

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report
Art on Point

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

Elijah Blue



Circulation is 10,000 print copies.

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

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

March 2021



Greetings

"Anyone who has never made a mistake has never tried anything new" is attributed to Albert Einstein. If we can learn from our mistakes, or those of others, we may avoid repeating them. Though it doesn't make sense to keep repeating mistakes and hoping for a better outcome. It may not be easy - a mistake while playing a piece of music may take many repetitions to train our brains to eliminate the wrong fingering. When I used to survey clients using our telephone advice service, management was keen to create a high satisfaction score, while I would find complaints much more useful, as we could then improve our techniques.

Mistakes can range from the lethal to the trivial, but analysing them can prevent them in the future, and sadly most health and safety precautions follow rather than precede accidents. But we have to own our mistakes. We are responsible for our choices, and we have to accept the consequences of every deed, word, and thought throughout our lifetime. When teaching others it may be useful to tell them about mis-takes you used to make but have learned to avoid. The only real mistake is the one we don't learn from.

Make no mistake, there is plenty going on in this community. It's worth getting out your calendar and tak-ing note of the activities available in the area this month: art, family fun days, gardening workshops and rambles, an afternoon tea to celebrate International Women's Day, an EcoDay, rock 'n roll, the Kumeu Show, or, for the energetic, a half marathon.

Other topics are wide-ranging: advice on fire safety, being a scout leader, new scams, the cost to New Zealand from dog bites, forklift safety, cakes and wineries, gardening tips, getting it right in property investment, what allied health services might help you, understanding the terms of your Record of Title, planting trees with your computer.

Do you have an activity or enterprise you would like to promote to the local community? Have you recently started up a new business? Contact the Westerly or Kumeu Courier to let everyone know. Please let our advertisers know where you read about them.

Have a good month, and enjoy your magazine.

John, editor



What's inside

- 3 People & Places
- 4 Community News
- 6 In brief: Updates
- 8 Massey Birdwood
- 10 Athletic Club
- 12 Te manawa
- 14 Property News
- 20 Central's Tips
- 22 Pets
- 24 Hot Property
- 26 Home & Garden
- 28 Solarcraft
- 30 Western ITM
- 32 Food & Beverage
- 34 Health & Beauty
- 36 Eczema & Asthma
- 38 Dental tips
- 40 Area Columnists
- 42 Health & Safety
- 44 Employee types
- 46 Support for mums

ENQUIRIES / FEEDBACK:

John Williamson

P 021 028 54178

E jbw51red@googlemail.com

W www.thewesterly.co.nz

COVER PHOTO: Khan - Elijah Blue

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).

People & Places

Elijah Blue



Most people would say you would have had to be mad to open a restaurant in 2020. Against all odds that is exactly what the new restaurateur down at Hobsonville Marina did.

Before the madness began, in 2019 Khan returned home from opening a Kiwi inspired restaurant "Origin" in China to open a Yakitori inspired restaurant "Mr Tanakas" in Ellerslie Auckland. Khan brings a wealth of international hospitality experience right to your North West doorstep.

October 2020 the deal was done, and the birth of Elijah Blue began! Focusing on the simple things done perfectly Elijah Blue is a casual Bistro and Bar Open 7days 11.30am - late on weekdays and serving up the most delicious brunch menu from 8am on weekends. It can sometimes be tricky finding the restaurant, upon arrival to Hobsonville Marina if you make your way down to the boats, you cannot miss the big orange umbrellas on the deck.

Weather you are wanting something to share, or a meal, Elijah Blue's food menu has something for everyone. A grazing section, full of seasonal small plates. The rustic duck pate` is to die for and the Mussel fritters are beautifully fluffy and full of mussels! One of the most popular items on the menu; a 14hour cooked Te Mana lamb shoulder. This feeds 3-4 people and apparently is the talk of the Marina!

The Head Chef Kia Kanuta who was previously executive Chef at Metro top 50 restaurant Cafe Hanoi is very passionate about local fresh produce, especially Kai Moana. You can spot Kia in the kitchen from his beautiful moko, he loves it when customers come and

say hello. You will often catch Kia shucking oysters to order With his team during Elijah Blue's "Happy Oyster hour". 4-6pm everyday, Oysters are only \$2 each!

We asked Khan if he was concerned about the future of the restaurant industry and the big risk he has taken opening a large restaurant in this climate.

"I'm so grateful to be here and serving up food and drinks that I am very proud of. I believe that if Elijah Blue's focus is good value and to provide genuine hospitality, we will become a part of the community that is here for the good times and the long times! We have had such amazing support from the local community, our duty to them is to ensure the beer glasses are frosted, the seafood is fresh, the chips are crispy, and to be making meaningful improvements everyday.

Go on down to Elijah Blue 15 Clearwater Cove. Say Hello to Khan and the team, they are proud locals serving locals and are at your service!

11:30am - Late Weekdays

7:30am - Late Weekends

Phone 09 416 6173, email info@elijahblue.co.nz, or visit www.elijahblue.co.nz.




Geoff Dobson
MEDIA

P 027 757 8251
E geoffdobson2017@gmail.com

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Community News

Art on Point

The Hobsonville Community Trust Community Venues Team is very excited to work with Auckland Fringe to extend the Fringe away from the CBD to the wider community. As a satellite venue, Art on Point will be the first of its kind. Our Fringe satellites aim to uplift the work of local artists, for local audiences, locally. This initiative is to extend the reach of Fringe Festival as a hub of creative exploration and free ranging ideas into communities which aren't often engaged in the city-centric version of the festival. The Tāmaki Fringe is about people, we're focused on the grass-roots makers and their stories, promoting the freedom to celebrate and exchange. Art on the Point will be held at the Headquarters Park in Cinema Road, Hobsonville Point on 27 March from 10am - 1pm. Come and enjoy the Art and Crafts market, live music and food trucks. For more details, visit Hobsonville Community Trust on Facebook.



Happy birthday to us

House of Travel Hobsonville - 3 years young. We love a party and this one was particularly special for us during Covid times. We reached out to our clients who we hadn't seen for a while, airlines, suppliers, local business owners and locals. The turnout was far beyond our expectations. Everyone telling travel tales, reminiscing, and discussing which destinations they'll be heading to once it's safe to travel again. A super positive and uplifting experience in what has been a challenging time for all those in the travel industry and clients whose plans were affected. A special thank you for all the enquiries which has us busy booking unforgettable New Zealand holidays, small cooperate travels, bringing people home from overseas and a few flying one way home to Europe. If you have any travel plans, please pop in and see us or get in contact.



Whatever your perfect Holiday@Home is, we can make it happen. Now is the time to discover the best Aotearoa has to offer. If not now, when?

When travel is allowed to Australia and beyond please give us an opportunity to show you what a difference a locally owned, Kiwi Travel company can make. #supportlocal.

Mike (Buzz) Thomson and the team at House of Travel Hobsonville,

phone 09 416 0700, email hobsonville@hotmail.co.nz 225 Hobsonville Point Road.

Walls looking tired and boring?

Support local, add style and personality to your home with stunning art prints by artist Anna Mollekin.

Anna is a contemporary New Zealand artist based in Hobsonville, Auckland. She works predominately in ink pen and digital mediums. "I am a proud Kiwi and am inspired by our beautiful country, exploring themes of New Zealand, beaches, flora and fauna."



Choose from Anna Mollekin's range of high-quality art prints, outdoor wall art, indoor decals and beautiful homeware.

These are available for purchase on Anna Mollekin Art's online shop with delivery New Zealand wide.

Anna Mollekin proudly supports New Zealand businesses and print production, with all of her annamollekin.com online shop's quality art products being printed here with love, on-demand in New Zealand.

Shop Anna Mollekin's art collections with ease online now: www.annamollekin.com/shop.

Hobsonville Point Family Fun Day

There will be a Hobsonville Point Family Fun Day on Saturday 6 March (Postponement date 13 March). This will be at the Headquarters Park in Cinema Road at Hobsonville Point, running from 11am to 1pm. There will be free family activities. Meet your local groups who operate from the Headquarters or Sunderland Lounge. See performances and enjoy games. Free sausage sizzle.



Come and find out what's on at the Sunderland Lounge and Headquarters each week and meet many of the groups and see how you can get involved. Supported by Hobsonville Community Trust,



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Community News

Upper Harbour Local Board and Classic® builders.

Join us at the Shoe Science Whenuapai Half Marathon

Get those running shoes dusted off and burn off those Covid calories and Christmas and come to the Shoe Science Whenuapai Half Marathon event.



The Shoe Science Whenuapai Half Marathon is finally being held at the Whenuapai School after last year's postponed and cancelled event. We have 21km, 10km and 6km run or walk. 2km for kids under 14, the full run travelling through rural Whenuapai's gently undulating country roads, across the causeway, and around picturesque Herald Island. It then circumnavigates the RNZAF base and finishes back at the Whenuapai School.

Held at the Whenuapai School. See you there on 28th March

Enter online at www.whenuapaihalf.co.nz.

Importance of flexibility in the new working environment

2020 has proven that flexibility is an essential part of every business toolkit. Many businesses have decided to give up their long-term tenancies and look at new options to offer their employees flexibility and convenience.



With more people working remotely, many employees are looking for a work-space that is closer to home. Co-working spaces allow your employees to network with others and maintain a respectful work-life balance while providing a professional atmosphere.

Member Sarah Adams of Luxe Beauty quotes "I love the balance having a local workspace gives me. Working at The Hangar provides

me with all the tools to grow my business, whilst allowing home to be a place to relax and be with my family".

The Hangar offers businesses and employees the flexibility to work within a vibrant, motivating environment with no long term leases involved. Office rentals, meeting rooms, and hot-desking give companies and their employees the flexibility to rent for a day, a week, or even a month.

The vibrant group of businesses within The Hangar and the greater Hobsonville Point area, is a North West presence that will only continue to grow in this already thriving community.

Recently completed offices, desks, and meeting rooms are available today. Contact Danielle, danielle@thehangar.nz, to find out how The Hangar can help your team succeed this financial year.

Gym Zone

Has your child ever thought about doing gymnastics, tumbling or parkour? 2021 is the year to give it a go. At Gym Zone at we teach all these disciplines and more. You can select from our structured term base classes or have a go at our new Free Play casual weekend sessions. See our timetable online to check out all the options.



Our helpful staff will be more than happy to discuss term options that might suit your child. If space is available, we can offer you a trial class to have a go. From beginners to competitive gymnasts, we have a class that can suit.

Gym Zone is also a great place to host your next Birthday Party. We have both self-cater and fully catered options for you. www.gymkids.co.nz/birthday-parties. Gym Zone - Where movement begins. 4 Workspace Drive, Hobsonville.

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In Brief Updates

Triangle Park Community Teaching Garden

385 Don Buck Road, Massey (next to the Massey Community Hub)

Promoting gardening and healthy eating

Workshops: 10am-12noon

Wednesdays & Saturdays

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

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

Our upcoming workshops and events are:

Gardening with the Seasons with Judy Keats

Saturday 20 March

10am - 12pm

Winter planting will be the focus of this workshop, with emphasis on soil fertility, crop planning, and crop selection for transitioning



one season to the next. Everything you need to know to build confidence in your growing skills.

\$25pp Register triangleparkgarden@gmail.com 021 934971

Massey Garden Ramble

Saturday 27 March

10am - 2pm

A wonderful opportunity to visit 2 established community gardens: Triangle Park Community Teaching Garden, Woodside Community Garden. Come meet the people behind the greenery with garden tours and special activities in each location.

Free Event

Autumn Gardening Workshop

Wednesday 3, 6, 10, 13, 17, 24 & 31 March

10am-12pm

Come join us for a morning of seed-raising, sowing, planting, harvesting, composting, worm farming and more autumn garden projects. This is a great opportunity to share your knowledge, learn new skills and gain practical experience with organic gardening.

Free Event

Want to know more? Keep up to date with all events on Facebook- Triangle Park Community Teaching Garden, email us triangleparkgarden@gmail.com or just pop along to one of our weekly practical gardening workshops on Wednesday & Saturday 10am - 12pm.

Craigweil House

The sun was shining and the cicadas humming when Craigweil House Home and Hospital residents went strawberry picking before the last summery harvest.

Deb and Flora, Facility Coordinator and Diversional Therapist respectively, went with residents on the van trip from the Parakai-based boutique care facility to Danube Orchards in Whenuapai.

Because this strawberry patch grows hydroponically on trestles, residents were able to pick fresh strawberries without bending or getting down on the ground.

It is a fantastic setup allowing residents with mobility issues to safely enjoy an activity they otherwise would not be able to do.

Ice-cream containers rested on top of residents' walkers and so many strawberries were collected in them that there was enough of



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the superfood to share around with others back at Craigweil House.

The last sunny month has also seen electrician Terry Ruff, pictured above, join Craigweil House as a maintenance specialist and he says he has always liked working with his hands.

Originally from England, his family loved travelling to New Zealand over the past 15 years. His now adult children settled here first, then he and his partner joined them.

In his first few weeks Terry has already carried out lots of repair work and is particularly focusing on the gardens. Welcome on board, Terry.

The Mobile Car Specialists

Got pesky scratches down the side of your car's paint? Here's a tip for knowing if they can be safely removed without the need for the entire panel to be resprayed...



If you can catch your fingernail - even slightly - in the groove of the scratch, then it's most likely too deep to be removed. There is only so much clearcoat over the paint, so one needs to be careful about how much of it is removed by cut and polish.

If you'd like a quote to have some surface scratches removed, be sure to contact us.

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SeniorNet West Auckland

Seniors helping seniors. If you would like some help with your smart phone or have a new computer or tablet and need some assistance, our Help Days are on the 2nd and 4th Tuesday of the month between 10am and 11am however we will stay longer if you need more time.

Kumeu Huapai

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We do charge \$5 for any help given. Our Tutors are all seniors so we understand the need to work at a pace that suits you. Our rooms are in the Henderson RSA at 66/70 Railside Avenue, Henderson. If you would like to do a class on Smart Phones please ring our office on 09 837 7600 and leave a message, we will get back to you. The class gives more in-depth information and goes for 2 hours for \$10.00.

You can keep up to date with what's happening at SeniorNet on our web site www.seniornet-west-auckland.org.nz.

Scott Point School

Scott Point School opened its doors to the community on Tuesday the 9th of February, 2021 for the first time for the 112 foundation learners and 11 foundation staff. Kaumātua George Taua from Te Kawerau ā Maki led the formal proceedings that included a ribbon-cutting ceremony by two foundation learners. There was a wonderful turn-out from our community for the occasion.



