

EST 1984

FIRE CONTROLLERS			DEPUTY FIRE CONTROLLERS		
J.JULL	1984	1988	G.REID	1984	1988
G.REID	1988	1989	J.JULL	1988	1989
J.JULL	1989	1992	G.MITCHELL	1988	1990
A.DALES	1992	1995	A.DALES	1990	1992
T.McDONALD	1995	1997	J.L	1992	1993
			T.McDONALD	1993	1995
			J.L	1993	1995
			N.DES	1997	2000

# the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

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



Forty years of service celebrated by the Waitakere Volunteer Fire Brigade

Circulation is 10,000 print copies.  
 Editorial contributions are free from cost. Advertising starts at \$100 plus gst for a business card size.  
 Contact John Williamson on 021 028 54178 or jbw51red@googlemail.com  
 June 2024





## Greetings

Our lives are shaped by a combination of circumstances and opportunities, but we can influence them to try to achieve a happy and long life by our attitudes and actions. The Japanese have a word for this, Ikigai, like many Japanese words difficult to translate into English, but referring to a reason for living, or a sense of purpose in our lives. Calmness and taking things slowly can be more productive than hurrying through life and feeling stressed and under pressure. Eating until one is almost full is better than over-eating. Surround yourself with good friends. Friends are the best medicine, there for confiding worries over a good chat, sharing stories that brighten your day, getting advice, having fun, dreaming . . . in other words, living. Exercise daily to release hormones that make us feel happy. Make a conscious effort to smile. Re-connect with nature. Express gratitude. Live in the moment - Stop regretting the past and fearing the future. Follow what you love. Retirement shouldn't be a time to lose purpose in our lives and give up things we enjoy doing, but to keep doing things of value and stay active. Search Auckland Libraries for books on Ikigai, or Google "Ikigai" for more details.

Welcome to our June issue. It's a month for celebrating milestones, with the Waitakere Volunteer Fire Brigade standing out with 40 years of service to the community. Mitre 10 has reached 50 years in New Zealand, and Clearstone Legal have been advising their clients for 10 years. With all the rain we have been having, some essential tips to drive safely in wet weather are timely, while guidance on cycling is available locally. Do you have young kids who spend time on their electronic devices? A new bilingual programme for their safety online has been launched. Consents for new house building have been falling - read Graham's property column highlighting the problem. June is Bowel Cancer Awareness Month - New Zealand has a high rate of bowel cancer, and most are curable if found early. Where better for criminology students to learn about their subject than with the local Community Patrols (who are keen to recruit more members for their Nor West Patrol)?

Enjoy reading the varied topics in the magazine and please mention us when you contact one of our advertisers.

Have a good month.

John, Editor



### ENQUIRIES / FEEDBACK:

John Williamson

P 021 028 54178

E jbw51red@googlemail.com

W www.thewesterly.co.nz

COVER PHOTO: Members of the Waitakere Volunteer Fire Brigade

PRINT RUN: 10,000 copies, Treehouse Print

EMAIL DATABASE: Sublime NZ

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

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

# What's inside

- 3 People & Places
- 4 Community News
- 6 In brief: Updates
- 8 Habitat Hobsonville
- 10 Flippin' Fun
- 12 Keith Park
- 14 Cameron Brewer
- 16 Criminology students
- 19 Safer Communities
- 20 Property News
- 22 Clearstone Legal
- 24 Hot Property
- 26 Property Statistics
- 32 Home & Garden
- 34 Laser Plumbing
- 36 Food & Beverage
- 38 Health & Beauty
- 40 Winter Wellness
- 42 Area Columnists
- 44 Health & Safety
- 46 Money in the bank

# People & Places

## Forty years of service celebrated by the Waitakere Volunteer Fire Brigade



On Saturday 11 May, firefighters past and present gathered to celebrate the 40th anniversary of the Waitakere Volunteer Fire Brigade, and the story of how passionate locals harnessed hard work and a vision of service to create a state-of-the-art emergency response that today serves communities across west Auckland.

Back in May 1984, a band of brothers and sisters gathered in the Waitakere Hall and committed to build a community-focused rural fire party - not a party in the usual sense, but a group that would gather land and resources to make a difference to the local community that suffered from the delays in urban brigades reaching the small village.

Funded by door-to-door donations and contributions from Waitakere City Council and Henderson Fire Station, the Waitakere Volunteer Fire brigade started with little more than some borrowed and traded bits of gear and an old Bedford van spray painted with a flashing light.

Plagued by the van's batteries going flat and a lack of suitable response clothing, the fire party held fast to their belief that over time things would get better.

And they did, but not without decades of commitment, perseverance, and an unwavering belief in serving and protecting the community no matter what it took.

It is thanks to these twelve founding members that today the Waitakere Volunteer Fire Brigade is a robust force of 24 dedicated volunteer firefighters, serving communities from Waitakere City and Taupaki to Helensville and Huia, at an average of 100 callouts each year.

The Waitakere Fire Station and Civil Defence facility, completed by the brigade with significant community support in 2012, is a state-

of-the-art facility capable of self-sufficiency in every aspect for more than 72 hours, making it 100 percent resilient for the community and incident response.



Brigade chief, Graham McIntyre, says today the brigade's values are even more entwined with those of the original cohort of locals that gathered in 1984 with a vision to serve and protect.

"We are a positive, inclusive team, committed to supporting and caring for each other. Upholding high standards and striving to exceed expectations. We serve our communities with courage and passion, always with pride and honesty.

"We extend and solidify the work we undertake in areas of Reduction, Readiness, Response and Recovery for our community, in a way that is resilient, resourceful, and respectful. A culture that those before us demonstrated wholeheartedly."




**Geoff Dobson**  
MEDIA

P 027 757 8251  
E geoffdobson2017@gmail.com

**Graham McIntyre**  
LICENSED SALESPERSON  
BRAND & TERRITORY OWNER



**Mike Pero**  
REAL ESTATE

M 027 632 0421  
P 09 412 9602  
FP 0800 900 700  
E graham.mcintyre@mikepero.com  
www.mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)  
327 Main Road, Kumeu, Auckland  
2 Clark Road, Hobsonville, Auckland



# Community News

## Greypower

We are in good stable financial shape and thank Owen, our Treasurer, for his stewardship and easy to follow reports at our Committee meetings. Thanks to Peter, our competent Office Manager for overseeing our volunteers and collating all new and current member payments during the past two months and for Owen sending out MMS forms and capitation levies to the Greypower Federation Office in a timely manner. Thanks to Steve for attending the three local Board meetings in our area. We are kept informed of all relevant Council matters that affect our members. The draft ten-year Auckland Council Budget will be discussed at the next two Auckland Council Governing Body meetings. Property Rates will be passed at the May 2024 Auckland Council meeting and the latest information from Shane Henderson and Ken Turner is that the Rates increase will most likely be between 7.5% to 10%. Watercare Services are increasing Water charges by 23.8% from July 2024. Department of Internal Affairs has raised the Rates Rebate from \$750 to \$790 annually from 1 July 2024 for all citizens who are under the income threshold prescribed for the rebate scheme. Good news is that the Winter Energy payment is being continued by the Government from May 2024 to October 2024 so keep yourselves warm. There are schemes available to install heat pumps to help electricity use. There are also solar power schemes in place now at no cost to the homeowner. From 1st May 2024, the Ministry of Social Development gives us a Winter Energy payment along with our Pension every two weeks until October 2024. Auckland Council Rates increase by over 7.5 per cent from 1st July 2024. Watercare Services, water charges will increase by 23.8 per cent from 1 July 2024. Rates rebates increase to \$790 from 1st July 2024. Please remember to pay your Waitakere Greypower membership if you have overlooked it, this is necessary for membership of Pulse Electricity. It is time to review your Electricity supplier as most increased their prices by around 8 per cent in February 2024. Are you aware that WINZ gives food and clothing grants on application if you are suffering from hardship. Pension payments increase 4.66

per cent on 1st April 2024 equivalent to a \$32.60 increase every two weeks which will assist towards forthcoming Rates increases and cost of living increases. Look around Insurance brokers for house and contents and vehicle insurance, most insurance increases have been around 12-15 per cent on last year. Get your personal situation in order by visiting your lawyer and updating your Will and appointing Executors that you trust and set up Power of Attorney documents so that you have peace of mind. Written by Mate Marinovich, President Waitakere Greypower Association and Zone Two Director Greypower Northern Region, 22 Carter Rd, Oratia 0604 Auckland.

## Peace is under threat in many parts of the world

Armed conflict in the Sudan, Ukraine and Gaza are but three contemporary examples of where peace is seriously under threat.



One of the recurring themes in the teaching of Jesus was his emphasis upon being peace makers. In a famous sermon of his, he praised those who:

- Are gentle because the world will be safe in their hands.
- Seek the best for others and not themselves.
- Make allowances for others.
- Help enemies to become friends.

On Sunday afternoon 23rd June Discoverers informal church will be engaging with these insights of Jesus.

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

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

## \$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.

## RSA Hobsonville

114 Hobsonville Road, Hobsonville, Auckland  
Phone 09 416 7227 • Email [manager@hobsonvillersa.org.nz](mailto:manager@hobsonvillersa.org.nz)

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

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

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

THE SMALL RSA WITH THE BIG HEART



NORTH CITY  
ELECTRICAL

We're your local Heat Pump installers!

Get in touch with us today to book in for a free measure & quote.  
With great prices & five-star reviews, you can't go wrong!

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

[office@northcyelectrical.co.nz](mailto:office@northcyelectrical.co.nz)



# BRAND NEW APARTMENTS SELLING NOW



**Keith Park Village is a friendly community with coastal walkways, cafes and shops close by.**

- Choose from a two or three bedroom apartment.
- Featuring modern kitchens, open plan living and beautiful garden or park outlooks.
- Enjoy independence without the home maintenance stress and security worries.

The village centre, including the care centre and village amenities will be opening later this year.



**Call Carolyn or Rosalind on 09 416 0750 for more details or visit [rymanhealthcare.co.nz](http://rymanhealthcare.co.nz)**

**KEITH PARK VILLAGE**  
3 Scott Road, Hobsonville

*Photos indicative*



# In Brief Updates

## Pacific Mother

Come to a Matariki special screening of the stunning documentary, Pacific Mother at Event Westgate, Westgate Shopping Center at Massey at 6:30 pm on July 1st (Mon).

The film interweaves maternal and environmental health and follows water women from around the Pacific in a cinematic celebration of birth.

For the birth of their first child, freediving couple Sachiko Fukumoto and William Trubridge navigate two maternity systems. This awakens in them a fierce realisation about the lack of choice many parents face. Director Katherine McRae follows Sachiko as she connects with ocean women from around the Pacific, from Hawai'i, Tahiti, the Cook Islands, and Aotearoa New Zealand. Through their interwoven stories, the film explores the importance of community, reclaiming traditional birthing knowledge and the connection between caring for the planet and nurturing both parents and their children.

The film won four New Zealand awards at the 2023 Doc Edge Film Festival - Best Feature, Best Director, Best Editing and Best Cinematography and qualified for consideration at this year's Oscars. Entertainment reviewer Graeme Tuckett gave the film 5 stars and wrote in Stuff NZ, "Pacific Mother is a stunning - stunning - looking film, with many minutes of undersea photography in crystal clear Pacific waters...See this film on a big screen, if you get the chance. It really is a bit special."

This screening is hosted by Yuka Pakhomov, a local community Midwife at Wellbirth in Hobsonville Point. She will attend the showing for a Q & A with Filmmaker and other local guests.

For the screening to go ahead, however, a minimum of ticket sales must be met. Tickets need be booked by June 20th (no door sales)



at <https://tickets.demand.film/event/12886> Grab a ticket so we can bring this special film to West.

Pacific Mother has screened at international film festivals and is currently playing in select cinemas across Australia and New Zealand. If you can't make the screening, you can host your own. Through Demand Films, viewers can request their own community screenings: [www.pacificmotherfilm.com/watch](http://www.pacificmotherfilm.com/watch) Follow us on FB & IG @pacificmotherfilm.

## Grand opening: Catalina Clubhouse unveiled and ready for business

The official opening of the Catalina Clubhouse at Metlifecare's Orion Point retirement village in Hobsonville marked an exciting milestone for residents, family members and employees as they celebrated their new community building at the heart of this new village.



Around 100 people gathered for the afternoon tea and ribbon-cutting event, and in doing so used their vibrant brand-new communal area exactly the way it was intended – a place to forge social connections and as an extension of their own homes.

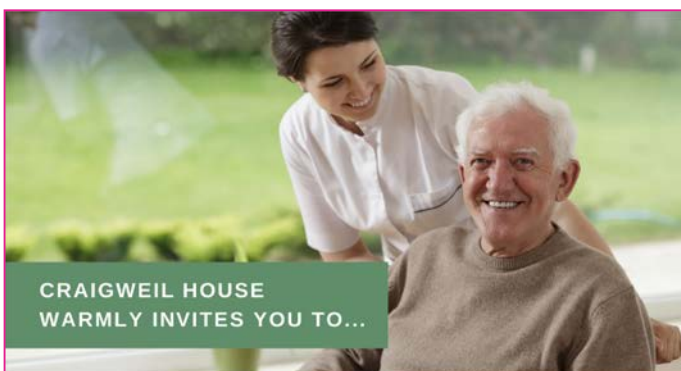
Orion Point Village Manager, Helena Pearson acknowledged the "amazing residents" for their support on the village's development evolution.

"The past 18 months has seen our village grow out of the ground – transforming from a bare building site to an architecturally designed collection of welcoming spaces. The opening of our Catalina Clubhouse is a chance to celebrate within our community plus show this communal space off to others.

"The broad range of village facilities open to all residents, caters to a wide range of needs like socialising, exercising, eating great food and celebrating occasions. It is truly the heart of our village."

Since breaking ground in 2021, a strong design focus for Metlifecare has been maximising Orion Point's unique position on the peninsula, and ensuring the village integrates into the surrounding coastal environment and community. Residents enjoy easy direct access onto Hobsonville's popular and scenic coastal walkway.

The Catalina Clubhouse features a contemporary café offering indoor-outdoor seating with expansive views of the Waitemata



CRAIGWEIL HOUSE  
WARMLY INVITES YOU TO...

### COME VISIT OUR UNIQUE BOUTIQUE RURAL CARE FACILITY

Situated on the Twin Coast Discovery Highway off State Highway 16 within reach of Muriwai Beach and the Kaipara Coast.

A caring environment nurtured by our dedicated team  
Rest Home • Hospital • Secure Dementia • Day Stays

★★★ No Premium Room Charges ★★★

You're welcome to come in for a cuppa and see us or ring us today to discuss a complimentary day stay

09 420 8277

143 Parkhurst Rd, Parakai  
info@craigweil.co.nz



**Craigweil House**  
Home & Hospital  
FEEL AT HOME WITH FAMILY



Property • Disputes • Family • Wills

Taina Henderson 027 537 9222

Shelley Funnell 027 537 9221

Amie Wallwork 021 421 336

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

# In Brief Updates

Harbour. Additionally, it houses a heated swimming pool, a state-of-the-art gymnasium, and hair salon.

From unwinding with a drink on the deck to partaking in wellness activities such as Pilates and Zumba, or engaging in a friendly game of snooker, Orion Point's Catalina Clubhouse is the place to be or be seen. Just last week Upper Harbour MP Cameron Brewer dropped in for a coffee and chat with residents.

Group image from left to right: Orion Point Village Manager Helena Pearson, first residents Bruce and Sheryl Sherrock and Metlifecare CEO Earl Gasparich.

## Waitemata Endoscopy is right behind Bowel Cancer Awareness Month

June in NZ marks Bowel Cancer Awareness Month and Waitemata Endoscopy is right behind supporting Bowel Cancer NZ to spread its biggest symptom awareness campaign. Bowel cancer is preventable, and yet NZ has one of the highest rates of bowel cancer. So the goal is to reach as many Kiwis as possible, so they know the symptoms and to get



checked if they have concerns.

Bowel cancer is 90% curable if caught early, and yet it kills the same number of people as breast and prostate cancer combined. No one ever died of embarrassment, but they do die of bowel cancer.

At Waitemata Endoscopy, we have worked hard to solve the problem of timely access to a Colonoscopy for the early screening, detection and diagnosis of bowel cancer, at ideally its pre-cancerous stage.

Now with 17 Gastroenterologists and Surgeons, we are able to offer reduced waiting times for most standard Colonoscopy (and Gastroscopy) appointments within 7 working days of a GP or self-referral, when you let us match you with the availability of our experienced Specialists across the Waitemata Endoscopy Group.

