

# the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report  
Dine out and support local

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

Vins Grover - The Mortgage Hero

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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@gmail.com](mailto:jbw51red@gmail.com)

March 2022



## Greetings

Living in our area of West Auckland, we are close to the sea, and some fortunate readers can view it from their homes. The Brilliant Abyss by Helen Scales (available through Auckland Libraries) is a new account of the deep ocean that has many positive reviews. The author is a marine biologist and writer, interviewed on RNZ last year. The ocean forms 70% of the earth, and the deep ocean is vast. Sunlight fades 200 metres from the surface of the sea, but below this are many zones with the very bottom of the ocean over 11 metres down. There are amazing creatures in the ocean, with over 26,000 so far listed, specialist worms that eat whale bones, animals with delicate gelatinous bodies, some bioluminescent. Hot and acidic hydrothermal vents exist where chemicals are created and may have been the source of life on earth. The peaks of underwater mountain ranges support a great diversity of habitats and species.

Sadly, and predictably, human activity is the ocean's greatest threat, with over-fishing including trawling damage to underwater ecologies, oil spills, a dumping ground for dead livestock, pharmaceuticals, naval and space debris, plastics (doubling every 15 years since 1945), and, historically, raw sewage, nerve gas and weapons. The immediate risk is mining companies scrambling for licences to pillage the deep, ahead of scientific evaluation (search 'seabed mining's deep impact' at [newsroom.co.nz](http://newsroom.co.nz)). But take hope from The Ocean Cleanup.

Locally, despite the continuing threat of Covid (and there is advice this month on dealing with the impact of the condition), there are signs of matters starting to ease, with plans to start overseas travel, and social activities getting back under way. Plans are afoot to develop a park at Observation Green on Scott Point. Read about the opportunities at a local community garden, but be aware of the risks from environmental weeds such as moth plant and banana passionfruit. Take care also around your gas-powered barbecue, and be aware of the dangers of digital self-harm.

Read how the property market is changing, and find out how a mortgage broker may help your plans. Are you aware of your duties in making that necessary document, your will? Check out the many features described in our Health and Beauty section, and the varied ideas our area columnists cover. Please enjoy this month's magazine, support our advertisers and let them know where you read about their products.

John, editor



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# People & Places

## Vins Grover The Mortgage Hero



With the recent interesting changes happening in the finance industry, surely there has never been a need for a good mortgage adviser than now. The way the lending regulations have changed in last 3-4 months along with rise in the rate of interest, surely the industry has become much more complicated than before.

For a first home buyer or an investor, it is no more a simple deal, but the team at The Mortgage Hero can make the complete process smooth for you.

Buying your first home is not an over night process, it involves planning which could sometimes take 3-6 months or more or less depending on your individual status. So, if you are thinking of buying your first home in next few months, then this is the best time to have a meeting with your mortgage adviser if you have one and if not, then surely Vins from The Mortgage Hero can help you with this. In this journey, you are not a transaction for us, I personally become like a family member to you and will hold your hand and walk with you through this journey taking the stress of the finance part of this journey on myself so that the only part you need to care about is to find the right house and the right lawyer.

The process does not end here. After settling you in your house which could be your first home or an investment property, I will try to meet at least once a year to make sure you are on track with your goals. Every year, we plan financial goals for the following year and in the following year, we check whether you have achieved your last year's goals and set up new goals for the next year. At the same time, we analyze your situation to see if you can buy another property.

Apart from buying your first home, upgrading your existing home or getting you to the investor ladder, the mortgage hero can also help you with refinance your existing mortgage, consolidate your debt and / or get you a top up

At The Mortgage Hero, we believe your dreams are achievable, and we are in the business of encouraging them: dreams of buying your first home, safeguarding your assets and protecting your family: dreams of paying off loans, making investments and achieving financial freedom.

I would also like to say that getting a mortgage may not be difficult for you but paying it off faster may be something that you need a plan for. A plan to make you The Hero of the family. If you have taken off the burden of your mortgage completely, surely you become THE HERO of your family, and this is exactly what The Mortgage Hero would like you to be. Thus, Vins says "Vins - Wins For You". He will try to meet your every year to take you one step closer to this - surely this will be a different solution for each one of you.

### About Me - Vins Grover

Coming from an I.T. background in the finance industry was only because I always thought that West Auckland needs a good financial adviser who can work closely and on one-to-one basis with you and for you as a family. I always missed this personal guidance from my financial adviser when I was in I.T. and for them I was just a transaction! - which is not what I would want you to go through. You should have your financial adviser just a call away to discuss all your financial need as and when it arrives and also to guide you towards your goal.

So, if you are looking to win then come and see me at The Mortgage Hero, Vins will Win For You to make you The Real Hero of your family.

### Contact Details:

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

Call 0800 WINS 4 U (0800 946 748) to book in an appointment

Email: [vins@themortgagehero.co.nz](mailto:vins@themortgagehero.co.nz)

Address: 65 Central Park Drive, Henderson.

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# Community News

## Back up and running

Most of the activities are back in full swing at the Massey Birdwood Settlers Hall.

On Saturday 12 February, the Waitakere City Cake Decorators Club used the hall, their last use having been their Big Day Out back on the second Saturday in August, six months ago.

Aikido classes start the week on Monday nights from 6.30pm. The martial art class run by Craig Andrew teaches a variety of self-defence activities in is one of four self-defence classes that use the hall as their home.

West Auckland Bujinkan Ninjutsu are in residence on Tuesday nights and King Fu classes take place on Thursday nights. Boxslim classes however have not started back as yet.

On Wednesday 9th St John Massey Youth were finally back in the hall having not used the hall either since August. The popular Massey Primary School fundraiser, Housie started back in mid-January while the churches started using the hall again in December 2021.

If you would like to find out when your favourite activity takes place in the Massey Birdwood Settlers Hall, contact John Riddell by emailing [masseybirdwood@gmail.com](mailto:masseybirdwood@gmail.com) or check out the website site [www.massbirdwoodsettlers.org](http://www.massbirdwoodsettlers.org).



## Helping people keep their independence

Encouraging people to retain as much independence as possible if they are dealing with memory issues, such as dementia, is good for their self-esteem. Staying as self-reliant as practicable has been shown to slow down deterioration, helps carers in their roles, and generally gives an individual a better quality of life. For people who are becoming more dependant on those around them having even a small amount of control can make a big difference. At Mindjig we



have products to make it easier for people to keep communicating, participating, and making decisions over some aspects of their lives, which otherwise may be difficult. From easy to use Radios, Large Button Picture Phones, and large screen Digital Day Clocks with day and date, Mindjig offers resources for those who need a little extra support to stay in the loop. Also check out our handy Conversation starters, Books, Games and Puzzles.

Visit our website: [www.mindjig.co.nz](http://www.mindjig.co.nz). Feel free to get in touch with Jonathan or Julie via email at [info@mindjig.co.nz](mailto:info@mindjig.co.nz) or call 09 600 3251 or Mobile 022 480 3022.

## Social chess

Would you be interested in playing social chess? A group plays at Sunderland Lounge on Cinema Road, Hobsonville Point on Tuesdays 5pm to 7pm. The cost is \$3 per session and tea and coffee are available. Please bring your vaccine pass and wear a mask until you are in the Chess room. Contact John Baker on 021 023 98626 or email [johncornackbaker@gmail.com](mailto:johncornackbaker@gmail.com) for further details.



## Lilyaroon Craft Shed is fit to burst

With the long, lockdown last year I needed a plan. It was time to rebuild the 'Lilyaroon Craft Shed' and reopen the 'Hobby Herb cart'.

The project has been a labour of love, with support from friends. Plywood was in short supply last year so I put a callout on the community page and ended up with pavers and timber too. Interior paint was donated by another friend.

With plenty hard work relocating and rebuilding, finally the shed started taking shape.

The Lilyaroon Craft Shed is a tiny house, a small, rustic, mini



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# Community News

enterprise overflowing with local's art and craftwork. The shed is open each weekend between 1.00pm - 3.00pm in the summer months; by appointment or you can shop online.

The Hobby Herbs cart resides at the gate and is open 24/7. Growing herbs is therapeutic, great for the body and soul.

Lilyaroon Craft Shed & Hobby Herbs Cart, 10 Coleman Ave, Herald Island.

Mob: 027 289 0349 or visit our Facebook page - Lilyaroon

Cash and Bank transfer accepted or text/message if you wish to purchase online.

## North West Bookkeeping branches out

Sarah Stewart started doing her husband's books for his business about five years ago after going on maternity leave to have their first child.

"I quickly realised that I had a huge passion for it and haven't looked back since," she says.

Sarah has gained a vast range of skills and experiences in bookkeeping since completing a certificate in Bookkeeping and becoming Xero certified.

She also has a Bachelor of Business degree.

"So between applying my business knowledge and the skills and experience I have gained through bookkeeping, I decided to expand my horizons and start bookkeeping for other small businesses," Sarah explains.

"I currently bookkeep for a variety of businesses from construction companies to automotive and farming. I thoroughly enjoy the variety that it brings and all the industry-specific things you learn along the way."

Sarah understands how stressful and chaotic life can be for business owners.

"So my goal is to not only provide a great bookkeeping service but to also take care of all paperwork and administration if required so that the owner can focus on running their business".

Sarah has also recently branched out to offer a consulting service to any businesses that may not require a regular bookkeeping service but may need guidance on how to correctly maintain their books or implement new accounting systems/processes into their workplace.

"Currently, I am bookkeeping by myself, but I envision to continue growing my business over the next couple of years and be able to hire staff to enable us to continue taking on new customers," she says.

If you to chat about how Sarah can help you and your business, call her on 022 165 3828 or email [admin@northwestbookkeeping.co.nz](mailto:admin@northwestbookkeeping.co.nz) for more information.



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# In Brief Updates

## Art by Lucia

Lucia has been creating art for over two decades, more recently focusing her talents on creating murals and artworks around Auckland. She has created a variety of murals for West Harbour School, Glen Eden Intermediate, Piha and Karekare schools. Her use of bright colours, Pasifika patterns and native plant and bird life are brightening up gardens in Kenderdine Park and will soon be displayed outside Ellerslie Medical Centre. You can also spot some of her art zooming by on an Auckland Transport train, helping to raise awareness around railway safety -HEADS UP, EARS OUT, TRAINS ABOUT! Lucia incorporates themes of culture, background, symbolism and nature into her designs to allow her art to tell a story and beautify the spaces in which it is placed. She can create art in a variety of styles, using various subject matters and a wide colour palette. From bringing story book characters to life with her mural for West Harbour School library, to capturing the beauty of the Pukeko and Tui for her nature panels, to creating unique digital commissions for private clients - it's all possible with her passion for capturing beauty and telling people's stories.

For more of Lucia's work, head over to her website: [www.artbylucia.co.nz](http://www.artbylucia.co.nz) or give her a call on 027 468 4607.



## Countdown support for Red Cross Pacific Tsunami Appeal

Countdown stores across Aotearoa are accepting donations on behalf of the Red Cross Pacific Tsunami Appeal to help provide essential supplies and assistance to the people of Tonga and affected surrounding islands.

Customers can also show their support by rounding up the total of their in-store purchases, with the difference going to New Zealand Red Cross to help provide safe drinking water, food, shelter,



and disaster relief for communities impacted by the eruption and tsunami. Countdown kicked off the appeal with a donation of \$20,000.

"Many of our team have friends and whānau in Tonga and we know how concerned they are for their welfare. Helping out with Red Cross Pacific Tsunami Appeal fundraising efforts is one way we can show our support for not only our team, but our island neighbours too.

"We absolutely appreciate that not everyone is in a position to donate, but if you can, even the smallest amount will help make a difference," says Kiri Hannifin, Director of Corporate Affairs, Safety and Sustainability.

People can also donate online to the Pacific Tsunami Appeal through the Red Cross website.

Countdown is a founding partner of the New Zealand Red Cross Disaster Response Alliance which was established in 2021 in response to increasing frequency and intensity of disasters in Aotearoa and around the globe. This enables Red Cross to provide welfare and practical support to help impacted communities and individuals when they need it most.

## Digital self-harm an emerging trend amongst teenagers

Although anyone might undertake this behaviour. It can be hard for parents to deal with which is why we've explained more about digital self-harm below and how you can support.



Self-harm manifests physically and psychologically, and young people are at more risk of these behaviours. Digital self-harm is the anonymous online posting or sharing of mean or negative online content about oneself (or self-bullying).

Digital self-harm is when a person uses digital technology to send, post or publish content with the intention to harm themselves. It can take many forms including:

- name calling online
- repeated unwanted online messages
- spreading rumours or lies
- fake accounts used to harass people

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# In Brief Updates

- excluding people from social activities
- embarrassing pictures, videos, websites, or fake profiles

Netsafe has found that six percent of teenagers have posted mean or negative content about themselves, with girls reporting wanting to show resilience, looking for friends' sympathy, and seeking reassurance of friendship and boys said it was mainly about making a joke.