The school is currently operating from Joshua Carder Drive where it can cater for up to 225 learners. Construction is underway at 11 Scott Road where a state of the art, modern learning environment will be completed over the next 18 months. Scott Point School will cater for the growing development in the surrounding area, providing a hub for the community.

To find out more about the school please visit our website: www.scottpointschool.nz.

Helloworld Hobsonville

Carolyn, Lesley and Hayley are continuing to work from home in Whenuapai during this very difficult time. We are available to clients by phone, email and are happy to have you visit us by appointment.



Fiordland and Stewart Island Tour - Departs 1 April 21 for 8 days.

We are very excited to bring to you a new and exciting adventure, discovering some of the best sights the Deep South has to offer.

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In Brief Updates

Begin the tour with 2 nights in beautiful Arrowtown, enjoy a leisurely cruise on Lake Wakatipu onboard the famous TSS Earnslaw to Walter Peak High Country Farm, along with Chantecler Gardens. We then head to Te Anau in the heart of Fiordland and witness the majestic Mitre Peak.

A special highlight will be our 2 nights at Stewart Island, enjoy a Kiwi experience there as well as Ulva Island. To finish the tour, we have a lovely drive from Bluff through the Catlins and on to Dunedin before heading home.

For those that would like more time in Queenstown prior to the tour commencing, please let us know so we can make those arrangements.

Tour Highlights:

- 2 nights Arrowtown at Millbrook Resort.
- Arrowtown, Chantecler Gardens & TSS Earnslaw
- Te Anau and Mitre Peak
- Stewart Island Visit
- Catlins

For more information about this tour please contact Helloworld on hobsonville@helloworld.co.nz or phone 09 416 1799.

Helloworld Hobsonville is TAAZ Bonded for your protection.

Massey Birdwood Settlers Association news

Our key tenant Redhills Community Kindergarten is now a Kidscan Kindy.

What that means is that the young students will receive free shoes, socks, rain jackets and lunches. It also means that the students will receive free head lice checks and treatment if required. With lots of positions available Head Teacher Pauline is encouraging parents to contact the Kindy at redhillskindy@gmail.com.

The Association is also pleased to welcome an additional martial arts class on a Tuesday night, Bujinkan Ninjutsu. What is Bujinkan Ninjutsu. You are learning things that pertain to survival, recon, camo, etc. The Bujinkan is effective to only those able to exercise true patience, self-control, and dedication.

The other new user of the hall is an afternoon church on Sundays,



the Dynamic Life Church. The Pastor is Jarod Bell.

The Association still has the Den available during the week day and on a Monday and Tuesday night for hire. John Riddell - Secretary

Tax discounts in first year of business

If you are self-employed and in your first year of business, you could be eligible for tax discounts by paying your income tax early. In the first year of trading, sole traders, contractors and partners usually do not need to pay their Terminal Tax (year-end tax) for around a year or many months after the tax year ends. This is usually 7th February of the following year, or 7th April the following year if you use a tax agent. However, you could be eligible for a 6.7% discount on your income tax if you pay some or all of your income tax before the tax year ends (by or before 31st March).

Managing cash flow has become even more challenging for some sole traders in recent times so we recommend thoroughly assessing your current and forecasted cash flow to decide if paying your income tax early is a good option for your business. Your accountant can help with this, as well as advising on how to set up good systems to manage your taxes.

To find out more please contact Mark Foster and the friendly UHY Haines Norton Kumeu team on 09 412 9853 or email kumeu@uhyhn.co.nz.

Adults in Scouting (AIS)

During a recent discussion, a parent asked "What would I get out of being a Leader?"

A very good question, and something that's often overlooked. When adults apply to become Leaders the impression is that they turn up for an hour or so each week and help run the session.

But there is a lot more to being a leader than just turning up.

Scouts provide comprehensive online and physical workshops, these are designed to help and mentor a new leader. Most of the trainers (including the ones in the Waitoru Zone) are highly experienced people that have either been running training workshops for a number of years, or train in their professional roles.

What's in it for me? Involvement in Scouting New Zealand can help in your career options, builds confidence in your abilities and your





Andrew Jackson
General Manager

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In Brief Updates

ability to work with others towards a shared outcome, be that other leaders or youth. Enhances communication skills across a broad spectrum of people. It's a fantastic way to have involvement in your local community and extend that contact within the scouting community across the nation. You have access to resources and experiences that would be considered exceptional to others. Things some leaders have done are, first ride in a helicopter or jet boat, mountain walks, caving and white-water rafting, orienteering, archery and shooting, most of which is followed by a fantastic social time where leaders, members and family's gather to share their experience and build life long bonds.

Appreciation is shown in many ways for Leaders from the smiles and enthusiasm shown by the youth members during and after the many and varied activities to the more formal certificates, badges and awards.

For more info about local Scouts group, or what you could get out of being a Leader, please let me send me an email. Zl.waitoru@zone.scouts.nz Craig Paltridge. Waitoru Zone Leader.

Reclaiming our streets for neighbourly fun and games

Our local streets are where we've played for generations. Neighbourhood activities such as water fights, cricket and riding bikes are the fabric of many childhood memories.

But in recent years, this cherished past-time has been on the decline. Parents and children are less likely to encourage neighbourhood play, due to several persistent factors including extensive use of cars, congestion and neighbours no longer knowing one another.

A team of community champions and organisations are working to reclaim our streetscapes as a place for children and whānau to connect, play and socialise.

In partnership with the Kelston Community Hub, Healthy Families Waitākere applied to temporarily close two streets, Laura Street and Standage Lane, to cars for a Sunday afternoon in December 2020. Auckland Transport supported the event by supplying road cones, team members to marshal cars and funding to supply BBQ and play equipment on the day.

Kelston community champion, Leva Faafua, explains.

"We wanted to claim back our street for an afternoon, allow kids and parents to get out of the house and have fun with one another.



The event was a wonderful success, kids were having water fights, playing basketball and getting creative with chalk stencils - all simply my limiting cars on the street for a few hours."

The street community plan to have more street events over summer with a view to make this a regular occasion.

A continuation of the event, Play Streets, is currently underway for 2021. Play Streets is a collaborative initiative underway in Tāmaki Makaurau, managed by Auckland Council, Healthy Families Waitākere and Healthy Families South Auckland with funding from Waka Kotahi.

A special gift for a special loved one

Sometimes it can be hard to find the right gift for someone, old age and/or special needs can make selecting a gift that will be appreciated challenging.

At Mindjig we stock products especially for these individuals. Whether they need a puzzle or game to keep them entertained, such as a Large Print Word Search, Jigsaw Puzzle, or Fidget. Or maybe a specialised product to help make their life easier. Such as a Day Clock, which not only gives you the time and date, but also the day of the week, and the time of day. Other products such as our Amplified Big Button Picture Phone and Simple Music Player help people keep interacting and enjoying the things they love in life.

Often we find our Mindjig products are beneficial not only to the recipient, but in turn appreciated also by their loved ones and others who care for them.

Visit our website www.mindjig.co.nz to see more ideas. Feel free to call us (Jonathan & Julie) at 09 600 3251 or call or text 022 480 3022. Email: info@mindjig.co.nz.



Waitakere Grey Power

If you are worried about what you are eating as you get older please come to our Waitakere Grey Power General Meeting on Wednesday 17th March 2021 at 1.30 pm at the Te Atatu South Community Centre, 247 Edmonton Rd, Te Atatu South. Our Guest Speaker will be Professor Boyd Swinburn, Professor of Nutrition at the University



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In Brief Updates

of Auckland Medical School. Boyd is an International authority on nutrition and will be a very interesting speaker. All Grey Power members and friends are welcome to attend and join us for light refreshments at the conclusion of the meeting. Also our Office is open for enquiries if you wish to become a member from 9.00am to 12.00 pm Monday to Friday. Our Office is situated in the Te Atatu South Community Centre, 247 Edmonton Rd, Te Atatu South ph 09 838 5207. Written by Mate Marinovich, President Waitakere Grey Power Association Office 247 Edmonton Rd, Te Atatu South 0652 Auckland.

Did you know that you have an athletic club in your area?

Then come to the Massey Athletic Club (53 Granville Drive, Massey) for athletics on Monday nights 5.30pm. Season is from October to March or Cross Country from Late March to October.



We also have a walking group on Sunday mornings at 8am sharp for all ages. The main focus of our gatherings is to enjoy the exercise and the friendship that comes from walking with others in a group situation. Pets are allowed, but must be controlled.

The duration of our Sunday walk is generally around 60 minutes, although it can vary between 45 minutes to an hour and a half depending on those present. If you are starting out, we have members who are quite happy to do less time and distance with you to help you build your fitness so that the walk is well within your capability.

Our surrounding locality offers a good range of variation for courses.

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We have a wonderful park with bush trails for off-road walking. We also walk through the countryside up and down hills, residential areas, and often take in the beautiful views of the harbour.

All are welcome. Visit masseyathletics.org.nz for more details.

Influencer scams

People with large social media followers or a public presence are increasingly being contacted by companies or representatives to collaborate in exchange for a commission or free products. These offers are often genuine, although



Netsafe is receiving more frequent reports from people being caught out in a scam.

With so many brands turning to influencers to help them advertise their products or services, some influencers are being scammed. Scammers often target influencers because most assume they are sole operators and are an easier target. Influencer fraud involves working with scammers who have purported to be from a certain organisation looking to collaborate on a post or activity as a way of getting your money or personal details.

If you are approached about an opportunity to collaborate, there are some steps you can take to check the offer:

1. Verify the offer with the brand itself. Most organisations will have another channel (e.g. a phone number, email address, another social account) to confirm that contact was legitimate.
2. Check the brand's main website. Do they list contact details and a returns policy for your followers if they need to return any items that they've purchased? The Domain Name Commission has built a fake webshop to help you see some of the common signs of an online shopping scam.
3. Confirm the offer with a phone call - most scammers will shy away from the phone.
4. Check for reviews online - there may be online reviews from other people who have fallen for the same or a similar scam.

If you're asked for credit card information to pay for shipping, this is likely a scam.

For further information go to netsafe.org.nz.

International Women's Day

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day

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Sales & Marketing Consultant

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sonya.morris@harcourts.co.nz

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In Brief Updates

also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality.

Marked annually on 8 March, International Women's Day (IWD) is one of the most important days of the year to celebrate women's achievements, raise awareness about women's equality, lobby for accelerated gender parity and fundraise for female-focussed charities. This Day has been celebrated for well over a century, with the first gathering held in 1911. Purple, green and white are the colours of International Women's Day. Purple signifies justice and dignity. Green symbolises hope. White represents purity. Inter-national Women's Day is not country, group, nor organisation specific. The day belongs to all groups collectively everywhere. Gloria Steinem, world-renowned feminist, journalist and activist once explained "The story of women's struggle for equality belongs to no single feminist, nor to any one organisation, but to the collective efforts of all who care about human rights." So make International Women's Day your day and do what you can to truly make a positive difference for women.

Vanushi Walters the Upper Harbour elected MP is planning a Women's Day afternoon tea on Sunday 7th March from 2pm. Check the @VanushiWaltersMP Facebook page for more details.

EcoDay

Visit EcoDay in Hobsonville Point and learn about restoration activities, composting, native plants and more.

In celebration of its 10th birthday, the Engine Bay Nursery is opening its green doors to host EcoDay and raise awareness about the community restoration work, volunteer opportunities, a new composting hub and food forest.

Run by an environmental organisation Kaipātiki Project, the nursery grows thousands of native plants and is adjacent to its new Community Composting Hub that is now open to the community.

What: Community Nursery & Composting Hub EcoDay

When: Saturday 20 March 2021, 9am-1pm

Where: Kaipātiki Project Engine Bay Nursery, Bomb Point Drive, Hobsonville Point

What to expect on the day:

- Native Plant Nursery tours: Learn about native plants or how to volunteer.
- Teaching Garden tours: See what we grow and get seedlings for your garden.



• Composting talks: Join us at 11am for Bokashi, or at 12pm for Worm Farm work-shop.

• Restoration activity: Get to know about restoration groups in your neighbourhood or visit the Tool Library.

• Harakeke raranga (weaving): Pop in and weave with us.

The EcoDay is kindly funded by Upper Harbour Local Board and runs during Eco-Fest North that is supported by Auckland Foundation and Kaipātiki Local Board.

Join us on the day that is filled with eco-workshops and get involved!
www.kaipatiki.org.nz/ecofest/community-nursery-and-composting-hub-ecoday

Ecosia

Plant trees with your computer! Use ecosia.org instead of your usual search engine, Ecosia uses the ad-vertising revenue to plant trees where they are needed most. Over ten years ago Ecosia was founded to try to counter the problems of deforestation, and by 2019 60 million trees had been planted.



Ecosia supports over 20 tree-planting projects in 15 different countries; Peru, Brazil, Madagascar, Nicaragua, Haiti, Colombia, Spain, Morocco, Senegal, Burkina Faso, Ghana, Ethiopia, Uganda, Kenya, Tanzania and Indonesia. To achieve this, they work with local partners who are able to monitor your trees on the ground. Planting takes place in the poorest agricultural regions of our planet, where communities and farmers do not have the means to start tree-planting and restoration on a larger scale. Trees are the superheroes of the planet. Apart from being the most effective CO2 absorbers we have, trees help mitigate climate change, restart water cycles, stop deserts from spreading and turn barren grounds back into fertile woods and farmland. Ecosia avoids monocultures and non-native trees that may spread (think of wilding pines in New Zealand), and they only count trees that are over a year old. Visit ecosia.org to find out more.

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In Brief Updates

40 years and is now a global institution with over 40,000 students in 20 countries. New Zealand centres, however, tailor their lessons to the NZ Curriculum Framework to ensure consistency with school programmes.

This reputation lies not only in the professionalism and compassion of the teachers that tutor at our centres, but also the quality, curriculum-based learning programmes we create to meet each child's specific needs.

At Kip McGrath you will see your child... enjoy learning, develop confidence in his/her natural ability, make real progress and achieve better results at school, finally 'get it' and smile.

NZ relevant assessments and teaching methods

To ensure your child gets the right help with learning, we will assess him or her against the National Curriculum and use teaching resources and activities best suited to your child's learning style.

A positive learning environment

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

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

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

Te Manawa

Check out some of our senior programmes taking place here at Te Manawa in 2021. 11 Kohuhu Lane, Westgate

The Good Friends' Group

Te Manawa invites our seniors to come together, have a cuppa and meet new people with similar interests and to socialise.

This free drop-in programme held every Tuesday morning 10.00am - 11.30am in our Hinengaro room on level 2. Tea, coffee and biscuits provided.