What is a Colonoscopy?

A Colonoscopy is where a thin tube with a camera is used to look inside the gut to get a good look at the colon or large intestine. This is a day procedure where you can go home the same day. During a Colonoscopy, the doctor or Endoscopist may take biopsies and photos, remove polyps/growths and check for other bowel health conditions.

To find out what symptoms to look out for, an online symptom checker is available at [www.bowelcancernz.org.nz/awareness-month](http://www.bowelcancernz.org.nz/awareness-month)

If you have ever had any anxiety about having a Colonoscopy, let our compassionate team put your mind at ease and provide you with excellent endoscopy care. With increased capacity at both clinics across the Waitemata area, wait times are significantly reduced, easing the burden on the public health system.

So don't sit on your symptoms, take action for you and/or your whanau this June for Bowel Cancer Awareness Month.

# WE

are dedicated  
to exceptional  
patient care

We have been serving the Waitematā community for over 16 years, offering access to a group of experienced Gastroenterologists and Surgeons.

Bringing you timely access to Colonoscopy, Gastroscopy and advanced procedures closer to home **where care meets excellence, as your local Endoscopy Experts.**

Talk to your GP about a referral to the Waitematā Endoscopy Group, or you can self-refer at:

[www.waitemataendoscopy.co.nz/referrals](http://www.waitemataendoscopy.co.nz/referrals)

**WE have you covered from 'Top to Bottom'**



WAITEMATA  
ENDOSCOPY



a joint venture with

Southern Cross  
Healthcare



Scan to find out more  
Or call us on (09) 925 4449

URGENT APPOINTMENTS AVAILABLE



# In Brief Updates

To take a video tour of our Clinics and the patient journey, head to our website at [www.waitemataendoscopy.co.nz/locations](http://www.waitemataendoscopy.co.nz/locations)

## Habitat Hobsonville

Habitat Hobsonville is the local environmental group at Onekiritea, Hobsonville Point. The group has been working in the area since the early days of the establishment of Onekiritea to improve the biodiversity of the area and support the enhancement of the many green spaces and natural walkways that enhance the area.



We have nearly 200 volunteers who regularly attend organised working bees, predator control or do independent weeding and general caring for the environment. Some of our activities include: Planting of native trees; Control of invasive weeds - through weeding bees or independent weeding; Predator control; Bird counts; Supporting any dotterel population that return.

We have extensive traplines around the coastal perimeter of Onekiritea to help protect our native bird population from rat and possum incursion. This consists of 186 traps which are being maintained by a team of 18 conscientious trappers. Over the past 12 months they have been responsible for 308 rat catches and 35 possum catches. We are always looking for new volunteers for this work to enable us to expand our lines.

Our 2 main focus areas for planting and weeding this year are: Nimrod Esplanade Reserve, which is between Orion and Scott Points and the wetland at Sunderland East Bridge, which is part of the fabulous Coastal Walkway that is a wonderful asset to the Hobsonville Point and Scott Point communities.

## Electrician Now

**Joe**  
**Registered Electrician**  
**[electriciannownz@gmail.com](mailto:electriciannownz@gmail.com)**  
**021 241 5089**

- 24 hour service
- Electrical faults/breakdown
- Electrical fitting repairs/replacements
- Hot water cylinder repairs
- New builds/renovations
- Property Management work

Habitat Hobsonville is a member of the Upper Waitemata Ecology Network, <https://www.uwen.org.nz/>, that is a network of 7 environmental groups in the Upper Waitemata who support and collaborate with each other. We are supported by the Upper Waitemata Local Board. For further details email [habitatobsonville@gmail.com](mailto:habitatobsonville@gmail.com) or turn up at one of our working bees that are promoted on Habitat Hobsonville Facebook page and usually also the Hobsonville community pages.

Annette Mitchell - Habitat Hobsonville.

## Juggling debt? A quick guide to debt consolidation

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



Debt consolidation involves combining all or most of your credit facilities into a single loan with one repayment.

There are several benefits to consider:

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

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

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

To learn more about debt consolidation, contact the team at GR Finance via [info@grfinance.co.nz](mailto:info@grfinance.co.nz), [www.grfinance.co.nz](http://www.grfinance.co.nz), or call 021 669 430.

**Kip McGrath**  
**EDUCATIONCENTRES**

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

- ☑ Maths
- ☑ English
- ☑ Reading
- ☑ Spelling
- ☑ Comprehension
- ☑ Writing

Call today to book a **FREE ASSESSMENT** or visit [kipmcgrath.co.nz](http://kipmcgrath.co.nz)

WESTGATE 831 0272 : MOBILE 021 121 8570



# In Brief Updates

## Meet Stacey Milne: Your trusted real estate expert

Stacey was born and raised in the North West area, where she has spent time connecting and forming local relationships with the community and area, gaining local knowledge. With 10 years' experience behind the scene as a licensed PA, she has packed together her knowledge and experience and is now ready to sell your home or help you purchase your new home.



Stacey Milne is not just a real estate agent; she's a dedicated professional who has become an integral part of the Kumeu community's journey to finding their dream homes.

Stacey's journey in the world of real estate began with a deep appreciation for the beauty and potential of the Kumeu region. Her in-depth knowledge of the local market trends, neighborhoods, and hidden gems is unmatched. She combines this local expertise with a global perspective, ensuring her clients receive the best of both worlds when it comes to buying or selling property in Kumeu.

Stacey's approach to real estate is rooted in her belief that each

client's journey is unique. She takes the time to understand their goals, preferences, and aspirations, ensuring that every real estate transaction is a tailored experience. Her professionalism, attention to detail, and dedication to client satisfaction have resulted in numerous successful real estate transactions and satisfied homeowners.

Stacey understands that finding the perfect home is about more than just bricks and mortar; it's about finding the right place to build your life.

Whether you're a first-time buyer, a seasoned investor, or looking to sell your property in Kumeu, Stacey Milne is the trusted partner you need by your side. Her passion for real estate, local expertise, commitment to personalised service, and strong ties to the community make her the ideal choice for all your real estate needs in Kumeu. Discover the difference of working with Stacey Milne and embark on a real estate journey like no other.

Call Stacey today on 021 058 5692 or email [stacey.milne@mikepero.com](mailto:stacey.milne@mikepero.com), scan the QR code below.

## Fresh or Free guarantee as Woolworths officially launches

The Countdown to Woolworths is over, with Woolworths officially launching in the New Zealand market in April accompanied by a renewed commitment to its Fresh or Free guarantee to mark the

# Thinking of **selling?**

Try a fresh but experienced perspective.

I'm leveraging 10 years of behind the scene real estate experience to help you sell your home.



Get in the *know* with  
**Stacey Milne**

**Kumeu | Hobsonville** Licensed Salesperson



**021 058 5692**

[stacey.milne@mikepero.com](mailto:stacey.milne@mikepero.com)

REAL ESTATE

*Mike Pero*

# In Brief Updates

milestone in its transformation journey.

Woolworths has also launched That Fresh Food Feeling, which symbolises its promise to bring New Zealanders the best supermarket experience every day and celebrates the return of the Woolworths brand to New Zealand.

Woolworths New Zealand Managing Director, Spencer Sonn, says this is an incredibly important moment for the business as it brings Woolworths to life in New Zealand.

"We know our customers expect us to bring them value with quality fresh products - from produce to meat, seafood and deli, to bakery goods - especially with the cost of living remaining at the top of everyone's minds. So our promise is to deliver that in every one of our 191 stores, and if we don't get it right we want to be held accountable. That's why we're renewing our Fresh or Free promise. If one of our customers is unhappy with the quality of a fresh product in our stores, we ask that they return it to us and we'll refund them and replace the product. We stand by our Fresh Food and that's why we're the only supermarket that offers a guarantee of Fresh or Free," Spencer said.

The change from Countdown to Woolworths has kept up a sharp pace since it was announced in July 2023 with initiatives including investing in new stores and refurbishing older ones, rolling out more value for Kiwis with Everyday Rewards and investing heavily in customer and team safety as retail crime rises.

## Flippin' Fun Trampoline Park

Groups-Schools-Sports Clubs & Teams

Flippin'Fun provides an endless amount of fun for any kind of group. Great for all ages, sports teams, Scout groups, church groups, youth organisations, corporate team building, stag or hens' nights or just a group of friends looking for something awesome to do.



Discounted group rates are available for both weekday and weekend jump times for groups with a minimum of 12 jumpers (general admissions). Contact us to answer all of your questions, provide pricing and book your event to ensure it's a great experience.

Looking for a more stimulating environment for your group function or corporate event? Flippin'Fun's huge mezzanine area is an ideal separate space featuring a large screen TV, ample seating and exclusive toilet facilities makes it perfect for team bonding sessions or sports team party/awards Launch your team onto the Park for free-jumping mayhem or organised team-building events. After an exhilarating time on the tramps they can return for food and

refreshments.

Call us on 09 833 6880 or visit [www.flippinfun.co.nz/groups](http://www.flippinfun.co.nz/groups) for more information.

## 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.



## Mitre 10 turns 50 in June

Mitre 10 has been a part of New Zealand's home improvement culture since 1974 and is New Zealand owned and operated with 84 stores nationwide. We are New Zealand's largest home improvement and garden retailer and continue to grow through both share of market and number of stores. Our trade business is also steadily growing with more and more trade professionals seeking to partner with us.

Mitre 10 is also a business built on community involvement. From Helping Hands and Project Playground initiatives to Nelson's Helicopter Houses and Southland Charity Hospital, as well as walking and cycle tracks, wildlife preservation projects, and historical



## TAI CHI HOBSONVILLE

Peter Gordon  
021 274 6736  
Admin@TaiChi-Hobsonville.nz

Paul Miller

Freedom Drivers Hobsonville

+64 021 321 869 | (09) 302 2377  
hobsonville@freedomdrivers.co.nz

- Hospital & Medical Appointments
- Specialist Treatments
- School Transport
- Airport Transfers
- Shopping & Social Trips

ACC Approved • Total Mobility Cards • Eftpos



# In Brief Updates

partnerships like the Takahē Recovery Programme, Mitre 10 stores have been lending a helping hand in their communities for decades and will continue that legacy in helping hundreds of schools, sports teams, charities, events, and not-for-profit organisations for years to come.

Come into Mitre 10 MEGA Westgate & Henderson and help us celebrate in June.

To commemorate turning 50 we want to celebrate with you. We will have exclusive birthday deals throughout the month and will be running a Spin to Win activation every Saturday in June between 11am and 2pm (5 weekends in total), spinning a wheel and winning a prize is always fun, no matter your age or where you're from, every customer that comes into Mitre 10 MEGA Westgate or Henderson can spin the wheel to win a great prize. Prizes consist of Columbus Coffee vouchers, Nestle Chocolate bars, BBQ aprons, Mitre 10 branded merchandise, Mitre 10 toolboxes and Mitre 10 gift cards.

We are all excited about turning 50 and we hope you will be too.

## Don't be caught by a scamming schemer

Most scams start when someone contacts you out of the blue. These are run by scammers who contact you on your phone. These scammers often try to sell you a fake product or service, or pretend

to be from a legitimate organisation (like a telco) or a government agency. These scammers are trying to get payment or personal details. They work to gain your trust and then they want you to pay to fix the problem.

The people who operate scams often develop sophisticated ways to fool you into believing they are a legitimate organisation who is contacting you for legitimate reasons. This might include developing a fake website or organisational letterheads that look like the real thing. Scams succeed because they look like the real thing and catch you off guard when you're not expecting it. You should be suspicious of: anyone calling, emailing or texting you on behalf of a Government agency, demanding payment or threatening deportation; anyone calling or emailing you to ask for your PIN or Internet banking password. Banks will never do this; any door to door salesperson or charity donations collector who is not wearing clothing or other items that identify them as such; anyone who calls you unexpectedly, claiming to be from Microsoft or your Internet provider and offering to fix your computer or internet problems - especially if this service requires you to give them access to your computer; any bargain that sounds too good to be true; any person whom you have only met online, who starts talking about their problems and suggesting that only you can help them; any correspondence that tells you you've won a lottery, if you never bought a lottery ticket in the first place.

If you'd like to help people in your community solve these and other problems, you may wish to be a volunteer at CAB Massey. Volunteering is incredibly rewarding and no session at Citizens

## Tired, achy legs? It could be varicose veins.

Varicose veins are not just a cosmetic problem.  
If left untreated, they can cause serious health problems.

**BOOK A FREE VEINS ASSESSMENT\* WITH THE VEINS EXPERTS AT SKIN INSTITUTE NORTHWEST.**

Book an appointment on 09 971 1460 or at [www.skininstitute.co.nz](http://www.skininstitute.co.nz)

Do you have health insurance? You may be covered for a full consultation & treatment, if required.



1/46 Maki Street,  
NorthWest Shopping Centre

 **SKIN INSTITUTE**  
EXPERTS IN SKIN, VEINS & APPEARANCE MEDICINE

\*A brief 20-minute chat and visual assessment of the legs to determine if a full consultation and mapping is required.

# In Brief Updates

Advice is the same as any other. For more information contact Barbara 09 833 557 [massey@cab.org.nz](mailto:massey@cab.org.nz) or call in and see us at level 2 Te Manawa, Kohuhu Lane, Westgate, its right beside the North West Shopping Centre.

## Yarn bomb bike bonds Keith Park crafters

When Keith Park Retirement Village Manager Kim Dawson posed an unusual challenge to the village craft group the response was... well, bemused at best! Inspired by colourful adornments she'd seen on trees in Hobsonville, Kim challenged the group of knitters and crocheters to 'yarn bomb' an old \$1 bicycle that Resident Experience Coordinator Maree Herman found online.



Janice Bennington looked online for inspiration and then gradually everyone started bringing ideas to the group. Linda Philson crocheted the insides of the wheels with some extra patchwork on the front one, and covered the handlebars before adding tassels. Sylvia Hoskin crocheted a multi-coloured covering for the frame. Patricia Ives made the flowers. Janet Crighton and Auriel Andrews did the pedals and used pipe cleaners to wrap around some of the cables while Philippa Brown made some extra colourful strips and Mary Soole provided the mice that run up the frame. Lyn O'Connor made some patchwork strips and hearts. Kathy Barnes did the mudguards and some flowers. Raewyn Darrach covered the tyres as well as crocheting the seat for Patricia to attach the flowers. Maureen Lyon added a zig zag pattern to the wheel and decorated the mice.

Village Manager Kim says listening to the ladies giggling away outside her office was a delight and seeing the ladies grow closer over a shared purpose has been wonderful.

Photo: 1. The talented knitters and crocheters of Keith Park Retirement Village with their yarn bombed bike, from left: Mary Soole, Sylvia Hoskin, Patricia Ives, Janet Crighton, Linda Philson, Auriel Andrews, Janice Bennington, Lyn O'Connor, Philippa Brown, Raewyn Darrach, Maureen Lyon and Kathy Barnes.

## Over 1300 flood-affected properties get help to prepare for winter storms

Auckland Council has visited over 1300 properties affected by 2023's floods, working with residents, helping them understand how to prepare their properties for the winter ahead.



Last year's extreme storm events brought into sharp focus the vulnerabilities of communities, and teams from across the council have visited property owners to increase their preparedness and resilience to weather events, explaining to risk-prone residents how important it is to keep their properties clear, clarifying what an overland flow path is and showing them ways to reduce current flood risks and prepare for future weather events.

Since beginning the programme in October last year, five common threads have emerged: a lack of general maintenance house and garden maintenance; roofs without spouting or downpipes not connected to the onsite drainage system; overland flow paths blocked by anything from solid fences that create a dam to piles of rubbish and garden sheds; impervious surfaces covering too much of the property; blocked catchpits often with easily removed plastic bottles and other debris; some houses built too close to the ground.

Understanding the network is not just pipes, drains, and culverts,

# Massey High School

## OPEN NIGHT

10 JUNE 2024

SESSION 1: 3.30PM - 5.30PM

SESSION 2: 6.30PM - 8.30PM

**BOTH SESSIONS ARE THE SAME  
PRESENTATION/TOUR.**



# In Brief Updates

but also includes natural overland flow paths, goes a long way to understanding what you do on your property and how it impacts those "downstream" in a weather event.

Know your flood risk:

The "Flood Viewer" launched last year, makes flood hazard information and advice more accessible on mobile and desktop devices. The map allows people to search an address to see the overland flow paths, flood prone areas, flood plains and coastal inundation areas present on their property. Visit [aucklandcouncil.govt.nz/](http://aucklandcouncil.govt.nz/) and search "Flood viewer".

Photo: Mayor Wayne Brown removing bark from manhole cover with property owner.