If you're concerned about the immediate safety of you or someone else, please call 111. If you want help or expert incident advice, you can contact Netsafe. The service is free, non-judgemental and available in four ways: by email to [help@netsafe.org.nz](mailto:help@netsafe.org.nz), call toll-free on 0508 NETSAFE (0508 638 723), report online at [netsafe.org.nz/](http://netsafe.org.nz/) report or text "Netsafe" to 4282. For more details go to [netsafe.org.nz](http://netsafe.org.nz) and search for 'digital self-harm'

## Dine out and support local

You could win a luxury escape for two.

NorthWest Shopping Centre is giving away\* a getaway for two at local TwoOneSix Luxury Accommodation in Muriwai, valued at \$950. The package includes accommodation for two, breakfast daily for two, a gourmet dinner for two and a bonus late check-out.

To get yourself in the draw to win, simply spend \$15.00 or more in one transaction at any of NorthWest Shopping Centre's restaurants, cafes, or foodcourt. There's so many options to choose from. Then take your receipt to the NorthWest Customer Service Kiosk to get it validated and enter your details to go in the draw. You've got until 20 March 2022 to enter, when the competition closes. \*See [northwest.co.nz](http://northwest.co.nz) for further information and conditions.



## Waitakere GreyPower

Waitakere GreyPower is back in action after a rollercoaster year in 2021 with Covid lockdowns. Our office in the Te Atatu South Community Centre is open Monday to Friday 9.00am until 12.00pm. A reminder that subscriptions are due at 31 March 2022 and they are \$25 single and \$40 a couple. They can be paid by cash at the office or. We urge you to attend our first General Members



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Meeting on Wednesday 16th March 2022 at 1.30pm for 2.00pm. We have secured as Guest Speaker a most informative and entertaining speaker, Mr Chris Fouguere, Orthopaedic Surgeon. He has been re-invited by popular demand of our members. All members and friends are invited to attend the meeting which is being held in the Te Atatu South Community Centre, 247 Edmonton Rd, Te Atatu South. Any member requiring transport contact our Office at 09 838 5207. All members and friends are invited to stay for light refreshments at the conclusion of the meeting. Written by Mate Marinovich President Waitakere GreyPower Association 22 Carter Rd, Oratia 0604 Auckland.

## Putting on a hotelier's hat

International borders have opened. Many families have been separated for years. Are you hosting family soon? When setting up a guest bedroom here are some helpful items to leave in their room:



- Your Wi-Fi code, both the name of your network and your password – written down and more than one copy.
- Set of house keys with any security code written down.
- Spare plugs and adapters. If you are pretty sure you own what they will need, let your family know in advance so they don't have to pack their own plugs.
- A collection of snacks and liquids in case jet lag causes them to be hungry or thirsty in the middle of the night.
- Spare AT HOP card/s with a little money loaded.
- Notepad and pen.
- Local attraction brochures.
- Light reading/magazine or whatever might be of interest to your guests.



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- Hairdryer.
- Mirror - I am always amazed when bedrooms don't have a mirror.
- Reading lights on both sides. Did you know that reading lights contribute to upgrading a hotel room from three stars to four?
- Clear surfaces. As much as you like the knick-knacks normally residing in the guest bedroom, you are best to clear them away - other than maybe small dishes for rings and jewellery. 'Putting room' is always appreciated.

Helen Ellis, M.A. is a researcher, author, anthropologist, veteran of Distance Grandparenting and Founder of DistanceFamilies.com. She is the author of Being a Distance Grandparent - a Book for ALL Generations, the first of a three part generational book series highlighting the 'how it is' of Distance Families. Her book is available online and at selected bookstores. Also available at the Hobsonville Point Pharmacy.

## Hobsonville Point Secondary School 2022

Despite the emergence of the Omicron virus of Covid 19, the 2022 school year has got underway well. We spend the first 2 weeks building relationships, welcoming new people and getting to know each other and how the school operates. This means that by the time scheduled classes begin everyone is comfortable in the space and best place to get into their learning.



All new students and their whānau have had face-to-face meetings with the Learning Coach and all students have participated in Learning Hub and Learning Community activities, including 1 day at the beach, designed to build Hub, Community and School spirit.

Our 6 Kaiārahi (Head Students) were announced at the end of the year and they have now officially begun their role of leading the student faculty throughout this year. They are (left to right in attached picture) Ayolabi Martins, Nicholas Giles, Zion Stanton, Laura-Jane Gooderson, Jaimee Poihipi and Michaela Yee. They are all looking forward to leaving their legacy at our school.

We started the year learning with 5 Scholarship awards from our students last year. Laura-Jane Gooderson, as a Year 12 student, gained an Outstanding Scholarship in Design and Visual Communication (DVC) being placed 4th in New Zealand. Leigh Ong also achieved a Scholarship in DVC from Year 12. Year 13 students

Aston Gregory and Callum de Fanti gained Scholarships in DVC as did Dana Cully in Photography.

We also heard that last Year's Dux, Davina Wang, has gained entry into the prestigious Churchill College of Architecture at Canterbury University in the United Kingdom. As well, 2018 Graduate, Jen Berry, has just been announced as one of 51 world-wide Brooke Owens Fellowship recipients from over 1000 applicants. She is the only NZ recipient. She is currently studying Mechanical Engineering at Canterbury University in Christchurch. After an exhaustive application process she has learned that she will be matched with an executive level mentor at Space Capital in New York City over our winter to work with world-leading experts in the aerospace profession.

We are proud of these successes and congratulate them, their whānau, their teachers and their Learning Coaches.

The last 2 years have been challenging as a result of the Covid pandemic and the challenges and disruptions will be continuing. We are certain that our focus on the important Hobsonville Habits of being Adventurous, Creative, Compassionate, Curious, Contributive, Purposeful, Resourceful, Resilient, Reflective and Responsive best prepare our students, not only for the currently disrupted times, but also prepares them best to thrive in a rapidly changing world.

Best wishes to all of you from us here at Hobsonville Point Secondary School.

## Do you want your receipt?

Pocket wearers, wallet holders, and handbag carriers can rejoice with Countdown customers now able to opt out of getting paper receipts at the checkout and having them sent digitally through the myCountdown app instead.

Customers who opt out of getting paper receipts can now have their digital receipts show up automatically in their MyCountdown app account every time they shop and scan their Onecard in-store or online.

Countdown's Director of Corporate Affairs, Safety and Sustainability, Kiri Hannifin says the move isn't just about helping customers declutter their pockets, bags and wallets, it will also help reduce waste.

"In the last year alone, we used 505,200 rolls of receipt paper, totalling 36,879 kilometres of paper - enough to stretch to the UK and back! Like our customers, we're keen to help reduce waste wherever we can - moving from paper to digital receipts is another small way we can all contribute to this effort," says Kiri Hannifin.

"The customer feedback we're getting is that paper receipts also

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# In Brief Updates

tend to end up lost or 'filed away' in glove boxes and handbags. With the introduction of digital receipts, which are stored and downloadable for 14 months after each shop, customers can easily keep track of all their purchases, big or small, making it even easier to manage household budgets."

Customers need to have the myCountdown app and choose to 'opt out' of receiving paper receipts. Once they have done this they will no longer be prompted to have their receipts printed at self service checkouts or be offered them at the regular checkouts.

Customers who don't opt out will continue to receive their paper receipts at the checkout.

Digital receipts are the latest initiative in Countdown's ongoing commitment to reducing waste. Countdown has already phased out single-use plastic cutlery, plates, checkout bags and straws, removed PVC and polystyrene packaging from its own brand product packaging and shifted to more recycled and easily recyclable packaging alternatives.

For more information on Countdown's 2025 Sustainability Commitments, visit: <https://www.countdown.co.nz/community-environment/corporate-responsibility>

## House of Travel Hobsonville booking frenzy

Since the announcement on borders opening we have been inundated with clients new and old booking long overdue holidays to spend time with friends and family or finding new adventures to satisfy a two year old wanderlust.

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

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

We live, breathe and dream travel, so wherever's next on your must-



visit list, you can bet at least one of our consultants has either been there, or sent someone there. And with our combined experience and knowledge behind you, you'll always be sure you're getting the absolute most out of every holiday.

We're with you every step of the way.

We know your down time is precious and we think everyone deserves the best holiday possible. That's why we promise that whatever curveballs get thrown your way, we'll help get them sorted for you.

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

Your ideas + our knowledge = better holidays.

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

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

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## Seniornet West Auckland

Due to the uncertainties around Covid we are not having any set classes at present but are continuing to have our Help Days, on the second and fourth Tuesdays of the month starting at 10am. We

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# In Brief Updates

do charge \$5 for any help we give. No bookings are required. We can help with questions on Apple and Android phones tablets and Laptops. We can also help with downloading Covid passes and Internet banking.

Help Days are held in the Henderson RSA. in Railside Avenue, Henderson.

Should you wish to contact us our office phone is 09-8377600. Please leave a message. Our web site is [www.seniornet-west-auckland.org.nz](http://www.seniornet-west-auckland.org.nz).

Please ensure that you have your Covid pass with you and mask wearing is a must due to conditions for entering the RSA. and please scan the Tracer app on entering. We look forward to seeing you.

## Observation Green

The Upper Harbour Local Board has recently approved a project to develop a park at Observation Green on Scott Point, Hobsonville. The Board held a consultation with the neighbourhood community last July, at which local residents planted some trees on the southern edge of the Green. The design creates a park that functions as a central place for the community to come together and where children can play. It aims to be a useable space that local children can use after school un-supervised or that the community can use to come together and just relax in. It will create a natural aesthetic, retaining the feeling of open space that the area currently offers. The theme uses natural materials, with the creation of mounds and tree-planting to improve protection from strong



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winds. There will be a communal meeting area with picnic tables, a drinking fountain and a shade structure. The Board plans a fitness trail with benches allowing users to rest and enjoy the surroundings. A learn-to-ride track will be included. The centre of the Green will be dominated by a large play area.

## Wani Japan

NorthWest Shopping Centre is delighted to announce a brand-new store alert! Have you checked out Wani Japan Shop yet? Here you'll find a huge selection of Japanese food, products, and other specialised general shopping goods on offer at Wani. It's the only one of its kind in the area and you're in for a treat. Head



instore now to discover more. Find Wani Japan Shop outdoors at the Gunton Drive entrance, right next door to Chocka Bucket. NorthWest Shopping Centre, Gunton Drive, Westgate.

## Gently Loved Markets

After wonderful markets in January and February the Gently Loved Markets team are doing it all over again on Saturday 19th March at the Kumeu Community Centre.



With 30+ stalls selling preloved, vintage, retro and upcycled clothing, accessories and homewares. Gently Loved Markets love a sustainable lifestyle and what better way to do that than buying preloved. Grab a coffee, your favourite fabric bag and come on a preloved treasure hunt.

All stalls are within the hall, so the event will go ahead no matter the weather. With changing rooms at the venue so you can try before you buy. The event is cash only. Gently Loved Markets is monthly, keep an eye on their Facebook and Instagram for the event dates @gentlylovedmarketsnz

To inquire about a stall contact Donna Buchanan at [gentlylovedmarkets@gmail.com](mailto:gentlylovedmarkets@gmail.com). Gently Loved Markets, Saturday 19th March, Kumeu Community Centre, 35 Access Road, Kumeu, 10am - 2pm.

**Kumeu Huapai**

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# Safer Communities



Many Kiwi homes have a gas-powered BBQ outside. These are great for cooking during the summer, but can also pose a fire risk if not stored and maintained correctly.

Here are some tips for reducing the risk of fire when using BBQs and gas cylinders.

**The soap bubble test:**

A common cause of BBQ fires is gas leaking from where the BBQ hose fits into the cylinder valve.

Whenever you connect a gas cylinder to a BBQ, make sure it's hand tight. You can do

this by turning the gas cylinder on, and then pouring a little soapy solution (1/4 cup of water and a squirt of liquid suds) over the valve.

If any bubbles are created you may have a gas leak. Turn the valve off and replace the cylinder O-ring.

**BBQs**

- BBQs are potentially dangerous when used carelessly or when consuming excessive amounts of alcohol. Treat your BBQ the same way you would a stove: don't drink and fry, and avoid leaving cooking unattended.

- Ensure you regularly check and maintain any fittings and connections. Use the soap bubble test to make sure there are no leaks.

- Leave plenty of clear space around the BBQ. Make sure there is no nearby debris that could catch fire.

- Supervise children at all times when using the BBQ.

- Remove all excess fat from the BBQ after each use.

**Gas cylinders:**

- Use the soap bubble test to make sure gas cylinders are secure and not leaking.



- Make sure the cylinder is turned off when you've finished using it.

- Have all gas appliances serviced according to manufacturer instructions.

- Store and install cylinders in an upright position.

Want to make sure your home is fire safe? Use our fire safety checklist to find anything that might be putting you at risk.



**Tom Kearney**

Senior Fire Fighter

Waitakere Fire Brigade

Phone 09 810 9251

## Feeling taxed by investment challenges?

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Professional property management advice is more important now than ever. At **Quinovic West Auckland**, we have an expert understanding of property legislation backed by a team of property management experts. As a nationwide property management company, our singular focus on a complete property management service is integral to our high quality of service and excellent investor returns.