For further information please email temanawa@aucklandcouncil.govt.nz or pop in and have a chat with one of the programming team

Tai Chi for Seniors

Tai Chi for seniors' (50+) sessions help participants of all abilities and fitness levels to learn in a fun and friendly way that improves their health, fitness, wellbeing, and inner balance, manages stress, and prevents falls.

This programme is held at Te Manawa every Tuesday 12 - 1pm (school term only) in Hinengaro room on level 2. Small cost of \$8.00

per person. For more information please contact Juliana directly arohataichi@gmail.co.nz or text 021905742. www.arohataichi.co.nz Caffeine & Craft

New craft programming started at Te Manawa from the 3rd February 2021. Come along and join this new community-based group. If you are looking to learn a skill or if you are seeking help with a current craft project this is the perfect group for you. All welcome Every Wednesday 10am - 1pm Level 1 Creative Space

Tea and Coffee will be provided

For more information regarding this programme please email Temanawa@aucklandcouncil.govt.nz.

Rumble in the Jungle 2021

A toe tapping celebration of 50's & 60's rock 'n roll

Sunday March 21st - 1.00pm to 5.00pm

This is another opportunity to spend an afternoon with Foxtail Rumble a great local rock 'n roll band who specialise in the music of the 1950's and 1960's.



The event is held in a specially constructed area within the Sculpture Gardens and was an extremely popular concert last summer with many people taking to the dance floor during the afternoon.

To further enhance the event we have again invited members from local hot rod & classic car clubs to bring along their cars (although judging from the ones that turned up last year they're more like works of art on wheels!). Drivers get in free.

Also several people brought along camper vans and stayed the night at the Centre which we will be happy to accommodate again although please be aware that there are only limited toilet facilities available so you will need to be "self-contained". (There are also limited spaces so we would advise booking to ensure a good spot).

While you're welcome to bring along your own beverages and food, light food and refreshments will be available for sale. All proceeds from the event are being donated to the Kai Collective.

You can also take a stroll through our gardens which contain over 40 marvellous new pieces displayed along the beautiful 1.2 Km nature trail (not suitable for walking frames or wheel chairs).

1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa.

Tickets: \$15 per person or \$35 for the whole family.

Contact: info@kaiparacoast.co.nz or 09 420 5655.





Grant Castle

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E graham.mcintyre@mikepero.com
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Safer Communities



The change to Alert level 3 in Auckland certainly made it challenging to engage with the community. The Waitakere Brigade was looking forward to being part of the MOTAT open day which was unfortunately cancelled. Hopefully we will be able to attend and celebrate the Waitakere Township new playground opening 27 February and our station open day on the 6th March.

Fire and Emergency NZ has well established procedures at all alert levels so you can be assured that when you call for assistance that the fire trucks turning up meet strict hygiene guidelines such as designated duty crews, social distancing, PPE and fire trucks and fire stations are cleaned after each job and in between crew change overs.

We know that when a fire breaks out, escaping the home is extremely disorientating and stressful. Escape Week is an opportunity to educate communities and motivate them to make an escape plan for their household to improve their likelihood of getting out of a house fire.

Below are some social media images you are welcome to use through your channels alongside these key messages:

Fire gets real, fast. A house fire can become unsurvivable in less than three

minutes.

You can create an escape plan on escapemyhouse.co.nz.

It only takes a few minutes. You have time now. In the future you may not.

Keep safe



Denis Cooper
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Property

Residential tenancy act

New rules now apply to residential tenancies from 11 February 2021.

These include that a landlord must make sure the tenancy agreement is in writing and to refrain from advertising a property for rent without disclosing the amount. This is to stop a landlord having a rent auction to the highest bidder.

Landlords must also give cause for termination of a periodic tenancy.

It will be standard also that a tenant may assign a tenancy and the landlord cannot unreasonably refuse this.

Assignment is when an existing tenant gives those tenancy rights to another tenant with the consent of the landlord rather than terminating the tenancy.

The changes overall are calculated to make things largely better for tenants and to encourage them to stay in and even improve their rental accommodation.

For further advice and assistance with your trusts feel free to contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

Property market report

For the Love of Property

Kiwis have always had a special relationship with property ownership and this is especially true when the economic climate is a little uncertain and the yield from traditional sources fails to satisfy both economic and social considerations.

Many investors are collaborating with first home buyers directly or indirectly (by family or by consortium) and those considering an investment option at this time will not be too concerned with a 40% deposit loading as it is overlaid against their larger property portfolio.

The reality is that residential property still offers a strong yield and capital gain over time, and although some economists are speculating that gains in the future are tempered by low or negative growth, it still outweighs the reality of earning 1% or less in the bank (less tax).

At Mike Pero Real Estate we can offer free from cost a rental appraisal and a sales appraisal at one time, to allow you some options to rent or sell your asset. We also link directly with Mike Pero Mortgages which allows you direct access to financing, refinancing and insurance options.

All these services are supplied to you at no up-front cost, and give you strong peace-of-mind so that you may leverage your position

to best effect.

So, before you engage with any old Tom-Dick-or-Harriet, drop me a text/email or call me on 0800 900 700 and lets have a chat about the best options and outcome for today and for your long term goal. Having a close relationship with a real estate agent has never been so important.

Recent sales values are:

Hobsonville Residential	\$800,000 to \$1,665,000
Massey Residential	\$551,000 to \$1,400,000
Swanson Residential	\$900,500 to \$1,150,000
Waitakere Lifestyle	\$1,385,000
West Harbour Residential	\$730,000 to \$1,560,000
Westgate Residential	\$610,000 to \$1,120,000
Whenuapai Residential	\$1,210,000
Whenuapai Lifestyle	\$3,250,000

If you would like a better real estate experience from a proven professional with over 16 years in market at the highest level, contact me today, Graham McIntyre, phone 027 632 0421 or graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

Understanding a Record of Title

By Yolandie Rivas, Legal Executive at ClearStone Legal

It is important to know what kind of restrictions are noted against the Record of Title when you purchase a property, as it can have an impact on how you may use the property and what future renovations you may undertake. In conditional agreements there is a clause in the general terms of sale and purchase that allows you, as purchaser, to object to certain issues on the Record of Title by requesting the Vendor to rectify it within 10 working days from signing the agreement. It is vital as part of your due diligence investigations, that you familiarise yourself with the practical restrictions hidden away in the list of interests noted against your Record of Title.

There are broadly four categories of instruments that can be noted against the Record of Title. These can restrict your rights on your property. We will briefly discuss the categories with practical examples along the way.

Land Covenants - This instrument is registered by the original developer and sets out certain rules and restrictions relating to



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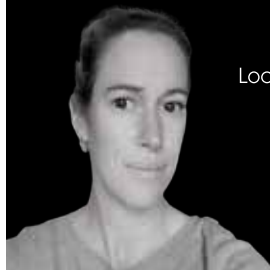
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Property

owning property within the new subdivision. The intention is to make sure that the value of the development is maintained, and that people can purchase in this subdivision with certainty that the value of their property is not going to devalue, due to the actions of the other owners.

These restrictions can vary from the minimum size of the house, the colour of your cladding, the height of your fence, how many pets you can have, what type of dog breed is forbidden and even how high the grass may grow! However, land covenants will not be enforced by Council, but there are usually penalty provisions in the instrument when you do not adhere to these restrictions.

Encumbrances - An Encumbrance is a limitation or restriction registered on the Title and it is a security charge that needs to be disclosed to your bank. The bank wants to make sure that the rights of the entity registering the encumbrance will not jeopardise its rights, should they need to sell the house at a mortgagee sale. A mortgage is the most common type of encumbrance and the mortgage of the Vendor will be removed with settlement when their mortgage is discharged and replaced with the purchaser's mortgage.

Other types of encumbrances include compulsory membership to resident's associations where all the owners need to share the maintenance of the shared facilities and pay annual levies. For example, most owners in the Hobsonville Point development will have an encumbrance registered against their record of title that will require them to become members of the Hobsonville Point Residents Society Incorporated.

Consent Notices - Consent Notices are usually registered in terms of a Resource Consent granted by local Council and contain requirements imposed by Council. For instance, we see many of the newer developments with a consent notice from Council, where you need to operate and maintain your private stormwater system every two years and that you should keep records in this regard. Another common example is the requirement that a geotechnical engineer should design the foundation of your house, if the soil type is expansive on the specific lot. You will not receive a CCC (Code Compliance Certificate) from Council if you do not adhere to the restrictions noted in the Consent Notices of your Record of Title.

Easements - Easements are usually registered to create rights of way and utility services between owners in the subdivision and neighbouring properties - for example to allow you to cross your neighbour's property to access your property, or for power, telephone, internet cables etc. Other types of easements can include rights to drain water or sewage in favour of your neighbour or local council.

The word "subject" on the Record of Title Instrument description indicates that there is an area on your lot, being the "servient" property, which the neighbouring "dominant" property may use for a certain purpose. If the word "Appurtenant" appear in the description it means that the instrument is in favour of your lot over

a neighbouring lot.

Many of the above instruments listed on your title can affect your practical ownership in significant ways. We know purchasing a property can be daunting especially for first time home buyers and on top of all the other documents, such as KiwiSaver applications, LIM, the sale and purchase agreement and mortgage applications, the contents of the Record of Title can seem a bit foreign. That is why you need a lawyer that can help you with a proper title review, explaining the instruments and providing you with copies of the relevant instruments from LINZ (Land Information New Zealand).

Please phone ClearStone Legal incorporating Kumeu-Huapai Law Centre with your queries when buying or selling a property Phone 09 973 5102. We have offices in Kumeu and in Te Atatu Peninsula.

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P 09 412 9602
M 027 632 0421
F 09 412 9603
E graham.mcintyre@mikepero.com
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Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HOBSONVILLE	910,000	145M2	166M2	1,010,000		900,000	450M2	193M2	1,010,000
	810,000	110M2	137M2	905,000		700,000	822M2	90M2	1,005,000
	1,025,000	204M2	180M2	1,165,000		1,025,000	1345M2	193M2	1,075,000
	1,375,000	303M2	289M2	1,665,000		830,000	6378M2	100M2	940,000
	1,100,000	241M2	195M2	1,221,000		1,150,000	819M2	151M2	983,000
	960,000	181M2	182M2	1,150,000		610,000	591M2	140M2	850,000
	990,000	204M2	162M2	1,168,000	SWANSON	770,000	1978M2	120M2	900,500
	1,025,000	152M2	200M2	1,225,000		770,000	2104M2	150M2	1,150,000
	1,050,000	200M2	166M2	1,148,000		1,075,000	370M2	229M2	1,140,000
	1,175,000	300M2	239M2	1,445,000		840,000	1553M2	123M2	925,000
	1,000,000	205M2	162M2	1,180,000		1,010,000	1085M2	182M2	970,000
	1,100,000	300M2	210M2	1,356,000		880,000	1393M2	144M2	980,000
	710,000	123M2	88M2	800,000		785,000	1012M2	150M2	1,000,000
	990,000	205M2	182M2	1,180,000		950,000	462M2	235M2	1,165,000
	920,000	187M2	162M2	1,170,000	WEST HARBOUR	860,000	451M2	150M2	980,500
	1,125,000	294M2	205M2	1,250,000		1,180,000	625M2	280M2	1,560,000
	1,060,000	287M2	169M2	1,325,000		970,000	336M2	240m2	1,065,000
	1,100,000	282M2	210M2	1,363,000		830,000	400M2	190M2	920,000
MASSEY	810,000	496M2	210M2	880,000		800,000	622M2	90M2	907,000
	830,000	842M2	200M2	1,400,000		870,000	703M2	100M2	1,000,000
	600,000	1219M2	100M2	715,750		1,160,000	831M2	250M2	1,250,000
	630,000	369M2	84M2	866,000		1,100,000	599M2	251M2	1,076,000
	890,000	650M2	116M2	926,500		960,000	572M2	90M2	1,035,000
	740,000	615M2	130M2	920,000		690,000	733M2	120M2	835,000
	750,000	845M2	90M2	950,000		850,000	607M2	195M2	730,000
	530,000	347M2	70M2	720,000		1,030,000	685M2	210M2	1,510,000
	1,125,000	659M	230M2	1,260,000	WESTGATE	960,000	546M2	162M2	958,000
	860,000	262M2	80M2	940,000		880,000	253M2	201M2	1,120,000
	630,000	609M2	84M2	784,411		485,000	242M2	86M2	610,000
	830,000	509M2	159M2	1,000,000		700,000	117M2	101M2	785,000
	630,000	387M2	120M2	845,500		960,000	214M2	179M2	953,000
	750,000	1137M2	120M2	1,045,000	WHENUAPAI	3,825,000	1.37HA	225M2	3,250,000
	650,000	754M2	102M2	802,000		1,030,000	400M2	193M2	1,210,000
	690,000	524M2	140M2	869,000	WAITAKERE	1,200,000	4HA	282M2	1,385,000
	640,000	809M2	90M2	865,000					

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

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

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Graham McIntyre
Brand & Territory Owner
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Your brand + your message = your success

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

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

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

In response to advertiser demand we offer the following options:

Business Card Advertising:

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



Display Advertising:

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



Front Cover and Inside Page:

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

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



Contact us today at editorial@thewesterly.co.nz
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email jbw51red@googlemail.com



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By Negotiation

Set high with sea views and land on the exclusive Tupare Estate. This renovated four bedroom home offers easy living on one level. Open plan living with great indoor outdoor flow to decking overlooking the idelic Kaipara Harbour make this home more than a lifestyle option but a picture paradise. Tupare Estate delivers a range of high end facilities which are free from cost under the payment of a very modest annual fee. Home owners share an enviable number of community facilities, including a large hall which may be reserved for private functions, flood lit tennis court and a comprehensive equestrian facility which includes an arena, stables, wash bay, stock yards and a loading ramp. A well presented community of premium lifestyle blocks. This gentle flowing estate of 1.6 hectares (4.12 acres).

www.mikepero.com/RX2486586



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



CONCRETE SLAB CONSTRUCTION - COASTAL LIVING

4 2 2

By Negotiation

11L Clearwater Cove, West Harbour
By Negotiation

A premium, seldom available coastal home, set meters from Hobsonville Marina, cafes, convenience shopping and safe inner harbour boat ramp. Extensive coastal walkways provide easy opportunity for an exercise balance and a short walk to regular ferry to Auckland. This four bedroom, two bathroom, double garage home with two living areas, has excellent entertaining space and work from home options. A home you can put your homely touches to and with a small grassed area and fenced it's safe for the little ones. These homes are not on market for long, and the current tenant has expressed an interest to stay on. Close to Marina View School, parks, shopping, ferry and boat ramp.

www.mikepero.com/RX2710437



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027 632 0421

graham.mcintyre@mikepero.com



ROYAL HEIGHTS, SEA VIEWS, 1.4 HECTARES

10 3 4

By Negotiation

129A, 131, 133, 135 Colwill Road, Massey
By Negotiation

Yes that's 14311 Square meters of land available for development. offering a big land lot, consisting of 129A, 131, 131A, 133, 135 and 137 Colwill Road, Royal Heights. Included in the offer are three homes offering 437sqm of improvements. The land therefore can provide income while development is underway. An independent development review from Terra Nova Planners is available for review. Significant potential here for the right buyer that wants to make the most of the native esplanade, the beautiful views and the easy accessed flat land. If 2021 is your year of creating opportunity, this is a serious proposition with an absolutely realistic Vendor. Close to schools, parks, shopping, motorway access, northwest mall, transport options and much more.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX2638864

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Graham is an outstanding agent and I can't recommend him highly enough. My property was not the usual sale and Graham took it in his stride, going above and beyond his obligations on numerous occasions, which was appreciated immensely. Graham is fantastic to deal with and kept me up to date at all times with thorough communication and updates throughout the whole process. Graham made me feel relaxed and comfortable at all times, which is quite an achievement at such a stressful time! He is an absolute professional and I am astonished at the result he was able to achieve, as the property was considerably run down. If I sell another property, I will be definitely calling Graham again. He did an absolutely amazing job and I will be sure to recommend Graham to my all of my friends and family!