## Free cycling activities and courses in Hobsonville

Do you want to make more journeys around your neighborhood by bike? In June & July Auckland Transport will be providing FREE cycling activities and courses in Hobsonville to help you do this. Cycling is great for fitness, fresh air, and mental health. AT are running a programme of activities to help the residents of Hobsonville discover new cycle routes, increase riding confidence, and fix your bike.

Ready to Ride Hobsonville will have something for everyone -

whether you're an experienced cyclist or have never tried two wheels, 7 or 70 years old. Activities happening in a location near you include:

- Stalls promoting local routes and maps
- Bike safety checks and fixes
- Try an E-bike sessions
- Bike maintenance workshops
- Local guided rides
- Beginner skills classes for kids and adults

Cycling is a great way to get to explore nature, get to the shops, meet a friend for coffee, and travel to school or work. There are some great cycle routes in Hobsonville where pedestrians and cyclists share the path, but cycling on roads alongside cars can be intimidating. Our guided rides will help you build knowledge, skills and confidence to get about by bike more safely. Not sure of the best route to take? Our maps show quiet roads which can be much more enjoyable - even in the rain. Flat tyre? No problem! Join one of our maintenance classes, or bring it to the 'bike kitchen' at the Farmers Market any Saturday throughout June and July (excluding June 1st) for a free fix and advice.

Scan the QR code below or visit <https://tinyurl.com/ATbike> to be matched with upcoming activities that will get you Ready to Ride. If you are unable to access the website please call 09 355 3553 to speak to a team member.

**HOBSONVILLE**

**Discover FREE activities**

to help you explore your neighbourhood by **bike!**

Scan here for details  
Or visit [tinyurl.com/ATbike](https://tinyurl.com/ATbike)

**READY TO RIDE**

# In Brief Updates

## Enjoy the activities at the Massey Birdwood Settlers Association and Hall

On Tuesday nights we have West Auckland Bujinkan 7 pm.

On Wednesday nights St John Massey Youth use the hall from 6 pm.

On Thursday nights Kung Fu at 7 pm with See Wong. Once a month in the Den at 7 pm the Wine Circle meets (wine tasting) and of course the Massey Birdwood Settlers Association also meets monthly on a Thursday at 7.30 pm.

Friday nights Massey Primary School Housie at 7 pm and in the Den once a month Trish Kelly scrap book classes.

Once a month on a Saturday the Waitakere Cake Decorating club.

On Sunday two churches are in the hall one in the morning and one in the afternoon.

Throughout the week the Redhills Community Kindergarten Inc operates.

If you have an activity that needs a regular home and you want to use the Massey Community Hall - supported by The Trusts email [masseybirdwood@gmail.com](mailto:masseybirdwood@gmail.com).



## Hobsonville Newcomers Evening and C'mon Hobby Let's Eat!

Are you a new resident to Hobsonville / Hobsonville Point / Scott Point? If so, the Newcomers Evening on Fri 14th 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, 27 Hudson Bay Road, Hobsonville Point, this evening is not to be missed. The evening is strictly limited by (free)



ticketed entry to 100 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. Registration is free, but is required at [hobsonville.org.nz/newcomers/](http://hobsonville.org.nz/newcomers/)

C'mon Hobby let's eat! Hobsonville Community Trust (HCT) is organising another community meal on Friday 5 July at Sunderland Lounge 27 Hudson Bay Road, Hobsonville from 6 PM to 7:15 PM. There's nothing quite like eating together and making new friends or chatting with existing ones...especially on these cold winter nights. So come along and enjoy a range of yummy food and share some good company. HCT will provide the venue and rice (big thanks to Indian Summer) and they just need you to bring a mains dish to share (or if you're coming alone, you can bring some bread or a side if you prefer). All ages are welcome and it's free but you do need to RSVP before Weds 3 July at [hobsonville.org.nz/eat](http://hobsonville.org.nz/eat) as there is limited space available. Open to anyone living within the Hobsonville area.

## Free counselling for flood affected

For many of us, the Auckland storms of last year are a thing of the past but, believe it or not, many West Aucklanders are still grappling with some tough emotions. It's well over a year since Ben and Eva's\* street was flooded during the 2023 flood events. While they didn't lose their home, others around them did, and the couple spent several exhausting days helping neighbours empty their houses, clean up, and, in many cases, relocate.



At the time, Ben and Eva were too busy to think much about how they were coping. A year later, they realise that they often feel guilty about still having their home when many of their neighbours lost so much. They also feel the grief of losing friends who were forced to relocate outside of the neighbourhood and, worst of all, they feel bad when they see the nervousness that borders on fear in the eyes of their children each time it rains.

The Wellbeing Centre, Visionwest's counselling service have had many people like Ben and Eva contact them looking for advice and support to help them and their children work through these challenges they are facing. In response to an ongoing need that is real for so many, Visionwest is offering West Aucklanders who have been affected by the floods up to ten free sessions with a counsellor



FOR ALL YOUR

## PLUMBING & GASFITTING

CONTACT US ON

### 0800 DAN TAYLOR

### 021 254 3899

[admin@dtplumb.co.nz](mailto:admin@dtplumb.co.nz)

**Graham McIntyre**  
LICENSED SALESPERSON  
BRAND & TERRITORY OWNER





**M** 027 632 0421  
**P** 09 412 9602  
**FP** 0800 900 700  
**E** [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)  
[www.mikepero.com](http://www.mikepero.com)

---

Mike Pero Real Estate Ltd. Licensed REAA (2008)  
 327 Main Road, Kumeu, Auckland  
 2 Clark Road, Hobsonville, Auckland



# In Brief Updates

to talk about their experiences and receive tools to help them work through this.

If you, or someone you know, is still affected by the flooding and would like to talk to someone about it, phone 09 818 0760 or email [counselling@visionwest.org.nz](mailto:counselling@visionwest.org.nz). You may be eligible for up to ten sessions with someone from the Visionwest counselling team.

\*Names changed to protect privacy.

## Minister meets local school leaders

By Cameron Brewer

Recently, I hosted a local Principals' Forum in my electorate office, with the Minister of Education, Hon Erica Stanford, in attendance. It provided a fantastic opportunity for our local school leaders to give feedback on the Government's plans for our school kids.



This Government is getting back to basics in education. That's why we have now made it mandatory for all students in Years 0-8 to be taught an hour each per day of reading, writing and maths.

We've also instituted our cellphone ban, requiring schools to make sure that students have their phone off and away for the school day, so that our kids can focus on their learning without further distractions. Many parents and teachers have given me positive feedback already, and that it's making a real difference.

We've announced that from Term 1 in 2025 all state schools will be required to use structured literacy to teach our kids how to read, by using phonics and sounds to read out and understand words.

We have set the ambitious target to have 80% of our Year 8 students at or above the expected level for their age in reading, writing and maths by 2030, and we've launched an Attendance Action Plan.

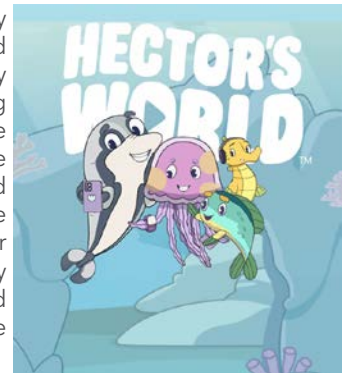
Targets are important because they allow us to measure success and hold ourselves accountable. Improving and fixing our education system is all part of the plan to get our country back on track.

My electorate office is at 102c Hobsonville Road - next to Midpoint café. To make an appointment, please email us on [upperharbouroffice@parliament.govt.nz](mailto:upperharbouroffice@parliament.govt.nz)

Authorised by Cameron Brewer, Parliament Buildings, Wellington.

## Hector's World

Netsafe, the online safety organisation, has recently launched Hector's World™ at SEA LIFE Kelly Tarlton's Aquarium, featuring Hector the dolphin himself. The bi-lingual flagship programme for 5-10 year olds was created to fill the current gap in online safety education for some of our most vulnerable internet users by supporting them, their whanau and their teachers learn to navigate the online world safely.



The Hector's World™ online safety series includes friendly on-screen animated characters helping tamariki navigate important online safety topics such as cyberbullying, privacy, digital footprint and balancing screen time.

Children today are increasingly adept at accessing and navigating the online world through a range of internet-enabled devices. It's more important than ever that they are supported to develop online safety smarts and digital citizenship behaviours from an early age.

Through the support of foundation sponsors Ministry of Education

# COMMUNITY CONNECT CELEBRATE DRAGON BOAT FESTIVAL



Hosted by Cameron Brewer MP for Upper Harbour with special guest Nancy Lu MP

**Monday 10 June, 1pm - 2.30pm**

Office of Cameron Brewer MP,  
102c Hobsonville Rd

Limited space.

Please RSVP to: [UpperHarbourOffice@parliament.govt.nz](mailto:UpperHarbourOffice@parliament.govt.nz)  
PH(09)416 3249



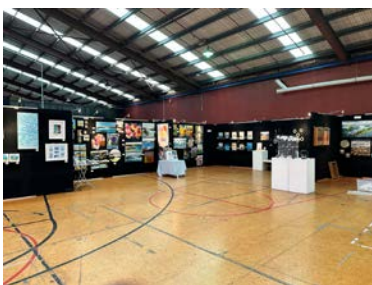
# In Brief Updates

and Microsoft, Netsafe worked with local creative house Method Studios to create a 7-episode YouTube series and over 60 curriculum-aligned supporting resources, to equip our primary schools and parents with the tools they need to prepare Kiwi kids for a future as confident digital citizens.

Visit [www.hectorsworld.com](http://www.hectorsworld.com) for more information.

## Waitakere Arts celebrates their 50th annual members art awards and exhibition!

Waitakere Arts hosted their 50th Members Expo and Art Awards Exhibition during April and it was once again a great success with hundreds of artworks on display and up for sale.



They had a beautifully historic exhibition on display in honor of their founding and longtime members, and visitors could enjoy a walk down memory lane whilst reading stories and viewing art pieces from the early days of Waitakere Arts. This historic exhibition brought to light the impact being a part of this community has had on so many people.

The winners from the Art Awards can be found on their website: <https://www.waitakerearts.com/members-expo>

The team at Waitakere Arts hope to continue this decades long tradition of supporting local artists and encouraging each other through the arts for many more decades to come.

The team is now shifting their focus on to organizing their annual Trusts Art Awards and Exhibition, which will be running in September this year.

They are accepting new membership applications from artists who would like to join their group and make use of the many membership benefits of being part of this artists community.

To learn more about Waitakere Arts, check out their website on [www.waitakerearts.com](http://www.waitakerearts.com).

## Education Review Office

An initiative rooted in Pacific culture is helping early childhood education centres support both teachers and children to thrive.



Embedded in fa'a Samoa (Samoan way of life), Tāfesi-lafa'i is rebalancing the scales so aoga amata (Samoan early childhood education centres) have the same access to

support and resources as that of their mainstream equivalents. One of the first challenges faiaoga (teachers) raised was the perceived differences between a fa'a Samoa approach to learning and the compliance criteria set by the Education Review Office (ERO).

Responsible for evaluating and reporting, officers from the ERO visit all learning environments (schools and ECEs) annually to monitor effectiveness to meet national standards. Healthy Families Waitākere Pacific Systems Innovator, Ella Falakoa continues.

"There can be a lack of cultural understanding when ERO officers come in, and the aoga amata teachers struggle to explain themselves [in English]. Faiaoga (teachers) can spend sleepless nights worrying as they don't want to get something wrong."

After reading a partnership article on The Spinoff where this challenge was explained, the Director of Evaluation for the ERO, Violet Tu'uga Stevenson contacted SAASIA (Tāfesi-lafa'i partner and national society for aoga amata) to better understand how the agency could work alongside aoga amata. SAASIA Fa'atonu (Director), Irene Paleai-Foroti, continues.

"Our priority is to ensure that faiaogo feel secure when the ERO engages with aoga amata. Our role has been to foster constructive dialogue between the ERO and the aoga amata, with a focus on implementing and enhancing conditions to empower the aoga amata to confidently meet the ERO's requirements. We're also working with the ERO to develop their understanding of how to engage with aoga amata in a culturally sensitive way."



**SEPTIC & WATER TANK CLEANING**

YOUR SEPTIC TANK SHOULD BE CLEANED EVERY 3 YEARS (AVERAGE FAMILY OF 4)

WE SERVICE ALL AREAS

PROMPT, PROFESSIONAL SERVICE WITH 30 YEARS EXPERIENCE

**PHONE: 09 412 9210 OR 027 492 4494**





**Andrew Jackson**  
General Manager

**Mobile: 021 2253907 Ph: 09 4118454**  
[muriwai.manager@golf.co.nz](mailto:muriwai.manager@golf.co.nz) [www.muriwaigolfclub.co.nz](http://www.muriwaigolfclub.co.nz)  
P O Box 45 Waimauku 0842, Auckland, New Zealand



# In Brief Updates

Tafesilafa'i is funded by the Ministry of Education's Pacific Education Innovation Fund and backboneed by Healthy Families Waitākere.  
Photo credit Geoffery Matautua.

## Criminology students get a front row view of crime

Two 21-year old third year Criminology students Mia and Aleisha have elected to get a closer look at the crime that is affecting their community by joining the West Harbour Community Patrol. Having already been Police vetted and trained as Community Patrollers, they were able to jump straight in and start patrolling.



Aleisha is looking to have a career as a Probation Officer, while Mia is considering joining the NZ Police as one option.

When asked why they decided to join the Community Patrol Mia said "Patrolling with CPNZ has been an opportunity to learn and get involved in the local community. Aleisha response was "Joining CPNZ showed me that even just one patrol at a time creates safer

communities for tomorrow"

By volunteering with CPNZ certainly goes a long way in applicants CVs when applying to join the NZ Police and other criminal-related NZ Government departments.

If you can give a minimum of four hours per month to help make your community a safer place to live and work contact john@cpnzwestharbour.org.nz

Photo: Mia (centre) Aleisha (Right) with Senior Patroller Barbara Rose (left).

## Limited tickets - unlimited potential marketing workshop

5pm, Wednesday 19th June at Westgate Shopping Centre.

Register your interest by emailing [editorial@thewesterly.co.nz](mailto:editorial@thewesterly.co.nz).

Many small to medium businesses find it challenging to build the formality, structure and discipline needed to gain the best customer attraction and retention that could deliver better sale volumes and profitability. Marketing for many organisations is a nice to have not a must have but without a marketing plan and some basic principles your business may struggle to achieve its fullest potential or in tight times might not survive at all.

Join us for a morning workshop to give you the tools and the tricks to ensure your marketing brings you returns in 2024.

# Two cards become One







Pluspoints & The Trust Card have merged! You can now use your card in more places. Earn rewards and win prizes.

Scan to register your card/s!



Plus Points rewards Find out more...





# In Brief Updates

We delve into a range of topics and questions:

- What are the best marketing tools and why should you consider them?
- What are the key things that customers are looking for before they introduce themselves to you?
- Who is the best customer for you and what would they likely spend with you over 5 years?
- What do your customers say about you? (when you're not listening)
- How do you ensure what you are doing is relevant, cost effective and responsive?

Course facilitator Graham McIntyre has had thirty years of practical and hands on engagement in marketing, customer lifecycle and brand development. His engagement with multiple brands and services sees him operating in the volunteer, professional service and media environments using client endorsement, print, digital, social and directional media environments. He shares his knowledge freely, workshop with your organisational needs and will provide you with some insights that will add strong value for you today and into the future.

## Deepti Mehta is joining House of Travel Hobsonville

Some very exciting news for our local travel agency as we expand to a second site and found a local travel celebrity to join our wonderful team.

A word from Deepti on Crafting Unforgettable Journeys

From the vibrant streets of Europe to the sun-kissed shores of the Hawaii and Bali, I have traversed the globe, each destination adding a new dimension to my expertise. My passport tells the story of a wanderer with an insatiable curiosity and strong desire to uncover the hidden gems of the world.

But my passion for travel extends far beyond just exploration; it permeates every aspect of my professional life. As a seasoned travel agent, I understand that the key to a truly unforgettable journey lies in the details. From meticulously curated itineraries to personalized recommendations, my dedication to my craft is evident in every travel plan I create.

Whether my clients seek adventure, relaxation, or cultural immersion, I craft tailor-made itineraries that cater to their every desire. Perhaps what sets me apart is my unwavering commitment to exceptional service. With extensive industry and travel experience, my journey



from avid explorer to esteemed travel agent has been full of exciting adventures and learning opportunities. To me, each client is more than just a name on a booking; they are fellow travelers embarking on a journey of discovery. From the moment they reach out to me, I go above and beyond to ensure that their travel experience is nothing short of extraordinary.

