Get your diet assessed by a naturopath or nutritionist - make sure you are getting all the nutrients you need and check for intolerances.



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2. Start exercising - no more excuses. See a personal trainer to ensure you are training safely and in a way that will energise you not stress you. Dance, dance, dance.

3. Find a way to manage your stress

4. Consider herbs and supplements to balance hormones, support sleep and stress and boost energy- see a specialist who can help create something for you.

5. We have to provide what our body needs to make the energy and maintain it. We can also focus our mind on feeling energised. Remember what we focus on, we become. What can you do right now to embody the feeling of energy?

Go to <https://sarah-brenchley.com/why-hiding-under-your-duvet-with-your-cat-may-not-always-be-the-best-thing-for-fatigue/> if you want more information and more tips.

## The immune system: More than just winter wellness

The ability to ward off bugs like colds and flu is one of the major roles of the immune system. But it's not the only job. The immune system constantly surveys your body to protect you against any environmental forces that may overrun, destroy or gain control of any part of the body. I think you'll agree that this is an important job. But you also don't want an overzealous immune system. The immune system needs to be kept in balance, because it is possible for an overactive immune system to damage the body. This can lead to autoimmune conditions such as thyroid disease and rheumatoid arthritis.



The immune system comprises physical barriers (such as the skin and mucous membranes) that physically block the entry of bad guys into the body. Body temperature and acidity could also be considered aspects of the immune system as they can kill detrimental bugs. Of course, there are specific organs and cells that make up the immune system. It's a complex system under the overall coordination of the hypothalamus and pineal gland.

So what? Without understanding how complex the immune system is, you may think some of my recommendations for a healthy immune system are a little weird. For example, good gut bacteria, a healthy state of mind, and moderate sun exposure are all key strategies of mine. In fact, sunlight has amazing health properties,

not just vitamin D.

**Superstar Immune Nutrients:** Of course, I have my favourite nutrients that I use to keep my immune system in great shape. These include sulforaphane (from broccoli sprouts), fish oils, key minerals like zinc, and vitamins like A, D, and C.

Sulforaphane has been shown to have cancer protective properties and anti-viral actions. Some studies have shown that sulforaphane may have benefits in protecting against the common cold, influenza, COVID, Dengue, and H. pylori. Quite an impressive list. That is why I take sulforaphane every day.

Call in to Massey Unichem Pharmacy to chat about your immune system. Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.

## Rainbows

It's raining again. With that, comes flooded roads, frayed nerves and frustrating emergency warnings.

On the bright side, when the rain is not too heavy and you look up at the grey sky, you get to see...

Rainbows brighten the bleakness and teach us a lot about life:

1) Rainbows are fleeting like the wonderful experiences life brings each day - enjoy it when you see it because the next minute it's not there anymore.

2) Rainbows are personal because no two people see the same rainbow as it depends on the angle you are at when you see it - life's moments are unique and no two people go through the same experience.

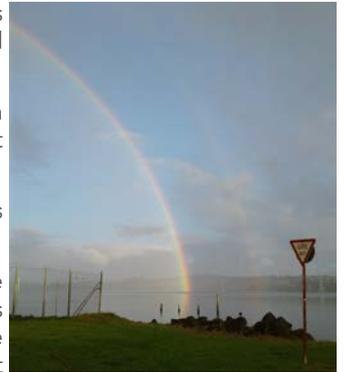
3) Rainbows appear usually after a storm - no matter how bad life gets, there may be some good news waiting at the end.

4) Rainbows are unique as you probably will never see the exact same rainbow in the sky ever again - enjoy each of life's experiences like it is by itself, let go of comparisons with the past or expectation of the future.

5) Rainbows are meant to be enjoyed in the moment - forget about trying to take a nice picture and posting it for posterity, nothing beats seeing it in person.

Have you seen a complete semicircle rainbow?

Or will you be contented with the half rainbow peeking from behind





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# Health & Beauty

the storm clouds?

Or will you be absolutely elated at a double rainbow?