Vikki

Graham McIntyre

027 632 0421 | 0800 900 700
graham.mcintyre@mikepero.com



Central's Tips

March 2021



Autumn's coming and it's time to start preparing the garden for the cooler months ahead. Condition the soil ahead of new planting, save seeds of summer crops and place straw under ripening pumpkins

Use natives for wow factor

New Zealand native plants are naturally hardy and survive our sometimes harsh climate well. Use them amongst other plants to create interesting textures and colours in the garden



In the Edible Garden

- **Getting ready for autumn food growing:** check the soil which may be depleted after summer crops have finished: dig through compost and sheep pellets or top up with more Garden Mix
- **Tomatoes on tap now.** If heritage varieties (old-fashioned types that haven't been hybridised) have been planted, you can begin to dry and save seed for next year
- **Cover figs and grapes** with bird netting as they ripen
- Plants that grow better as the summer heat lessens: **parsley, spinach and coriander**
- **Sow a crop of sugar snap peas**, placing them near to a climbing frame or wall where they can be trained up
- **Citrus trees** are known as gross feeders so lightly fork compost around them and continue fertilising through the autumn months. Check for scale, which breeds quickly if the plant dries out. It can be controlled with spraying oil
- **Plant out kale seedlings.** For an architectural look in the veg garden - not to mention nutritious eating - try Cavallo nero with its large textured leaves
- **Place straw beneath pumpkins as they ripen.** This avoids contact with increasingly damp soil that can cause them to rot

The rest of the Garden

- **Trees such as luculias, albizzias and hardy lagerstroemias** flower from summer to autumn and provide extra interest and colour to the garden
- **New seasons bulbs** are available now, so choose from a range of tulips, daffodils and hyacinths to plant ahead
- **NZ native plants** naturally tend to grow through summer, so check out the quality selection at garden centres and nurseries. Many NZ grasses have some interesting tones and work well with autumn colours. Get interesting textures and shapes with the very under-rated Muehlenbeckia
- **Trim hedges and topiary plants** to a crisp shape to give the garden structure through the winter months. Liquid feed and add mulch
- **Autumn flower colours** tend to the orange, bronzy shades that can be achieved with rudbeckias, gazanias and daylilies. An amazing orange flowered plant, Leonotis leonurus echoes these tones



Project for March

Create a pebbled area in the garden with our great range of decorative pebbles.

Use Waikato Fleck for bronzy tones, River Pebbles to team with grey foliage plants, or get creative and place White Chip to edge a white flower border. Lay a base of GAP 20 and weedmat to stabilise and limit weeds growing through the area.

For your pebble project, visit www.centrallandscapes.co.nz





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Pets

On-location pet and family photography

Never work with kids and animals. That's what they say anyway. I'm the crazy one that absolutely loves taking on that challenge. I run a little photography business called Dog&Co. Photography and specialise primarily in pet portraits, as well as involving pets in family and occasion photos such as engagements, maternity, and pre-wedding photos.



I am based in Taupaki, but don't have a studio as my passion lies in on-location photography, and using natural light to create vibrant portraits in my unique style. And why not utilise all of the stunning locations we have in Auckland. We are especially lucky out West with amazing spots like Bethells and Muriwai beaches, Riverhead Forest, Sanders Reserve and more.

In an age where everyone has the capability of taking their own photos thanks to the cameras in our phones, I make it my mission to take and hand-edit images in a way which I call photographic art. They are images which can't be achieved through a simple phone camera, and images which are begging to be hung up on your wall at home. I love being able to create art which families are able to treasure forever.

Have a look at the gallery on my website to check out some of my favourite past photo shoots, and don't hesitate to get in touch to discuss booking your own pet photography experience. I also do gift vouchers if you are looking for something special for a loved one. Website: www.dogandco.nz Email: kirsty@dogandco.nz.

\$5.6 million spent on dog bites in 2020

Every year I commission a report from ACC regarding dog bite statistics. It is classified by age, gender, region and industry.



With Covid-19, lockdown and the inability for people to move around I expected to see a large decrease in dog bites especially in industry.

Unfortunately that was not the case. Many industries saw a leap in the number of reported bites that their workers experienced. The food delivery industry reported a massive increase of 325%. Postal services went up by 30% and courier pickup and delivery services by 16%.

Why? According to studies done in the United Kingdom by Dogs Trust UK of over 6000 homes showed that there had been a serious change in dog behaviour. Which include an increase in attention demanding behaviour. Dogs that are normally friendly are moving away when approached, an increase in barking has been reported and an increase in dog bites.

Delivery personnel appear to think that because the dog's owners were home that the dog's behaviour would improve, or that they would be safer because the owner knows their dogs behaviour. This is not the case.

Dogs can become more protective if family members are around and many owners don't understand what their dog is saying. We have read many media articles where the owner has said "don't worry he won't bite" only for the dog to have already bitten.

Our advice to anyone entering a property where dogs may be present is to be aware of canine body language. Look at the whole body of the dog not just the tail. Remember just because his tail is wagging does not mean he is happy to see you.

A Few Facts

Dog bites cost New Zealanders over \$5.6 million in 2020

Women receive more bites than men

25-29 year olds received the most bites

Auckland, Waikato and Canterbury reported the most bites

Rodney had a 4% increase in dog bites

If you would like more information email jo@dogsafeworkplace.com.

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Pets

com and she will send you out information regarding the courses that they offer. Joanna Clough The Dog Safe Workplace Ltd.

Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai. Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats. Donations appreciated at www.thenzcatfoundation.org.nz. Phone 09 412 2636 or 021 929 999 for further information.



Kanika Park Cat Retreat

Domestic cats, no matter their breed, are all members of one species.

Relationship with Humans

Felis catus has had an exceptionally long relationship with humans. Ancient Egyptians may have first domesticated cats as early as 4,000 years ago. Early Egyptians worshipped a cat goddess and even mummified their beloved pets for their journey to the next world—accompanied by mummified mice!



Hunting Abilities: Like their wild relatives, domestic cats are natural hunters stalking prey and pouncing. Particularly effective at night when their light-reflecting eyes allow them to see better than their prey. Cats also enjoy acute hearing

Communication: Cats communicate by marking items with their claws or their waste. These scent posts are to inform others of their home range. House cats employ a vocal repertoire that extends from a purr to a screech

Diet: Domestic cats remain largely carnivorous, having evolved a simple gut appropriate for raw meat. They also retain the rough tongue that can help them clean every morsel from an animal bone

Kanika Park Cat Retreat - Phone 027 550 1406, Email info@kanikapark.nz

kanikapark.nz, www.kanikapark.nz.

Warning on karaka berries and their seeds

Karaka trees (*Corynocarpus laevigatus*) are native to New Zealand and are prevalent in many parks and forest areas, including Hobsonville Point. The berry kernels, however, contain virulent poisons that are yet to be fully described in terms of their individual effects on dogs and humans.

Most warnings online will show only photos of the berries, brightly coloured and hard to miss. In reality, it is hardly ever these bright yellow/orange/green berries (labelled 1 and 2) that you will see on the ground, but the rotting or decaying outer husks (labelled 3 and 4). These can sometimes be partially covered in some remaining orange flesh, but more often than not they look very dry and seemingly dead.



The powerful neurotoxins are in fact contained in the inner kernel/seed, shown here (label 5) inside the soft outer husk, and at label 6, removed from the husk. Even when the outer husks seem dry and old, the toxin will still remain strong. The outer husk is very thin and can easily be chewed through by a small dog.

If your dog ingests ANY part of a karaka berry, fleshy fruit, husk or seed, take them to a Veterinarian immediately and without delay. If taken soon enough, the dog can be made to vomit and hopefully the effects reduced.

Hopefully these images will help dog owners to identify the husks on the ground, as well as the fleshy fruit that most people associate with toxicity. Lauren Prior, lecturer at the School of Environmental and Animal Sciences at Unitec.

\$85 = 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 \$85 plus GST you can be exposed to over 20,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at editorial@thewesterly.co.nz.

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Hot Property



Concrete slab construction - coastal living

A premium, seldom available coastal home, set meters from Hobsonville Marina, cafes, convenience shopping and safe inner harbour boat ramp. The irony is that this kind of living would be out of reach for most kiwis if this was located by Milford Marina, Bayswater or Westhaven Marina's but in Hobsonville Marina, the prices are affordable and like Edmonds baking powder "sure to rise"

Extensive coastal walkways provide easy opportunity for an exercise balance and a short walk to regular ferry to Auckland, which provides an excellent opportunity for work, exercise, relax, life balance on your doorstep and with the constant changing of the tide this is a home that offers more than most.

This four bedroom, two bathroom, double garage (with two off street parking spaces in front of garage) home with two living areas, has excellent entertaining space and work from home options, with the added benefit of close-by café's and eateries to ensure options are in easy reach.

A property you can put your homely touches too and with a small

Hot Property



grassed area and fenced it's safe for the little ones.

These homes are not on market for long, and the current tenant has expressed an interest to stay on if desired.

Close to Marina View School, parks, shopping, ferry and boat ramp.

For viewing and more information, contact Graham now on 027 632 0421 or graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).



Home & Garden

Autumn gardening

As autumn is about to be upon us, and Easter hard on its heels at the beginning of April, Awa Nursery is in full steam ahead mode stocking up on plants ready for your gardens. It's planting season, and the perfect time to get outside and start preparing your gardens while the soil still holds on to summer's warmth. Trees and shrubs which go into the ground in autumn get a good head start before the cold weather sets in.

Mulching is the best way to prevent moisture escaping and has the added bonus of weed control. Weeds grow fast and compete for valuable moisture, so be sure to remove them before mulching for best results. Autumn is a good time to prune, transplant, or repot. If your soil is still quite dry from our hard summer, be sure to water deeply every few days in dry weather which will encourage the roots to grow deep into the soil - also check that any excess water will drain away.

Spare a thought for the birds as you consider your planting choices, to provide them shelter and food especially over the winter months. Consider planting kowhai, titoki, Karaka, corokia, cabbage trees, coprosmas, rewarewa, puriri, lacebark, Muehlenbeckia, coprosmas, Fuchsia procumbens, putaputaweta, and pseudopanax which are just some of the popular natives to encourage the birds, providing nectar, fruit or seeds.

Keep an eye on our website for the arrival of our new season citrus, and the gorgeous, lush ferns due as well. Large or small, there is bound to be something that will fit in your garden to get you underway this planting season. Come and see us at Awa Nursery.



Subdivision

If you have a rural property of sufficient size you may be considering subdividing. This subdivision might involve protecting or enhancing some native forest or wetland. Through the subdivision process Auckland Council will often ask that any native areas have a Weed and Pest Management Plan that covers off what types of weeds and pest animals are on site and how they can be controlled. If any parts of your property require planting with native trees, an Ecological Restoration Plan may also be required. This will cover off a planting plan and an ongoing maintenance regime to allow the plants to get canopy closure before the weeds take over. New Zealand Biosecurity can assist with either of these plans, or act as the professional contractor to undertake the work and make sure it meets Council's requirements. Give us a call today and ask one of our team about how we can help on 09 447 1998.



How to select a quality tree care professional

Within Auckland there are a huge amount of Arborist companies to choose from. However not all of them are the same and it pays to do you due diligence. Here are some things to look for before selecting your contractor.

Insurance: This should go without saying. Check their insurance and ask to see their certificate. You'd be amazed how many people say they are insured when they aren't, or their current policy has lapsed. Try explaining to your insurance company that a 'arborist' felled a tree on your house then they vanished..

Qualified: Although this isn't a requirement in NZ I highly recommend finding a qualified professional, or at least someone with proven experience. A Certificate in Arboriculture Level 3 is a good baseline.

Research: Ask your friends, family and co-workers for recommendations. Check out companies reviews on Facebook,



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Home & Garden

Builderscrack, No Cowboys and Google. Check local Facebook groups for recommendations (or sometimes who to avoid).

Shaun Hardman - Arborist - Hardfell Ltd - 021 072 0739.

What to expect when building with Signature Homes

Whether you're building a simple starter home or the ultimate abode, new home construction contains many unknowns and can be overwhelming—especially if you're unsure where to start. We'll help you better understand the steps in building a house with Signature Homes. From shopping for the lot of your dreams to move-in day, read on to learn about the major steps you'll encounter while building a home.



1. Get in touch: Once you have an idea of what you want, it's time to get in touch with our team. Your first point of contact our New Home Consultant. They are there for the sole purpose of helping you make your dream home a reality, so don't be afraid to tell them everything you have in mind. Remember: this is all about you, and we're here to listen.

2. Design & build or house & land package: The key decision you will make at this point is whether to use one of our pre designed House & Land Packages, or create your home from scratch with our Design & Build service. There are advantages to both methods. If you are unsure, your New Home Consultant will provide you with all the info you will need to make this decision.

3. Estimate & design work: We believe strongly that building companies have a responsibility to provide their clients with a quote that is based on facts, not guesswork. As part of the work we carry out to provide you with a comprehensive quote and ensure you get everything you want in your new home, the Signature Homes design team will consult with you at this time to finalise important details regarding design, claddings, colours, fixtures and fittings. We have expert Interior Designers on hand to provide assistance.