So, if you're ready to embark on your next adventure, look no further, the travel maestro who is dedicated to crafting unforgettable journeys that will leave you with memories to last a lifetime. Get in touch with me today and prepare to experience the world in a whole new light.

With the security of a physical store, experienced consultants, 100% Kiwi business owner operated, TAANZ bonded and local, who better to be your travel agent wingman? Your ideas + our knowledge = better holidays.

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

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

## Celebrating 65 Years of Community Connection

Since 1959, Communicare CMA Auckland has been dedicated to enhancing the lives of the elderly, lonely, and disabled through a range of recreational activities, support services, and advocacy efforts at our friendship centres. As we commemorate our 65th anniversary, we reflect on our evolution into a vital support network for those in need.

Our commitment to training and education is paramount. Our student placement program offers invaluable hands-on experience and prepares individuals for success in the Health and Wellbeing sector, catering to students and career changers alike.

On August 5th, join us for the "Bridging Generations: Students and Volunteers Connecting with Seniors Expo" at the Glen Eden Community and Recreation Centre. This event celebrates intergenerational connections and showcases the integral role of students and volunteers in engaging with seniors. Drop in between 10am and 12pm to witness our friendship centres in action and explore career opportunities in aged care and disability services.

Register your interest by emailing [office@communicare.org.nz](mailto:office@communicare.org.nz) or visiting [www.communicare.org.nz](http://www.communicare.org.nz)

We look forward to welcoming you and continuing our journey of community connection and compassion.



**RYAN JACKSON**

M: 027 498 6202. E: [ryan@treehouseprint.co.nz](mailto:ryan@treehouseprint.co.nz)

P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland



Free Property Advice  
[www.property-hub.nz](http://www.property-hub.nz)



# Safer Communities



In emergency situations, accurate property identification is crucial for efficient response by Fire (and other) Emergency response vehicles. While the common advice is to "head towards the smoke," this approach doesn't always work due to various factors. Whether it's a lack of visible smoke, challenging terrain, or properties set far back from the road, there are obstacles that responders face. To ensure a swift and effective emergency response, consider the following measures:

## Improved Property Identification

**Designate a Spotter:** Have someone stand at the entrance to your driveway and wave down emergency responders. If it's dark, use a flashlight to capture their attention. A visible presence helps guide us to the correct location.

**Clearly Display Street Numbers:** Ensure that your street number is prominently displayed and visible from both directions. Reflective numbers are preferable, especially at night. Avoid relying solely on painted numbers, which may be hard to see in low-light conditions.

**Shared Driveways:** If you share a driveway with neighbours, extend your numbering system beyond the road. Clear signage and directions within the driveway will guide responders to your specific property. Ensure there's enough space (at least 4 meters tall and 4 meters wide) for fire appliances to manoeuvre.

By proactively implementing these measures, you contribute to a more efficient emergency response. Quick and accurate property identification allows

responders to provide timely assistance, minimizing delays and assisting with the safety of you and your property.



## Jamie Shaw

Deputy Chief Fire Officer

Waitakere Volunteer Fire Brigade

Phone 09 810 9251

**Save the date 25 July**

## Going blue for drowning prevention

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

**Drowning Prevention Auckland**

# Property

## Property market report

Auckland Council fees and charges continue to rise unchecked and is a major contributor to a continued fall in building consents across greater Auckland.

Fewer new homes are being built and the cost of building them keeps rising.

The number of new homes being consented has nosedived by more than 30% over the last two years, and the cost of building them is still increasing, according to interest.co.nz's latest analysis of Statistics NZ's residential building consents data.

This shows 7717 new dwellings were consented throughout the country in the first quarter (Q1) this year, down from 9720 (-20.6%) in Q1 last year, and down from 12,333 (-37.4%) in Q1 2022.

At the same time the average estimated cost of building those homes has continued to rise.

The average estimated build cost (excluding land) of new dwellings consented in Q1 this year was \$462,654, up \$21,978 (+5.0%) compared to Q1 last year, and up \$68,100 (+17.3%) compared to Q1 2022.

The increase in building costs is a reflection of all costs including Auckland council charges that could make up 20% of the build cost.

In Q1 2010, the average size of new homes consented was 202 square metres, and had steadily declined to 141 square metres in Q1 2024. That means the average size of new homes has declined by 61 square metres (-30%) over the last 14 years.

In the last two years, from Q1 2022 to Q1 2024, the average build cost has increased from \$2695 per square metre to \$3276 per square metre, up by 21.6%

We would hope that Chris Penk, Minister for Building and Construction can place some heat on Councils to reduce costs and increase transparency of compliance costs.

It is an issue that has plagued the construction sector previously as the market goes through a boom to bust cycle leaving the public unsettled and creditors out of pocket. If you are considering building we suggest you talk with a number of credible building companies and lock in a fixed price to reduce surprises.

Let's look at market sales:

Hobsonville	\$585,000 to \$2,300,000
Massey	\$590,000 to \$1,515,000



Swanson	\$670,000 to \$2,020,000
Waitakere	\$1,275,000 to \$1,800,000
West Harbour	\$910,000 to \$2,700,000
Westgate	\$715,000 to \$1,380,000
Whenuapai	\$735,000 to \$1,290,000

If you are looking to achieve a great result for the sale of your property please contact me today for a free pre-sale property checklist and appraisal that will provide a starting point in your decision-making. After 18 years working with buyers and sellers, I have a depth of knowledge and experience to share with you. No cost, no obligation, just some honest feedback. Call me, Graham McIntyre AREINZ directly at 0800 900 700, via text at 027 632 0421, or through email at [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com). Mike Pero Real Estate Kumeu/ Hobsonville. Licensed REAA2008.

## What is a green home loan?

When it comes to Green Home Loans, most of the major banks can offer these as a "Top-up" to your existing home loan.

These Top-ups allow you to borrow additional funds on top of your existing mortgage for the purpose of making sustainable improvements to your home (subject to the banks credit criteria).

Here's a brief introduction:

ASB's "Better Homes" Home Loan - Up to \$80,000 at 1% interest over 3 years.

ASB offers the "Better Homes" top-up home loan, featuring a low-interest rate of 1% for loans of up to \$80,000 over three years.

This loan can be used for various sustainability improvements, including heating, insulation, solar panels, double glazing, and electric vehicles.

ANZ's "Good Energy" Home Loan - Up to \$80,000 at 1% interest over 3 years.

ANZ provides the "Good Energy" home loan, offering a low-interest rate of 1% for up to \$80,000 over three years.

This loan is specifically designed to finance energy-efficient upgrades under 4 different categories, energy efficient upgrades, clean transportation upgrades, solar panels, solar batteries and rainwater tanks.

BNZ's "Green Home Loan" Top Up - Up to \$80,000 at 1% interest over 3 years.



**Graham McIntyre**  
LICENSED SALESPERSON  
BRAND & TERRITORY OWNER





**M** 027 632 0421  
**P** 09 412 9602  
**FP** 0800 900 700  
**E** [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)  
[www.mikepero.com](http://www.mikepero.com)

Mike Pero Real Estate Ltd. Licensed REAA (2008)  
327 Main Road, Kumeu, Auckland  
2 Clark Road, Hobsonville, Auckland

**VODANOVICH**  
LAW

SALES & PURCHASE OF REAL ESTATE  
RELATIONSHIP PROPERTY | BUSINESS STRUCTURES  
POWERS OF ATTORNEY | WILLS & TRUSTS  
COMPANY & EMPLOYMENT LAW

PLEASE CONTACT IVAN

[ivan@vlaw.co.nz](mailto:ivan@vlaw.co.nz) 09 412 8000  
4a Shamrock Drive Kumeu, Auckland



# Property

BNZ offers "Green Home" top-up loans, allowing homeowners to borrow up to \$80,000 at a low-interest rate of 1% for the first three years. The loan can be used for sustainability improvements, including insulation, solar panels, rainwater tanks, and financing electric or hybrid vehicles, electric bikes and electric chargers.

Kiwibank's "Sustainable Energy" Home Loan - Up to 10 years PLUS cash contribution on floating rate.

Kiwibank provides a "Sustainable Energy" home loan. The maximum will be determined by their affordability criteria and is on the floating interest rate.

For loans over \$5,000, they offer a cash contribution of up to \$2,000 towards your sustainable energy system's cost over four years: \$800 after the first year and \$400 annually for the subsequent three years.

It covers a slightly broader range of sustainable energy systems such as solar power, small-scale hydro, wind energy and geothermal resources.

Westpac's "Greater Choices" Home Loan - Up to \$50,000 at 0% interest over 5 years.

Westpac offers the "Greater Choices" home loan, which allows borrowers to access up to \$50,000 with no interest for up to five years.

The loan can be used for a range of sustainable enhancements to your home, and also available to be used for energy efficient transport like an EV, hybrid vehicle or electric vehicle charger.

Plan Repayments and Avoid Debt Traps

While a Green Home Loan may offer attractive terms initially, it's important to understand the long-term cost implications. As with all loans any application will be subject to the banks credit criteria.

By working with a Mortgage Adviser you can evaluate the total cost of financing, including the interest rates that will apply once the interest-free period or low rate ends. This will help you make an informed decision and avoid any surprises down the line.

By making it easier to borrow to invest in energy-efficient and sustainable enhancements for your home, you can reduce your carbon footprint, lower your energy bills, increase your property's value and create a more comfortable and healthier living environment for you and your family.

To learn more about Green Home Loans call Stephen Massey - Loan Market 021 711 444 or check out my website [loanmarket.co.nz/stephen-massey](http://loanmarket.co.nz/stephen-massey).

## 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.

## Understanding landlord responsibilities

Renting out a property can be a rewarding endeavour, providing a steady income stream and potentially long-term financial security. However, being a landlord also comes with a set of responsibilities that must be taken seriously to ensure a positive and compliant rental experience for both parties involved. In this guide, we'll explore





**Loan Market**

**Stephen Massey**  
Mortgage Adviser

[stephen.massey@loanmarket.co.nz](mailto:stephen.massey@loanmarket.co.nz)  
021 711 444

**Let's chat.**

the  
**rentshop**  
Property Management

**FREE**  
RENTAL  
APPRAISAL

**021 RENT4U**  
(736 848)



# Property

the key responsibilities that landlords have when renting out their properties.

**Property Maintenance and Condition** - One of the primary responsibilities of landlords is to maintain the property in a reasonable condition. This includes ensuring that the property is structurally sound, addressing any maintenance issues promptly, and providing essential amenities such as heating, plumbing, and electricity. Regular inspections can help identify potential problems early on, allowing landlords to take proactive measures to maintain the property's condition.

**Ensuring Quiet Enjoyment** - Tenants have the right to "quiet enjoyment" of the property they are renting, which means landlords must refrain from interfering with their tenants' peace and quiet unless necessary. This includes respecting their privacy, not intruding on their living space without valid reasons, and addressing noise complaints promptly and effectively.

**Compliance with Building and Safety Standards** - Landlords are responsible for ensuring that the rental property meets all relevant building, health, and safety standards. This includes providing adequate ventilation, ensuring that smoke alarms are installed and functional, and addressing any potential hazards such as mold or asbestos. By maintaining a safe and healthy living environment, landlords can protect the well-being of their tenants and avoid potential legal issues.

**Handling Abandoned Goods** - In the event that a tenant leaves behind abandoned goods upon vacating the property, landlords must handle them appropriately. This may involve storing the items for a specified period, attempting to contact the former tenant to retrieve them, or disposing of them in accordance with local regulations. It's crucial to follow the correct procedures to avoid liability and ensure that tenants' belongings are handled with care.

**Notification of Property Sale** - If the rental property is put up for sale, landlords are required to inform their tenants of the impending sale. This allows tenants to make informed decisions about their living situation and prepares them for potential changes in ownership. Open communication between landlords and tenants is essential to

maintaining trust and transparency throughout the process.

**Agent Representation** - Landlords who are planning to be out of the country for more than a specified period must appoint an agent to manage the property in their absence. This ensures that tenants have a point of contact for any issues or concerns that may arise during the landlord's absence, providing peace of mind for both parties.

**Prohibited Actions** - While landlords have certain rights, there are also actions that they are prohibited from taking. For example, seizing a tenant's goods for any reason is strictly prohibited, as is interfering with the supply of essential services to the premises without a valid reason.

**Shared Responsibilities** - In addition to the landlord's responsibilities, tenants also have obligations that they must fulfil. Both parties are responsible for ensuring that the tenancy agreement is in writing, keeping their contact details up to date, and not changing the locks without permission.

In conclusion, being a landlord requires a commitment to fulfilling various responsibilities to maintain a safe, habitable, and legally compliant rental property. By understanding and adhering to these responsibilities, landlords can foster positive relationships with their tenants, protect their investment, and ensure a smooth and successful rental experience for all parties involved.

If you're wanting to discuss further or have a property you would like to rent, feel free to get in touch with us. The Rent Shop Hobsonville 021 RENT4U (736 848) mike.james@therentshop.co.nz.

## Mature Movers – Free Guide

With over 18 years of experience, knowledge and history, Graham McIntyre has created a step-by-step guide to the progress of selling when you are a mature seller wanting to fully understand the process and the decisions that accompany this change.

A range of handy links, proven suppliers and helpful checklists are all available for you today, without cost and without obligation. "I feel that mature sellers are wanting to read more, understand the process and gather information to gain confidence in the steps and the agent they wish to work with" says Graham.

After 18 years in real estate and 22 years involved in Fire and Emergency responding to people in their golden years with trips, falls and breathing issues, I understand the need to slow down, take time, be gentle, and kind.



### KEMP BARRISTERS & SOLICITORS

*Your local team of legal experts*

Property Law

Litigation

Family & Relationship Law

Trust & Asset Protection

Wills & Estates

Commercial Law

info@kempsolicitors.co.nz  
09 412 6000  
25 Oraha Road, Kumeu



Friendly  
Legal  
Experts

- Property Law
- Business Law
- Employment Law
- Debt Collection
- Family Law
- Family Trusts
- Estates
- Wills

smith  
AND PARTNERS

LAWYERS

293 Lincoln Road  
Henderson, Auckland  
PH: 09 836 0939  
smithpartners.co.nz



# Property

It gets the very best out of all of us". For your free step by step guide text 027 632 0421 or email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

Mike Pero Real Estate Kumeu/ Hobsonville. Licensed REAA2008.

## Clearstone Legal commemorates 10 years

Debra Barron is the Principal of Clearstone Legal which started in June 2014 and is holding an invitation-only party to celebrate.

"We will also be having specials and giveaways throughout the month of June," says Debra, inviting people to check out Clearstone Legal's Facebook page for further details.

She says Clearstone Legal began after many years of working in the legal sector, when an opportunity was seen in the market for a fresh, modern approach.

"We pride ourselves on the ability to explain to our clients in everyday language, rather than legal jargon," says Debra.

"We also prefer to offer our clients options rather than telling them what they should do and empowering with the reasons why one option might be better.



"Like most small businesses, we worked from home offices before securing premises in Te Atatu Peninsula.

"With the residential and commercial expansion in the NorthWest of Auckland, we took the opportunity in 2018 to incorporate the Kumeu Huapai Law Centre into our practice.

"In 2020 we relocated to our current office at 1A Tapu Road, Huapai."

Clearstone Legal general law practice has a team of nine "amazing" women, says Debra.

"While much of our business involves conveyancing (buying, selling, refinancing and subdividing property) we offer full estate planning services such as formation and administration of trusts, wills, enduring powers of attorney and look after deceased estates.

"In addition, we have expertise in relationship property matters and commercial transactions such as buying or selling a business, commercial leases, shareholder agreements, etc.

"We look after mums and dads, and small to medium sized businesses."

Debra says Clearstone Legal has "really enjoyed becoming a part of the community in both the Te Atatu and Kumeu areas, sponsoring local sports clubs at the Te Atatu Roosters and the West Coast Rangers".

Debra says Clearstone Legal has "really enjoyed becoming a part of the community in both the Te Atatu and Kumeu areas, sponsoring local sports clubs at the Te Atatu Roosters and the West Coast Rangers".



# CLEARSTONE

CELEBRATING 10 YEARS

# LEGAL

**Kumeu Office**

1A Tapu Road, Kumeu

**Te Atatu Office**

1/547 Te Atatu Road, Te Atatu Peninsula

**p:** 09 973 5102

**w:** [cslegal.co.nz](http://cslegal.co.nz)

# Hot Property



## Amazing family fun – Marina View Zone

Welcome to a safe family haven a short stroll from Marina View School, parks and convenience shopping.