Whatever you see, no matter where you are, look up and you may just spot something magical in the sky, a glorious trick of light and physics, a culmination of rain, sky and time, bringing you a uniquely personal, fleeting glimpse of what life can truly be.

Have a Rainbow day.

Dr Frederick Goh - Royal Heights Shopping Centre, Shop 12, 138 Royal Road, Massey, Auckland. Phone 09 393 6313. [www.rhdoctors.nz](http://www.rhdoctors.nz).

## Let your inner beauty emerge at Appearance Matters

Wrinkles are an inevitable part of life, which sometimes leads us to feel that the outside does not match how young we feel on the inside. At Appearance Matters I can help you tackle these concerns. Conveniently located in West Auckland, with plenty of off street parking and privacy. As a Registered Nurse, with a current Practising Certificate, and 14 years in the Cosmetic Industry I have the experience to advise on what treatments will best work for you.



I offer a free cosmetic consultation, and am able to guide you through a range of cosmetic treatments to meet your individualised needs, whether you're wanting just a "tweak" for a special occasion or a long term plan for anti-ageing over a period of time.

Booking link online at [www.appearancemattersltd.com](http://www.appearancemattersltd.com).

## Kaz Elizabeth Makeup Artist

Kaz Elizabeth is a Makeup Artist and Hair Stylist. With over 15 years in the Makeup Industry, she is predominantly a mobile make-up artist and travelling locally to Whenuapai, Hobsonville, West Harbour and Massey.



From TV's commercials, weddings, special events, portraits and everything in-between.

Kaz has been selected to work alongside many amazing people on countless sensational projects, including music videos for Six60, Rudimental, Julia Deans, Shayne Carter and Mitch James, collaborating with fashion icon Trelise Cooper, shoots with/for the All Blacks, Bride & Groom and Remix Magazines, backstage on the Sweeny Todd and Carmen productions for the New Zealand Opera, as well as behind the scenes on TVNZ, History Channel, various Web-series and many more events and photoshoots.

To book in with Kaz feel free to check out her Facebook page under Kaz Elizabeth Makeup artist or her website [glamourtribe.nz](http://glamourtribe.nz) Follow her on Instagram @glamourtribebeauty.

## Smoke free for 16 years

I tried many things to stop smoking. I tried gum, lozenges, patches, medication, and going cold turkey. I even tried to work the 12 steps of Alcoholics Anonymous on my smoking.

I was sick and tired of smoking when people around me had stopped. People in my life complained about my smoking. I had rituals to stop me smelling of cigarette smoke - washing my hands, spraying perfume, chewing gum and even brushing my teeth. It didn't make

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# Health & Beauty

me feel good.

And now I am smoke free for 16 years. I have freedom. I smell better. I'm healthier. I even saved enough money to get myself a cleaner. I run, swim, dance, hike, and even bounce on trampolines - all things I struggled to do when I smoked.

I reprogrammed my brain to be completely smoke free and I love it. I am free of the subconscious beliefs that kept me smoking like 'it's cool and rebellious, relaxes me, cures boredom, gets me accepted, helps me socialise and connect to others.'

Only part of my mind wanted me to smoke, and I am the master of my mind so I have deleted that part forever.

Do you want to delete the part of your mind that makes you smoke? Get in touch.

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[www.lorrainemaguire.com](http://www.lorrainemaguire.com).

## Men's haircare at Zash Hair

If there's one thing that unites humanity, it's that we all want great hair.

But sometimes, achieving great results can be a struggle.

Fortunately guys, attaining great hair doesn't take a lot of effort or time when you know what you're doing. So, here's a few tried-and-true tips that actually work to help you achieve and maintain great hair.

\*Keep your hair clean. Wash it as often as you wash your body since it is a part of that too.

\*Always use good shampoo. Cheap shampoo is as good as hand soap so ask your stylist for advice on which product is best for you and stay away from the 2 in 1 products.

\*Always use conditioner. We all want to save time in the shower, but conditioning will replenish the moisture and is a must each day.

\*Hydration is the key for textured hair. So, if it's curly or coarse it needs more hydration. Hence why it's so important to use conditioner each time.