4. Fixed price quote: Once the detailed price and design work has been completed, the fixed-price quote, specifications and final drawings will be presented to you for sign-off. These documents will include detail about exactly what your new home investment will be, along with a comprehensive list of everything that will be included.

5. The green light: Once you have given us final permission to proceed, we will then get council approval to build, and construction can commence on your new home.

6. Construction: Prior to construction commencing, our clients participate in a pre-construction meeting, where they meet the Project Manager and other key participants in the creation of their new home. At their request, our clients are also invited to attend site meetings at various stages of construction, and our Project Managers maintain regular contact throughout to report on progress.

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Call our team at Signature homes West Auckland to discuss your option; obligation free 0800 020 600 www.signature.co.nz/page/westdesignbuild.

Solarcraft - solar powered water systems

We've been designing and installing solar powered water systems at off-grid new-builds and have also upgraded old water-pumping systems to this more efficient set-up.

So we thought it's time we officially added this to the Solarcraft menu.

A solar powered water system can be set up for; domestic, farming and horticultural use, irrigation, your swimming pool or industrial applications. It can draw water from a tank, a bore on your property, or pump water from a pond/creek/lake or river.

Solarcraft sets up ground-mounted solar panels (see pic of installation-in-progress), then we hook those up to a water pump (up to 300M head) at your water source.

They are high pressured, save a lot of time and money, (there is no re-fueling time or fuel cost), plus there are no power bills to pay and minimal maintenance is required.

These are NZ designed and developed and run by the sun. Perfect



for when mains water or power to your water source isn't available. Although, you may have access to those amenities and just want to go off-the-grid.

Contact us anytime on info@solarcraft.co.nz Ph: 0508 272 389 or visit us at www.solarcraft.co.nz.

Rock and mulch

It's nice to get a little bit of rain from time to time. This summer has not been as dry as last summer which was SO dry and played havoc on so many precious, shallow rooted plants and shrubs. This year we have been really piling the mulch on our gardens so that when we do get some rain, the mulch holds the moisture in the soil

for much longer. We have been piling it on at least 100-150mm thick and it works. The gardens at Warblers Retreat are looking great. The mulch we stock has a very high percentage of green foliage waste, and when rotted down is an excellent food source for the garden. We are building a small dry stone retaining wall display at our yard at the moment, address 385A Paremoremo Rd, just to give passers by a glimpse of what you can do with a little rock and mulch. If you would like mulch, call Dave on 027 1962 19.



Tile and grout cleaning and re-colouring

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

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

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Laser Plumbing and Roofing Whenuapai

Meet our Managers. We are fortunate to have very experienced and knowledgeable Managers on board at Laser Whenuapai. For any of your plumbing, roofing or drainage requirements, get in touch with one of our Managers today who can assist with anything you need.

Brett Loveday - Plumbing Manager

Brett is our Plumbing Manager and oversees all major plumbing projects. He brings over 30 years of plumbing expertise to Laser Plumbing and can provide solutions for all your plumbing needs.

Solomon Barnes - Roofing Manager

Solomon is not just our very experienced Roofing Manager, he is also the Director of Laser Whenuapai. Solomon has many years of roofing experience and can sort any roofing issue you may have - from repairs to full roof replacements.

Karl Ward - Drainage Manager

Karl is our Drainage Manager and oversees all aspects of the Drainage division. Karl originally worked for Laser as a plumber but keen to expand his skills, Karl moved into our Drainage division. If you need new drains installed, repair or replace existing drains, drains unblocked or CCTV, contact Laser and Karl will provide total solutions for all your drainage needs.

Laser Whenuapai are your local specialists in hot water systems,

roofing and gutters, plumbing maintenance, repairs and installations. We also offer a 24 hour service for any plumbing emergencies - as we know these can come at any time.

Contact Laser Plumbing & Roofing Whenuapai for all your service needs on 09 417 0110. Open five days a week from 7am-4:30pm, we are conveniently located at Unit 4, 3 Northside Drive, Whenuapai. Visit our website whenuapai.laserplumbing.co.nz for more information.

Be kind to your lawns and gardens

I had planned this months' column to be about lawns under stress from the dry weather and not being able to use sprinklers, but the good dowsing in mid-February has changed that.

The lawns are probably going to surge ahead in the next few weeks and that'll be terrific. Keep up the regular mowing and probably increase the frequency of your mows to keep things looking great. What is also going to surge is the weeds - you'll see them in your paving stones, in your gardens and in all sorts of nooks and crannies. It'll be a big surge due to the build-up of seeds spread around by wind, birds, animals, machines, and us during the dry times we have been having. These have been accumulating on the garden and in all the nooks and crannies, and they have been there waiting. Waiting through the dry period till the rain comes before sprouting.

Now we have had a solid amount of rain and conditions are perfect for them - warm, moist, long days and plenty of sunlight. So they surge into life everywhere.

What to do? There is a large range of products available in the garden shops. Systemic sprays - taken up through the leaves and transported throughout the plant so the entire plant including the roots dies; Non-systemic - where all parts of the plant that the product touches will die ie not the roots. And on through to organic extracts of plants and even steam treatment. Or even the golden oldie system 'Hand-weeding' - say using a hoe for the small stuff and

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Home & Garden

your hands in the dirt for the big ones (there's nothing quite like the feeling of warm soil on your hands).

Systemic will kill the entire plant and so you will have a longer term result, non-systemic kills contact pieces, so roots remain and the plant regrows quickly. All methods will need repeated application - it's just a matter of how frequently (and how much effort if hand weeding) you need to do it to keep things looking nice. It's always easiest to do a little and often, rather than big and infrequent.

So enjoy the warm weather, the lush growth all around, and maybe even try a bit of hand weeding - your garden will thank you for it.

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

Waimauku Garden Club

We have to keep looking for places to take our members and book our trips and at the same time we have to keep ourselves safe.

For March 18 we are planning a trip to Gordonton to visit Woodlands Estate and Willow Glen Cafe.

On April 15 we will remain local visiting Good from Scratch at Muriwai.

May 29 possibly Tip Top Factory and Guide Puppy Training.

Contacts: Ann 021 035 7406, Bette 021 145 1854, Diana 027 478 8928, Donna 021 233 0974, Judith 027 272 9994, Moira 027 498 9152 Veronica 027 755 4645.

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West Haven tide chart

Date	High	Low	High	Low	High
Mon 01 Mar	-	03:27	09:51	15:56	22:19
Tue 02 Mar	-	04:13	10:39	16:43	23:06
Wed 03 Mar	-	05:00	11:27	17:31	23:54
Thu 04 Mar	-	05:50	12:16	18:20	-
Fri 05 Mar	00:44	06:42	13:07	19:11	-
Sat 06 Mar	01:38	07:38	14:00	20:05	-
Sun 07 Mar	02:36	08:39	14:57	21:05	-
Mon 08 Mar	03:40	09:43	15:59	22:10	-
Tue 09 Mar	04:45	10:48	17:03	23:16	-
Wed 10 Mar	05:48	11:49	18:08	-	-
Thu 11 Mar	-	00:18	06:45	12:46	19:07
Fri 12 Mar	-	01:13	07:38	13:38	20:01
Sat 13 Mar	-	02:02	08:26	14:26	20:49
Sun 14 Mar	-	02:46	09:10	15:10	21:33
Mon 15 Mar	-	03:27	09:52	15:51	22:13
Tue 16 Mar	-	04:06	10:32	16:30	22:50
Wed 17 Mar	-	04:43	11:11	17:07	23:27
Thu 18 Mar	-	05:21	11:48	17:44	-
Fri 19 Mar	00:03	05:59	12:26	18:22	-
Sat 20 Mar	00:41	06:41	13:05	19:03	-
Sun 21 Mar	01:22	07:26	13:47	19:47	-
Mon 22 Mar	02:10	08:18	14:34	20:38	-
Tue 23 Mar	03:05	09:15	15:27	21:36	-
Wed 24 Mar	04:05	10:14	16:27	22:39	-
Thu 25 Mar	05:06	11:13	17:30	23:39	-
Fri 26 Mar	06:03	12:08	18:30	-	-
Sat 27 Mar	-	00:34	06:56	13:01	19:26
Sun 28 Mar	-	01:26	07:47	13:52	20:18
Mon 29 Mar	-	02:15	08:36	14:42	21:08
Tue 30 Mar	-	03:03	09:26	15:31	21:57

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Home & Garden

Wed 31 Mar - 03:51 10:15 16:20 22:46

Why choose G.J.'s

At G.J. Gardner Homes Rodney West, we promise to make your new home building experience a pleasure. Your only surprises will be happy ones.

Your G.J. Gardner Homes franchise is an independent, locally owned and operated business, making them part of your community and providing you with direct access to the owner of the business responsible for building your home.

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

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

To provide peace of mind, a fixed price contract is offered at the start of the build journey with all prices locked in ensuring there are no surprises, allowing you to move forward in confidence with the certainty of no price changes.

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

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

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

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

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Hi I'm Scott, the owner/operator of SPS Plumbing Services Limited. I pride myself on high quality workmanship at a fair and affordable price. I am a Certifying Plumber with 15 years' experience.

I do not charge a call out fee, have a very competitive hourly rate and also offer free quotes. I am based in Orewa and will work in the greater Auckland area.

I cover most aspects of plumbing and treat every job as if I was working on my own home. I strive for customer satisfaction and believe in getting it right first time.

My services include: Hot water cylinders, new builds, bathroom renovations, plumbing maintenance, kitchens, toilets, spouting, water mains, burst pipes plus dishwasher and washing machine installation.

SPS Plumbing Services Limited - Scott Sutherland, Certifying Plumber. Phone 0274 300 251 or visit www.nocowboys.co.nz/businesses/sps-plumbing-services.

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Food & Beverages

Peko Peko

Thank you for your many feedbacks from February's front page. We have been enjoying meeting a lot of new customers. We have started having Asahi Tap beer in house as well as other Japanese beers. There will be more variety of Japanese sake coming in soon and our new dessert menu is going well now. Please call us to book your table as our seats are limited. You can also place your takeaway order to pick up too. All our info is in our Facebook page. We look forward to seeing you soon. 09 416 1197. 102c Hobsonville Rd.



Jenna-Maree Cakery

Pop into Jenna-Maree Cakery where you will find a wide range of delicious sweet treats.

Birthday cakes, cupcakes, macarons, slices, cookies and fudge are all available daily with gluten free / dairy free & vegan options available also.

Our specialty is custom made celebration cakes. From 1st birthdays to 100th birthdays we have made them all! Sizing is not an issue....we can create a 7 Tiered Cake or a 4" Baby Cake which feeds 2-4 people, each one is made with the same amount of love and care and all our cakes are made using high quality ingredients.

Jenna's passion is creating bespoke wedding cakes. If you book a wedding consultation it will be with Jenna so she can design your dream cake right in front of your eyes. You will also get to taste a sample of our delicious cakes and a complimentary barista coffee.

There are many options available for our corporate clients as well - we can print your Company logo on to cupcakes or our cabinet cake range. These make great gifts for staff and customers.

A new addition to the team is our fabulous pastry chef so keep an eye on our website for the new corporate morning tea catering range launching soon.



Visit our website where you can order online or pop instore anytime to discuss options.

We look forward to seeing you.

Jenna-Maree Cakery - 102c Hobsonville Road, Hobsonville. Phone: 021 0255 6929 or 021 033 9856 or www.jennamareecakes.co.nz.

Meet the Keeper

The Keeper is the new 1L swing top proprietary bottle from Hallertau. This elegantly designed bottle comes filled with your favourite Hallertau beer and then can take on a life of its own. Drink, Keep, Re-use, Repeat is the mantra. Available now from Hallertau, Farro Fresh and New World soon.



21st celebrations at Allely Estate

We've had a lot of enquiries lately about whether we host 21st birthday parties and the answer is - yes, we love hosting a good 21st.

Did you ever wonder why turning 21 was cause for celebration? In America, the legal age for drinking, smoking, and entering nightclubs is 21. Given a lot of our culture seems to be handed down from America (we're looking at you, Halloween and Valentine's), it looks like we took on the significant 21st birthday too, even though our legal ages are lower on all counts.

Regardless, we love a good excuse for a celebration. And turning 21 is definitely a milestone moment, a significant turning point at which you farewell the teenager years and say hello to being a young adult. We're perfectly set up to help you create a bash to remember.

We can host anything from 70 to 400 people, rain or shine, with our gorgeous large permanent marquee. You can make it a beautiful garden lunch or an after-dark event - we cater for both. Do a sit-down dinner or make it a stand-up party with a live DJ - it's your day. People rave about our buffet and carvery, but we've got sophisticated platters down to a fine art too.



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Food & Beverages

Our liquor licence allows us to party until 1am, so if you really want to make a big night of it, we can help. We can also arrange security, if that's a concern for you.

And at the end of the night, we can arrange transport to help people home. Some hosts have had buses departing at two separate times (early and then at closing time) which we thought was pretty cool.

We'd love to help you plan a 21st to remember - just contact us and our party planner will happily answer any questions you might have! www.allelyestate.co.nz.

Opa!

Join us for our next themed dinner - Greek Night! With a traditionally inspired 4 course menu designed by our head chef Paul Reid, and plenty of Ouzo!



Tickets are \$85.00, with kids at \$45.00. Join us from 6.30pm, with the first course being served at 7.00pm. Tickets are available at www.soljans.co.nz.

Come and celebrate with us the Greek way - with family, food and laughter!

Soljans Estate Winery - 366 State Highway 16, Kumeu, Auckland.

Westbrook Winery

Westbrook Winery is thrilled to announce the arrival of our brand new Blanc D' bubbly. It is D-for-Delicious! Here is what winemaker James Rowan has to say about the latest addition to the Westbrook family...



Blanc D' is an evolution... wines of the Blanc... a blend of Chardonnay and Pinot Gris, 100% barrique-fermented in neutral French oak, with extended lees ageing and partial malolactic fermentation.

It is all about texture, lift, and vitality from bubbles, pressure-sealed under screwcap. With vibrant effervescence... laced with the frills

and whistles of lily musk and fronded fennel... lively with the timbre of pleasure, the evocation of excitement, the beat of earthen drum, and finished with a piquant lift of preserved lemon and kawakawa. This is our barrel-fermented reveal of fruits of the Blanc...

Come and try it for yourself. Available exclusively from our Ararimu Valley Road Cellar Door, or buy now at www.westbrook.co.nz/wine.

Herbal tea spritzers for summer

They taste better than a soft drink and are a healthier option... most herbal teas can be consumed either hot or cold and many make refreshing drinks when served over ice and with sparkling water on a hot day. Try this delicious Hibiscus and Elderflower Spritzer recipe this summer:



Ingredients: 2 heaped tablespoons each of Hibiscus Flower tea and Elderflower tea (available from our online store), 250ml boiled water, 4 fresh stevia leaves, 200-300ml sparkling water and ice. Garnishes can include slices of citrus and a sprig of mint.