If you're feeling concerned about new legislation, including the extension of the Bright-Line Test and changes to interest deductibility, ask Quinovic.

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# Property

## Property market report

Buyers waiting for a sign that the property market was turning a corner have received it.

The Real Estate Institute's latest figures show that the number of properties changing hands in January this year was almost 29% fewer than the same time last year.

Across New Zealand, 3665 homes were sold last month, compared to 5135 last year.

Month-on-month, the drop in sales was 48.2 per cent.

There have been predictions for some time that the housing market would slow, as tighter loan-to-value restrictions combined with new lending rules make it harder for buyers to access finance.

In Auckland, the number of properties sold dropped by almost a third compared to a year earlier, from 1951 sold in January 2021 to 1323 last month.

Across the country we have seen a decrease in the number of first-home buyers and investors in the market.

The access to finance, exacerbated by changes introduced in December to the Credit Contracts and Consumer Finance Act (CCCFA) - currently under review, is having a major impact. This is a sentiment echoed in a survey conducted at the end of January by economist Tony Alexander in collaboration with REINZ, which noted that the predominant concern for buyers is no longer availability of stock but rather financing.

Centrix data, showed the approval rate for home loans dropped to 30 per cent in December.

The longer-term impact will be seen in the numbers of buyers in the market in coming months.

Looking forward, we would expect sales volumes to increase as we head into February and March. However, this does depend on the number of listings and the banks position on lending in this new climate.

The drop in sales did not translate into a significant house price fall. Prices were 20.5 per cent higher, year-on-year, at a national median \$880,000 in January. Prices slipped 2.2 per cent from December.

Auckland's median residential property price increased 20.6 per cent annually, from \$995,000 in January last year to \$1.2 million but was down 6.3 per cent from December.

Three regions recorded record median prices: Northland set a record median for the third month in a row, up 29.6 per cent year-on-year to a median \$810,000, Bay of Plenty was up 22.8 per cent to \$942,000 and Taranaki increased 21.2 per cent to \$630,000.

Historically low interest rates and a supply deficit saw heightened demand and kept house prices rising through 2021. However, with the Reserve Bank increasing interest rates, inflation pressures, tighter lending conditions, and Government regulation, market

dynamics are crazy.

Let's look at the sales from last month:

Hobsonville	\$540,000 to \$2,880,000
Massey	\$800,000 to \$1,535,000
Swanson	\$893,000 to \$1,582,000
West Harbour	\$805,000 to \$1,800,000
Westgate	\$905,000 to \$1,501,000
Whenuapai	\$892,000

Give me a call today on 0800 900 700 for more information. After 16 years of making people my priority in real estate, you will benefit from unparalleled experience, care and commitment. It costs no more to use a more experienced customer focused agent that puts you, front and centre. Graham McIntyre phone 027 632 0421 email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) - Mike Pero Real Estate Ltd Licensed REAA (2008).

## Flat plans – what should I look at when buying a property?

By ClearStone Legal (Elyse Crowther, Legal Executive)

Cross-leases are a common form of title in New Zealand, they involve an underlying fee simple title and each owner has a lease for their home or "flat" and often an exclusive use area. The flat, any common areas and exclusive use areas are shown on the Flat Plan which is attached to the title.

When you own a cross lease property you are not able to make any changes without the other cross lease owner(s) consent, for example adding a deck, and if the works are more significant e.g building a roofed deck or adding a garage attached to the dwelling then the flat plan also needs to be updated to reflect this. When this is not done the title becomes defective.

When you are looking at a cross lease property to purchase it is important to compare the flat plan to the actual dwelling and look for any inconsistencies, viewing a satellite image of the property can also help. A defective title must be disclosed to your lender, failure to do so can result in the lender being unwilling to advance the funds required to complete the purchase so making sure you have these discussions early on is important.

Correcting a flat plan can be a time consuming and costly process, you need to engage a surveyor who will draw up the new plan and then this needs to be lodged with Land Information New Zealand by your solicitors so that it can be registered against the title.

If you're considering buying a property and need some guidance, or if you have a cross-lease property which is defective and need some help, give us, ClearStone Legal incorporating Kumeu-Huapai

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# Property

Law Centre, a call on 09 973 5102. We would be happy to assist you.

## Dividing property in a separation

New Zealand's relationship property laws can be confusing, so it's important to know where you stand and how to protect yourself in a new relationship. For example, relationship property can include things in your personal name: it is almost anything of value that you acquired during your relationship including your earnings, savings, investments, and your business. After 3 years of living together you are likely considered to be in a de facto relationship, so the same laws that apply to married couples will also apply to your relationship if it ends. In order to protect your business, house, savings and other assets, you can choose to opt out of the Property (Relationships) Act with the help of a family lawyer before you and your partner have been together for 3 years.

It can be very tricky valuing a business during a separation. We are experts in business valuations and can navigate these difficult times to value your business and give you peace of mind.

For all your accounting needs contact the friendly UHY Haines Norton Kumeu team at 329a Main Road, Kumeu on 09 412 9853 or email [kumeu@uhyhn.co.nz](mailto:kumeu@uhyhn.co.nz).

## Home loans: When the bank says 'No'

As interest rates increase and regulations tighten, more loan applications are being declined.

Borrowing for a home can be both scary and exciting. By the time you've put in an application you've likely already been dreaming about moving into that new home (or just that new kitchen) - so getting a no can be heart-breaking.

When you get a 'No', take a moment, have a vent, then look to see what it really means before considering what to do next. It could mean:

- No - we think a loan could put you in hardship.
- No - we don't understand your situation.
- No - you don't fit our policies.
- No - well not yet, make a few changes and come back to us.

If it's the first (and if they are right) getting into debt you can't manage is no fun for anybody. If it's any other kind of no, now's the time to explore if your application was structured in the best way,

if other lenders are more suitable for you, or how to plan to get yourself into a position where you can apply again.

If you've got a 'No' from a bank (or want to avoid one) and you'd like help understanding what it means and how to move to a 'Yes': let's talk.

I'm available free of charge, and if you want to meet in person coffee is always on me.

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

## Where there's a will there may be a claim

When you make a will you have a moral (and some might say a legal) duty to provide for the proper maintenance and support of certain close family members. This could include your spouse, partner, children, grandchildren and in some circumstances stepchildren or your parents. If proper provision is not made for these family members they could make a claim to the Courts under the Family Protection Act 1955 asking for provision to be made for them out of your estate. There are various things that the Court will consider if a claim is made such as your reasons for not making sufficient provision, any conduct which would disentitled the family member to receive under your will, the size of your estate, your moral duty to provide for others and the age, state of health and financial position of the person claiming from your estate. These claims can and often do create disharmony within the family structure. There are things that you can do to prevent such claims being made and recommend that you consult your lawyer before making a will. For more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at [info@kempsolicitors.co.nz](mailto:info@kempsolicitors.co.nz) or 09 412 6000.

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HOBSONVILLE	875,000	0M2	194M2	1,340,000		600,000	877M2	90M2	1,025,000
	700,000	106M2	84M2	960,000		810,000	320M2	137M2	977,000
	1,100,000	301M2	202M2	1,451,000		620,000	832M2	100M2	977,000
	960,000	137M2	160M2	1,200,000		680,000	685M2	131M2	800,000
	730,000	79M2	108M2	1,150,000		950,000	468M2	192M2	990,000
	760,000	129M2	84M2	1,070,000		620,000	813M2	90M2	1,020,000
	1,625,000	646M2	243M2	2,880,000		660,000	379M2	120M2	952,000
	640,000	0M2	63M2	759,000		630,000	672M2	100M2	1,300,000
	1,300,000	450M2	227M2	1,890,000		780,000	860M2	1202M2	1,150,000
	895,000	185M2	185M2	1,350,000		690,000	947M2	95M2	1,138,000
	205,000	0M2	41M2	540,000		810,000	1149M2	120M2	1,150,000
	1,125,000	225M2	191M2	1,520,000		680,000	688M2	130M2	1,166,000
	705,000	117M2	82M2	925,000		590,000	0M2	100M2	955,000
	1,200,000	300M2	230M2	1,871,000		780,000	859M2	120M2	1,220,000
	1,350,000	809M2	344M2	2,000,000		740,000	701M2	120M2	1,210,000
	610,000	0M2	67M2	802,000		680,000	0M2	90M2	931,000
	775,000	212M2	102M2	1,200,000		630,000	607M2	108M2	1,200,000
MASSEY	910,000	450M2	166M2	1,390,000	WEST HARBOUR	940,000	978M2	160M2	1,238,000
	640,000	819M2	150M2	915,000		1,110,000	621M2	170M2	1,520,000
	980,000	1663M2	193M2	1,400,000		1,630,000	853M2	300M2	1,800,000
	915,000	651M2	185M2	1,333,000		880,000	403M2	130M2	805,000
	895,000	453M2	160M2	1,188,000		770,000	678M2	93M2	1,350,000
	850,000	636M2	130M2	980,000		650,000	1328M2	80M2	916,500
	640,000	688M2	125M2	1,020,000		1,250,000	765M2	199 M2	1,910,000
	730,000	809M2	140M2	1,130,000	WESTGATE	870,000	500M2	175M2	1,501,000
	595,000	1098M2	100M2	958,000		920,000	451M2	133M2	1,422,000
	780,000	661M2	130M2	1,060,000		660,000	125M2	81M2	905,000
	640,000	350M2	120M2	1,150,000	WHENUAPAI	670,000	95M2	94M2	892,000
	1,125,000	451M2	257M2	1,535,000					

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

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



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3 1

By Negotiation

### 2 Forest Hill Road, Henderson

Whatever your persuasion, if you are looking for an opportunity to add value to a do-upper and have ideas to better use a 617sqm (more or less) section opposite Corban Park Development this is the one. The home is tired but true to its era. The land has been left to breath and ramble. And once all is said and done, it does extend an unparalleled opportunity for a buyer looking to secure potential, promise and purpose. The three bedroom, single bathroom home may be refurbished for rental or you may seek other land use via Ak Council. Make the most of 2022 and secure this prospect. Close to Henderson Valley's commercial hub, transport links, schools and parks.



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## AS NEW - DESIGNER TOWNHOUSE IN HOBSONVILLE POINT

3 1 2

By Negotiation

### 5 Eyton Kay Road, Hobsonville

By Negotiation

A spectacular 2018, modern, townhouse with simple white and grey tones providing the best of lock-up-and leave and easy care, with schools, restaurants and transport around the corner. With an eye for clean lines and simple colour palette, this 168sqm three bedroom attached townhouse offers the very best of modern living with the extras that come with a home that has been invested in, meticulously cared for and made for living. Over three levels the home offers garaging and laundry leading to outside courtyard downstairs, with open plan living/dining on the first level and bedrooms upstairs. Heat pumps and upgrades make this townhouse stand out from the crowd and certainly worth investigating.



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## VIEWS, NORTH FACING, HOME WITH INCOME OPTIONS

5 10 3

By Negotiation

### 14 Peters Lane, Taupaki By Negotiation

Big home, with a little home, double garaging on both buildings and four-bay shed with high stud. So much on offer here that will make you excited about the prospect of a very large five bedroom, two living area, three bathroom home. Also delivering an office and extra-large rumpus/ games room with extensive alfresco to patio and decking facing North to get the most sunshine and ambient light. An elegant horseshoe drive with oversized double garage ensures you'll never need to reverse your car again. Extensive easy care garden and shrubbery delivers the perfect backdrop for privacy, and peacefulness. A separate two bedroom home with open plan kitchen/dining and living with double garaging also North facing with generous decking is located to the West.

[www.mikepero.com/RX3042415](http://www.mikepero.com/RX3042415)



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## MIXED HOUSING SUBURBAN WITH VIEWS

4 2 1

By Negotiation

### 24 Widmore Drive, Massey By Negotiation

Nestled on a north east aspect offering uncompromised views down the inner harbour and easy access to services, with a very tidy two level brick and block home that would suit a buyer looking to release its full potential. Treasured within the family for over 30 years this is a home that has a generous 290sqm (approx) footprint on a 700sqm section (more or less). The home is open and light with a north east aspect and generous kitchen, dining and lounge looking through to the inner harbour while three bedrooms and bathroom are all off the central hallway. Downstairs offers easy access double garage, rumpus, games room and office with laundry and guest w/c. Significant fruit and character trees, shrubs, flowering annuals and perennials make this property pop with colour and vibrancy.