\*Use sunscreen even on your scalp. We all know the importance of wearing sunscreen when outside, our scalp needs it too.

\*Get a haircut every 4-6 weeks. Always re-book your next appointment prior to leaving the salon.



\*Use good hair products. Ask your stylist to recommend a product that is designed to help you achieve the look you are after.

Men's haircare is just as important to us at Zash Hair so book your next appointment with us today. Enjoy the shampoo and conditioning service, scalp massage, cut and style. All with a great coffee too.

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## Hobsonville Chiropractic Centre

At Hobsonville Chiropractic Centre we offer gentle chiropractic care to all ages, new-borns, pregnancy, elderly, and all in-between. Chiropractic is about aligning the spine to allow for optimal nervous system function. Did you know you don't have to be in pain to see a chiropractor? We see a large portion of our clients on a maintenance basis, just like how you regularly service your car, it's great to get regular chiropractic tune ups for your body.

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# Area Columnists

## Distance Families: “They seem to have mislaid the ‘reply’ button”

A key secret of successful, thriving geographically distanced family relationships is responsive, intentional communication - from both directions.

Distance grandparents sometimes grumble they don't always hear back from family when texting or emailing. Regular communications with no responses are common in some families. I hear grandparents say, “They seem to have mislaid the ‘reply’ button”. When grandparents' messages appear to be ignored, unsettled emotions make themselves at home.

The grandparent generation was raised on the importance of old-fashioned courtesies and as a general rule reply promptly to answerphone messages, emails and texts. Ignoring an incoming mobile phone call goes against every bone in their body. They imagine this trait will pass to the next generations. Sometimes it does... sometimes it doesn't.

Likewise, for example, when I FaceTime with my overseas daughter and young grandsons, and she asks them if they'd like to talk to me, their answer is sometimes a flat “no”, accompanied by funny, screwed up faces.

There are so many ways of viewing these scenarios.

Family life is hectic for the abroad middle generation, and it is unreasonable for distance grandparents to expect timely responses to all communications.

OR

The distance family should make more effort and think how it feels for the folks back home.

If the grandparents were busier, they wouldn't be so bothered about the frequency or lack of communication.

OR

It is reasonable to expect the courtesy of timely responses to all communications.

Kids are kids and don't be too sensitive.



OR

They should teach children to always be respectful.

None is all right. None is all wrong.

When I stay with my overseas family (or they stay with me) I am reminded how every day is so full. I have reflected on how they ever fit in communications with us in the first place.

From my experience and talking with other distance families, I've learned that a lack of response doesn't mean they don't love us. Right now, other stuff is happening, and their minds are elsewhere. The same communication issues could occur if they lived down the road.

Everyone has only so much capacity to spread themselves around. Over-thinking at the grandparent end isn't helpful while completely ignoring communications at the other direction isn't ideal either.

Finding empathy for each other's needs, along with a fair dose of 'going with the flow' and 'give 'n take', makes for successful distance family communications and relations.

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

Photo: Shutterstock.

## Director's health and safety checklist

This Director Checklist provides key questions directors can ask to provide leadership, hold management to account, and create a healthy and safe workplace culture. The Checklist can be found on the Worksafe website under guidance for Directors

### DIRECTORS HEALTH AND SAFETY CHECKLIST

- How do the board and all directors demonstrate their commitment to health and safety?
- How do you ensure that the organisation's risks are assessed and appropriate mitigation measures put in place?
- How does the organisation involve its workers in health and safety?
- How do you ensure that the organisation's health and safety targets are challenging, realistic and aren't creating unintended consequences?
- What data is the board receiving on both health and safety? Is this sufficient?



**Pete Sinton**  
Managing Director

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49 Beach Street, RD 2, Sandspit, Auckland 0982

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# Area Columnists

- How does the organisation ensure all workers are competent and adequately trained in their health and safety responsibilities and accountabilities?
- Does the organisation have sufficient resources (people, equipment, systems and budget) for its health and safety programme?
- How connected are you to what happens at the organisation's work sites?
- What measures are in place to inform you? Does the organisation have a schedule of audits and reviews to ensure the health and safety management system is fit-for-purpose?
- How do you ensure that actions identified in incident reports, audits and reviews are communicated to the appropriate level within the organisation and effectively addressed by the organisation?
- Does the organisation have policies and processes in place to ensure contractors used by the organisation have satisfactory health and safety standards?
- How does the organisation's performance compare with other comparable organisations and how do you know?
- How do you recognise and celebrate success?