Method: Add the Hibiscus tea, Elderflower tea and stevia leaves to a heat-proof jug then add the boiled water. Allow to steep for 5 minutes. Strain and allow the tea to cool. Once cooled, to a tall glass add ice, half of the tea, and top up with sparkling water. The recipe makes two glasses.

New Zealand Herbal Brew offers a range of Certified Organic herbal teas which can be purchased from our online store www.NewZealandHerbalBrew.co.nz.

\$85 = 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 \$85 plus GST you can be exposed to over 20,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at editorial@thewesterly.co.nz.

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Health & Beauty

Hobsonville Chiropractic

Hobsonville Chiropractic would like to give your child the best start to the school year with 50% off their initial consultation (ends March 31)

Three ways that chiropractic care can help your child:

1: Immunity: school season exposes your child to more bacteria and pathogens so maintaining a healthy immune system is of the utmost importance. Chiropractic adjustments have shown to help boost your child's immune system by ensuring your child's nervous system is functioning at 100%

2: Prolonged sitting and device use: children spend a lot of time sitting due to long school hours, homework and device use. Chiropractic can help to improve spinal posture and alignment, spinal movement and muscle tone.

3. Stress: Children go through a lot of stress, this can be from early childhood trauma or even trauma before they were born (intrauterine constraints, birth trauma, malpositioning, c-section, birth intervention). When a child encounters physical traumas, a protective response occurs. This can create tension in the musculature that supports the spine. These tense muscles can lead to future misalignment.

Call us today 09 416 7589, www.hobbycc.co.nz, 295 Hobsonville Road (Ref * Teodorczyk-Injeyan et al., 2008).

French fashion at Hobsonville Optometrists

Our shipment of French fashion frames has finally arrived.

The beauty of these frames is reflected in the use of sophisticated style, shape and colour. Each frame is handmade.

The advantage of choosing such a beautifully crafted frame is that you can guarantee it will last for several changes of prescription lenses - but can also be easily converted to prescription sunglasses.

We specialise in fitting frames - not only to complement your face and personality, but to ensure the frame and lenses are designed specifically for your prescription.

Hobsonville Optometrists - 413A Hobsonville Rd - Mon - Sat 9am - 5.30pm.



Ingrown toenails

Ingrown toenails are one of the most common complaints we see at Hobsonville Podiatry. There are many reasons why an ingrown toenail may develop - wide nail plate, narrow shoes, involuted (curving nail), trauma, weak nails, very sweaty skin, very dry skin. We are experienced in managing all sorts of ingrown toenails and a lot of the time we can



manage the issues conservatively, meaning no need for surgery. Conservative measures involve correct cutting of the nail, removal of dead dry skin around the nail (non painful), teaching you how to prevent the nails from ingrowing and addressing any underlying issues that may be causing the nail to ingrow.

Surgery is required if conservative measures are no longer working, or if there is a lot of swollen tissue around the nail. Over the years we have done many ingrown toenail surgeries and a lot of the time the feedback we get is "oh gosh, that wasn't nearly as bad as I thought it was going to be".

If you have been putting off having your ingrown nails seen for fear of the surgery, perhaps it is worthwhile coming to see us and see your options.


Hobsonville Podiatry, Level 1 124 Hobsonville Road, Hobsonville 09 390 4184.

Fear of the dentist? Try sleep dentistry

If you are one of the many people who have a fear of visiting the dentist, sleep dentistry could be the solution for you. Also known as dental sedation, sleep dentistry uses sedation to reduce your sense of awareness or consciousness while you are undergoing dental treatments. You are responsive to instructions but remain relaxed and free from anxiety or fear.

Dental sedation doesn't require any intervention to maintain airways or breathing - making it extremely safe.

At Fraser Dental we provide dental sedation in three different methods: nitrous oxide (also known as laughing gas), oral sedative tablets or IV sedation. Regardless of the method of sedative, you will remain awake during your appointment but your awareness or consciousness will be impaired. Most patients retain little, if any,



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Health & Beauty

memory of their dental treatment.

Sleep dentistry is a great way to overcome your fear of the dentist. For family, general and cosmetic dentistry, orthodontics, dental implants, tooth extractions, oral surgery and more, contact the friendly Fraser Dental team on 09 416 5050.

The Doctors Massey Medical

The Doctors Massey Medical is an established local medical centre in Massey with experienced friendly staff offering care for the whole family. Our senior doctors are Jane Renwick and Stuart Monk, a husband-and-wife team. They have been at Massey Medical for 23 years and they value the relationships built over this time. As experienced doctors they are helping to train the next generation of doctors in General Practice. Stuart mentors the 5th year medical students hosted at the practice. Jane visits other GPs around NZ, assisting with their assessment and educational needs. They each have specialty areas in medicine; Jane in women's health and Stuart doing minor surgery and older people's care. He looks after two local rest homes. We are delighted to have welcomed three new doctors to the practice and the skills that they bring with them. Currently we offer in phone and video consults as well as meeting you in person. 394 Don Buck Road, Massey. Phone us for an appointment 09 831 0170.



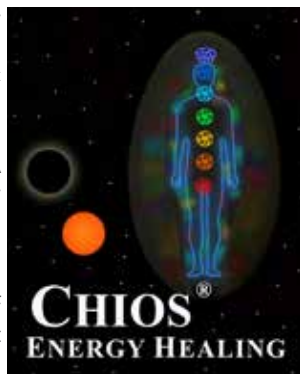
Dr Jane Renwick

Dr Stuart Monk

Chios® Energy Healing

Many people have heard of Energy Healing, some of the more common ones are Reiki, Seichem, Magnetic Healing, but have you heard of Chios® Energy Healing?

Chios® pronounced 'chee ohss'. A relatively new but a complex energy healing system that was given to its founder Stephen H Barrett along with over 20 years of research. Stephen realised the importance and benefit of the Chios® energy and wanted to get out into the world. Jason Mackenzie Founder of Astramana™ Healing Services is a Register Chios® Master-Teacher.



Chios® Energy Healing is described as perhaps the most innovative, comprehensive and powerful aura and chakra-based healing system in the world.

A Chios® Energy Healing session usually last about an hour and can help to: Unblock Chakras, Aura Clearing, Chakra charging using colour and Chakra rebalancing to name a few things.

For those already involved in energy healing, Chios® Energy Healing is very easy to learn, in fact Astramana™ Healing Services offers a self-study program. There are 3 levels to the Chios® Energy Healing System and can only be taught by a Certified Chios® Energy Master-Teacher, who will provide an attunement at each level. You will also learn the powerful Chios® Meditation. Upon successful completion of the study program and attunement process you will be registered with Stephen Barrett and be able to teach this incredible energy healing.

Astramana™ Healing Services founder Jason Mackenzie has worked and learnt from many incredible teachers worldwide in order to offer you as many choices as possible in order to bring healing and balance into your life. Please contact us if you would like to learn Chios™ Energy Healing at astramana@gmail.com or visit our website www.astramana.com .

Please Note: Chios® is the Registered Trade Mark of Stephen H Barrett and can only be used with his permission.

How long should you hold a stretch for?

I am often asked how long I should hold a stretch. Should you hold it for 20sec, 30 sec, 1 minute? I like to suggest a slightly different approach and recommend that you hold a stretch for a number of breaths instead.

I would start with 5 deep slow breaths. With each breath try and expand your torso in all directions. At the end of each breath, you

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may even be able to go a little 'deeper' into the stretch.

Doing this when you are stretching does two things. Firstly, it makes sure you breathe during the stretch, and secondly it can help you hold the stretch for longer (I know that when I am counting during a stretch, my seconds usually start to shrink). Hopefully this simple tip helps.

www.elevatechiropractic.co.nz. Any other questions? Call us on 09 413 5312.

Eczema and asthma: Different but same

Eczema and asthma might seem like very different conditions, but they share many underlying metabolic abnormalities. Many people have both eczema and asthma at the same time. If you have atopic eczema, your chance of having asthma and hayfever go up by 400%.

Underlying Causes:

So, what are these underlying metabolic defects? Most commonly, there are changes in the immune system that give rise to inflammation (in the lungs or on the skin).

Solutions:

Ideal treatments would stop the inflammation. This would reduce the need for medicines, and allow people to live normal lives again. One way to reduce inflammation is to eat good fats. For both asthma and eczema, increasing good fats in your diet and reducing bad fats improves the condition. Taking fish oils has even been shown to reduce the risk of getting asthma by about a third.

Food allergies and sensitivities may play a big role in triggering asthma or eczema. One small study showed that removing dairy products and/or eggs from the diet of children with eczema resulted in improvement or total clearance of the skin lesions in 85% of the children. Diet changes are hard but are worthwhile.

Probiotics given to mums during the last trimester of pregnancy has been shown to reduce the risk of the baby getting an atopic condition (like asthma or eczema) by 30%. That's a huge benefit!

Tyrosine has recently hit the TV news for its ability to produce "profound and striking" improvements in asthma. Tyrosine can't be taken with some medicines and with some conditions so it would be best to talk to your pharmacist before trying this.

Hero Nutrients:

There are a few "hero" nutrients that I recommend to patients with asthma or eczema, in conjunction with an anti-inflammatory diet. I have even made my very own herbal cream for eczema that targets the immune system as well as relieving symptoms. These nutrients all work at the causes of asthma and eczema, so with a better functioning immune system, you just feel better all over. Pop in to Massey Unichem Pharmacy and talk to our Health Coaches. Martin Harris 396 Don Buck Road, Massey 09 833 7239.

Are you underweight, healthy weight, overweight or obese?

The Body Mass Index, BMI for short, was formulated to take into account a person's weight in relation to their height and to give a standardised method of determining whether a person was likely to be underweight, healthy weight, overweight, obese or morbidly obese.

Its shortfall is in its inability to take into consideration whether a person's weight is made up of the "ideal" amount of muscle mass versus fat mass. Muscle being heavier than fat, could potentially show a very muscular person to be overweight when they may in fact have very little body fat and be very toned.

The BMI, when used in conjunction with a person's waist circumference, does give you a better indication of a person's weight status, but it is still an overall indicator. It is still useful to know where you sit on the BMI scale and to know your waist measurement too.

To calculate your BMI: divide your weight in kilograms by your height in metres squared = $\text{weight (kg)} / (\text{height (m)} \times \text{height (m)})$ e.g. $75\text{kg} / (1.80\text{m} \times 1.80\text{m}) = 75 / 3.24 = 23.1$

For women: Underweight = below 18.5; healthy weight = 18.5 to 24.9; overweight = 25.0 to 29.9; obese = 30.0 and higher.

In New Zealand, the Ministry of Health uses a range to gauge the ideal healthy waist circumference for women which is: 80-88cm



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If you need help to lose weight, see if our Lose Weight for Good Weight Loss Program is right for you. Visit our website: www.WeightLossProgram.co.nz.

Are you in pain? Stressed?

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Needling on the body may sound scary, but it can make a difference to improve your health concerns. Acupuncture is especially helpful to relieve pain and improve your metabolism.

Acute or chronic pain: often in neck, shoulder, back, and head, migraines, sprains, anxiety and depression, digestive conditions, insomnia, menstrual issues, edema.

If you have answered yes to any of these book in today to see So Hee Kim at Hobsonville Physiotherapy phone 09 416 4455, email physio@hobsonvillephysio.co.nz.



Transformation is possible

Wondered why you're overweight? I did. My weight was up & down. I dieted. I went to gyms. I had a personal trainer. Anxiety kept the weight off for a while - too anxious to eat. I always put it back on until I reprogrammed my mind.

The mind is like a smart phone. We use the app (conscious) but we might not understand how it works (subconscious). We use messenger but how do those funny face filters work?

It is the same with humans - we have issues (consciously overweight) but we might not understand what is driving them behind the scenes (subconscious reasons to overeat or be big).

We update the software on our devices so why wouldn't we update the programs in our mind?

I was reminded how much transformation I've achieved when the picture of me in black popped up from 10 years ago. I may look happy but I was on antidepressants for anxiety, eating 3-4 ice-



creams a day, weighed 104kg and smoked 25 cigarettes daily.

Now I've updated my software to eat healthy, exercise regularly, weigh 66kg, be smoke free and off antidepressants. Transformation is possible when you upgrade the programs of your mind.

Lorraine Maguire - Rapid Transformational Therapist

www.lorrainemaguire.com.

Holiday injuries slowing you down?

Have you injured your hand, wrist or elbow over the summer break?

Sporting injury, fall off a ladder, injured while doing DIY around the house or holiday home, caught in the dog lead, injured while fishing? Pain still lingering weeks later? Don't ignore that pain; we can help at The Hand Institute.

We accept ACC referrals (and can initiate new claims) and provide a comprehensive assessment for all fingers, thumb, wrist and elbow injuries. We can send for x-rays (if required) and manage the injury with casting, splinting, strapping and important early motion exercises to prevent ongoing pain, stiffness and weakness. Call us now on 09 412 8558 to get that hand sorted.



It's good to workout 'together'

It's true that communication, sharing, family and friends are good for your health. So too is a positive attitude. Three thousand years ago Solomon gave these four proverbs;

(1) A peaceful heart leads to a healthy body

(2) A cheerful look brings joy to the heart, good news makes good health

(3) Kind words are like honey - sweet to the soul and healthy for your body

(4) A cheerful heart is good medicine but a broken spirit saps a person's strength

Amidst your daily challenges it isn't always easy to see the bright



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side. You'll need to work at it every day of your life. But there can be no doubt, your 'thinking' has a profound effect on your health. Come-on, push out that happy 'can-do' attitude and build those supportive friendships around you today. www.clubphysical.co.nz.

PIC: 'Take-Off' team - Club Physical Te Atatu

Kumeu Dental's easy to follow tips

We are writing this as we enter yet another Government lockdown, so we thought it would be a great idea to give some at home tips on how to keep your teeth healthy during these uncertain times.



- Eating a well-balanced healthy diet keeps the mouth healthy
- Limit sugary drinks and snacks between meals. If you do snack, choose foods that are low in sugar and fat.
- Minimise sugar intake but if consumed, drink lots of water straight after to help dilute the active sugars, slowing down the acid build up and tooth decay process
- If you have sugary foods and drinks, have them with meals. Saliva increases during meals and helps weaken acid and rinse food particles in the mouth
- Chew sugarless gum after meals as it has been shown to reduce tooth decay.
- Floss once a day & brush your teeth twice a day, avoid brushing teeth for at least 30 mins after eating
- Use a soft bristle tooth brush to avoid over brushing and damaging

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Many eye conditions, e.g. glaucoma and macular degeneration, can cause permanent sight-loss. Treatment slows or halts further vision loss but early detection is the key to keeping good eyesight for life.