[www.mikepero.com/RX3115217](http://www.mikepero.com/RX3115217)



**Graham McIntyre**  
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AS NEW - WITH DEVELOPMENT OPTIONS - MIXED URBAN

4 1 1

By Negotiation

## 29 Hewlett Road, Massey

By Negotiation

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

[www.mikepero.com/RX3074419](http://www.mikepero.com/RX3074419)



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ABSOLUTE WATERFRONT - ELEVATED TO WATCH THE SUNRISE

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By Negotiation

## 51 Ferry Parade, Herald Island

By Negotiation

809 square meter section on the elevated eastern coastline of favoured and highly sought-after Herald Island. A historic settlement that enjoys a strong and caring community, Herald Island is a family paradise integrating water-sports and beach-side community living. On offer, this cute as button, practical two bedroom batch with open plan alfresco living that integrates into its coastal environment framed by Pohutukawa trees on the waters edge. This elevated property, provides the perfect option to buy, live-in and design and build the forever-home. Close to Schools, Parks, Community Wharf, Beach, boat-ramp and convenience shopping. Simply, one of the best communities in Auckland, Herald Island is quite enough for relaxed peaceful living, yet minutes to the motorways.

[www.mikepero.com/RX3182289](http://www.mikepero.com/RX3182289)



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## LARGE SECTION - DIY HOME - MOVE IN TODAY

3 1

By Negotiation

### 54 McEntee Road, Waitakere By Negotiation

Beautifully original, character Bungalow, raw and true to its 1950's pedigree offering a step back in time, but also, the very best opportunity to create the most amazing home incorporating a blending of old and new imaginable. If you are seeking the romance of native wooden floors, old wood trims and skirting's and the opportunity to put your mark on it, this is your gold-mine. A 1950's classic bungalow offering three bedrooms and open plan dining and lounge leading onto north facing decking. A petite kitchen and separate w/c will give you a lot to talk about, while the expansive 809 square meter section seems to roam forever. Peppered with fruit trees and shrubs, the property is cleverly developed to give you a large secure play area for kids and pets.



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## LARGE LAND LOT 1156SQM SITE - MIXED

3 1

By Negotiation

### 56 Makora Road, Massey By Negotiation

A significant offering with a generous ¼ acre site and a range of improvements on site delivering a generous income should you seek to purchase, rent, and submit plans for council approval. The main home is a lockwood and has been refreshed through the years, while the ideal two bedroom home was invested in around three years ago. A historical rent summary is available to the purchaser and the tenants would like to stay in place. Ideal location close to Motorway access, Royal Road Primary School, convenience shopping and transport links. Plan your future and book a viewing today.



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## READY FOR SUMMER BBQ'S - WEST HARBOUR

3 1 1

By Negotiation

### 100 Moire Road, West Harbour By Negotiation

A sizzling hot option for you to have a great BBQ area, and a relaxed option to buy and move right in, no fuss, no bother. If you've been searching for a smart and simple three bedroom home in West Harbour this property may top your list. A genuine standalone home on 354 square meters of land (approx) with established gardens and secure fencing. The landscaping is contrasting and modern which integrates with the home through north facing decking and generous slider. An open plan lounge, dining and kitchen with central hall to three good sized bedrooms and bathroom. Downstairs has storage, double garage and laundry. Built to last with Palisade weatherboard system and decromastic tile roofing.



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## WATERFRONT, 3 HOUSES ON 2908SQM (APPROX)

4 2 1

By Negotiation

### 131 Colwill Road, Massey By Negotiation

On offer is three house on one site spanning over 1/2 an acre and an idyllic waterfront and bush accented paradise. If you wanted to bring the entire extended family this is the offering that will house you all. 131A is an attached three bedroom one bathroom home with double garage over two levels offering high stud and sunny aspect. 131B is an attached three bedroom one bathroom home with single garage over two levels, also delivering a great aspect. 131 is a character four bedroom home with two bathrooms and two lounges and balconies that ensure the alfresco living is never compromised. A very unique offering for the big family that wants a collective haven but individual sanctuaries. A short walk to the water, convenience shopping primary school, parks and transport links.



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

**By Negotiation**

**131 Colwill Road, Massey**  
**By Negotiation**

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



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**PICTURE PERFECT - THE NEW OLD WORLD CHARM** 3 2 1

**By Negotiation**

**300A Inland Road, Helensville**  
**By Negotiation**

A short drive from Helensville within a quiet lifestyle glade is this beautifully restored and revitalised 1920's bungalow, true to its tradition and history, the home blends seamlessly into its flowing meadows environment offering an astute buyer the opportunity to buy a slice of paradise. Offering a simple three room home, with elegant open plan, entertainers kitchen, dining and lounge opening out to north facing decking. Exquisitely presented bedrooms and bathroom that will take you back in time and deliver a romance not found in many new builds. Excellent plantings for privacy without interrupting the view over the land and good entrance and boundary fencing. The addition of large shedding on the property ensures you'll always have somewhere to put your treasures.



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# Central's Tips

## March 2022



Time to sow a green cover crop in garden beds that you're not using over winter; sow or plant seedlings of brassicas – cauliflower, cabbage, broccoli and put in some silverbeet. Put straw under pumpkins and melons. Trim hedges and get on top of weeds and pests.

### Grow some radishes!

Now's a great time to sow a crop of radishes, they are fast growing and taste great in winter salads. Constant watering is important for quick growth



### The fruit and vegetable garden

- In vegetable areas that you're not likely to use this winter, **sow a green cover crop** such as lupins or mustard seed or a three-way blend of peas, oats and mustard. Once mature it can be cut and left on the soil to break down adding nitrogen and other nutrients to the soil
- **Plant out cabbage, Chinese cabbage, broccoli, tatsoi, pak choi, mizuna, spinach, silverbeet and spring onion** seedlings
- **Edible flowers** for the vegetable patch that can be sown now: calendulas, violas and Iceland poppies
- **Place straw beneath pumpkins and melons** as they ripen. This avoids contact with increasingly damp soil that can rot the skins
- **Sow parsley and coriander now**, curly parsley makes great bright green edging for winter vegetable gardens
- **Save heritage tomato seeds** by pushing the flesh through a sieve, then drying the seed and storing in dry paper bag
- **Forward thinking:** get rid of weeds before they go to seed - this limits the ability for their seeds to invade the vegetable garden and come back to haunt you next year

### The ornamental garden

- **Plant out autumn-toned shrubs and flowers** to complement the autumn colour ahead: tawny-coloured NZ grasses, orange flowered daylilies and bright foliage shrubs such as heucheras and NZ coprosmas
- **New season's spring flowering bulbs are available now**, so choose from a brilliant range of tulips, daffodils, and hyacinths - potted bulbs can be brought indoors as they flower
- **Grow a great lawn** with seed from the Prolawn range and help it grow with Prolawn Turfmaster Starter fertiliser – lightly water the seed each day to aid germination
- **Trim hedges now** for a crisp shape in the winter months. Where the plant roots have become exposed to the sun, add some Living Earth Garden Mix
- **Kowhai caterpillar** – is the foliage disappearing on your prized kowhai trees? Spray with organic Bugtrol to stop the damage. Notching in young cabbage trees can be stopped this way – spray into the centre of the leaves

## Project for March

### Housebound? Make space for you in your garden.

Create a pebbled area that offers a restful space and a safe oasis. Our range of beautiful pebbles and stones gives you plenty of options to suit your garden. Add some chairs and edge with your favourite plants, then relax and enjoy!

For all the products you'll need for your pebble project visit [www.centrallandscapes.co.nz](http://www.centrallandscapes.co.nz)







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# Hot Property



## Ready for summer BBQs – West Harbour

A sizzling hot option for you to have a great BBQ area, and a relaxed option to buy and move right in, no fuss, no bother.

If you've been searching for a smart and simple three bedroom home in West Harbour this property may top your list. A genuine standalone home on 354 square meters of land (approx) with established gardens and secure fencing. The landscaping is

contrasting and modern which integrates with the home through north facing decking and generous slider. An open plan lounge, dining and kitchen with central hall to three good sized bedrooms and bathroom. Downstairs has storage, double garage and laundry. Built to last with Palisade weatherboard system and decromatic tile roofing. In all respects a home that will endure the test of time and deliver many summer nights with a cool beverage and a tasty bbq platter.

Close to West Harbour Primary School, Parks and Bus stop across the road, while North West Mall and Westgate shopping is a very short drive. Make 2022 your best year ever, give me a call and let's get



# Hot Property

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you through one of the best value homes in West Harbour today. For more information on this property or a discussion on your next property change, call Graham McIntyre on 027 632 0421 or 0800 900 700 or [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com). Mike Pero Real Estate Ltd Licensed REAA (2008).



# Home & Garden

## Tile Wright

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## Moth plant

Pretty white and pink star-shaped flowers on a twisty vine with slim heart-shaped leaves – this sounds like a lovely garden plant. But if it's moth plant (*Araujia hortorum*) it is far from lovely and should be number one on your list of weeds to get rid of this summer, whether in your own garden or when out and about. It is flowering and forming pods at the moment, so is easy to spot. The pods are often mistaken for the edible choko, but they are really full of ammunition to help this enemy plant wage war on our native bush.



Each of the large pods contains between 250-1000 seeds, which are dispersed by wind and can travel for kilometres, even to our offshore islands. Once landed, the seeds can survive in the ground for seven years. Moth plant is native to South America and has become a noxious weed in many countries, not just our own. Here, it attacks our native plants by climbing quickly up taller plants and trees, then spreading out, weighing the treetop down and smothering it. Moth plant also dangerous to insects which get stuck on the sticky flowers, and people too – the white sap is a skin irritant and can stain clothing.

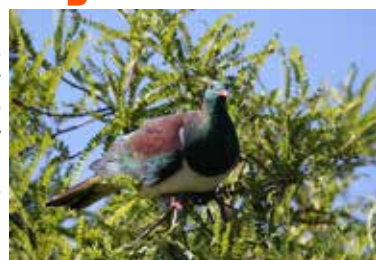
This plant likes poor soil and something to grow up, so is often spotted along fence lines and near building sites. It can hide under other plants and even grow from under your deck, so check carefully.

If you find a moth plant, and it is small enough to pull out completely by the roots, that is a simple solution. Wear gloves! Larger plants need cutting close to the base and pasting with a herbicide gel such as Cut'n'Paste MetGel. Pods should be placed in a plastic bag and put in your rubbish bin, not composted. Fresh stems can re-grow if left on the ground so hang them over a tree or fence to dry out.

For more information look at [weedbusters.org.nz/weed-information/weed-list](http://weedbusters.org.nz/weed-information/weed-list). To get involved in the effort to eradicate this nasty pest plant, check out the S.T.A.M.P Society Totally Against Moth Plant: [facebook.com/groups/234572443294360](https://facebook.com/groups/234572443294360), or find a conservation group near you.

## Autumn gardening

As autumn is about to be upon us, and Easter hard on its heels in mid-April, Awa Nursery is in full steam ahead mode stocking up on plants ready for your gardens. It is 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.



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# Home & Garden

Consider planting kowhai, titoki, karaka, corokia, cabbage trees, coprosma, rewarewa, puriri, lacebark, Muehlenbeckia, 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 gorgeous, lush ferns. 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.

## City Botanics - small spaces, big gardens

The local landscaping business paving the way in garden design for high-density living.

Martin Steel-Brown sowed the seeds of City Botanics after his own challenges as a city dweller with a tiny garden. Now he's helping others create thoughtful green spaces in tight places. "For us, space isn't the problem... it's creativity.

Sure, you may have to prioritise your wish list in small spaces and make some sacrifices, but limited space is a challenge we love!"

Another thing about City Botanics is that Martin and his entire team are devoted to providing customers with a great experience from the beginning. "We set expectations from the start, we show up when we say we will, and we communicate at every single step. All while taking our clients on a visual design journey," he said.

While Martin truly enjoys working with plants, he feels satisfied when his clients are delighted by his urban gardening. "When a job is complete, and we receive feedback such as - "This is better than I expected", "It brings me so much joy to my day" or "I just love spending time pottering in the garden now" - then I know I've done my job".



City Botanics specialise in small urban gardens, terraced housing, balconies, and decks. If you are thinking about transforming your small outdoor space, contact Martin and his team for a free consultation. Martin, 027 215 7884 [www.citybotanics.com](http://www.citybotanics.com).

## Banana passionfruit

After a warm and sunny summer, you will have noticed a range of thriving vines along roadsides and in your native bush. A popular vine that you will see around the area is banana passionfruit. This is a vine that is a double-edged sword as it is often an eating favourite. Small yellow banana-shaped fruit ripen



across early and late summer and are eaten by people as well as birds and animals. Unfortunately, this passionfruit is one of a very weedy type that grows excessively and can smother native forest. It is a heavy cropper and will produce thousands of seeds each year. It is most important that you take any plants out as soon as possible before they get too big, and remove any passionfruit before they mature. Because it is so weedy it is best controlled using agrichemical applied to its base so using a contractor can help do that without damaging native trees it is growing over. Call NZ Biosecurity if you want a hand controlling any vines in your area on 09 447 1998.

## Summer is here

It's summer and we face the "lawn tragecs" dilemma - loving the sunny days but really wanting it to rain too. It got pretty dry over January, but then we've had some good soakings since and growth has really cranked up again.

The grass is growing well, keep up the frequent mowing on a high setting (maybe even weekly), taking the top off the grass and



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# Home & Garden

helping enhance a tight, dense habit – and it'll look fantastic. Those same conditions that help grass grow also are great for weeds .... so, you will need to stay on top of them.