For any questions or further advice on health and safety contact Securo H&S Consultant John Riddell, by email [securo4@securo.co.nz](mailto:securo4@securo.co.nz) or by checking out the Securo website [www.securo.co.nz](http://www.securo.co.nz).

## Big focus on Auckland needs to return

By Cameron Brewer

During the 2017 election campaign, Labour promised to deliver light rail to the airport. The price-tag could be as much as \$30 billion. It won't happen, just as the bike bridge over the harbour didn't happen. All we get left with are exorbitant consultancy fees.



As National Leader Christopher Luxon says, not one major infrastructure project has been started and finished under this Government in the past six years, and sadly nowhere is it truer than Auckland.

West Harbour resident Professor Paul Moon recently released another book titled 'Auckland: The Twentieth-Century Story'. It reminds us why our city has struggled to keep up. Auckland grew a

staggering 35-fold last century alone. From 34,000 in 1900, to two million within the next decade, it's phenomenal growth that needs laser focus and massive infrastructural delivery.

Further, Statistics New Zealand forecasts that in 20 years' time, 44% of Auckland's population will identify as Asian - with Chinese, Indian, Korean and Filipinos leading the charge. In 1991, just 5% of Aucklanders did.

The region's 30-year transport investment programme known as ATAP (Auckland Transport Alignment Project) is up for Government and Council discussion in 2024. It's time for a reality check: Per-capita, New Zealand has the fourth highest car ownership rate in the world and Auckland's all-important roading network remains woefully incomplete. Let's not forget buses and cyclists need roads too.

New Zealand can only truly succeed if our largest city and commercial capital is given every opportunity to reach its full potential. We can only do that with a National Government that will strengthen our economy so we can deliver the infrastructure we need.

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

## Building a strong team

With the economy slowing down but with the labour market still tight, it is now more important than ever to invest in your team. Strong teams are loyal to the business, effective, show resilience, and help the business achieve its goals.

The first step is to hire the right people. It is tempting to take whoever is available in this market, but that will back fire if the person is not right for the business. You will be looking for someone not only with the right skills and experience, but who will fit into your business culture and is passionate about working for you. Make sure you check references as part of your screening process.

An employment contract is a minimum requirement, but you also want to define roles and responsibilities for each person. This avoids any confusion, and makes sure each person is clear on what their role is.

Investing in training and development not only improves the performance of the team, but demonstrates a commitment to each employee. Additional training can also be a reward or part of a remuneration package instead of a wage or salary increase. Training and development can either be on the job (ensuring time is taken to teach the team member), or provide by an external party.

Encourage a culture of good communication, openness and honesty. You want your team to be able to share their mistakes, ideas or frustrations so you can take steps to resolve or implement

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# Area Columnists

them. On the positive side you want to be able to share successes with the team, so that the business successes are their successes too.

Address any conflicts promptly, ensuring you have a process that is fair and avoids any unnecessary escalation.

A little bit of extra time invested in your team will have huge rewards. Take a step back from your business to make a plan of what you are going to do for your team.

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](mailto:ann@oxygen8.co.nz) or 021 682 014.

## Kiwis can't live productive life without financial security

Despite how hard people are working, too many are struggling to afford the basic necessities. Things like groceries, power, rent or mortgage shouldn't feel out-of-reach for so many, and those on low and middle incomes are feeling the pinch the most.

This is a problem that politicians should be focused on, but instead all we seem to see from Labour and National is bickering with each other rather than focusing on solutions that will genuinely help people.

A fairer economy is entirely possible. One where every Kiwi has the financial security to afford the essentials, where hard work is rewarded and those doing it toughest are supported. We know there is a serious problem to fix when teachers, nurses and doctors earn less money than empty plots of land(!).