In a quiet street surrounded by similar homes, the property has a fully fenced back yard with pool, playhouse, climbing frame and easy care plantings.

Come inside to a warm and modern layout, with multiple zones for

Kitchen-dining and Lounge dining through to North facing alfresco decking.

A central corridor makes way to office/ study, bathroom, garage, four bedrooms, including master ensuite and walk in wardrobe.

Abundant sunshine, closed wood-burner, heat-transfer/ HRV and central heat pump, this is a warm home, perfect for winter.

So much to see in this beautifully presented home, so close to shops, school, motorway access, parks, the list goes on.

The CV on this property is \$1,500,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).



# Hot Property



For more information on this property call Graham McIntyre on 027 632 0421 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).

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HOBSONVILLE	1,040,000	131M2	154M2	1,040,000		800,000	400M2	81M2	762,000
	1,110,000	192M2	144M2	1,035,000		800,000	170M2	77M2	760,000
	1,200,000	186M2	178M2	1,260,000		600,000	70M2	44M2	796,500
	1,140,000	228M2	138M2	1,130,000		1,625,000	540M2	285M2	1,300,000
	1,450,000	229M2	246M2	1,425,000		870,000	570M2	90M2	750,000
	1,450,000	228M2	246M2	1,382,000		900,000	180M2	102M2	850,000
	1,575,000	389M2	199M2	1,475,000		1,050,000	641M2	140M2	920,000
	1,285,000	450M2	178M2	1,240,000		850,000	564M2	151M2	700,000
	850,000	108M2	86M2	780,000		1,150,000	607M2	155M2	1,035,000
	1,230,000	221M2	187M2	1,180,000		1,100,000	191M2	132M2	875,000
	1,215,000	154M2	160M2	1,200,000		780,000	90M2	77M2	769,000
	925,000	138M2	92M2	860,000		830,000	312M2	81M2	590,000
	900,000	128M2	90M2	860,000		1,200,000	560M2	158M2	1,002,000
	1,040,000	143M2	1315M2	990,000		1,365,000	1227M2	160M2	915,000
	975,000	112M2	150M2	985,000		1,325,000	689M2	190M2	990,000
	1,375,000	220M2	162M2	1,280,000		1,325,000	678M2	290M2	1,120,000
	1,100,000	90M2	181M2	1,200,000		1,090,000	664M2	80M2	835,000
	1,820,000	1000M2	272M2	1,629,000		950,000	209M2	101M2	888,000
	2,000,000	324M2	260M2	2,000,000		840,000	695M2	100M2	840,000
	1,075,000	149M2	116M2	1,100,000		950,000	193M2	107M2	910,000
	1,420,000	338M2	180M2	1,488,000		1,650,000	809M2	340M2	1,515,000
	1,575,000	375M2	253M2	1,550,000		1,025,000	450M2	160M2	799,000
	965,000	139M2	119M2	969,000	WEST HARBOUR	1,025,000	369M2	140M2	910,000
	2,250,000	521M2	326M2	2,300,000		1,510,000	707M2	160M2	1,280,000
MASSEY	1,150,000	861M2	170M2	1,070,000		990,000	172M2	136M2	1,010,000
	1,050,000	508M2	162M2	1,007,500		2,510,000	1266M2	444M2	2,700,000
	970,000	161M2	138M2	834,567		1,525,000	704M2	220M2	1,300,000
	960,000	898M2	100M2	717,500		1,275,000	714M2	190M2	1,135,000
	1,200,000	680M2	300M2	1,080,000		1,525,000	700M2	270M2	1,519,000
	1,275,000	362M2	151M2	1,020,000		840,000	371M2	90M2	910,000

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

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

**2.95%** up to \$490,000

(Not 4% that others may charge!)

**1.95%** on the balance

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



Graham McIntyre  
Brand & Territory Owner  
027 632 0421

**Mike Pero** | REAL ESTATE

This page is sponsored by Mike Pero Real Estate, Hobsonville

Phone 0800 900 700 Licensed REAA (2008)





AFFORDABLE IN GLEN EDEN, WIDE VIEWS, NTH FACING

3 1 2 1

By Negotiation

## 20 Terra Nova Street, Glen Eden

By Negotiation  
Viewing by appointment

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



**Graham McIntyre**  
027 632 0421  
graham.mcintyre@  
mikepero.com

[www.mikepero.com/RX3792484](http://www.mikepero.com/RX3792484)





AFFORDABLE FAMILY LIVING, LOW MAINTENANCE LIVING

4  2  2 

By Negotiation

## 56 Hetherington Road, Ranui

By Negotiation  
Viewing by appointment

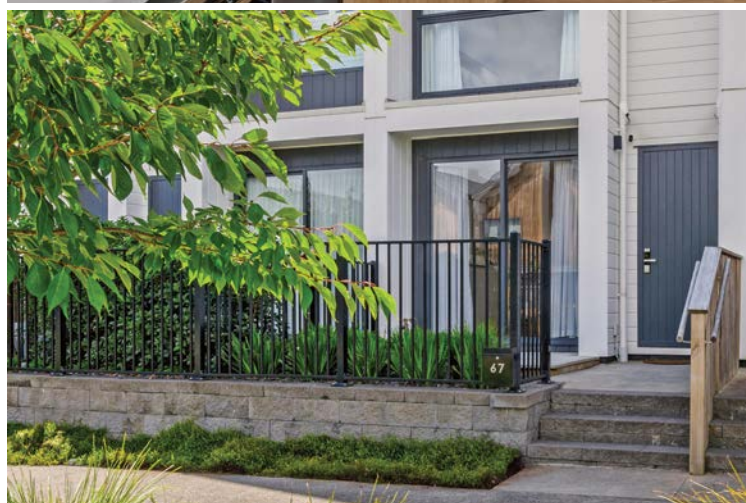
This 141 square meter (approx.) home stands as a testament to exceptional value. Boasting a versatile floor plan, it caters to the needs of a family or investor seeking distinct and separated spaces. The home features four bedrooms, two bathrooms, and two lounges, ensuring ample room for both personal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



**Graham McIntyre**  
027 632 0421  
graham.mcintyre@  
mikepero.com

[www.mikepero.com/RX3926912](http://www.mikepero.com/RX3926912)





BEAUTIFULLY APPOINTED - MOTIVATED OWNERS RELOCATING

2  1  1 

By Negotiation

## 67 Tarapuka Road, Westgate

By Negotiation

Viewing by appointment

An elegant and tranquil suburban living environment, off a quiet road and laneway, offering the very best of modern, lock-and-leave living over two levels. A delightful and simple entertainers kitchen, dining and living environment with laundry, guest w/c tucked away. Alfresco access to fully fenced patio and all weather turf area. All bedrooms and bathroom upstairs ensuring a quiet zone for sleeping. Beautifully presented and ready for its new owners. Dedicated off street parking, patio, peace and quiet all on offer here and so close to North West Mall, Transport Hub, Schools and walking reserves. Make 2024 your year and get into this spectacular entry level real estate offering.



**Graham McIntyre**  
027 632 0421  
graham.mcintyre@  
mikepero.com

[www.mikepero.com/RX4012133](http://www.mikepero.com/RX4012133)



NEAR NEW, LOCK UP AND LEAVE WITH WATER VIEW

2 1 1 1

By Negotiation

## 6 Wharara Lane, Massey

By Negotiation  
Viewing by appointment

This near new GJ Gardner build with Master Build Warranty provides an excellent opportunity to jump on the property ladder with lock-up and leave options, public transport at the gate and convenience shopping a short stroll away. A beautifully presented two bedroom home with bathroom and guest toilet, alfresco to patio and small grassed lawn. An outstanding option for a discerning buyer looking for pedigree and performance. Earthy colours and upgrades, this home is one that will be on top of your watch list. Don't dilly-dally, great homes like this don't last. Financing options available via Mike Pero Mortgages.



**Graham McIntyre**  
027 6320421  
graham.mcintyre@mikepero.com

[www.mikepero.com/RX4035166](http://www.mikepero.com/RX4035166)





ELEVATED AND SUNNY PLUS 3 CAR GARAGING

3 1 2 1

By Negotiation

## 22 Zingaro Place, Massey

By Negotiation  
Viewing by appointment

Set on 979sqm (approx) this is a big section with a big home. Offering extensive garaging and off street parking with storage options galore, work from home, or develop an additional guest wing. Upstairs enjoys extensive gated lawn and gardens with mixed alfresco settings to enjoy sunshine or shade with easy access to kitchen, dining and lounge areas. All the bedrooms and bathroom off a central hall, this is a home that will deliver peace and ambience upstairs and hobby, work and workshop downstairs, certainly a ying and a yang for all buyers. The CV on this property is \$975,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).



**Graham McIntyre**  
027 632 0421  
[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)

[www.mikepero.com/RX4066522](http://www.mikepero.com/RX4066522)



# Home & Garden

## Need a tiler - Tile Wright

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

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

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

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

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

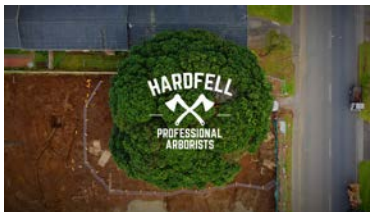
Call us today on 027 260 8225 for a free no-obligation quote.



## Experience the difference an expert makes

It is well understood that trees contribute to the health and beauty of our environment and our properties; they can enhance property value and our sense of place. Well-placed trees reduce energy-use costs by shading during the hot months, while also improving air and water quality. But not all trees are created equal, some are faster growing, some are shorter lived, some may be strong while others are brittle.

Proper pruning ensures trees a long, healthy life and reduces the risk of branch failure.



A skilled arborist, along with specialised equipment, can accomplish even the most difficult tree pruning and removals. Working safely around your landscaping, house, power lines, and other valuable features to get the job done quickly and safely. Make sure you have a highly trained, skilled, qualified and insured arborist to carry out your work so the job is done right.

Shaun Hardman Mob - 0210720739, [www.hardfell.co.nz](http://www.hardfell.co.nz).

## Ladies Who Lawn

Ladies Who Lawn are not your typical landscape, garden and maintenance service. These Ladies do it all - rural land care, riparian planting, garden maintenance, pest management and In-school community education to name only a few. But if there's one thing The Ladies do super well, it is to work extremely hard to provide opportunities for change in their local community.

Not only do they provide training for the lucky ladies in their team, they provide free childcare for their staff and whānau from their business premises too. "The reality of returning to work for many wahine in our community looks like spending up to a third (sometimes more) of your weekly wage on childcare. It seems like a never-ending battle to get ahead for so many. Being able to alleviate some of the financial stress for our whānau helps to build the foundations that are needed to establish systems and routines that allow you to move out of the rat race, we have had some truly beautiful examples of this in our team" - Rosie

Ladies Who Lawn are in their 3rd year of business and currently in the process of developing their nursery, Raumati Gardens. "It's all about setting achievable goals that in time will add multiple benefit to the business model; Raumati will not only provide financial benefits and incentives, but educational opportunities for our wahine in training to get down to the nitty gritty, and learn about things like monocotyledons and dicotyledons, through to monitoring soil and growth conditions etc"- Milaan. Directors Milaan and Rosie, formerly teachers of 30 years combined, are driven by their desire to provide opportunities for other woman in the community to 'dream big'. Ladies Who Lawn are made up of a team of ladies who are both qualified and in training who all bring different strengths to the team.

"Great companies start because the founders want to change the world, not make a fast buck. The entrepreneur always searches for change, responds to it, and exploits it as an opportunity. The things you regret most in life are the risks you didn't take. There are no






# Tile Wright®





- Bathrooms
- Kitchens
- Splash Backs
- Waterproofing

**Josh Wright**

027 260 8225  
[Tilewright@outlook.com](mailto:Tilewright@outlook.com)



**STIHL SHOP**  
KUMEU & WESTGATE

54 Main Rd  
Kumeu  
PH: 412 8592  
OPEN MON-SAT

**NOW AT TWO HANDY LOCATIONS  
FOR EXPERT ADVICE & SERVICE**

15 Kakano Rd  
Westgate  
PH: 930 9999  
OPEN 7 DAYS



# Home & Garden

secrets to success. It is the result of preparation, hard work, and learning from failure. In order to succeed, your desire for success should be greater than your fear of failure. I know that if I fail, I won't regret that, but I know the one thing I might regret is not trying" - Milaan.

## SJB Window Cleaning

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

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

Since we began, we have established a strong client database with our competitive pricing and friendly, reliable service and are trusted and recommended by local real estate and letting agents. We operate Auckland wide, and can provide a free, no obligation quote



for you so get in touch and we'll be happy to help. You can contact via email on [info@sjbwindows.co.nz](mailto:info@sjbwindows.co.nz) or call 027 502 6200.

## Discover the Difference with The Cleaning Lady

Are you tired of spending your precious time scrubbing floors and dusting shelves? Let The Cleaning Lady take the burden off your shoulders and transform your home into a pristine sanctuary. Serving the communities in West Auckland since 2018 we are your trusted local cleaning service.



Our mission is simple: to provide exceptional cleaning services that exceed your expectations. From meticulous dusting to thorough vacuuming, our team goes above and beyond to ensure every corner of your home sparkles with cleanliness.

What sets us apart? It's our commitment to quality, eco-friendly practices, and dedication to our staff. We proudly pay our cleaners the living wage and provide them with stable employment, ensuring they deliver the highest standard of service with care and professionalism.

VISIT OUR NEW HUAPAI SHOWHOME

*To experience the difference*



**190 MATUA ROAD, HUAPAI**

OPEN MONDAY - SUNDAY | 12PM - 4PM

# Home & Garden

Don't let cleaning chores consume your valuable time. Let The Cleaning Lady restore balance to your life and give you the freedom to enjoy your home to the fullest. Visit our website at [www.thecleaninglady.co.nz](http://www.thecleaninglady.co.nz) to learn more and book your cleaning appointment today.

Say goodbye to stress and hello to a spotless home with The Cleaning Lady. Contact us now to experience the difference firsthand.

## Laser Plumbing and Roofing Whenuapai

With a recent dip in the temperature, it certainly feels like 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.

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

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

Contact Laser Plumbing & Roofing Whenuapai today for all your service needs on 09 417 0110 or [whenuapai@laserplumbing.co.nz](mailto:whenuapai@laserplumbing.co.nz)

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).

## June kitchen garden

Winter is officially here, but there is still plenty to do, prep for spring crops, fruit trees to be planted and get winter crops in the ground.



If you haven't already planted garlic, get onto it this month. June is the best time to do this. It is traditionally best to plant before the shortest day of the year and then harvest by the longest day.

Sow green crops of lupin and mustard in any empty spaces in the vegetable garden for digging into the soil for green manure. Refresh soil for crops by adding new compost and sheep pellets.

Plant seedlings: broccoli, cabbage, cauliflower, lettuce, Brussels sprouts, silverbeet, spinach, onions and garlic can still be planted. Protect from the cold while they are young.

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

Broad beans can be planted directly into the soil, stagger your sowing for a continuous harvest and feed all vegetables with a liquid general fertiliser.

Plant new rhubarb then lift and divide old crowns.

Tidy up old strawberry beds and prepare/plant new strawberries, they will show new leaves in the spring. Feed with blood and bone as you plant.

Sprout new potatoes, stand upright in a light dry place for them to sprout ready for planting. Prepare the beds for when they are ready. Feed all winter vegetables every two weeks.

Ever had mess  
left behind?



No mess, no dodgy products &  
no run around. We guarantee it.

Ph: 09 417 0110

Roofing | Plumbing | Drainage | Gas fitting  
Drain Un-blocking | 24 Hr Service



"Totally Dependable"

Laser Plumbing  
Whenuapai

[whenuapai@laserplumbing.co.nz](mailto:whenuapai@laserplumbing.co.nz)

[www.whenuapai.laserplumbing.co.nz](http://www.whenuapai.laserplumbing.co.nz)



BLACKOUT  
ELECTRIC

022 500 5856  
[info@blackoutelectric.co.nz](mailto:info@blackoutelectric.co.nz)  
[www.blackoutelectric.co.nz](http://www.blackoutelectric.co.nz)



# Home & Garden

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

Protect seedlings from slug and snails.  
Mitre 10 MEGA Westgate & Henderson

## Whenuapai Floral and Garden Circle

We were all pleased to see Margaret T back and she warmly thanked Margaret B for filling in during her absence. The Club Birthday lunch scheduled for later this month is to be members own transport while the April trip was with a new coach company aptly named Out & About and proved to be very satisfactory. The successful shopping stop at Rogers was rewarded by a large Daphne bush which was raffled and won by one of the guest speakers, however due to his having flown in, he was unable to take it so donated it back.