Book an appointment to see Matthew or Molly at For Eyes in the Kumeu village on <https://for-eyes-optometrists-nz.au1.cliniko.com/bookings#service> or use the booking link on For Eyes Facebook or website pages. Or you can phone 09 412 8172.

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want to maintain this with periodic tune ups. We work with people at all ages and stages of life. Whatever your reason for seeking Chiropractic Care we would love to hear from you and support you in your health goals. Bookings can be made online at www.livechiropractic.co.nz or by emailing reception@livechiropractic.co.nz.

Breathing

Breathing is something we all do automatically without a lot of thought but actually how we breathe can fundamentally change our physiology and our emotions.

When we are stressed we tend to breathe into the top of our lungs, shallow and quick. Sadly, most of us breathe this way every moment of every day without thinking.

When we change to more mindful belly breathing we can actually change the way our body responds to stress.

This is the one time when you need to stick your belly out when you breathe in. Imagine your belly is a balloon and is being inflated with your breath. When you do this you are taking in more oxygen which



will also make you feel more energised.

Try this simple breathing technique - Breathe in deeply for 4-seconds, hold that breath for 4 seconds, breathe out slowly for 4 seconds, then hold that breath out for 4 seconds. Practice this a few times and build up the time. Do it in the car, in the loo, before you eat, when you wake up, when you go to bed, when you are just about to lose it with your kids.

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Recycling right in 2021

What Aucklanders are doing well to buck the trends in recycling

Auckland's recycling stayed on track, despite all the obstacles of 2020. Councillor Richard Hills shares how Auckland maintained positive results for recycling and what is unique compared to other regions.

"Aucklanders are passionate recyclers, and close to half a million households participate in the fortnightly kerbside collection. Auckland Council collects about 135,000 tonnes of recycling each year (an average of 90 kg per person). In December alone, Aucklanders generated 12,615 tonnes of recyclables.

"Councils that were unable to collect during COVID or changed the rules for what's accepted have faced an uphill climb to address spiraling contamination rates. Thankfully, kerbside recycling stayed in place without interruption across Auckland in 2020.

"Standardising the recycling rules across the country will make it easier for households to remember what's recyclable. Standardisation should result in more items being recycled, not fewer.

"Auckland's recycling process is automated, but there are still people on quality control, who spend their day removing nappies, plastic bags and other items that should never have been placed in the recycling bin.

"Some of the top offenders are single use coffee cups. Most paper takeaway products are coated in a plastic wax which makes them non-recyclable. Around 12 per cent of what is collected in kerbside bins is contamination: things that are too dirty or are not a recyclable material.

Inorganic service meets community need

Aucklanders keep more than 1500 tonnes of materials out of landfill each year, on average, and give them a second home by using the inorganic collections service.

150+ community groups in total have registered to benefit from these items. Common items are electronics, whiteware, and furniture, but a more complete list of what's accepted as part of the service is online.

Auckland Councillor Richard Hills says, "Before the 'booked' inorganic service rolled out, people left materials on the kerbside to be picked up as rubbish. Aucklanders were sending all of those

items to landfill this way each year, nothing was recycled.

"By using the on-property collection service, you have kept over 7,417 tonnes out of landfill and given those items a second life. This is the equivalent of 49 blue whales. Aucklanders are also keeping more than 5,200 tonnes out of landfill each year by dropping off items at Community Recycling Centres."

Major Auckland employer signals move to living wage

One of West Auckland's largest employers, the Trusts, will move its entire workforce to a living wage. The move is set to benefit more than 305 staff across the organisation's 35 retail stores, hospitality venues and hotels.



The first stage of the introduction of the living wage to take effect in April 2021, will see a new minimum wage rate of \$20.75 per hour, which is 75 cents above the government's new minimum wage level, with all waged employees who currently earn above the minimum wage also receiving an increase of \$1.35 per hour.

Linda Cooper, president of the Waitakere Licensing Trust says the move will set a new standard for the hospitality industry.

"We want the Trusts to continue to be a great place to work, and we believe the decision to move to a living wage further strengthens our commitment to our team and to the West Auckland community we serve," she says.

Both the Portage and Waitakere Licensing Trusts have committed to adopting a full living wage by April 2023. They will review financial performance at the end of the 2021 calendar year and may consider moving to this level earlier if there is the ability to do so.

Pam Nuttall, president of the Portage Licensing Trust says the move will go some way to recognise the contribution of their staff to the success of the organisation.

"This is an important milestone for the Trusts and is the result of a lot of constructive and thoughtful debate, and hard work by our management team, to help make it a reality. We believe paying a living wage is just one way we can thank and acknowledge our team for their hard work, and we will continue to offer our wider support and benefits, including our award-winning career development programmes," she says.

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Trusts CEO Allan Pollard says the Trusts' team is focused on lifting its performance in the coming months and years.

"Our focus is on becoming a high performing business that delivers value and support back to West Auckland. To do that, we are working hard to better manage our costs and lift our sales and service performance, so we continue to deliver important initiatives like this for the community and our people," he says.

"There's no rule book" - a father's co-parenting story

Nik and Carter visiting Cardrona.

After hearing New Shoots owner Nikki Prendergast's story of becoming a Mum at 48, we thought we'd sit down with her co-parent, friend, and colleague, Nik Webb-Shepherd. Nik is New Shoots' Director of Risk, Facilities, and Procurement, the friendly face behind Auckland's Source Café, owner of Orewa co-working space CoastLab, and doting dad to nine-month-old Carter. Here's his story of becoming a father.



Can you tell me what made you want to take this co-parenting route with Nikki?

The idea to have a baby together grew from a series of conversations between Nikki and me. The first was actually sparked by a friend who joked 'You guys would make great parents!' and we were like, "haha yeah okay!" But the seed was planted. From there, we had several conversations - some over bottles of wine - and we realised wow, this could be pretty cool. As the conversations progressed, they were done so in a very calculated way, we certainly didn't rush into it.

Was the journey to becoming a parent hard for you?

The journey was one of the most challenging things I've done. But the counselling and agency we went through were brilliant - they guided us the whole way and made it feel right at every step. We're both quite pragmatic people so we'd go home and debrief, look at both sides, throw in the 'what ifs?', work through them, then sleep on it. We own a house, a business, and have travelled the world together, so there's not a lot we haven't had to work through over

the years as friends.

How did your family and friends react to your decision?

Every single person said 'oh yeah that makes sense'. I was thinking, surely someone will say "are you messed up!?" but no one did. There was no level of doubt or lack of support from our community, which was incredible.

How did you feel when little Carter finally arrived?

I was at the birth and it was a 'wow' moment. It was also lockdown so within three hours of his birth I was on a call from Birthcare putting our New Shoots centres into lockdown with the wider management team. I went to have a Guinness with Nikki's parents, Dane and Sam, and literally, no one else was there. It was like the world stopped, and a new life was born. Very surreal, cool, amazing.

Tell me about Carter. What's he like?

Carter is hilarious! He's genuinely a really happy kid with an infectious laugh. But when he loses his temper he goes from 0 to 100 quickly. We have three dogs at home and he cracks up when they do stupid things. He is very inquisitive so when we take him to new places, he's checking everything out.

How do you structure your co-parenting?

Nikki and I live together in Auckland. Both our roles at New Shoots involve travel, so when Nikki's in the Bay of Plenty, I attempt where possible to head down there. When we launched our Kerikeri centre, we travelled up together. It works. There's no "your week, my week" as Nikki does most of the hard yards but when we are together I help out. We always said we'll just navigate it as it comes along. There's no rule book for it.

What were the hardest parts of being a dad in those really early days?

The hardest part was the impact of lockdown. For example, our midwife could only stay for five minutes, she couldn't handle Carter, and had to stand at the door. I felt for Nikki because she missed out on that connection and contact with her midwife. My Mum couldn't come down for those six weeks - none of that kind of whanau support was possible.

We had a lot of people say 'you must be enjoying this time', and we were, I wouldn't turn back the clock. But I was also running businesses and working from home with a newborn, so it was pretty full on. In saying that, we had lots of fun.

Carter fed every two hours at the start - how did you support Nikki?

We camped out in the lounge. That was the go-to for a few nights to get some structure. Carter went onto the bottle quite early, which was nice for me because I could do the midnight and 2 am feeds when he was at his hungriest and growing rapidly.



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Nikki talked to us about 'mothers-guilt'. Do you feel any of that as a dad?

100%. At times I have felt I should or could be doing more. I always check in with friends that have kids to see if there's anything more I can be doing to support Nikki.

What's been the best part of the last nine months with Carter?

Now. The laughing. The smiles. The giggles. It's really enjoyable for me. Anyone who knows me knows I love shopping, so taking him out shopping or for new experiences and encounters is what I love. When we do something new as an extended family, including everyone in the house, it's great - like our first beach picnic, although Carter slept through it all!

How has your work approach changed since becoming a dad?

I love to be busy - we all do at New Shoots People always ask me "what have you got on the go now?" so I'm considering how I spend my time. Weekends are becoming more valuable so I'm taking stock of things and making sure there is enough time to spend with Carter.

What are you looking forward to in the next few months?

My friend and CoastLab business partner, Tim, has played an integral part in the journey (along with many others of course), so I am really looking forward to us spending time with Carter and his little girl as we look towards an expansion plan for our business and how everything fits in.

What would you say to dads feeling hesitant to get involved in their children's care, i.e.: drop off/pick up?

How do you remove that stigma? Just do it. Get in there and do the drop-offs. Children's centres are not as scary as you think. People are only there for the best interest of your child so getting to know them is the best thing for you and your child.

To follow Nik, Nikki, and Carter's journey, head to @coparentingcarter on Instagram.

Health and Safety

A recent article in the Safeguard Update publication (No 614) records a Queensland: Manslaughter Charge.

This is about a forklift/hoist accident where the charges alleged 'that the company caused the worker's death by failing to effectively separate pedestrians from mobile plant, and failing to effectively supervise workers including operators of mobile plant'.

The two directors charged face potential substantial fines and jail sentences.

The article reminds all New Zealand based businesses where

forklifts are in use, of the need to ensure that there are effective rules around people and the use of forklifts, trucks and other mobile plant operations.

Three rules for forklift safety

1. Remove pedestrians from forklift areas: Securo advocate that a "pedestrians beware" approach is taken, i.e. people should only be in areas where forklifts and/or trucks are operating if it is a requirement of their job. These areas should not be used as a route from one area to another.

2. Make eye contact with the forklift operator: People must ensure that they make eye contact with a forklift operator BEFORE walking behind a forklift that is loading or taking stock from a rack or truck. The forklift driver will indicate if it is safe for you to proceed or not.

3. Check for forklifts when entering / leaving a building: Check for forklifts when entering or leaving a building, especially if there are blind corners and/or if there are crossways in a warehouse. This applies even if there are marked walkway within or outside the building. It is incumbent on the pedestrians to ensure that they do not put themselves in harm's way.

There have been the occasional death in NZ with forklifts operating around trucks, and no doubt WorkSafe and Court Judges are looking at what is happening in Australia.

For further information on health and safety contact John Riddell, health and safety consultant email securo4@securo.co.nz or check out the website www.securo.co.nz.

Does my business need to be on social media?

Over the last few years social media has become more and more part of our daily lives. We catch up on what friends and family are up to, we get news stories, event suggestions and product and service information. According to 2019 research (Hootsuite/ We Are Social), 3.6 million Kiwis are active social media users and they spend an average of 1 hour and 53 minutes on social media networks each day.

If your business does not have a social media presence, you are missing out on a large audience.

Where do I need to be?



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The choice of platforms depends on where your audience tends to hang out. Gen X and Y are often found on Facebook, and younger generations on Instagram and TikTok for example. If you are selling business to business, LinkedIn might be the best place. If your business sells very visual products then Instagram and Pinterest may suit you better.

What should I be posting?

When you post on social media you are trying to build trust with your prospective buyers. 90% of what you post should inform your audience, so that they know to come to you when they are ready to buy. Personal stories, and pictures and videos tend to perform well. New content rather than sharing other people's content is preferred.

Can I do it myself, or do I need to engage an expert?

That depends on how much time you have to spend, and whether you like spending time on social media each day. There are plenty of options for services that will help you, from generating content, taking photos, posting regularly to running advertising campaigns. If you don't want to do it yourself, decide a level to start at, then shop around providers.

How often should I be posting?

That varies depending on who you talk to, but a suggestion is 3-5 posts a week.

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

Kumeu Show revamped

Big changes have been made to the format for the 99th Kumeu Show on March 13 and 14.

This year's popular Kumeu Show will help set the stage for next year's massive centenary event, with preparations for that already well underway.



Last year the show just squeaked in before New Zealand's COVID-19 pandemic restrictions hit - which made it difficult for the Kumeu Showgrounds to host any events until the Resolution New Year's Festival 2020/2021 there on December 30 last year.

That's since been followed by well-attended events such as

January's 27th annual Repco Classic Car and Hot Rod Festival and the 48th Auckland Folk Festival, although some events like the Crusty Demons motorbike stunt show have been postponed - in this case from February to probably November because of COVID-related travel restrictions.

New Zealand has been largely successful in keeping the dreaded virus and its mutations at bay, although the upcoming Kumeu Show will have measures in place to guard against it.

This includes online ticket sales through The Ticket Fairy - www.ticketfairy.com - so visitors can be easily traced if need be, plus COVID tracer app QR codes at all access points.

Back to the Kumeu Show changes.

Equestrian events have moved from a one-day format to a two-day programme - and don't expect to see some show features in the same place they were last year.

The popular Mahons Amusements carnival rides, for instance, will now be in the former parking area near the Access Road entry rather than tucked near Waitakere Road, and show judging rings will be moved to the front of the sheds rather than behind them.

A huge entertainment programme is planned, with plenty for children on offer - such as a scavenger hunt both days, a maze, pony rides, possible sack races and much more.

School calf clubs have a competition on the Saturday (March 13) and pet lambs and goats feature on the Sunday (March 14).

A big variety concert on stage includes a special tribute show with impersonators such as Pacific Elvis (Johnny Angel) and those for Jimmy Barnes and Stevie Nicks.

Plenty of musicians will play too, including Steel'n Beats performing on Jamaican style steelpan instruments, and Happy Fish Band (Gordon and Sue Joll).

Dance groups are included too, stage events all sponsored by Kumeu's Rollercoaster Design.