The Opportunities Party has released a plan to rebalance the tax system, to increase incomes and shift the burden of tax away from people working hard.

Starting with a tax-free threshold of \$15,000. This will have an immediate impact for 1.7 million Kiwis on low-medium incomes. Five new tax brackets will deliver higher incomes. To pay for these changes, we can finally confront the biggest handbrake on productivity and economic fairness in New Zealand - our dysfunctional housing market, with an annual low level land value tax of 0.75%. This is not a new idea. Tax Groups have recommended this change to Governments who have ignored it for years. It's bold. And it's the right thing to do. Read more on our website [top.org.nz](http://top.org.nz) for details.



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Shai Navot. [shai.navot@top.org.nz](mailto:shai.navot@top.org.nz).

Shai Navot is a practising lawyer, a former crown prosecutor, and is The Opportunities Party's candidate for Upper Harbour.

Authorised by H Cargo 90 Crawford Street Dunedin

## ReCreators

The ReCreators have partnered with Auckland Council in scaling learning about what a circular economy is and how it's implemented in a practical way to our community. We are working with 10 low decile schools to help NCEA level 2 and 3 students to create sustainable and circular business models. Schools included are Henderson, Kelston Girls, Waitakere, Onehunga, Aurere, Alfriston, Auckland Girls Grammar, De La Salle in Mangere, Tāmaki College and Manurewa Intermediate.



The three principles of a circular economy are to:

- Design out waste and pollution.
- Design products and solutions to last for as long as possible.
- Use regenerative materials.

Everyone has experienced purchasing products that have broken within a short period of time. It's frustrating because not only is it a waste of money but the resources that go to landfill are finite and won't be here forever. The circular idea is that we consume less but have better quality. As it was more than 20 years ago.

The ReCreators have used their business connections to partner school teams with mentors. Examples include vegan beauty products with circular packaging being supported by Juliette Jones from White Cloud Skincare, tote/ hand/ sports bags with reclaimed materials mentored by Bea Lorimer from Heke Design and low sugar, ethical chocolate products by The ReCreators, ethical bean to bar chocolate being mentored by Fiona Clements from Res Awesome in Dunedin.

Term 1 was all about introducing the concepts of circular economy and degrowth to business students, providing business examples like Ethique shampoo with natural ingredients and no plastic packaging. Or Fuji Xerox who rent their photocopiers to companies and schools, taking product stewardship for the machines, disassembling and replacing parts ensuring the customer always has access to a machine that prints. Usership not ownership.

Term 2 is all about working with the students to create prototypes,

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teaching them how to make their products. It's all about design thinking, access to materials and skill-sharing. Our teams are making bags, skincare products, candles, ethical chocolate, reusable period ware, upcycled journals, upcycled jewellery and much more. To sell their local merchandise students then delve into the meaning and purpose behind their products, learning about the waste hierarchy and planetary boundaries. We do not just have a global warming problem but we also need to consider other man-made issues, fresh water and soil degradation, chemical pollution, ocean acidification. The list goes on.

But this generation will be the ones to teach us how to do business in a more sustainable way. Using materials that already exist combined with creative design thinking and a willingness to do things differently. For more information, contact [ger@therecreators.co.nz](mailto:ger@therecreators.co.nz).

## Endless rain and wild weather – what can we do?

I googled eco-anxiety. It's a thing. And I think I have it. The emergency alert has just gone off on my phone, again, and the rain is pouring down. Climate change is here. Is there anything the average person can do?