Welfare of absent members was front of mind then birthdays acknowledged, raffles drawn, blooms admired and autumn leaves also judged.

John & Nikki from See More Tours, which has been operating for five years, outlined their door-to-door service and attention to detail when arranging trips for groups throughout our beautiful country. The group guided travel company provides local knowledge and personalised experiences for mature tourists and takes care of all the logistics, including guides, transport, entrance fees, and activities. Details of upcoming tours were available and some members were keen to sign up. A book entitled Gardens to Visit was presented to one delighted member. Refreshments followed the Meeting.

If you would like to know more about our Club, and wish to join us, please phone Judy Garrity on 09 833 5592. Meetings are held at 1 p.m. at 41 Waimarie Road, Whenuapai Village, on the second Thursday of the month with trips usually on the fourth Thursday. Entry fee is \$4 with another dollar per raffle ticket. Currently in recess for winter with next meeting in September.

Until next time, Happy Gardening from Mary Anne Clark.

## Kumeu Plumbing

Did you know we are not just a plumbing service business?

We also have a retail shop where you can purchase all your drinking water, tank and town filtration, water pumps, pool & spa needs, plumbing fittings, wood burners, galv or Coloursteel flashings made to order plus so much more. Pop into our retail store located at 156 Main Road, Kumeu (the big blue building) and meet with one of our friendly team.



A message to all drinking water suppliers - cafes, camps, pubs, activity centres and businesses

Are you a drinking water supplier? We specialise in drinking water treatment systems. Rainwater supply, bore water systems, water testing and water treatment recommendations are all available. Our water filtration services include installation and servicing, UV Filtration and Purification for both Residential and Commercial.

Kumeu Plumbing - 09 412 9180 - info@kpl.co.nz - 156 Main Rd, Kumeu.

HEATING  
MADE EASY

# WOOD FIRES

• SUPPLY • INSTALL • CONSENT

# KPL

Kumeu	09 412 9108
West Auck.	09 833 6300
Helensville	09 420 9108
Nth. Shore	09 444 1449

www.kpl.co.nz
156G Main Road Kumeu
BIG BLUE BUILDING

# Food & Beverages

## Winter menu now available at The Riverhead

Pop in to The Landing Restaurant and try our winter menu - featuring new dishes such as our 12 hour braised Beef Cheek, Prawn Linguini and Forest Mushroom Risotto. We've also teamed up with local Zaknich Farms for our Apple & Fig Crumble.

The Landing is family-friendly (kids eat free Monday-Thursday) and casual attire is most welcome (including jeans and jandals, although we think you are pretty brave wearing jandals at this time of year).

We're open every day from 11am-Late, located at 33 York Terrace, Riverhead.



## Hallertau

Breakfast in the Biergarten? Hallertau Riverhead is now open for breakfast on Saturday and Sunday between 9 and 11am. A neat selection of breakfast favourites including waffles, sandwiches and granola. Why not start festivities early with a Bloody Mary or a breakfast beer. Visit their website for the full menu.

Hallertau Brewery -171 Coatesville-Riverhead Hwy, Auckland.  
www.hallertau.co.nz.



## Jesters Pies Westgate

June Promotion

Add a William Tell to any purchase for \$4.00

You'll live apple-y ever after with our William Tell pie.

This pie is made with freshly sliced apples with a touch of cinnamon, topped with creamy vanilla custard.





**FreshChoice Waimauku**  
A-2 Waimauku Retail Centre  
5-19 Factory Road  
Waimauku, Auckland  
Phone: (09) 411 7890/411 9495  
Fax: (09) 411 8050  
Mobile: 021 048 3355  
Email: waimauku.fc@xtra.co.nz

Available from our Westgate store at Westgate Shopping Centre during June.

## Looking for manuka honey?

Don Buck Honey has several batches available with different grades and different tastes, including one from West Auckland's own Waitakere Ranges. Batches include Far North Manuka Blend, Far North Monofloral Manuka, Avocado-Manuka Honey from the Kaikohe Region, and Manuka-Rewarewa Honey from our Waitakere Ranges. These pots can be purchased individually or as a Manuka four-pack combo for \$80. You can also mix & match your own combos and get discounted prices for 4+ pots.



Order through my website online or get in touch. Pickups are from Massey, or orders can be couriered to you with Post Haste.

www.DonBuckHoney.co.nz || DonBuckHoney@gmail.com

## Making the most of seasonal produce

Winter is a time for fires, stews and hunkering down. It is also the perfect time to learn how to store your food so that it lasts longer. From hearty root vegetables to citrus, winter in New Zealand offers a diverse range of produce that when stored correctly can last many weeks, if not months, in our homes.



Looking at what is in season, Juno Scott-Kelly from Love Food Hate Waste NZ explores how to make the most of winter produce along with storage tips to extend the freshness and quality of what we or buy in-store.

Root Vegetables, like carrots, parsnips, and potatoes are perfect for mashing as a side or adding to stews to bulk out a meal. Make sure you keep your carrots and parsnip in the fridge, stored in a container with a paper towel to suck up any extra moisture. Potatoes need

**Graham McIntyre**  
LICENSED SALESPERSON  
BRAND & TERRITORY OWNER





**M** 027 632 0421  
**P** 09 412 9602  
**FP** 0800 900 700  
**E** graham.mcintyre@mikepero.com  
[www.mikepero.com](http://www.mikepero.com)

---

Mike Pero Real Estate Ltd. Licensed REAA (2008)  
327 Main Road, Kumeu, Auckland  
2 Clark Road, Hobsonville, Auckland



# Food & Beverages

to be kept separate to all other vegetables in a cool dark place, such as a cellar or pantry. Winter Greens such as kale, spinach, and silverbeet are nutrient-rich and perfect for salads, stir-fries, and hearty winter soups. To ensure they last as long as possible, wrap leafy greens in paper towels and place them in a perforated plastic bag in the refrigerator's crisper drawer. This helps maintain freshness and crispness.

Citrus Fruits like oranges, lemons, and grapefruits are a great way to brighten up dishes or use in beverages for extra Vitamin C. Store citrus fruits in the refrigerator to prolong their shelf life. They can last for several weeks when refrigerated properly.

Broccoli, cauliflower, and Brussels sprouts are delicious sautéed, roasted or added into casseroles or gratins for a burst of flavour and essential nutrients (often hidden for tamariki). Store brassicas in the refrigerator's crisper drawer. Keep them unwashed and dry to prevent moisture build-up. Winter Squash can be used in soups, risottos, and baked dishes for a taste of seasonal comfort. Store in a cool, dry place such as a pantry or cellar. Avoid storing them near heat sources or in direct sunlight.

By making the most of what is in season during winter in New Zealand and following these storage tips, you can enjoy fresh, flavourful produce for longer periods, reduce food waste, and savour the bounty that each new season brings.

For more tips, tricks or food-waste fighting recipes visit [www.lovefoodhatewaste.co.nz](http://www.lovefoodhatewaste.co.nz).

Photo credit Nick Fewings.

## Peko Peko Japanese Restaurant

In the heart of Hobsonville, our little Japanese restaurant is owned by a local Japanese family. We have been open for four and a half years now and it's been 10 years since we started the tiny food truck business that some of you may remember. We have never changed the recipe of our popular Katsu chicken and we have added a lot more authentic Japanese tastes for our local customers to enjoy. Our teriyaki salmon has been also very popular recently with our original house-made teriyaki sauce. Please visit our website on [www.pekopekojapanese.nz](http://www.pekopekojapanese.nz) to check what we have onsite. We are fully licensed and serve Japanese beer and sake, as well as beautiful local Soljans wines. Located at 102c Hobsonville Rd, Hobsonville just next to Hobsonville Primary school. We look forward to seeing you soon. 09 416 1197.



pekopekojapanese.nz to check what we have onsite. We are fully licensed and serve Japanese beer and sake, as well as beautiful local Soljans wines. Located at 102c Hobsonville Rd, Hobsonville just next to Hobsonville Primary school. We look forward to seeing you soon. 09 416 1197.

## Private events at Good from Scratch

Did you know we host private events, weddings, functions and parties, perfect for the food lover here at Good from Scratch?

From sit down dinners to hands on classes, we do it all. So whether you're looking to host a mid-winter dinner for your team, celebrate a birthday or say 'I do' - the Good from Scratch farm and cookery school could be the perfect venue.

If you'd like to know more drop us an email at [info@goodfromscratch.co.nz](mailto:info@goodfromscratch.co.nz).



## Foodtogether

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

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

## \$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).

**Blend**  
Art Cafe

Coffee, Smoothies, Smoothie Bowls, Overnight Oat Bowl, Chia Puddings, Salads, Wraps and More!

321a Main Road, Huapai, Auckland  
027 BLENDNZ

*Come and check out our new*  
Delicatessen, Coffee, Juice & Ice Cream Bar

**BORIĆ** Food Market

1404 Coatesville - Riverhead Highway, Auckland  
[www.boricfoodmarket.co.nz](http://www.boricfoodmarket.co.nz)

# Health & Beauty

## Ask Dr Heather

I think about doing cosmetic treatments but feel guilty. I always put my family first, but my husband keeps telling me not to feel bad for wanting to put myself first for a change. How do people get around feeling guilty?

Anon, Riverhead.

Parental guilt is real for parents, so it is entirely understandable you feel this way. We always put our family first and so naturally feel as if we don't deserve the same.

Interestingly this concept often stems from us suffering low self-worth. Taught to us by generations above, it is surprisingly common to feel as if we don't deserve certain things because we feel we aren't worthy.

Self-worth is a core belief we possess similarly to any other core belief such as religion. It is different from low self-esteem as it does not fluctuate easily (think good hair day versus bad hair day). It is instead a static mental space where one is so secure within themselves; they know they will be okay if they lost everything (a scary but very powerful space to be).

The seeds of low self-worth are often planted when we are children and continue to grow with dysfunctional adult relationships, where we suffer emotional abuse ranging from not feeling heard, through to being yelled at, severely criticised, or even physically abused. Identifying this is not to necessarily lay blame on our parents, partners, or friends, as they are a product of their own experience, but instead allows us to identify patterns of intergenerational and interpersonal trauma that lay the foundations of low self-worth, so toxic cycles can be broken.

Low self-worth is often developed alongside an inner critic who



negates our decisions and tells us we shouldn't do things because we aren't worthy. It can also develop as a reflex of receiving criticism from influential figures in our lives and can be hard to turn off. One of the most liberating things we can do to counteract our inner critic is to say DELETE every time it rears its ugly head. Saying it aloud, with conviction is an extremely effective way to diminish its power and allows us to instead turn up the volume on compliments. Sometimes naming our inner critic can further help disconnect from its influence.

When we shift our thinking in this way, we become more positive and allow ourselves to internalise positive feedback. We then start to really respect and love ourselves. We get to know ourselves. We become our own best friend. It then becomes okay to put ourselves first just as we are always told in flights to put our oxygen mask on first. This also allows us to build stronger boundaries and we become happier with more capacity for acts of kindness, as we are no longer stomped on by negativity.

Whether it be cosmetic treatments, going out for that lunch with a friend or eating that piece of cake, being kind to ourselves by silencing our inner critic and welcoming in positivity can be a life changing experience. The warm hug of grace we give ourselves can be just what the Doctor ordered.

Dr Heather Anderson is a Cosmetic Medicine and Urgent Care/Emergency Doctor who practises in her own clinic at ALLOR Cosmetic Medicine in Whenuapai. If you have a question for Dr Heather you'd like answered anonymously in the magazine, please email [askdrheather@allor.co.nz](mailto:askdrheather@allor.co.nz).

## Move more, sit less - Top 5 physio tips

We believe that incorporating more movement into your daily routine can significantly enhance your overall well-being. Whether it's for mental clarity, physical health, or workplace productivity, movement is key. Our physiotherapists emphasise that a lack of physical activity can contribute to pain and injury. But fear not. We've compiled some simple yet effective tips to help you infuse more motion into your day.

### 1. Embrace the Pomodoro Technique at work or while studying

The Pomodoro Technique, developed in the late 1980s, advocates breaking work into manageable intervals, typically 25 minutes long, followed by short breaks. Studies show that this method enhances focus and productivity. Use these breaks as opportunities for a brief walk, squats, or stretches. By doing so, not only will you boost your productivity, but you'll also incorporate movement seamlessly into your day.

### 2. Step Up Your Step Game

**Westgate**   
MEDICAL CENTRE

Westgate Shopping Centre, Maki street

**Urgent Care  
Clinic**

**Open 7 Days  
8am to 8pm**

**For all urgent medical  
and trauma needs**

**Xray, Pharmacy, Physio on site**

**833-3134**

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

**ALLOR**

COSMETIC MEDICINE

Dr. Heather Anderson  
0222626762  
[enquiries@allor.co.nz](mailto:enquiries@allor.co.nz)

72 Waimarie Rd  
Whenuapai  
[www.allor.co.nz](http://www.allor.co.nz)



# Health & Beauty

Challenge a friend to a step competition. Setting daily, weekly, or monthly step goals and comparing progress can be a fun and motivating way to increase your activity levels.

### 3. Take the Scenic Route

Instead of searching for the closest parking spot, opt to park further away. Walking to your destination, taking the stairs, and incorporating movement during phone calls are simple yet effective ways to add more activity to your day.

### 4. Kettle Boiling Exercise Routine

Waiting for the kettle to boil? Make the most of this time by squeezing in a quick exercise routine. Try sets of squats, lunges, heel raises, or balance exercises to keep your body moving.

### 5. Stretch for Better Sleep

Wind down your day with gentle stretches before bed. Not only will this help you relax, but it also promotes better joint mobility, leading to improved sleep and overall health.

Our team of physiotherapists is here to support you on your journey to a more active lifestyle. Drop by for a chat to explore personalised strategies for incorporating movement into your daily routine. Let's make movement a natural part of your day for a healthier, happier you! Call us at 09 416 4455 (Hobsonville) or 027 313 6036 (Riverhead), or book online now. Let us help you find freedom in your movement.

## Graceful Beauty - Where relaxation meets results

Graceful beauty, a tranquil home-based studio specialising in personalised beauty treatments, welcomes you. Offering an escape where relaxation seamlessly blends with transformative results.

Founded by Bernadette Imminck, an internationally-acclaimed therapist with over 25 years of experience, Bernadette's journey has taken her across clinics, spas, and salons, both locally and internationally. This diverse background equips her to understand your individual needs and concerns. More than just a therapist, she brings a genuine passion to the table, fueled by a desire to see her clients achieve their aesthetic goals. A Menu Tailored to You: At Graceful Beauty, Bernadette will create a personalised journey to achieve your unique vision of beauty. Whether you seek to revitalise your skin with a signature treatment, address specific concerns with advanced options, enhance your natural beauty with expert lash &



brow artistry, or simply unwind with a soothing massage, Graceful Beauty has something for everyone.

More Than Just a Treatment: The experience at Graceful Beauty goes beyond the treatment itself, Bernadette fosters a warm and welcoming environment where you can relax, be yourself, and truly indulge. Witnessing the transformative power of self-care through personalised treatments is what truly motivates Bernadette. Her goal is to guide you on a lifelong journey of healthy skin and beauty habits, empowering you to feel confident and radiant in your own skin.

Graceful Beauty welcomes you. Visit the website at [www.gracefulbeautynz.com](http://www.gracefulbeautynz.com) for easy online booking. Conveniently located in West Harbour with ample parking. Gift Vouchers available. Phone 022 6022 137.

## Why can't I change?

I tried so many things to make changes in my life. Alcoholics Anonymous, psychotherapy, mindfulness retreats, group workshops, reading books, courses, and so much more. And somehow, I kept coming back to this place of being lonely, unhappy and usually acting out in some kind of addiction.

What I hadn't learned was how the mind worked and how it operates with rules just like a computer. It loves what is familiar & rejects/resists the unfamiliar which is why change can be hard or even seem impossible at times. To the mind even good changes are unfamiliar.


If we are 'used to' being addicted, unhappy, unhealthy, overweight, single, lonely and so on then our mind doesn't care if that is good or bad, healthy or unhealthy, true or false, it just takes us back there, as it's familiar.

Under hypnosis many client's minds will say "I keep feeling like that as that's what I'm used to, I keep thinking old thoughts, I make myself feel bad as that's what is familiar, it's what I know."

To change then, what do we do? We need to repeat new behaviours until they become familiar. Consistency is key. We also need to change our beliefs and update our mind to a new familiar. We need to believe change is ok, safe and we deserve it.