A lot of people ask – why does the paspalum take off at this time of year? It seems to accelerate its growth rate and then send out those long seed stalks. It's just that it copes better when conditions get hotter and drier, while other grasses suffer and slow their growth it continues to grow well. This is because it is a C4 plant and has a different system for metabolising carbon and this makes it more efficient in its water use. Other examples of C4 plants are sugar cane and maize.

Use a specialised broadleaf hormone spray to knock back those dandelions, paspalum etc and prevent them going to seed and creating a problem for next year. Then kick back and enjoy your summer lawn, fingers crossed it only rains at night – and does a lot of it.

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

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**Fact 2:** There will be no budget blowouts: The benefits of selecting a pre-designed plan from our Smart Collection means we can offer you fixed pricing upfront without any cost blowouts along the way.

**Fact 3:** Your home will be built using high-quality materials: Built using only quality materials from leading NZ suppliers, they're also designed with simplicity and cost-efficiency in mind.

**Fact 4:** Your home will reflect your personality: There is no such thing as a cookie-cutter Signature Home. You will be able to personalise your home by deciding on everything from flooring to tiles, fixtures, fittings, and kitchen and bathroom colours. Even better is the fact that every Signature Homes customer receives one-on-one time with an interior designer to fine-tune your ideas and make your home uniquely yours.

**Fact 5:** Your home will be healthy: The quality of new homes with modern building and material technologies ensure you can count on a warm, dry home for many years to come.

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## 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 - 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 event is:

Massey Community Garden Ramble - Saturday 19 March, 10am-2pm, 385 Don Buck Road, Massey, Free.

A wonderful opportunity to get your friends and family together and meander your way around this active community garden. Come meet the people behind the greenery with garden tours, plant sale and refreshments provided by Massey Matters. Brought to you by Triangle Park Community Teaching Garden. My Vaccine Pass will be required for entry.

To find the latest update about this event, visit [www.facebook.com/triangleparkgarden](https://www.facebook.com/triangleparkgarden).

## Protect your home against surges

Something most people don't think about in their homes is surge protection. During the recent Cyclone Dovi there were a lot of houses in the area without power and we had customers who unfortunately experienced surges and now have issues with some of their devices. A power surge is an increase in the amount of voltage flowing through electrical devices that exceeds the standard voltage level of 240 volts. Surges can be caused by many things such as high-powered devices, bad wiring, or a problem with your incoming supply.



While a surge of power may not break your electronics immediately, it can put extra strain on various components, wearing them down over time. Power surges can heat up wires and components in your electronics, similar to a light bulb filament, and cause them to burn out.

A power surge means that there is an increased level of voltage in the lines beyond the usual designated level of electricity. This excess voltage causes an arc of electrical current which creates heat and surge protection is designed to reduce the effects of these power surges, protecting your electronics.

A surge protector guards against the damage that sudden power surges can cause. It works by pulling the current from one outlet and passing it through to the devices you have plugged into the surge protector.

Surge protection is installed directly at your home's switchboard

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We are a local family owned and operated business.

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Our services include; Vacuum loading/ suction, septic tank emptying and servicing, cesspit cleaning, pump chambers, grease trap cleaning, hydro excavation, pile holes, drain unblocking & root cutting, CCTV locating and fault finding and drain repairs and maintenance. Phone: 0800 4 NINJA (64652), email: admin@drainninjas.co.nz or visit www.drainninjas.co.nz.

## West Haven Tide Chart

Date	High	Low	High	Low	High
Tue 01 Mar	-	00:29	06:59	12:59	19:21
Wed 02 Mar	-	01:27	07:54	13:55	20:18
Thu 03 Mar	-	02:20	08:46	14:47	21:10
Fri 04 Mar	-	03:08	09:34	15:36	21:58
Sat 05 Mar	-	03:54	10:21	16:22	22:43
Sun 06 Mar	-	04:38	11:05	17:05	23:25
Mon 07 Mar	-	05:21	11:49	17:47	-
Tue 08 Mar	00:07	06:03	12:31	18:28	-
Wed 09 Mar	00:48	06:48	13:13	19:10	-
Thu 10 Mar	01:32	07:35	13:57	19:55	-
Fri 11 Mar	02:20	08:27	14:44	20:45	-
Sat 12 Mar	03:15	09:25	15:36	21:42	-
Sun 13 Mar	04:15	10:24	16:34	22:44	-
Mon 14 Mar	05:15	11:20	17:34	23:42	-
Tue 15 Mar	06:09	12:12	18:31	-	-
Wed 16 Mar	-	00:34	06:57	13:00	19:22
Thu 17 Mar	-	01:20	07:42	13:45	20:08

Fri 18 Mar	-	02:03	08:24	14:28	20:52
Sat 19 Mar	-	02:45	09:07	15:11	21:35
Sun 20 Mar	-	03:27	09:50	15:54	22:18
Mon 21 Mar	-	04:10	10:34	16:38	23:01
Tue 22 Mar	-	04:55	11:19	17:23	23:47
Wed 23 Mar	-	05:43	12:06	18:09	-
Thu 24 Mar	00:36	06:34	12:56	18:59	-
Fri 25 Mar	01:29	07:30	13:50	19:54	-
Sat 26 Mar	02:28	08:32	14:48	20:56	-
Sun 27 Mar	03:33	09:37	15:53	22:04	-
Mon 28 Mar	04:40	10:43	17:00	23:12	-
Tue 29 Mar	05:42	11:45	18:06	-	-
Wed 30 Mar	-	00:15	06:40	12:42	19:06
Thu 31 Mar	-	01:10	07:33	13:35	20:00

Source: MetOcean Solutions.

Daylight Saving: Please note that tide times have been corrected for daylight saving time.

## Waimauku Garden Club

Garden Club started the year with a visit to East Auckland where we were warmly welcomed to the Garden Of Memories. This is a lovely home garden created by Val who found solace in gardening after family tragedy. She has created a wonderful space full of roses, petunias, flowering shrubs, trees and climbers together with potted plants and garden furniture. It is a garden with much special meaning which can be seen by the love and care with which Val tends to it. After a lovely lunch provided with by Val, we went round the corner to Howick Historical Village to remind ourselves of some Auckland history and how some early pioneers lived and fared. Well worth a visit.

Our next outing is Thursday 17 March, if you would like to join us, please don't hesitate and contact us as below.

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

## \$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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# Pets

## Cat lovers - we need your help

The NZ Cat Foundation has a sanctuary based in Huapai which houses over 150 cats. We offer safe sanctuary for older, disadvantaged and unhomeable rescue cats where they can live out their lives in safety and comfort. We need regular volunteers to help with routine chores so our cats can



enjoy happy, healthy, safe lives. We are looking for volunteers who are mature, have a sense of responsibility, are good team players and dedicated animal lovers. Helping at the sanctuary is a popular way to fulfil community service hours for Duke of Edinburgh, St John's, Scouts, Guides, church, university, animal sciences studies, etc. We are happy to sign off on your hours and provide any needed verification of your service. We rely heavily on volunteers on a daily basis and desperately need more.

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

## Is your dog a member of your family?

Then why would you ever dream of leaving them out of your family photos! I am a specialist in pet and family photography, and am especially passionate about capturing the bond between pets and their people through photos. Booking in for a family photoshoot is often near the bottom of one's to do list, but with everything that has been going on in New Zealand and the world lately, I believe now is the perfect time to take a moment to celebrate those closest to us, and capture some everlasting memories. Everyone should have a family portrait hanging proudly in their home (or at least a really cute photo of your pet!).



I offer pet and family photography sessions at various stunning locations around Auckland, with some of my favourite spots being Muriwai Beach and Riverhead Forest. If this sounds like something you would like to learn more about, feel free to head over to my website for all the information about sessions and pricing, as well as a gallery of some of my previous work. I can't wait to hear from you! Visit my website: [www.dogandco.nz](http://www.dogandco.nz).

## "Experience it all" - Boomer's final advice

His closing words were 'Experience it all'. This was accompanied by a feeling of my peripheral vision widening out to nearly 360 degrees and a flash of knowing that he was referring to all the pain and pleasure of living. Feel the doubt of not knowing what to do next, the sadness of saying goodbye, the joy of happy memories, the trust from your intuition to guiding you, the bond between the family to share the life and passing of Boomer, the tenderness in comforting each other and the vulnerability of allowing your heart to love deeply... Experience it all.



I've never spoken to an animal that is complaining, critical or self-conscious. Horses don't wish to be another colour, dogs aren't jealous of each other's tails and cats aren't embarrassed if they can't jump as high as they used to.

We are all incredible beings that flourish with acceptance, love and connection. Just ask Boomer. He's facing the end of his time in his gorgeous Jack Russell body, complete with luxurious eye brows, with acceptance. He's not lamenting that an inoperable growth in his pelvis is causing him great pain.

Angela contacted me with questions that people who invite animals into their hearts often have to ask. Are you ready to pass? When you do pass, what would you like to have happen with your body? Boomer came into the communication calm and earnest which Angela confirmed is how he is with his family. He shared in the form of mind movies (short snippets of video beamed into my mind's eye) and body sensation to communicate emotions.

His love for his family was palpable - I could feel a warmth and expansiveness in my heart. It's hard to wrap words around what love and belonging feel like but his message was clear. He shared a few words including 'I never wanted to make you sad'. His consideration for his family was further expressed by him sharing how each would

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# Pets

cope with his passing.

He also had some last requests. Their human and dog family had spent many hours at the beach together and he wanted to smell it one more time. He showed himself with his nose tilted up reading the life carried to him in sea air. It was one of his favourite places because 'everyone is happy here'. His other favourite place is on the front seat of the 4-wheel drive - this meant family adventures to him. He was so grateful to have experienced such deep family love.

When I asked if he was ready to pass, he shared he wasn't afraid to go into the void - showing himself serenely floating in an expansive, dark sparkly space. He wanted Angela to hold him, stroke his face and tell him what a good boy he was when the vet came, and he gave a location for his body and the flowers he wished to have planted on his spot - not a surprise they were Angela's favourite colour of flower.

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

## What actually is catnip and is it safe for my cat?

Nepeta cataria, or more commonly known as catnip is well known for its cat-attracting (and craze-inducing) properties among domestic cats and several wild cats including lions, leopards and jaguars. Responses to catnip typically include sniffing, licking, biting, rubbing or rolling on the plant, head shaking, drooling, vocalising and even kicking with the hind feet.



Catnip has a specific chemical compound called nepalacatone that the plant naturally releases when its leaves or stem are bruised.

These mind-altering affects can last between five and 15 minutes, although some cats will respond much more intensely and for longer than others.

Is catnip a drug for cats?

Many cats will seek it out in their environment. It's also commonly placed within cat toys or planted in gardens as a source of enrichment for cats. In humans, smoking catnip has been described as inducing sensations like marijuana or LSD.

Then we have to ask is giving catnip ethical?... A whole new

discussion?...

Kanika Park Cat Retreat | 027 550 1406 | info@kanikapark.nz | kanikapark.nz.

## Day Care Education Program

Every year in New Zealand we hear about children being bitten by dogs. Even with the last two years in various states of lockdown ACC have reported over 1300 dog bites to children 4 years and under. We have had over 26,000 bites nationwide to the cost of almost \$12 million.

The Dog Safe Workplace Ltd works with organisations educating their workers on how to be safe when entering a property where dogs may be present. This is something they are passionate about. They helped founder a charity called Kids Safe with Dogs but after COVID the charity had to close. The Director of The Dog Safe Workplace; Jo Clough who had been part of the development team purchased the programs and redeveloped them into Dog Safe 4 Kids.

"The message that the program sent was too important to be lost," said Jo. "Working with our team we came up with a way to allow us to offer the program to all Early Childhood Education Centres both nationally and internationally. We kept the cost low so that it is easily affordable to any centre and easy to deliver. Eventually we hope to be able to offer programs to all ages but at this stage we are just focusing on the younger children".

"Our team have spent hours coming up with ideas on what we can offer to the children to help them learn but also have fun and be engaged with the characters. We have everything from colouring in, join the dots, cut out models and even a jigsaw. We are looking at adding a book and working with various companies to get as much involvement from the communities as possible. The more people who are involved the more chance we have of getting the message across and reducing dog bites".

"With the Early Childhood Education program, we only focus on 3 Golden Rules. Some of which parents have said they were not aware of. Such as where to pat a dog and why. This has brought some controversy in the past with some animal experts saying that we should be patting dogs on the chin and chest. This is not something that we agree with, and we tend to follow the research from overseas.

If young children are patting a dog on the chin or chest, they are then putting their face right in the dog's face. We only recommend patting a strange dog on the side or back. But that is the 2nd Golden Rule. The 1st Golden Rule is that you must Always Ask Permission from the owner. So, this means, if the owner is not there, you don't touch or interact with the dog. It also means that by asking the owner then the dog is more likely to know that you are there. Again, this comes with rules; if the dog is deaf or old, he may not hear you,

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MARINE TECHNICIAN



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### Advice for Rock Fishers Be smart around rocks

Drowning Prevention Auckland

#### Check conditions

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

#### Wear a lifejacket and correct clothing

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

#### Beware of waves and swells

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



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

DPANZ.ORG.NZ | info@dpanz.org.nz

# Food & Beverages

## Decorating baking with dried and fresh edible flowers

One of the simplest and very vibrant ways to decorate your baking is with dried and fresh edible flowers. Using flowers such as rose, lavender, cornflower, elder flower, hibiscus, fennel or dill flowers, red clover, borage, dandelion, viola and nasturtium are among many of the edible flowers readily available.