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Stihl Timbersports returns featuring the likes of former world champion axeman Jason Wynyard. A Stihl Shop Kumeu prize pack offering a chainsaw, waterblaster and much more to show visitors, will have entry forms available at the show.

The winner will be drawn at Stihl Shop Kumeu on March 15.

Another big event is the shearing, which includes the ANZ North Island Circuit finals and the Kumeu Summer Shears contest.

Youngsters can have a go at shearing on the Sunday, where pedal-power runs the clippers.

Other show highlights include the return of Kiwi dog handler Chelsea Marriner with her Ultimate Canines dog display, the show's giant pumpkin contest, a tractor parade daily from noon, indoors displays from flowers and art to knitting, baking and preserves; the Hallertau run bar with live music, and more than 300 stalls and displays from sheds and tiny homes to water tanks, outdoor furniture, plants and equipment.

Show patron and Kaipara ki Mahurangi MP Chris Penk, Labour list MP Marja Lubeck, and Rodney ward councillor Greg Sayers will be on hand, while the master of ceremonies for the show is Howard "Dobbo" Dobson, a former sports broadcaster.

Of course, there will be plenty of farm animals to see as well.

A tent will be provided for breast-feeding mothers by the Helensville Birthing Unit, Kumeu Arts has a show site and the Kumeu Film Studio will be there too.

More than 25,000 visitors are expected during the two-day show, with entry prices unchanged at \$15 per adult, \$10 seniors, \$5 per child (5-16 years) and under-fives free.

"Meanwhile, we're also gearing up for the big 100th show next year," Kumeu Agricultural and Horticultural Society event manager Lizelle Westman says.

She thanks the many show supporters and sponsors for helping keep the event going for so long.

Lizelle is hoping for good weather and a COVID-free environment come show time and - who knows - Prime Minister Jacinda Ardern may just call in again, such is the show's national fame.

Visit www.kumeushowgrounds.com, check on Facebook or email info@kumeushow.co.nz for more information.

Types of employees

Are you an employer, if you are there are several types of employees to consider, here are some considerations for you when choosing which type you want

Permanent employees (Full or Part time) - These are the most common type of employee. Permanent employees have the full set of employment rights and responsibilities. Employees must meet certain criteria to qualify for some employment entitlements, such as parental leave, parental leave payments, annual holidays, sick leave, and bereavement leave. There may be small differences between full-time or part-time employees because of their work patterns.

Fixed-term employees (full or part-time) - A fixed-term employee's employment must end on an agreed date or when a particular event occurs. A fixed-term employee might be brought in to replace another employee on parental leave, to cover a seasonal peak or to complete a project. This includes people working in triangular employment situations.

There must be a genuine reason based on reasonable grounds for the fixed term and the employee must be told about this reason. You can't use a fixed term agreement instead of a probationary period as a test of suitability for the job.

Fixed term employees have the same rights and responsibilities and full time, except the job will finish at the end date.

If an employer wants to dismiss an employee before the end of the fixed term, the normal process for full time employees will apply.

Triangular employment situations - Sometimes employees work in a triangular employment situation. This is where someone is employed by one employer but is working under another business or organisation that directs or controls their day-to-day work (controlling third party). It is 'triangular' because there are three parties to the arrangement, with each party having distinct relationships with one another. The three parties are: the employer, employee, and the third party.

The example being, an employee is employed by a recruitment or employment agency, and is sent on work assignments to another organisation, sometimes this is called labour-for-hire or "temping".

Previously a person in a triangular employment situation could only raise personal grievances against the agency that employed them, even if the mistreatment were committed by the controlling third party. With the advent of the amendment in the Employment Relations Act 2000 the Employment Relations (Triangular Employment) Amendment Act 2019 employees in such arrangements can raise personal grievances against both the employer (the agency) and the third party (controlling third party).

Part-time and full-time employees - Whether you are part-time or full-time depends on how many hours you must work. Employment legislation doesn't define what full-time or part-time work is, but full-time work is often considered to be around 35 to 40 hours a week.

A full-time permanent employee might be someone working 9am to 5pm, five days a week. An example of a part-time permanent employee is someone who continually works the same 3 days a



Pete Sinton
Managing Director

09 412 2016 | 021 637 772
49 Beach Street, RD 2, Sandspit, Auckland 0982

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week for eight hours each day, for a total of 24 hours a week.

Casual employees - 'Casual employee' is not defined in employment legislation, but the term is usually used to refer to someone who has no guaranteed hours of work, no regular pattern of work, and no ongoing expectation of employment. The employer doesn't have to offer work to the employee, and the employee doesn't have to accept any work offered. The employee works as and when it suits both them and the employer. This can sometimes happen because it's hard for the employer to predict when the work needs to be done. Each time the employee accepts an offer of work it is treated as a new period of employment.

Employment rights and responsibilities also apply to casual employees, but the way in which annual holidays, sick and bereavement leave are applied can vary for these employees. Its not always practical for casual employees to take holiday leave, in this case the parties can agree that 8% will be paid on top of their wages instead of taking leave.

Casual employees are entitled to sick and bereavement leave after working six months, if during that time they have worked and average of at least 10 hours a week, or one hour a week, or 40 hours a month.

This information is not a substitute for legal advice, we recommend that if you identify problems in the areas listed you consult with someone before acting on material you have read.

Ronald Jones JP, AFIML - MAXRON Associates - Management, Employment Law Consultant & Advocate (Legal Aid Provider). Phone 027 582 3077, email ronald.jones@xtra.co.nz.

Top golfers headline Trueform Spa Pools Huapai Open

Planning for the 2021 Trueform Spa Pools Huapai Pro-Am is gathering pace, with just a few teams left available and an impressive lineup of professionals signed on as the Huapai Golf Club gets set to host its first professional tournament on March 10.

The professionals have stepped up big time in a format that has each of them teaming up with three amateurs and contributing towards the team prize table, with six of the current top 10 on the New Zealand Order of Merit lining up for the event.



Headlining are former NZ Open winner Mike Hendry and European Tour players Josh Geary and Gareth Paddison.

Hendry has just returned from Australia where he finished just two shots off the winner at the Moonah Links PGA Classic at 16 under par. The 41-year-old has wins on the Japan Tour, Asian Tour and eight on the Australasian Tour, including that 2017 play-off win at the New Zealand Open.

Geary, 36, has 11 career wins in Australia, Asia, Canada and New Zealand while 40-year-old Paddison has 13 victories in Europe, Asia, Australia and New Zealand.

Paddison is enjoying the chance to play most of the summer in New Zealand, with the border closures restricting his opportunity to travel overseas. One thing he especially enjoys is rubbing shoulders with the amateur golfers on the day and in the clubhouse.

"I'm really looking forward to testing my game at Huapai as it's a course I've not played before," Paddison says.

"I've always found it interesting playing with amateurs in Pro-Ams, you can meet a potential sponsor or great contact for future endeavors.

"And on the lighter side of things you get to see some very creative shots, and since I can get a little flustered with my own performance, watching some of the amateurs I play with doing the same thing actually makes me feel a lot better! There is nothing like having a laugh after a game about some of the shots we missed and our reactions at the time."

Huapai Golf Club General Manager Andrew Dewhurst says the club is abuzz ahead of the big day.

"The Trueform Spa Pools Pro-Am is the talk of the club, with our members looking forward to a great day alongside some of the country's best professional players. The response has been tremendous, with just four teams left at the time of putting pen to paper so we are expecting a full field," he says.

"While there will be many taking the golf very seriously, we will ensure the day has plenty to enjoy, with some wonderful sponsor activations on course, great individual prizes for closest to the pin, longest drive and, of course, the chance to win a Miami 5-Seater Spa Pool courtesy of Trueform Spa Pools for a hole in one!"

The Miami Spa Pool is valued at more than \$10,000 and will be up for grabs on the 10th hole on the day, a stunning downhill par three that takes golfers towards the water for the first time as they head out on to the back nine.

The professional field also includes three women - Stacey McCartney, Anita Chau and Monica Chau -who will tee it up alongside the men, chasing their share of the \$15,000 prize purse.

Others featuring high up the NZ Order of Merit include Harry

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Area Columnists

Bateman (2nd), Dongwoo Kang (4th), Tae Koh (5th), Mason Lee (7th) and recent winner of the Paraparaumu Pro-Am Nick Loach (9th).

The tournament will be free to spectators.

"For those signed up to play in the tournament, they are in for a treat to enjoy a round alongside a professional and enjoy their company and advice throughout the day," Andrew says.

"Spectators are more than welcome to soak it up as well though and walk the fairways with a group or to set themselves up in a spot that will afford them a good look at the field as they pass through a green or tee box."

The Trueform Spa Pools Huapai Pro-Am on Wednesday March 10 has a noon shotgun start.

Contact Andrew Dewhurst at gm@huapaigolf.co.nz for more information or to enter a team.

Support for new mothers

A "Mum Supporting Mum" programme providing a free, caring and practical in-home one-on-one support programme for mum and baby up to six months old is available to the Northwest community.



It has been established by Seeds for Humanity NZ, a registered New Zealand charity founded in April 2020 during the first lockdown.

"We've seen a stringent need for human connection and support in our communities and we wanted to help with facilitating those meaningful connections," founder and fundraising and programme manager Ela Bajarca says who operates from her Huapai home.

"We would love to help and support you during this exciting and busy time," she says.

"Our trained New Mum Support Worker volunteers are mothers themselves and they are passionate and dedicated to help and support new mothers in the community."

The Mum Supporting Mum programme is designed for arranged in-home visits with a support worker and can include going for a walk, coffee or arrangement to meet where suitable.

Seeds for Humanity NZ events and activities are sometimes held in public venues hired for the purpose, as the organisation doesn't have an office or venue of its own.

Ela says the organisation wants to provide sensible solutions to relieve poverty, offer social support and emotional and general wellbeing support.

"We are on a mission to bring positive change in people's lives through promoting human connection, education, physical and emotional well-being, and general social well-being," she adds.

"We aim to help and support all people, all ages and stages - so there will be more activities/projects in the future to cover different support needs.

Seeds for Humanity NZ involves part-time volunteers and the charity relies on donations, fundraising, funding and grants to run its activities.

If you are an expecting mother a few weeks away from meeting your little bundle of joy or you have just had your baby, visit www.seeds4humanity.org.nz or email hello@seeds4humanity.org.nz for more information about available support.

Registrations still open for Waimauku School centenary

Waimauku School's centenary is fast approaching, and registrations are still open for past and present students, staff and friends of the school to join in the March 18-20 celebrations.



Registrations can be made online at www.waimauku.school.nz/centenary or by emailing centenary@waimauku.school.nz until March 10, 2021.

The programme starts with the Centenary Golf Day at Muriwai Golf Course on Thursday March 18, hosted by the school's PTA.

On Friday evening (6pm-9pm) there will be a casual Mix and Mingle event for past pupils, teachers, staff and supporters. Local businesses Delectable Cuisine will be providing catering and Hallertau will be operating a cash bar.

The school will be hosting a family picnic day for the whole school and wider community on Saturday March 20, from 11am to 3pm. Food and coffee trucks will be onsite, and entertainment will be organised by the wider Waimauku School community.

During this time there will be an official welcome and school decade photos for registered attendees.

The school hall will be open for anyone wishing to see displays of

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Area Columnists

Waimauku School history and memorabilia, such as this 1934 photo of the school.

On the Saturday evening the Centenary Dine and Dance (for those 18 years and older) will be held from 6pm in the school hall. Past students and staff; supporters, as well as current parents and staff, are encouraged to come along to what will be a great night.

Local band The Renegades entertains from 8pm until midnight. Delectable Cuisine will provide catering and Hallertau has a cash bar. Everyone is welcome to celebrate 100 years of Waimauku School.

Petition to stop congestion 'strangling' area

A petition to rectify SH16 traffic congestion and its impact on the daily lives of North West residents is gaining traction.

Michelle Johnson became fed up with traffic snarls on her commute so launched the petition just before Christmas and she plans to present it to Minister of Transport Michael Wood in Wellington in the second quarter of this year when she gets enough signatures - currently more than 550.

A public meeting is planned for Thursday March 4 at 7.40pm at Kumeu Arts by Kumeu Community Action (aka the Kumeu Huapai Residents and Ratepayers Association, which Michelle has joined) to consider the "extreme road congestion", no commuter trains, no high school (one is signaled by 2030), and Fletcher Residential gaining Land Information consent for housing in Taupaki (108ha) and Riverhead (20ha).

The meeting is expected to feature Kaipara ki Mahurangi MP Chris Penk - who is considering declaring a "traffic emergency" to get road improvements in Auckland's west, northwest and rural north; Labour list MP Marja Lubeck and Rodney ward councillor Greg Sayers.

"If the (SH16) bypass is going to take up to 30 years then a plan should be looked at to double-lane from the end of the motorway," Michelle says.

She believes specific lanes are also needed for the traffic to merge

onto SH16 from Old North Road and the Coatesville Riverhead Highway intersections - major bottlenecks.

"The more the community band together and keep the pressure on the Government and the NZ Transport Agency the more likely we are to get some resolution to ease the congestion that is strangling the area," Michelle says.

"There should also be a halt to further major developments until there has been some significant investment in infrastructure."

A similar petition by Lindsay Andrews for four lanes along SH16 between Brigham Creek Road and Waimauku, which included a request for safety improvement funding, received 1317 signatures and was presented to Parliament in March last year.

The NZ Transport Agency reported in December - and again in February - that it was continuing stage two safety improvements between Brigham Creek and Waimauku which includes widening the road and bridges, adding a flush median, flexible safety barriers and making it safer to make right-hand turns.

"Work on Stage Two is continuing even though the start of Stage One improvements (SH16 Huapai to Waimauku) is on hold while a notice of requirement appeal is resolved," the NZTA said at the time.

Survey work includes truck-mounted rigs drilling into the ground to excavators collecting soil and subsurface samples, with other equipment monitoring underground water, working along the roadside, with plans to survey on private property later.

Temporary speed limits where teams are working were proposed with road shoulder closures, but with traffic lanes remaining open.

Stage Two between Brigham Creek and Kumeu will include flexible road safety barriers, a flush medium to create safe space for turning vehicles, extra lanes (from two to four to make two lanes in each direction) between Brigham Creek and Taupaki roundabout to improve capacity and travel times (prior to longer-term improvements), and an upgrade at the SH16/Coatesville Riverhead Highway intersection.

A new shared walking and cycling path between Kumeu and Brigham Creek will connect into the wider Auckland cycling network.

Meanwhile, consultation feedback on North West projects such as the bypass, Kumeu-Huapai and Riverhead development plus "strategic connections" closed on February 1.

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