Contact me if you need help making changes in your life.

Lorraine Maguire - Rapid Transformational Therapist  
[www.lorrainemaguire.com](http://www.lorrainemaguire.com).

 **Facts About The Subconscious Mind!**

- Always alert, awake, aware & listening**
- Records everything in your life**
- Controls 95% of your life**
- Based on habituation, repetition & familiarity**
- Takes everything literally**
- Not logical - it is the feeling mind**
- One million times more powerful than the conscious mind**
- Change is faster when done in the subconscious*



**RYAN JACKSON**

M: 027 498 6202. E: [ryan@treehouseprint.co.nz](mailto:ryan@treehouseprint.co.nz)

P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland



General dentistry & Orthodontics

1 Wiseley Road, Hobsonville 09 416 5050  
[www.fraserdental.co.nz](http://www.fraserdental.co.nz)

# Health & Beauty

## Revitalizing Luxury Skin Treatments - Hobsonville Point

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



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

Unlike over-the-counter products that often yield limited results, our clients have come to appreciate the remarkable difference our personalized treatments make. We believe that skincare is not just about physical appearance but also about enhancing your inner beauty. Our mission is to make you look and feel fantastic, ensuring you experience a sense of relaxation, individuality, and pampering in a serene and unhurried environment. From the moment you enter our luxurious treatment room located in the idyllic Bomb Point, we want you to step into a tranquil oasis where everything revolves around you for the next hour or so.

SKINMED opened an online store in Feb22 to allow customers to

purchase products to use between visits or for when they simply could not physically see clients during Covid. Be sure to check out our website at [www.skinmednz.co.nz](http://www.skinmednz.co.nz) and our 5 Star Google Reviews.

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

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

## What do you need to do to stay well this winter?

Moving to a sunny tropical island would be a fun way to stay well this winter. But it is not possible for most. Nourishing your immune system to protect you against bad bugs is my specialty. And the best way to nourish your immune system is to nourish your microbiome, which includes all the good bacteria in your body and the environment that they live in.

**Microbiome (Gut Bacteria):**

The good bugs are like your neighbourhood watch. They monitor for signs of troublemakers like winter viruses. In a healthy person, there are about 40 trillion microbial cells, so that is a large neighbourhood watch. When they sense trouble, they signal the immune cells (police) to spring into action.

In addition to a neighbourhood watch function, the microbial cells also have the ability to directly protect you from viruses. For example, during an influenza infection, microbes in the lungs release inflammasomes which protect you from the influenza virus. The microbes in the lungs also signal the microbes in the gut to recruit more protective immune cells. Plus, when the infection is gone, these gut microbes send out anti-inflammatory cells like IL-10 to help calm down the battlefield and clean up the mess.

Every surface of the body has a mucosal lining. This includes the gut, skin, eyes, lungs, and urogenital tract. Fun fact: you have 400sqm of mucosal lining (compared with 2sqm of skin). This mucosal lining is the largest site of immune sampling, which gives a fantastic early warning system against potential threats. It is no coincidence that this mucosal lining is covered in microbes.

In a nutshell, the fitness of your immune system is dictated by your microbiome, which I define as the good bacteria and the mucosal lining they live in.

**Sporebiotics:**

The best way I know to improve gut function is through the use of specialised probiotics called sporebiotics. This is especially effective if you combine the sporebiotics with appropriate prebiotics to feed

**KUMED GYM 24**  
**YOUR FITNESS EVOLUTION SEVEN**

- Fully Equipped Gym
- Designated Cardio Area
- Group Fitness Classes
- Smart Training
- Personal Training
- Indoor Netball
- Supplement Shop



Providing fitness in Kumeu for 30 years

Ph. 412 8932 | [www.kumeugym.co.nz](http://www.kumeugym.co.nz)

**HOBSONVILLE** Call 09 390 4184  
**PODIATRY** or 022 044 1741

[hobsonvillepodiatry.co.nz](http://hobsonvillepodiatry.co.nz)



Level 1, 124 Hobsonville Rd, Hobsonville, Auckland 0618



# Health & Beauty

the good bacteria, as well as polyphenols and immunoglobulins to help nourish the environment that the microbes live in.

Nutrients:

I'm a big fan of key nutrients to support the immune system. This includes vitamins A, C, and D, plus minerals like zinc and selenium, and herbs like echinacea. However, supplementing with these nutrients is much less effective if you don't have a healthy microbiome.

If you would like to know more about how to naturally support and strengthen your immune system with Sporebiotics, pop in and chat to the team at Massey Unichem Pharmacy. Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.

## Be there

Recently I made a trip to Palmerston North with my son who is staying there for a while. When I left after spending 4 days with him, I felt a pang of regret and a deep wish that I could have spent more time with him there instead of having to come home to Auckland for work on Monday.



We usually have kids when we are young, naïve and inexperienced. Anyone with kids will tell you how fast they really grow. They were just born and suddenly they are crawling around. You were just helping them to pull to stand when almost the next day you can hardly catch up with them as they run around the park.

When we are young, we are also working so hard to make ends meet and I used to have only Sundays to eat with my kids at home. I never thought about how fast the time went but only concentrated on providing the material things in life, occasionally popping in to their bedrooms for a hug or watching a movie on our big screen together.

How that time flies by.

We certainly have so many things to occupy us but our kids? It's just school friends and basically us, the family. I used to enjoy rushing home so that my son could sit on my lap to play computer games with him because his tiny hands could not control the joystick and move the character at the same time. Now he is grown and plays on his own and his fingers are so fast they fly over the screen and give me vertigo just watching his character leap and shoot.

As I get older, I miss the times we were together as a family. Two of my girls are married and have their own family so we probably will never have them staying in our home again.

I am lucky that my younger four still stay with me.



Free Property Advice  
[www.property-hub.nz](http://www.property-hub.nz)

Treasure the times you have with your children. They are a joy, not a chore. They are the reason why tomorrow is a brighter day. Relish the laughter and the crazy noisy bustling of the house.

As they grow and fly the coop, trust me you will wish for those good times again.

Be there for them. Laugh with them. Hold them when they cry. Catch them when they fall. Lift them up when they lose their way.

Most of all know that the time we have with them is the greatest gift of all.

The gift of parenthood.

Dr Frederick Goh - [www.rhdoctors.nz](http://www.rhdoctors.nz).

## Hobsonville Chiropractic Centre

Have you found that the achy joint pain is worse in the cooler weather?

Have a look at our osteoarthritis article on our website to find about more about osteoarthritis.

It can be found at [www.hobbycc.co.nz/osteoarthritis-what-is-it-and-what-can-i-do-about-an-osteoarthritis-diagnosis/](http://www.hobbycc.co.nz/osteoarthritis-what-is-it-and-what-can-i-do-about-an-osteoarthritis-diagnosis/)

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

Website: [hobbycc.co.nz](http://hobbycc.co.nz)

Facebook: Hobsonville Chiropractic Centre

Instagram: @hobsonville\_chiropractic



**DT DENTURE CLINIC**  
DENTURE SERVICES AND REPAIRS

**Attention Denture Wearers**  
**Expert Treatment,**  
**Individual Needs**

**We offer:**

- Full Dentures
- Partial Dentures
- Same Day Relines, Repairs and Tooth Additions
- Mouthguards
- WINZ Quotes

*Make a booking to discuss your FREE treatment plan.*

Made in NZ with imported materials

67 Brigham Creek Road,  
 Whenuapai  
[www.dtdentureclinic.co.nz](http://www.dtdentureclinic.co.nz)  
 P: (09) 416 5072

AU-717/84BY

# Area Columnists

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

We have made into the first half of 2024, and a great time to check up on how our goals or New Year's resolutions are coming along?

A lot of us had made various goals or resolutions, that we wish to achieve throughout 2024, and now is a good time to review these and reevaluate them and make some changes if we need to keep our 'target'/goal in focus.

Some of the typical goals or resolution are: weight loss, new career, stop smoking, reduce clutter, 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 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 [www.astramana.co.nz](http://www.astramana.co.nz) 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. For those who tried to contacted me via my website, please accept my apologies for not responding as I had issues with not been notified, this has now been rectified.

## SqueakSquad revolutionises rat trapping with upcycled fencing

In a world where rats reign supreme in the pest hierarchy, a new squad has emerged to challenge their dominance. Meet the SqueakSquad, a team of innovative minds from Henderson High School, shaking up the rat-trapping game like never before.

The SqueakSquad isn't your average group of high schoolers—they're pioneers of circular business and social enterprise training, courtesy of The ReCreators. These young entrepreneurs have taken it upon themselves to tackle Tamaki Makaurau's pest problem head-on, one rat trap at a time.

Their approach? Think outside the box—literally. Instead of conventional traps, the SqueakSquad has developed a simpler, upcycled trap using fencing materials sourced from unexpected places. Their traps not only catch rats but also catch the attention of environmentally conscious citizens.

"We wanted to create something eco-friendly yet effective," says Jack, the brains behind the squad's trap design. "Using reused timber not only reduces waste but also makes the traps more inviting to our ratty friends. After all, they don't discriminate between old and new!"

SqueakSquad came to be after The ReCreators journey started with visits to low-decile schools, spreading the gospel of business through the lens of social enterprise and the circular economy. Now, armed with knowledge and recycled materials from Auckland Transport's Eastern Busway and deconstructed Muriwai homes, the SqueakSquad is on a mission.

"We're not just trapping rats; we're trapping them sustainably," adds Ethan, the team's marketing guru. "Plus, being pest-free benefits everyone, especially those near waterways. Nobody wants a rat invasion post-flood."

The SqueakSquad's efforts shouldn't go unnoticed. Communities



- Carpet Cleaning
- Carpet Repairs & Laying
- Upholstery Cleaning
- Leather Care
- Flood Restoration
- Pest Control

Carpetworx service Auckland wide delivering high quality Workmanship and Experience.

Email us at: [info@carpetworx.co.nz](mailto:info@carpetworx.co.nz) Phone: 022 024 9324



Drilling, Footings, Excavations, Trucks, Bob-cat Hire, Animal Burials, Metal Supplies, 1.7T, 5T & 12T Excavators, Free budgetary costings, competitive rates

Phone: Logan Mobile 021 117 1570

Email: [completecartage@hotmail.com](mailto:completecartage@hotmail.com)



# Area Columnists

will be buzzing (rat-free, of course) about their ingenuity, creating demands for their eco-friendly traps. If you're in the market for a rat trap that's both effective and environmentally conscious, look no further.

For inquiries or to join the rat revolution, contact Jack Thompson at [SqueakSquadSolutions@gmail.com](mailto:SqueakSquadSolutions@gmail.com). Together, let's trap pests and unleash creativity in the battle for a cleaner, greener Tamaki Makaurau.

## Any dog can bite

Auckland Council launches campaign to drive down dog attacks on children.

A dog is a man's best friend, or so the saying goes.

Yes, dogs can be sweet and loving, but they're still animals which means they have natural instincts and can bite; the sweetest dog on the planet can be provoked into biting.

Already this year in Auckland, 12 attacks on children have been reported to the council; this is likely to be a fraction of injuries that occur as many incidents go unreported. In 2023 there were 783 claims made to ACC for dog-related injuries in children up to 14 years old requiring hospital treatment in Auckland alone; add another 300 for the 15-19-year-olds and that number rises to 1083.

Dogs are not just pets, they are beloved members of our families providing joy and companionship in our lives. But the reality is that any dog can bite and most such incidents are preventable. Statistics, including data from Starship Hospital, highlight that children under nine years old of Māori and Pasifika communities are more likely to be seriously injured in dog attacks. Auckland Council is launching a campaign, to draw attention to the problem in the hope people will become more vigilant with dogs around children.

We all love having pets, but dogs can bite in a variety of situations, even playful or protective ways. Dog owners need to consider child safety, the protection of children and the risks of having dogs around children in both private and public spaces. Babies and children should never be left alone with a dog and should always be closely supervised within arms-reach of an adult. Dogs can harm children through chasing (predatory) behaviour; if they're jumped on or knock over a bassinet; by sitting on an infant; when guarding a bone, food or property; when they are startled, overstimulated or when children get over excited.

Dog owners can also take proactive steps to protect little ones by



always supervising them around dogs, particularly when they are playing or in a large group, providing separate child and dog spaces in the home for non-supervised times, desexing dogs, and ensuring their property is fenced and gated to prevent the dog escaping.

## Make time count for Kiwis affected by Motor Neurone Disease

Motor neurone disease (MND) is a devastating illness that affects more than 400 New Zealanders at any given time. Recent research from the University of Auckland's Centre for Brain Research highlights that New Zealand has one of the highest rates of MND in the world. This rapidly progressing disease robs individuals of their ability to speak, move, and eventually breathe, leaving them trapped in their own bodies. It affects people from all walks of life, with no effective treatment or cure currently available. The average life expectancy after diagnosis is just two to five years.

Raising awareness for the disease, MND NZ will launch its annual fundraising campaign this June, known as MND Action Month, to support advocacy, education, research, and direct support for those living with MND and their families.

Mark Leggett, the Interim Chief Executive of MND NZ, emphasises the importance of conversation and connection in raising awareness about tough diseases like MND.

"Recognising the power of kōrero, we're pleased to launch both our iconic Cuppa Tea for MND and the MND Ice Bucket Challenge in June. These initiatives are about sharing stories and encouraging Kiwis to learn more about the personal, social, and financial challenges that MND brings. Proceeds from the MND Action Month campaign will go towards growing support, information, and

## NOR-WEST AND KUMEU GLASS SERVICES

"Specialists in Windscreens & Glazing"

Some of our services include: Residential and Commercial Glass Repairs - Automotive Glass Repairs - Cat/Dog Door Installs - Splashbacks - Mirrors - Picture Frames - Double Glazing - Caravan and Boat Windows - Car and Truck Mirror Repairs - Stonechips

CALL - 09 412 9914 | [nwkg@xtra.co.nz](mailto:nwkg@xtra.co.nz)  
9a Weza Lane, Kumeu, Auckland 0810

# ECHO DRAINAGE LTD

**Doug Graham**

REGISTERED DRAINLAYER

Telephone 021 416 420

78 Puriri Road, Whenuapai, Auckland 0618

*Done Right. First Time. Guaranteed*

# ECHO DRAINAGE LTD

**Providing a quality professional service in Drainage to the entire Auckland region**

- Commercial Drainage • Domestic Drainage • Septic Tanks
  - Basement Leaks • Waterproofing • Hydro Jetting
- CCTV Camera (fault finding/locating) • Earthworks
  - Tip Sites • Digger Hire • Tip Truck Hire

**Watercare**  
An Auckland Council Organisation  
WATERCARE APPROVED

WWW.ECHODRAINAGE.CO.NZ

# Area Columnists

advocacy to make time count for those affected today, as well as supporting research for a future free from MND."

Ways to get involved: Cuppa Tea for MND: Host a morning or afternoon tea and ask for a donation to support MND research and support.

MND Ice Bucket Challenge: Nominate a willing individual to have a bucket of ice water tipped over them once you've reached a fundraising target.

To sign up or find out more, visit [www.mndactionmonth.org.nz](http://www.mndactionmonth.org.nz).

## Can't get a message out?

A changing digital and print landscape has created increasingly complex marketing and advertising decisions that juggle cost verses exposure to core audiences. The ability to communicate with all decision makers and influencers is a balance between cost effective mediums and savvy messaging which allows buying public the opportunity to quickly decide if your product, service and values align with theirs. If you can find a solution that spans digital, print and social, and offers branding and messaging options you can effectively span mediums cost effectively and get third party endorsement.

Many research houses through the 1990's considered the intangible brand benefits of third party messages and third party endorsement as adding significant credibility and authority to a brand and service to a chosen community of buyers. The more targeted that message, the better engagement to decision makers and influencers. The Westerly magazine is a third party that is well trusted and has served its mature audience for almost 10 years.

The Westerly was first published in 2015 and is a sister publication to the Kumeu Courier which also offers cost effective advertising rates while the profits from the publication are invested locally. Therefore advertising in the publication is not only easy on the pocket it feels good too. The publication is magazine format A4 size, 48 pages, colour magazine, on quality gloss paper stock, with editorial interspersed with business card, quarter page, half page and full page advertising spread throughout the publication. No position loadings apply and space is allocated on a first in basis. The publication is supported by outbound pdf magazine, website at [www.thewesterly.co.nz](http://www.thewesterly.co.nz), Facebook and Instagram socials.