Try colouring your icing with different colours to enhance the flowers or petals. Using a combination of fresh and dried flowers, along with a crunchy component such as chopped nuts or coconut flakes, crushed meringue, crushed freeze-dried fruit or shards of toffee brittle can also add interest to your baking decorations.

If foraging for fresh edible flowers from your garden, always ensure correct plant identification first before using the flowers in food preparation.

Certified organic dried rose buds in pink and yellow, dried

cornflowers, hibiscus and elder flowers are available via our online store. Visit us at [www.NewZealandHerbalBrew.co.nz](http://www.NewZealandHerbalBrew.co.nz).

## Don Buck Honey

For Don Buck Honey and residents of Henderson-Massey, this is as local as honey can get.



This wee batch was made by bees that live in my back yard in Massey. Everything else my bees produce comes from forests or the farms, but this batch was foraged from the parks, gardens and gullies of our neighbourhood. I call it Neighbourhood Honey.

It is a very runny, bright, and clear honey compared with what my other hives produce, and likely contains nectar from at least a few of the following: Clover, lotus, pohutukawa, bottlebrush, penny royal, tea tree, borage, lavender, dandelion, cosmos, mint, rosemary, and anything else growing within a few kilometres of my back garden.

\$12. 370g Limit of one per order.

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# Food & Beverages

Auckland-based customers. Chris Northcott. [www.donbuckhoney.co.nz](http://www.donbuckhoney.co.nz).

## Peko Peko

While we have been having our ups and downs with the traffic light system, Peko Peko has been opening as usual under the government protocol. Takeaway is always available with our best quality and we have been also enjoying having customers for dining in too. It is definitely a tough time for everyone to get through these pandemic times, and we really appreciate your ongoing support. If you haven't tried our food yet, please come along. We are the only Japanese-owned Japanese restaurant in the neighbourhood. We only use rice bran oil, free range chicken and eggs, house-made sauces and we pride ourselves on serving fresh and honest food. You can find us on 102c Hobsonville Rd, check our FB and Instagram @pekopekonz or visit our website [www.pekopekojapanese.nz](http://www.pekopekojapanese.nz) Fully licensed. Phone 09 416 1197.



## Āhuru Coffee Co.

As coffee lovers, moving to Scott Point, Hobsonville 3 months ago made us realise the distance people had to travel to find a coffee shop that was serving good coffee.

This sparked the idea of bringing something local but also unique to Scott Point, that could bring the community down to grab their daily brew on their morning stroll. The name āhuru was inspired by the atmosphere we aimed to create - warm and cosy, right here on our beautiful little beach.

As well as coffee, we also sell artisanal Italian baked goods, such as almond croissants, danishes and bomboloni (Italian doughnuts) that are baked daily for you to enjoy with your brew.

Our operating hours are Wednesday - Friday 7am- 11am. Saturday, Sunday 8am- 11am.



## Jesters Westgate vegan pie offer

For our many regular and potential new vegan customers, here is the chance to stock up on our popular take home frozen Thai Pumpkin Curry Vegan pies. Please show this voucher at our Westgate Shopping Centre store before 26th March to get a free frozen 2 pack when you buy 2 packs. While stocks last.



## Soljans Estate Winery

Join us for our March themed dinner - a harvest celebration! Enjoy a five course degustation from executive head chef, Rob Baxter - filled with gorgeous fresh local produce. Hosted by Tony Soljan, join us for an evening filled with beautiful food, even better wine, and great company.



Bookings are essential so head to our website to check out the menu and book now! [www.soljans.co.nz](http://www.soljans.co.nz) or call us on 09 412 5858.

## The KEEPER

The KEEPER is Hallertau's reusable 1 litre swing top bottle. Emblazoned with the slogan DRINK - KEEP - REUSE - REPEAT the message is simple we don't want this bottle to go in your recycling bin. Rinse out the bottle and return it to Hallertau for a 50 cent refund or better yet fill it up with any of our tap beers safe in the knowledge that you're supporting local and drinking the freshest beer around.



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# Health & Beauty

## French brilliance

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Everyone will think you have multiple frames, but you only have the one frame with multiple clipon fronts. There are even Polarised sunglass fronts.

Drop in to Hobsonville Optometrists, 413A Hobsonville Rd and try on frames and fronts from our extensive selection!

Phone 09 416 3937 for an appointment for an eye exam.



## Sneezing, rash and tiredness could be linked to your gut

When people talk about allergies or reactivities what they are referring to is an inappropriate immune response to something in our environment. This could be anything from pollen, cat dander, a food or a natural or synthetic substance.

They can affect more than just one body system and can run in families. Hay fever, asthma, skin rashes or food allergies or intolerances are some common examples.

Usually allergies can be a combination of an abnormal immune response and the release of histamine (a naturally occurring chemical in our body). These 2 things can result in symptoms such as sneezing or sinus pain, bloating, flatulence and cramping, red itchy rashes etc.

Other symptoms can also include mood changes, fatigue, muscle pain and even difficulty losing weight.



Reactivity is not the same as allergy and is really a sensitivity or intolerance to a specific food substance or even natural substances such as the histamine that is also found in food.

Intolerances tend to be more chronic and less obvious as to what the cause is.

Some of the things that can contribute to allergies and intolerances include the food itself, poor digestion, a lack of specific enzymes, an alteration in the gut bacteria or even gut bacteria being in the wrong place (ie the small intestine instead of the large intestine), a damaged or inflamed gut lining as well as an over stimulated immune system.

Believe it or not, food and poor gut health can cause your sneezing, rashes, headaches, sinus infections, mood swings and fatigue. It's not just related to gut symptoms such as bloating.

Whilst testing will diagnose allergies. Working out intolerances is much more challenging and the key to reducing these symptoms is to improve your threshold of tolerance by repairing your gut lining, allowing your immune system to have a rest by avoiding those substances and then testing what your threshold is e.g. small doses of a certain food is OK but not lots or one type of food like feta is OK but cow's milk is not.

I will be running a short course on how to do this in March. If you are interested in finding out more please contact me at sarahb@sarahbrenchleynaturopathy.com and come and join my free group women's wellbeing circle: [www.facebook.com/groups/thewomenswellbeingcircle](http://www.facebook.com/groups/thewomenswellbeingcircle).

## New Podiatrist at Hobsonville Podiatry

Here at Hobsonville Podiatry we have a new member of the team, Podiatrist Netta Pope.

As a new graduate she is excited to be out treating patients and putting everything she learnt to practice. She is a former teacher and school principal and strives to empower patients to make informed choices about their health through clear explanations of the pathology of presenting conditions.

Netta has a keen interest in treating general foot care issues such as corns and ingrown toenails.



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# Health & Beauty

Having been brought up in the Waikato and then moving to the Far North she is enjoying a bit of city life here in Auckland, enjoying the abundant birdlife of the North Shore.

Netta is in clinic Mon- Fri and is looking forward to meeting the needs of those within our beautiful community.

Book online: [www.hobsonvillepodiatry.co.nz](http://www.hobsonvillepodiatry.co.nz) or call 09 3904184.

## Ready to take a life changing journey into your Life Between Lives?

We have many unanswered questions about our lives. Sometimes we have that strange déjà vu feeling when we go to various places, meet someone or just that strange inner feeling. As we go through various changes in our lives, we may sometimes wonder why we are here, what is our purpose or why has this happened to me?



Some of you may have heard of or experienced a Past Life Regression, but have you heard of a Life Between Lives Regression?

With over 30 years of research and experience the late Dr Michael Newton of the Michael Newton Institute, pioneered a hypnotherapy regression technique called Life Between Lives. This technique can help answer some of your deepest questions about your purpose in life as we go on a journey into the inter-life and find those hidden memories that have been stored deep in your mind and soul.

A Life Between Lives Regression session has been designed to take you on a very deep soul journey to experience your soul purpose and to connect back with your spirit guides. It is your journey back into the inter-life of your memories of the spiritual realm where we return in between incarnations. You may have the opportunity to learn why you are who you are, what other options you had and why you choose to incarnate as the person you are today, to name a few things you may experience. Each experience is different and can be very healing.

Your life changing LBL session can last between 2- 4 hours, where you will we can find the answers to some of your most inner deep questions. Each session is conducted by Jason Mackenzie an Internationally trained Hypnotist and Life Between Lives Facilitator who would be honoured to take you on this amazing journey. You will be taken slowly and safely into a very deep state of hypnosis as you are prepared to go onto your journey and as you come back

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into the present time and place, you should have answers to some of those questions.

Astramana™ Healing Services, was founded by International Hypnotist, Past Life Regression and Life Between Lives Facilitator, Clairvoyant, Tarot Reader and Reiki Master Jason Mackenzie. Check out our website: [www.astramana.com](http://www.astramana.com) or email [astramana@gmail.com](mailto:astramana@gmail.com) with any questions or to book a Life Between Lives Regression session or any other service that we offer. We look forward to facilitating your journey back in time.

## Replace your silver fillings

Have you ever looked in the mirror or photos and seen a flash of silver in your teeth? Silver 'amalgam' was the popular material to use for dental fillings in the 20th century, but it can certainly impact on the appearance of your teeth and smile, as well as place uneven pressure on your teeth over time. Some people also have concerns regarding mercury content.



The good news is that it's very easy to replace silver fillings to restore the appearance of white teeth. At Fraser Dental we use composite resin for most new fillings and to replace silver ones. Composite resin is strong, and a far-superior material aesthetically compared to metal fillings, allowing for incredible bonding plus colour blending and matching to your natural tooth. The process to remove old silver fillings is as simple as having a normal filling placed. It's a standard, cost-effective dental procedure and only takes one appointment.

If you are interested in replacing your silver fillings and restoring your smile, contact the friendly Fraser Dental team at 1 Wiseley



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**1 Wiseley Road, Hobsonville** [info@fraserdental.co.nz](mailto:info@fraserdental.co.nz)

# Health & Beauty

Road, Hobsonville on 09 416 5050.

## Paraesthesia: unusual nerve sensations

Paraesthesia is a term that describes unusual nerve sensations like numbness, tingling, and pins and needles without any known cause. It is not usually associated with any pain, so most people ignore it. But it can be a sign of something a bit more serious. If left untreated, nerve sensations can lead to motor impairment (parts of the body not moving properly) and eventually impairment of the central nervous system.

It can be an early warning sign of nerve conditions like Multiple Sclerosis or Fibromyalgia, or an early warning sign of diabetes. It is reasonably common in alcohol dependence too. Paraesthesia can also be related to nutritional imbalances, which can be reversed with good nutrition, thereby preventing permanent damage.

Vitamin B1 is important to maintain the myelin coverings over nerves. Nerve damage can begin within 1 week of a B1 deficiency starting. You are at increased risk of low vitamin B1 levels if you drink excessive alcohol, are overweight, or have lost a lot of weight suddenly.

A deficiency of B5 is often the culprit in cases of burning feet. Vitamin B6 is interesting because nerve damage can result from either a deficiency or an excess of this vitamin.

Vitamin B12 is involved in myelin production which protects the nerves. Common tests for vitamin B12 levels in the blood can be misleading. You can see signs of B12 deficiency in your red blood cells (e.g. high mean cell volume or low haematocrit).

Low calcium levels can also be a cause of paraesthesia. Calcium can be low because of insufficient intake, or insufficiency in supporting nutrients like vitamin D, magnesium and vitamin K2. There are some interesting ways to test for calcium deficiency such as Chvostek's

sign or Trousseau's sign. These are quick and easy signs that we can test for at the pharmacy.

The moral of this story is not to ignore unusual nerve sensations. Early testing and intervention often means great outcomes. Pop in and see the health coaches at Massey Unichem Pharmacy to chat about paraesthesia. Martin Harris, Massey Unichem Pharmacy 396 Don Buck Road, Massey. 09 833 7235.

nichem Pharmacy 396 Don Buck Road, Massey. 09 833 7235.

## Revolutionary spectacle lens for preventing short-sightedness

Myopia (short-sightedness) has been an increasingly prevalent issue in kiwi kids and up until now, the most effective myopia control methods are centred around various forms of contact lenses. Here at Westgate Optometrists, we are now offering a world-leading spectacle lens that has been proven to control the progression of myopia by up to 59%.



The Hoya MiyoSmart lens is now available in New Zealand, and offers potentially sight-saving technology. The ideology behind the majority of the myopia control lenses is based around producing blur in the peripherals of the vision in order the "trick" the eye into thinking that it has done enough growing.