Not all of us can afford solar panels or a new electric car. But the good news is there are other things we can do to try to slow climate change down. Here are three ideas you may not have thought of:

1. Replant your lawn, or parts of it, with trees and shrubs. Lawns need watering in summer, and mowing, which means they are net carbon emitters. But trees and shrubs suck carbon out of the atmosphere as they grow and turn it into carbohydrates in their wood and leaves. If one third of all the grass in cities around the world were replanted with trees and shrubs, over the next twenty years this would sequester 7,200,000,000 tonnes of carbon.
2. Slow down. Not all of us can take buses, bike or walk all the time. But we could drive a little more slowly. Driving at a maximum of 90 kilometres per hour emits 23 percent less carbon than driving at 110 kilometres per hour. It won't make you late. For a 100km road trip, reducing your speed by 10 kilometres per hour only adds two to four minutes to your journey time.
3. Next time your roof needs painting, paint it white! Or at least the lightest colour you can find. Even better, ask everyone in your street to do the same. White roofs do what the polar ice caps (which

are shrinking with global warming) do – they reflect light and heat back up and away from the earth, which reduces our atmospheric temperatures. This helps keep us cool, and may even mean you need to use your air-conditioning less often in summer – bonus!

## Ecobulb home energy saver project a winner

Auckland Council has partnered with energy-efficient lightbulb producers Ecobulb and the Government's support for energy education in communities (SEEC) programme to help 790 west Auckland households, struggling with the cost-of-living crisis, to save on their power bills.



The pilot, carried out between January and April this year, involved training a team of three locally recruited energy assessors to visit homes and replace lightbulbs and showerheads, clean heat pump filters and suggest ways households could reduce their energy consumption.

The Ministry of Business, Innovation and Employment provided \$115,000 of funding to support the initiative with an additional \$100,000 contributed by Auckland Council.

A total of 10,052 energy saving Ecobulb LEDs and 721 energy and water efficient showerheads were supplied to homes who received energy assessments.

Actions taken by the 790 west Auckland households who had an assessment will save on average \$609 per year and reduce carbon emissions equivalent to planting 13 trees each.



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# Area Columnists

Two trained assessors from Visionwest have been working on the project for the past three months. A teacher from Massey High School was also among the team of local assessors who were in touch with the needs of local whānau who faced energy hardship.

Switching lights over to LEDs and changing high flow showerheads to more efficient models are cheap and easy actions that, if taken by households, could reduce peak electricity demand by 9 per cent and help combat climate change.

Now the pilot project in west Auckland is complete, Auckland Council will assess the results, with the view to working with community organisations in other parts of Auckland in the future, pending funding availability.

## Play reaches a whole new level

Teachers from across West Auckland exercised their bodies and brains during Sport Waitākere's recent Healthy Active Learning Opportunities (HALO) Day.

The event brought together 43 teachers from 24 Healthy Active Learning Schools for a day of professional learning and development focused on re-energising health, PE, sport, active recreation and play in their schools.

Sport Waitākere Healthy Active Learning Advisor, Shanley Joyce, says the day was a huge success with their biggest-ever turnout.

"We wanted to challenge existing practice and provide the space for teachers to think differently about what they provide as physical activity for their tamariki.

"It was an inspirational day and the enthusiasm shown by the teachers to create new and interesting methods of physical activity will certainly keep their students on their toes," says Shanley.

Using in tandem Sport New Zealand's Balance is Better and Good Sports frameworks, the day delivered the tools for teachers to take back to their schools. Both programmes support adult influencers to create positive sporting experiences to encourage a lifelong love of sport and being active.

Key speaker, Rob Gambolati, a senior lecturer at Unitec delivered an informative address on the importance of physical activity using the Te Whare Tapa Whā framework, designed by leading Māori health advocate Sir Mason Durie. The model describes health and wellbeing as a whareniui/meeting house with four walls. These walls represent taha wairua/spiritual wellbeing, taha hinengaro/mental and emotional wellbeing, taha tinana/physical wellbeing and taha whānau/family and social wellbeing. Our connection with the



whenua/land forms the foundation.

When all these things are in balance, we thrive. When one or more of these is out of balance, our wellbeing is impacted. Mr Gambolati stressed the importance of physical activity on keeping the walls of the whare strong.

Kajal Meanger from Green Bay School says she is leaving the day with a new energy and approach to the importance of physical activity.

"I teach in the junior school and this age typically struggles with physical activity. The games and overall approaches we've learnt today provide some exciting new content and ideas for helping incorporate physical activity and play, and getting students active. I'm looking forward to sharing this with my fellow teaching team as well."