The Westerly is a community publication that is largely written by the community for the community, combining a range of short relevant editorials about the North Western inner harbour communities,

including Westgate, West Harbour, Hobsonville and Massey. The publication will be picked up and read multiple times within the household. Produced in colour on A4 gloss paper, the photography is sharp and the colour is vibrant making this environment a quality casual canvas.

Free circulation to the community and with pick up stands at all quality supermarkets in the area and with a highly active email database, Facebook and Instagram upload, the publication services the needs of its community based on their varied but integrated information requirements. It is also one of the most cost effective options available to advertisers wanting to communicate with the local community. A business card and editorial costs \$115 inc GST, an integrated package including, business card, editorial and Facebook/Instagram boosting is \$455 inc GST.

It has never been easier to get a fully integrated, co-ordinated message out to your localized audience over multiple channels. No exclusivity, no premium space loadings, no extended contract periods. Make 2024 the year that works better for your business and get your messages out to market first, fast and with cut-through. For a full information pack call email [editorial@thewesterly.co.nz](mailto:editorial@thewesterly.co.nz).



**About the Westerly**  
The Westerly is a monthly local publication for and by locals with a focus on providing information and entertainment to the Hobsonville and surrounding community. Printed in full colour, the Westerly will provide space for a range of editorial and advertising options. Distributed throughout Hobsonville and the immediate surrounds, the magazine reaches a unique focus on things important to residents. Since our first issue launched in September 2015, on issues of trends on demand, the magazine is distributed to 10,000 homes and businesses in the Hobsonville, West Harbour, Westgate, Massey, Whenuapai and Healdland areas every month. This is a new challenge for the new content to grow in a tight space!

**Editorial**  
The Westerly is a community publication with a reputation for being informative and entertaining, adding to the rich fabric of the magazine. We welcome editorial content from community groups, local clubs, individuals and businesses. Priority of editorial space is only given to businesses who also advertise and community groups and local clubs.

We offer 100 words and allow for one or two quality colour photographs where possible. Some flexibility is available on sizes so if you have something special please let us know and we will try and accommodate.

The editor retains the right to refuse any editorial content that is not suitable or relevant. Editorial content should be sent to the magazine by the 15th of each month.

**Advertising**  
We have the ability to create a range of advertising options for local businesses. With a range of ad sizes and packages there will be something that works for all budgets. Our advertising rates can be found on our website. Booking and material deadlines are the 15th of the month prior.

## Essential tips for wet weather driving

Wet weather can pose unique challenges for drivers, especially in New Zealand where changing weather conditions are a norm. As the rain pours and roads become slick, ensuring tyre safety becomes paramount for a secure driving experience. Here are some crucial tips to help you navigate wet roads safely, keeping yourself and others out of harm's way.

- **Choose the Right Tyres:** The first line of defense against rainy conditions is selecting the appropriate tyres. Opt for tyres with a good tread pattern that can effectively disperse water and reduce the risk of hydroplaning. All-season or rain-specific tyres are great choices to enhance traction and grip on wet roads.
- **Maintain Proper Tyre Inflation:** Correct tyre pressure is essential for optimal performance, particularly on wet surfaces. Underinflated tyres can reduce grip and increase the likelihood of hydroplaning. Regularly check and maintain your tyre pressure according to the manufacturer's recommendations.
- **Slow Down and Increase Following Distance:** Wet roads demand cautious driving. Reduce your speed to allow more time to react and increase your following distance behind the vehicle in front. This provides ample space to brake safely without skidding.
- **Avoid Sudden Manoeuvres:** Rapid acceleration, sharp turns, and sudden braking should be minimised during rainy conditions. Such manoeuvres can lead to loss of control, especially on slippery roads.



# PET PATCH

Your Local Pet Store

320 Main RD Huapai  
09 412 2009  
[www.petpatch.co.nz](http://www.petpatch.co.nz)



**Graham McIntyre**  
LICENSED SALESPERSON  
BRAND & TERRITORY OWNER





**M** 027 632 0421  
**P** 09 412 9602  
**FP** 0800 900 700  
**E** [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)  
[www.mikepero.com](http://www.mikepero.com)

---

Mike Pero Real Estate Ltd. Licensed REAA (2008)  
327 Main Road, Kumeu, Auckland  
2 Clark Road, Hobsonville, Auckland



# Maximise your reach, localize your engagement

In today's fast-paced world, getting your brand noticed is more crucial than ever. The Westerly Magazine offers an incredible opportunity to showcase your business, products, and services to a wide and engaged audience. With seamless integration into Facebook, Instagram, and Google AdWords, your message will reach new heights, leaving a lasting impact on your target audience. Here's why The Westerly Magazine is your ticket to unparalleled exposure and success:

**A Captive Audience:** The Westerly Magazine boasts a dedicated readership, eager to discover the latest trends, local stories, and at home innovations. When you advertise or secure editorial placement with us, you tap into a community that values quality content and appreciates your brand's presence.

**Cross-Platform Visibility:** We understand the importance of reaching your audience wherever they are. With our seamless integration into Facebook and Instagram, your message goes beyond the pages of our magazine and directly into the feeds of potential customers. This multi-channel approach maximizes your brand's visibility and ensures it's seen by a diverse and engaged audience.

**Google AdWords - Unlock the Digital Realm:** The Westerly Magazine doesn't stop at social media; we also extend your reach into the digital realm through Google AdWords. Benefit from our strategic placement in search results, capturing the attention of users actively seeking products and services in your local target audience in a form that is endorsed by the local community magazine.

**Credibility and Trust:** Editorial placement in The Westerly Magazine positions your brand as an authority in your industry. Our carefully curated content ensures that your message is aligned with the values and interests of our readers, building trust and credibility that drives customer loyalty.

**Customized Solutions:** We understand that every brand is unique. That's why we offer customizable advertising and editorial packages tailored to your specific needs and goals. Whether you're looking to create brand awareness, launch a new product, or boost sales, The Westerly Magazine has a solution for you.

**Trackable Results:** We believe in the power of data-driven decision-making. Our advertising and editorial placements come with comprehensive analytics, allowing you to monitor the performance of your campaigns in real-time. Adjust your strategy as needed to optimize your return and achieve your desired outcomes.

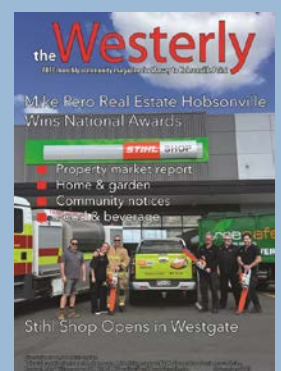
**Join the Success Stories:** Countless businesses have already experienced the benefits of advertising and editorial placement in The Westerly. Don't miss the chance to become one of our success stories, as you witness your local brand engagement grow and your impact soar.

In a world saturated with content, The Westerly is your beacon of light, guiding your brand to new heights of exposure, engagement, and success. Reach out to us today, and let's embark on a journey that will transform your brand into a household name. Elevate your visibility, enhance your reputation, and watch your business thrive like never before with The Westerly Magazine!

Your content showcased over a dynamic range of digital and print media



facebook



This means you provide one editorial and one advertisement

which in turn is represented :

- Google advert and content
- Facebook content
- Instagram content
- The Westerly digital content
- The Westerly in print showcase



It is a content sandwich that is endorsed by your local community magazine and invested to the range of local content providers ensuring saturation on digital and print space.

Price is \$750 plus gst for an investment that spans a full calendar month

To participate in this multi media promotion book with Stacey today on:

Email [editorial@thewesterly.nz](mailto:editorial@thewesterly.nz) Phone 0800 900 700

To view the rate card go to:

<https://www.thewesterly.co.nz/advertise-in-the-westerly/>



As showcased:

## New Stihl Shop To Open In Westgate

Attention all outdoor and garden enthusiasts! A brand new STIHL SHOP is about to open its doors in Westgate, offering a wide range of outdoor power tools and accessories to help you tackle all your property maintenance needs.

Established by the award-winning team at STIHL SHOP Kumeu, the plan for their new Westgate store is simple – to provide the same high level of service and quality products, with a strong focus and commitment to supporting the local community, just like they do at Kumeu. For 8 years Craig and Margaret Walker have owned and operated the STIHL SHOP at Kumeu and thoroughly enjoy and embrace being part of a close-knit and supportive community. STIHL SHOP Kumeu prides itself on its involvement and connections with its surrounding community. They actively support the local Fire and Emergency Services in the district, donating product, advice and services as often as they can. As proud sponsors of local sports clubs, schools and early learning centres and active members of the NorthWest Business Association, the team are always looking for new ways to show their support to organisations and other local business operators.

While the STIHL SHOP Kumeu team hasn't been shy in supporting their local causes, they've still been overwhelmed by the very unexpected recent show of support to them from the community while setting up their new venture at STIHL SHOP Westgate. "We've been amazed by the kind offers and actions of many of our local business colleagues and customers", said Ben and Rae Deakin, who manage the marketing and business development for both stores. "Assistance with security measures, fit out and shop set up have been really helpful, and the genuine encouragement and support from our Kumeu community has been very humbling. We've loved having visits from our Kumeu customers and business colleagues during our setup phase, and having the team from Fire and Emergency call in to check our progress certainly stamped our mark with the neighbours!"

The new STIHL SHOP is conveniently located in the heart of Westgate at 15 Kakano Road, just 250m from Costco. Whether you are a professional landscaper or a weekend warrior, you will find everything you need to keep your backyard looking its best. From chainsaws and trimmers to blowers and mowers, STIHL SHOP Westgate has it all. Their knowledgeable staff is always on hand to help you choose the right tool for the job and provide expert advice on how to use it safely and efficiently, with the added bonus of all equipment leaving the store fully assembled, run-up and ready to operate.

In addition to their extensive selection of power tools, STIHL SHOP Westgate also offers a wide range of accessories, including safety gear, lubricants, and replacement parts. They even offer servicing and repairs for all STIHL products, ensuring that your tools are always in top condition.

The team at STIHL SHOP Westgate are looking forward to meeting their new community and customers when they open in September. Head on in to meet the team and discover everything they have to offer. With their unbeatable selection, expert advice, and top-notch customer service, you are sure to find everything you need to tackle all your outdoor projects with ease. STIHL SHOP Westgate will be opening in September, with trading hours Mon-Fri 8.30-5pm, Sat 9-3 and Sun 10-3.





# Area Columnists

Gradual actions ensure a smoother and safer driving experience.

- **Brake Gently and Smoothly:** Apply the brakes with a gentle touch to prevent skidding. If your vehicle has an anti-lock braking system (ABS), maintain firm and consistent pressure on the brake pedal while steering to avoid obstacles.
- **Use Headlights and Indicators:** Turn on your headlights to enhance visibility for both you and other drivers. New Zealand law requires vehicles to use headlights during rain, so make sure you turn them on. Use indicators early to give other drivers ample notice of your intentions.
- **Stay Clear of Puddles and Standing Water:** Puddles might seem harmless, but they can hide potholes or deeper water that could damage your tyres or cause hydroplaning. When possible, steer clear of large puddles and reduce your speed when driving through water.

Wet weather need not spell disaster for your driving experience. By adhering to these tyre safety tips and exercising caution on wet roads, you can confidently navigate through inclement weather and arrive at your destination safely. Remember, proper tyre maintenance and smart driving practices are your best allies against the challenges of rainy conditions.

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

## Getting the money in the bank

For SME businesses, income is not truly earned until the money is in the bank.

All too often there are delays in getting invoices paid, and sometimes they are not paid at all. This hurts cashflow and profit margin.

Here are some tips to ensure a smooth transition from supplying the goods or services, and having the cash in the bank to pay your expenses.

**Set the expectation for payment** - Is your customer clear on how much they need to pay? Too often this clarity does not exist. The price expectation could be in the form of an estimate or quote, or a price on your website or shelf. Does the price include travel, credit card surcharges or other admin fees? Does your invoice match the expectation for payment?

**Have concise terms of trade** - Where appropriate get concise terms of trade drafted by a good commercial lawyer. Make sure these are signed by the customer before work begins. This will give both you and customer legal protection and clarity in case of a dispute.

**Be clear on variations** - get them in writing - The biggest barrier to getting a final invoice paid can be variations to the original estimate or quote. Make sure variation are in writing, ideally signed by

the client and agreed on before the work begins or products are supplied. Don't invoice your variations all at the end of the job, but as they are completed.

**Stagger the payments, get a deposit up front** - In most cases it feels easier to pay a larger number of smaller invoices that paying one or two big invoices. (This is why Watercare moved to monthly invoicing just before a big price increase.) Where possible get a deposit before the job starts, or before you order materials. How big the deposit should be depends on the industry, mix of labour and materials in the job, and whether you need the customer to commit before ordering materials. Always make the last invoice the smallest invoice. If there is a dispute, it is most likely that it will be the last invoice that doesn't get paid.

**Invoice on time** - Don't leave it to the end of the month to get all your invoicing done. Get the invoice sent as soon as you have completed the job or sent the goods. The longer you take to invoice, the longer the customer thinks they have to pay.

**Make your invoices clear** - Include as much information on your invoices to make it clear to the customer what they are paying for. Reference the quote / estimate or purchase order if there is one. Include a due date. Make it easy to work out how to pay you.

**Give the customer payment options** - The easier it is to pay you, the quicker you will get paid. Think about which options you are going to offer your customers. It could be a bank transfer from details on the invoice. It could be an EFTPOS machine either with the person doing the job, or at the office. It could be credit card options from the invoice or offered over the phone. It could be other payment options such as QCard or BNPL. You don't have to offer them all - find what works best for your customers.

**Have a process for following up late payments** - The quicker you follow up overdue payments, the quicker you will get the money in the bank. If there is a dispute or the customer is unhappy you need to know about it sooner rather than later. Sometimes emailed invoices get forgotten (we are all busy and get lots of emails), so start with a friendly reminder, either by email or phone call. Have plan in place for how you are going to deal with the non-payers depending on what is appropriate for your business. Be aware of the options available for the extremely late payments, such as demand letters, disputes tribunal, credit collection agencies for example.

**Don't be afraid to stop work** - If you are invoicing progress payments and the customer stops paying, you have the option to stop work until the progress payment gets paid. You will most likely need to have this provision in your terms of trade.

**Getting these processes right** will not only get the money in the bank quicker to improve cashflow, it should also improve the experience of the customer working with you.

Ann Gibbard is a Business Consultant 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.

**Leave the accounting  
to SBA Kumeu**

**So you can focus on  
growing your business.**



**SBA** SMALL  
BUSINESS  
ACCOUNTING

021 245 2949 | [kumeu@sba.co.nz](mailto:kumeu@sba.co.nz)  
Catch up for a coffee @ your local cafe!

**Clarkson**  
Air Conditioning

- HEAT PUMPS & AIR CONDITIONING
- DUCTED & HOME VENTILATION SYSTEMS
- SERVICING & REPAIR
- FREE ASSESSMENT & QUOTE

Office 09 912 0553,  
[admin@clarksonaircon.co.nz](mailto:admin@clarksonaircon.co.nz),  
[www.clarksonaircon.co.nz](http://www.clarksonaircon.co.nz)

nights are  
getting cooler

**Nouveau**

Upright Fan Heater 2kW



SKU: 326997

**\$ 19<sup>98</sup>**

**Goldair**

Ceramic Heater 2kW  
Black



SKU: 384590

**\$ 139**

**Dimplex**

Optiflame Bari Portable Flame  
Effect Heater 2kW

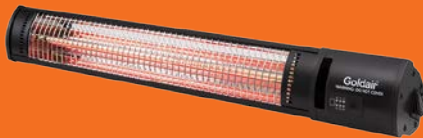


SKU: 371967

**\$ 349**

**Goldair**

Outdoor Radiant Heater  
With Wifi 2.4kW



SKU: 384599

**\$ 349**

**Meteor**

Chiminea Fireplace



SKU: 2000639

**\$ 299**

**Buschbeck**

Rondo Outdoor  
Fireplace & BBQ  
Grey



SKU: 245390

**\$ 2,999**

**Woodsman**

Serene ULEB Wood  
Fire with Woodbox



SKU: 354305

**\$ 3,199**

**Metrofires**

Wee Rad Leg  
Freestanding Wood  
Fire Metallic Black



SKU: 280142

**\$ 2,249**

**Masport**

Wanaka Freestanding  
Wood Fire



SKU: 280591

**\$ 2,999**

While stocks last, see in-store for full range.

Mitre 10 MEGA Westgate & Henderson  
Northside Drive & Lincoln Road  
Monday to Sunday: 7am to 7pm

 @MEGAWestgate  
@MEGAHenderson

WITH YOU ALL THE WAY

MITRE 10  
**MEGA**

WESTGATE &  
HENDERSON