Want to know whether Hoya MiyoSmart might be suitable for your child? We are providing a free consultation where we can assess and discuss myopia control methods, as well as answer any questions you may have. Phone our friendly team on 09 831 0202 to arrange a time that suits. Website: [www.westopt.nz](http://www.westopt.nz).

## Covid at home

If you are experiencing Covid symptoms, no matter how mild, or you have been at a location of interest, get tested with us today. Phone The Doctors Massey Medical for an appointment on 09 831 0170.

Now that there is a higher rate of vaccination in Aotearoa New Zealand, most people who are COVID-19 positive will have mild symptoms which can easily be managed at home. 95% people who are COVID-19 positive won't need to go hospital.

How to Manage a positive Covid Test at home.

Severe symptoms:



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# Health & Beauty

Call 111 if you:

- Have severe trouble breathing or severe chest pain
- Are confused or not thinking clearly
- Feel faint or pass out (lose consciousness)

Moderate symptoms:

Call your healthcare team (or GP if you don't know how to reach your healthcare team) if:

- You have new or worse trouble breathing
- Your symptoms are getting worse
- You start getting better and then get worse
- You have symptoms of severe dehydration such as
  - Having a very dry mouth
  - Passing only a little urine (pee)
  - Feeling very light-headed

Mild or no symptoms

- It is important to stay hydrated- drink plenty of water
- Keep monitoring your symptoms so you notice any changes
- It is important to avoid running, strenuous exercise and high impact activities.

## Emotions are important

Emotions are necessary for survival as they are our body's way of communicating with us and every emotion has a purpose.

When you are engaged with your feelings, are actively managing them and using them, you gain many important advantages. Your feelings will tell you what to pursue and what to avoid, what and who to care about, and what you want and what you need.

For example:

Fear: keeps us safe by telling us to escape and what to avoid

Anger: pushes us to fight back and protects us

Love: drives us to care for ourselves and others

Passion: pushes us to create

Sadness: tells us we have lost something important

Curiosity: points us to things to learn and explore

Compassion: drives us to help others



Many of us block our emotions as we got the message that they were a burden or something to be avoided. This then blocks us from the very messages we need to survive and thrive.

It is never too late in your life to alter the way you treat your emotions. Even if you feel numb now, your emotions are there. To reach them, you must first begin to see their value. When you invite them into your life, they will come.

Need help accessing your emotions? Get in touch.

Lorraine Maguire - Rapid Transformational Therapist

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

## Going to a GP is hard

And the pandemic is making it even harder.

Harder to get appointments, to see a GP face to face, to see the same doctor who knows you...

Most GP's are having a hard time too. There's new information every day, and they are juggling vaccines, swabs, RAT tests and looking after different patients with the increased risk of catching Omicron.

No matter how hard it is, remember to always speak up and follow up on your own health. If you have any medical concerns, call your GP clinic, especially if things are getting worse.

If you are worried about an important investigation done, call to check the results, and don't presume it's normal.

If you have been waiting for a referral appointment for the past 4 months, ask them to check for you.

Remember that your GP is your health advocate so if you don't approach them, they can't assist you to make things right again.



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# Health & Beauty

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## Melting moments

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Pure Fiji lotion is applied for soft supple feet that smell delicious.

Brows are then tidied and tinted to enhance your natural beauty for a defined well-groomed brow.

Shoulder and lower back tension is then eased in our warm treatment bed as warm exotic Pure Fiji oil is slowly applied to your back, neck and shoulders. Relaxing Swedish massage techniques will leave you drifting away for a beautiful melting moment in your day.

\$99 for March 2022.

Book online here - [www.nurtureskin.co.nz](http://www.nurtureskin.co.nz).



## Hobsonville Chiropractic Centre

Are you feeling the tension between your shoulder blades while working from home or now that you have retuned back to long days at work? It may be time to book in a free spinal check or initial consultation at Hobsonville Chiropractic Centre. Give us a call to find out how we can help you feel and function better. We look forward



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to hearing from you and are excited to keep our wider community happy and healthy. 295 Hobsonville Road, Phone 09 416 7589.

## Non-exercise movement

You have probably heard of the concept of 'energy in Vs energy out' when it comes to maintaining or even losing weight.

The 'energy in' part is basically what we are eating.

The 'energy out' part is a combination of several things. We have the basal metabolic rate, the thermal effect of food and then physical activity.

Physical activity is broken into two parts, traditional exercise, and non-exercise movement (any movement not considered traditional exercise, for example taking the stairs, gardening, playing with the kids).

If your goal this year was to lose weight or get healthier, then increasing your non-exercise movement is a great start.

If you increased this non-exercise movement and at the same time cleaned up your diet (reduced 'energy in'), only good things will happen in your body. Give it a go.

To watch a video on this topic, visit [www.elevatechiropractic.co.nz/](http://www.elevatechiropractic.co.nz/) blog to find out more.

## Looking bright at For Eyes

Are your spectacles still held together with duct tape and safety pins after the Delta Lockdown? DIY prisoners rejoice! It's time to come into For Eyes in the Kumeu Shopping Village and eye up the latest frames from Vera Wang, Moscot, Land Rover, Kate Sylvester and more. There are modern, smart looks for everyone and at the current Alert Level Matthew and Molly can take all appointments without restriction. So look after your eyes and book your examination at For Eyes Optometrists FB page or [www.foreyes.net.nz](http://www.foreyes.net.nz) or call us on 09 412 8172.

Best regards from Matthew, Molly and Anna at For Eyes

P.S. Did you know we have added anti-fog lens wipes to our range? They clean your glasses just as well as our popular Optica Lens Wipes, and as a bonus, prevent that annoying fogging when you wear a mask.



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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](mailto:editorial@thewesterly.co.nz)  
or phone John Williamson on 021 028 54178 or  
email [jbw51red@googlemail.com](mailto:jbw51red@googlemail.com)

# Area Columnists

## Talking to toddlers about big emotions

Toddlers are small people with big feelings. They are determined, relentlessly curious and have an enviable zest for life – what's not to admire? Yet, these big feelings can cause them to say hurtful things to their caregivers, steal their sibling's doll or push their friend in the sandpit. As a parent, it's easy to get upset when your child gets hurt by a peer or feel embarrassed when your child is the one doing the hurting.



In these moments of great frustration, it's important to know these scenes are normal. As hard as it is to watch, your toddler is actually not yet equipped to deal with strong emotions. This guide explains toddlers' big emotions and how to support them during overwhelming feelings that can often lead to destructive behaviour.

### The 'why' behind hurtful behaviour

Our brains are fully formed at around 25 years old when the prefrontal cortex – the part of your brain involved in impulse control, complex behaviour and planning for the future – finally finishes developing.

Yet, even with these fully functioning brains, adults sometimes lose control. We over-react. We yell. We eat a whole block of chocolate. We lose our cool and do things our clear-headed and calm selves wouldn't have done.

If adults with mature brains and years of experience can lose control, isn't it understandable that children sometimes do the same?

Toddlers have been on earth only a few short years. Their brains are nowhere near finished growing, in fact they are just getting started! Every day, they make new connections that help them understand the world. And just as toddlers make mistakes with puzzles or tying their shoes, they make mistakes with behaviour.

They push. They yell. They snatch toys.

### Emotional intelligence starts at home

Happy, sad, angry, worried – we are all born with emotions. But emotional intelligence, the ability to manage and express our emotions, is learnt.

From communication skills to patience to social interactions, a lot of education happens at early childcare centres. While childcare teachers play a big role in your toddler's development, research

shows that emotional intelligence is best learned at home.

### The child-caregiver connection

The bond between you and your child is the most important one in their life. Being able to connect with your child regardless of how they behave builds trust. It makes them feel safe, which is the foundation for learning self-regulation and healthy behavioural expression.

### How to support your children through big emotions

Helping children transform from tantrum-throwing toddlers to emotionally-regulated adults is easier said than done. While every parent will have a different approach, style and technique, coaching children through their emotions boils down to three main elements: identifying feelings, role modelling and teaching the art of healthy emotional expression.

#### 1. Recognise and identify feelings

A good place to start is to identify the emotion your child is feeling. Try to help them figure out what they are feeling because allowing children to sit with uncomfortable feelings will literally help build their brain.

Be empathic – don't try to change their feelings even if they seem unwarranted – a toy being taken away is a big deal in the world of a toddler.

Talking to toddlers about feelings isn't always easy, but here's a few places to start:

#### Label the feeling

Is your child feeling sad, scared, frustrated? Help your toddler learn the language that goes along with emotions so they can start to understand that this big feeling is normal, has a name and is fleeting.

Don't limit this activity to negative emotions – remember to point out when they are feeling happy, proud or excited too.

"Where does it hurt?"

Emotions have a physical presence within the body. Bring awareness to the physical experience your toddler is feeling by asking them to find it. Maybe it's her tummy; maybe he'll point to his toes; or maybe you'll simply receive a shrug. Either way, you are appreciating their strong feelings without judgement while giving them a sense of control.

#### 2. Role Modelling

Imitating is a way in which toddlers learn. From day one, our babies are watching us. This is how they learn to smile, wave, eat, talk and – yes – deal with complex emotions. Role modelling allows us to show our children how to handle big feelings without violence, destructive behaviour or tantrums.



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# Area Columnists

## Reveal your own emotions

Demonstrate that talking about feelings is not solely an activity for children. Let your children see you cry; explain why you are feeling angry and let them know when you are happy. It's healthy for them to realise you have the same range of emotions, but a more controlled set of actions.

## Practice mindfulness

Be it deep breathing, using a mindfulness app or going for a run, find your own ways to calm down when you get worked up. This shows your children that adults also experience difficult emotions but channel them in a healthy way. We will also be better positioned to deal with our children's behaviour if our own tank is full.

### 3. Teach empathy and healthy emotional expression

The final step in your child's emotional intelligence education is to help them link their thoughts, feelings and behaviours. You teach them that it's okay to be angry, but it's not okay to hit. It's okay to feel jealous, but not okay to steal their friend's toy.

Help them understand the feelings of others by labelling other people's emotions such as 'happy' or 'sad'. This will aid in their developing ability to take on other people's perspectives.

It won't happen all at once. But by slowly, consistently and patiently helping them see the connection between their emotions and behaviour, toddlers will surprise you as they learn to cope with feelings, develop empathy and manage behaviours.

### 4. Be patient

Even after spending plenty of time and energy supporting your child through strong emotions, they will still sometimes behave in ways you don't like. You may see glimpses of incredible maturity one day and a tantrum the next. That's okay - even with all of these strategies, brain development simply takes time.

Remember that you can't always rationalise with a toddler. Their behavior can often be irrational. They are operating from the emotional part of their brain, because the rational part of their brain is not anywhere near fully developed. Emotional regulation is a complicated and confusing process for children, so look out for small signs rather than big changes.

- Has your toddler ever offered you his dummy? Handed you her cuddly bear? These are early examples of empathy.
- "Me. Mine. My." Toddlers' self-obsession isn't selfish - they are starting to understand that they are their own individual beings.
- Did your child put down that toy like you asked? This is self-control, and every single time they practice this skill, it strengthens that part of their brain.

When it's tough to be patient, remember that investing in children's

emotional development now will absolutely pay off in the future.

Don't...

- Minimise their feelings
- Act fearful of discussing feelings
- Judge their feelings
- Label them 'naughty'
- Argue with them.

Do...

- Reframe situations so they put themselves in other people's shoes
- Praise them for regulating their behaviour well
- Role model how to deal with strong emotions
- Model and involve children in finding solutions to problems and conflicts ie: "Oops Max is hurt...how can we make him feel better?"
- Collaborate with children in creating explicit rules (stated in the positive) for your family/environment ie: "We are kind to people in our family"
- Be patient and keep at it!

## A journey of emotional discovery

Your commitment to helping your child understand big emotions is well worth it. Children who can recognise feelings and regulate behaviours turn into resilient children, teenagers and adults who can bounce back more easily in the face of life's challenges.

- Discover more about your child's development here.
- Find out what Neuroscience Educator Nathan Wallis says 3-7 year olds need to learn.
- Tips for your child's first 1,000 days.

If you're interested in learning more about New Shoots centres, our website is a great place to start.

## Contact tracing and isolation

You're at work, and suddenly the Health and Safety Coordinator and the Management are alerted to a Covid case among the staff.

So, what happens, what should happen. As soon as you might know you have an infection on site contact tracing should start with the infected person, by mapping their movements and potential contacts.

Was the only contact outdoors or indoors with physical distancing



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# Area Columnists

greater than 1.5 metres? Answer yes then you the person is a casual contact, answer no, then was there face to face contact, or was direct contact less than two hours and did the person wear a face covering?

Answer yes then you are casual plus contact. If no then you are a close contact.

If a casual contact, the next question was the person vaccinated. If yes, then you can monitor for symptoms. If no, Covid PCR Test Day 1 and 5 and isolate for seven days.

If found that you were a close contact the question is, was the person vaccinated. If yes, Covid PCR Test Day 1 and 5 and isolate for seven days. If, however the answer was that you were a close contact and the person was unvaccinated, the Covid PCR Test Day 1, 5 and 8 and isolate for ten days.