The event was funded by Sport NZ and supported by Sport Waitākere's partners Netball Waitākere, Unitec, Aroha Skate, Garden to Table, Hungerball, School Fun Run and Northern Football Federation.

## Are you on target to achieve your New Year's goals?

We have made into the first half of 2023, and a great time to check up on how our goals or New Year's resolutions coming along?

A lot of us had made various goals or resolutions that we wish to achieve in 2023, and now is a good time to review these and reevaluate them and make some changes if we need to.

Some of the typical goals or resolution are: weight loss, new career, stop smoking, more me time etc. How are you getting along with these? Are you managing to work towards your goal? Have you achieved your goal yet? Have you yet to start your goal or resolution?

Let's briefly recap on what a goal should be and a tool to help us, we can use the SMART Goal Setting Guide:

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

It is important to have a specific goal, identify specific targets you want to achieve at different stages, make sure your goal is



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achievable, otherwise you may struggle with success. Make sure the goal is realistic and relevant to you and put a time frame on it, as this will help you to continue towards success.

If you are already working towards your journey to achieve your goal or resolution, give yourself a pat on the back, you deserve it. For those who haven't started, you still have time, don't feel bad or negative about it, you can still do it. You can start today. One step at a time and remember, it's not the end of year yet.

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

Astramana™ Healing Services, was founded by International Hypnotist, Reiki Master-Teacher and Clairvoyant & Tarot Reader Jason Mackenzie. Check out our website: [www.astramana.com](http://www.astramana.com) or email [astramana@gmail.com](mailto:astramana@gmail.com) or call us on 02102770836 with any questions or to book a session, workshop or a Tarot reading. Let us help you to ignite yourself into achieving success.

## Netball team has a ball at ANZ Premiership Community Round

ANZ has given the Matipo Primary Hurricanes netball team an extra lift when they attended the ANZ Premiership Community Round game between Mystics and Steel in Auckland on Saturday, 6 May. As well as receiving an ANZ Netball Grant to subsidise their fees this season, the Matipo Primary Hurricanes was selected to receive 10 tickets to watch the game live at Trusts Arena to celebrate the ANZ Premiership Community Round which aims to give back to the wider netball community. While at the game, the Matipo Primary Hurricanes players, all aged 10, were further surprised with an ANZ Gear Grant to boost their season, which included balls, bibs, spot markers and gear bags to carry it all in. Matipo Primary Hurricanes's Chrissie Norris says they were thrilled to attend the game and receive the added extras awarded to them this season.



ANZ Bank New Zealand Head of Sponsorship Sarah Rogan says more families are under financial pressure and registration fees are one of the first barriers of entry to sport. "Sport is such an important part of a child's wellbeing and we don't want families who might be doing it tough to miss out. We wanted to give some teams the opportunity to be inspired by the experience live netball offers and

surprise them with some gear to help them get ahead in their game this season.

## Regional population growth sparks \$40m+ investment in hospitality infrastructure

A \$40 million plus investment over the next five years to expand the hospitality and retail infrastructure of one of NZ's largest population centres is set to help address future demand from increased housing density and regeneration around transport hubs. West Auckland



has a population of 311,000+ spread over a 578 km2 area and is expected to grow by tens of thousands of residents over the coming years. The Trusts, which has a community mandate to operate liquor licenses in the region, is aiming to grow annual revenues by 23% to \$160 million within five years.

According to a new five-year strategic plan released today, as part of the largest capital expenditure in The Trusts' 50-year history, the organisation aims to open up to ten new hospitality venues and retail stores during the period. Allan Pollard, CEO of The Trusts, says West Auckland has seen significant population growth in recent years and a new contemporary hospitality model will be launched as a result of feedback from the local community. He says one in every seven new residents moving to the area is either new to New Zealand or to Auckland. Pollard says they intend to increase the number of its retail and hospitality venues and also upgrade every one of its existing outlets by 2028. They also plan to increase the number of patrons they can accommodate at their venues by a third.

## \$100 = Exposure for a month

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

## Walkers Wanted

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

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