If you want to find out more about "Living with Covid", perhaps an incident response, the contact John Riddell, Securo Health and Safety Consultant by emailing [securo4@securo.co.nz](mailto:securo4@securo.co.nz) or by checking out the Securo website [www.securo.co.nz](http://www.securo.co.nz).

## Staying front of mind in business

If you are front of mind when your customer is ready to make their next purchase, and you gave them a great experience and / or product last time they bought from you, they are more likely to come straight to your business for the next purchase.

All too often your customers need a prompt to buy from you. It is easier to convince an existing customer that you have the solution to their problem than it is to convince someone you haven't dealt with before, but even existing customers can forget about you and your business.

There are many ways to keep in contact with your customer, and you may need to use several techniques, or customise your plan to particular types of customers.

Options include

- In person visits for your best customers, and phone calls for your next best customers
- Direct emails
- Regular newsletters that add value to your customers (educate, inform, entertain, offer)
- Mailing a catalogue
- Facebook or other social media posts

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How often you communicate with your customers depends on your product / service and the value of each sale, however you should plan to be consistent.

After all this hard work, make sure it is easy for your customers to get hold of you, and have a system to capture potential future sales.

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

## Upcycled poi

Diversity and inclusion are a core part of The ReCreators business model. Why? Because having more inclusive and diverse working relationships is proven to be better for business and society, allowing for more creative and nuanced solutions thinking.



In Aotearoa, inclusion needs to start at home with our tangata whenua and for that reason The ReCreators teamed up with Para Kore Ki Tāmaki to design products and deliver workshops together. Our common kaupapa is zero waste (para kore), and as passionate environmentalists, we want to protect Papatūānuku (mother earth) by stopping extraction of raw materials for new products as well as teaching the cultural meaning.

Upcycling is so much more than just preventing landfill, it's about releasing positive energies through making and also stopping our precious resources from being depleted.

The initial design plan was around zero waste poi Māori.

Waiata Rameka-Tupe and Geraldine Tew worked together on devising materials that would serve both traditional custom and functionality. And what better materials to use but old t-shirts, which are made of natural cotton and are stretchy, suitable for entertainment, kapa haka and Ngā mahi a Rēhia (Māori games and pastimes).

The t-shirts are cut into strips which are braided, using the four string method, to make a flexible rope. T-shirt yarn is used to make the



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# Area Columnists

pompom on the end and makes a great elastic for tying off the poi ball. The fabric around the poi ball is also made from an upcycled t-shirt.

Waiata then filmed an instructional video giving detailed instructions and support to anyone wanting to try their hand at zero waste poi making. The tips in this video ensure each poi will be strong and well made. The making of this video enabled Waiata to explain more about the concept of para kore and how every scrap of waste made during the poi making process can be incorporated back into the poi. This video is available on The ReCreators website (therecreators.co.nz) : go to Videos and search for How to Make a DIY Upcycled Poi.

The kits instructions have been translated into te reo māori and have an accompanying video with traditional information about their making and use. The income from these poi goes back into zero waste marae initiatives and is a great example of social enterprise. You could also say this is part of a degrowth/circular economy. Income and earnings are made while not extracting from the planet.

If you are interested in selling these as a fundraiser, we have wholesale prices. Contact Waiata Rameka-Tupe waiata@parakorekitamaki.com or Ger Tew ger@therecreators.co.nz for more info.

## Reduce cortisol and dial down on stress

As we continue to battle through the COVID-19 pandemic, disruptions with work, school and family events are having a huge impact on the mental health of our communities. Many of us are feeling the effects of stress and burnout despite starting a fresh new year.



Burnout is when you reach a state of mental and physical exhaustion. The main cause of burnout is stress. It is when you wake up feeling exhausted and dread getting out of bed. If you continue to push through burnout it can lead to depression, anxiety, heart disease, diabetes, and obesity.

The signs of burnout can be exhaustion, isolation, irritability, frequent illness, change in appetite, sleep changes, insomnia, depression and anxiety.

The hypothalamic pituitary adrenal (HPA) axis is our central stress

response system. The HPA axis is responsible for the neuroendocrine adaptation component of the stress response. Stress causes increased overall cortisol output. Cortisol is your body's main stress hormone and regulates a wide range of processes throughout the body, including metabolism and the immune response.

Long-term stress can result in negative feedback to the HPA axis which results in burnout. Whether or not chronic stress results in high or low cortisol output depends on the nature of the threat, the time since onset, and the person's response to the situation.

So how do we respond to stress in a healthy way and avoid burnout?

While there is no way to control external factors that happen to us in life, there are many ways in which we can manage our reactions to stressful events. How you react to stress is a balancing act - it can either send you down a dark hole or help energise you to move forward and find peace with the situation.

If you start to feel stress creeping into your day it's time to investigate how to manage that stress. Below are some tips to help manage stress and reduce cortisol levels:

- Take a long weekend and fully unplug from work. This will provide some temporary relief and the opportunity to rest & relax.
- Know your breaking point and limit. When you are feeling overwhelmed and stressed, create more time for yourself to slow down & reset.
- Take a nap. Sleep 20-30 minutes after lunch to refresh your energy and the brain.
- Take consistent mini-breaks throughout your day and the week to re-centre yourself:
- Yoga or Tai Chi - Try a relaxing activity to calm the nervous system.
- Daily Meditation - To calm the mind and bring your awareness to your breath.
- Exercise - Regular physical activity can help you to better deal with stress. It can also take your mind off work.

Supplements:

- Vitamin C - The production of cortisol and other adrenal hormones depends on an adequate supply of vitamin C.
- Vitamin B - Beneficial during times of stress and contains nutrients that play an essential role in energy production in the body. It contains nutrients involved in hormone synthesis and modulation. Pantothenic acid is required for the function of the adrenal glands and supports the manufacture of adrenal hormones which counteract the stress response. Pyridoxine (vitamin B6), is required for the synthesis of several neuro-transmitters, such as serotonin, GABA and dopamine.
- Herbal Medicines:

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# Area Columnists

- Green oats - A nervine to ease tension, decrease stress and promote nervous system health.
- Withania (Ashwagandha) - Adaptogen to help your body manage stress.
- Liquorice - Help support HPA axis balance by impacting morning cortisol levels.
- Ginseng - Adaptogen to fight against stress and fatigue, for increased endurance and memory improvement.
- Disconnect. Go on a digital detox on the weekend or one day a week. Alternatively, limit screen time each day. Turn off your phone. No emails, no social media, and ignore the TV.

Words by Erin O'Hara, Naturopath and owner of Golden Yogi Studios in Auckland & Juno Scott-Kelly from JSK Communications.

## A journey of discovery in West Auckland

Take time to immerse yourself and your whānau into the world of Māori narratives and nature, interwoven with iwi and local stories.

This is at the heart of Active Whakapapa- a slow paced hikoi accompanied by a site-specific audio that shares the hidden meaning of the surrounding whenua.

Active Whakapapa has been developed in West Auckland by Healthy Families Waitākere based on M2M (Maunga to Moana), a He Oranga Poutama initiative which has included a range of walking events linking marae, maunga and awa across wider Auckland. The events aim to increase exposure and access to traditional stories of places for Māori and non-Māori, spoken Te Reo Māori and waiata, while enhancing people's sense of Māori world view of the environment and their role as kaitiaki, and also providing an incentive to be physically active.

He Oranga Poutama developed the first M2M event in West Auckland, working with local iwi, Te Kawerau a Maki and kaumatua, Healthy Families Waitākere, Community Waitākere, Papaya Stories and Aktive.

The hikoi, based on the Te Atatū Peninsula and covering approximately four kilometres starting at Orangihina Harbourview Park, uses a unique approach to weave narrative into the walk. Stories and narratives of place and history from mana whenua were collected and provided as a spoken narrative delivered throughout the journey to give participants an understanding of the whakapapa of the walking trail.

The success of the initiative was recently recognised in The Kūmara Awards' Looking Back to Move Forward category for celebrating places of cultural significance through an immersive storytelling experience about the taiao and tangata through whanaungatanga and mātauranga Māori. The awards are dedicated to placemaking, where people work together to make places better, not only for themselves but for others and for the place itself.

Mike Tipene, Rautaki Māori at Healthy Families Waitākere, explains that while encouraging physical activity, health and hauora is important, there was another key driver behind the development of the hikoi.

"The real driver for developing M2M Te Atatū is the pursuit of knowledge for both Maori and non-Maori. The health and haoura is an incidental benefit but the real focus is on providing participants with a Māori world view, and by sharing narrative relevant to the local environment, we ultimately want to prompt them to consider their role as kaitiaki for the taiao," says Mike.

Even for residents who have lived in the area all their lives, the voyage of discovery has been inspiring.

"The opportunity to hear mana whenua stories and to learn about the history of the region was a strong positive theme in participants' feedback. Learning about the taiao alongside this was another strong theme.

"We have had participants who live in the area and run parts of this track every day. But they tell us they've never known or understood the rich history of this region."

One participant commented: "Ngā mihi nui ki a koutou ngā kaiwhakahaere. Awesome event. I could see so much time and effort went into the creation of the stories and the event itself. Thank you for making this accessible and such a beautiful experience."

Papaya Stories is a social enterprise, a creative company built on the power of storytelling and delivering social good projects, developed the pre-recorded two-hour immersive audio to accompany the hikoi.

"We worked closely with partners including local iwi and community leaders, focusing on a storytelling concept that links the elements of local iwi narrative, stories of Māori whānau during the first urbanisation at Te Atatū Peninsula and the importance of the environmental and ecological context," explains Papaya Stories' Yana Kirakovskaya.

"We had to tune into the authentic voice of the narrator, the voice of Papatuanuku that invites participants to look at the familiar surrounding through a lens of the Māori worldview and unknown stories."

M2M Te Atatū took place for the first time in April 2021 and has since been operated with small, invited groups of community members. Mike says the intention is that future events will allow participants

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# Area Columnists

to independently complete the walk in their own time and pace, with accompanying downloadable audio. Moving forward, the West Auckland initiative will take on the new name, Active Whakapapa.

"We are working with a number of partners to develop Active Whakapapa and look forward to taking our learnings to date to expand this wonderful community offering with not only an extended format, but also discovering the whakapapa of other key West Auckland trails."

## Gear Up play boxes coming to a park near you

The words "we've got nothing to play with" are soon to be a thing of the past with the arrival of 14 Gear Up play boxes to community sites across West Auckland.

Co-ordinated by Sport Waitākere and funded by NZCT, the boxes include a range of play equipment including balls, giant Jenga, skipping ropes, cornhole and other outdoor play items.

The new Gear Up boxes will be located near a number of community spaces including local Pataka Kai community pantries, libraries, schools, sports clubs, community organisations and shopping precincts.

Community members can borrow, play with and return the gear for others to use. The aim is for each local community to own and care for the box, and also add any gear they would like to. Each will include a trolley for easy moving and will have a kaitiaki (guardian) who is a trusted community member or organisation.

"Communities should have access to opportunities to be active and connect with each other. These Gear Up boxes put play at the heart of the community so they can be accessed by anyone, at any time," explains Pauline Butt from Sport Waitākere.

"While improving the physical, social and mental wellbeing of community and increasing equity of access to outdoor play options, this initiative can also contribute to strengthening neighbourhood relationships."

When Covid alert level restrictions allow, the Gear Up boxes will be rolled out over the summer months to help people take advantage of their local parks, reserves and community spaces. The arrival of the play boxes follows trialling of various play models across the



Glen Eden and Lincoln North communities over the last three years.

The original Gear Up trial was conducted in Sunvue and Prospect Parks in response to the Waitākere Ranges Local Board initiative to boost use of underutilised green spaces.

Community insights gathered by Sport Waitākere included feedback that there was 'nothing to play with'. After a trial box was placed at Prospect Park, there was a noticeable increase in families coming into the park to play.

Funding from Sport New Zealand then allowed a second trial of a community play initiative called play portals. Insights gathered from local tamariki and rangatahi again demonstrated that the lack of equipment was key to them not playing in local green spaces.

Owners of Sokols Swanson Fruit Shop, Kulwant and Kiran Singh agreed to act as kaitiaki of a trial box housed in the outdoor green space adjacent to their shop. The play portal was promoted with local schools, with great uptake from local children, explains Bea Enriquez, from Sport Waitākere's Healthy Families team.

"The play portal was really well utilised by local tamariki and rangatahi. After the trial, Kulwant and Kiran agreed to continue being kaitiaki of the box, recognising that it brings positive connections between the young people and outdoor spaces. What was once an empty carpark space and afterschool pick up zone has now become a place to do fun things."

The success of the play portal initiative was recognised in the The Kūmara Awards' 'From Little Things Big Things Grow' category for enabling everyday fun, creativity and play among local children in many local (and sometimes unexpected) places. The awards are dedicated to placemaking, where people work together to make places better, not only for themselves but for others and for the place itself.

"We are so grateful to Kulwant and Kiran for getting behind this initiative and making it such a success. The play portals experience and learnings have played a really important role in shaping the Gear Up rollout," adds Bea.

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