

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

B O S T O N

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

Boston Café Westgate

Circulation is 10,000 print copies.

Editorial contributions are free from cost. Advertising starts at \$100 plus gst for a business card size.

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

March 2023



Greetings

Welcome to your March issue of the Westerly, we would like to take this moment and thank our contributors, advertisers and readers for supporting this community magazine for over seven years!

Check out our cover story on the newly opened Boston Café in Westgate, there is much quality food and drink to offer, make sure if you pop in to mention you read the article in Westerly, it really helps to show the team who reads.

Unfortunately a few postponements from Cyclone Gabrielle, Mitre 10 has announced the postponement of the Tough Kid Challenge to a later date, the Best of Aged Care Seminar has been postponed to Thursday 27th April from 10am.

Read about the local community updates and events from pages 4 to 12, Little Monsters Mornings at North West Shopping Centre every 3 weeks from 10:30am to 11:30am.

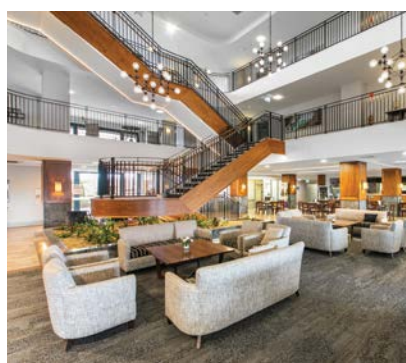
Graham's Property Market update on page 22 has some helpful information along with other home and property tips like Mortgage Advice and Landlords Insurance.

At times like these, when we have had so many adverse weather events, we may reflect on the importance of our communities, not just locally but nationally. How important it is for us to support each other and be aware of the needs of those around us. As Poppy Day approaches, we think about those who have gone before us, and given us the communities we enjoy today.

Mike Pero Real Estate is running a Show your Poppy campaign in support of ANZAC Day in April, read more information about it on page 23, text 027 632 0421 with your name, address and email to register your house and be into win vouchers from Mitre 10 and the Aussie Butcher.

Please look through the pages of this month's magazine, and see how much is happening locally. Things we can contribute to, things we can enjoy together. There are events for all ages, and issues to consider from the many contributors to our magazine. If you have a new business, or an activity or event you are planning, think about submitting details to the Westerly to let the local community know about them. Please look at the advertisements, and let the advertisers know that you read about them in the magazine.

Be safe, John, Editor



What's inside

- 3 People & Places
- 4 Community News
- 6 In brief: Updates
- 8 Netsafe
- 10 Summerset
- 12 Ecofest
- 14 Best of Aged Care
- 16 Best of Aged Care
- 18 Property News
- 20 Mortgage Broker
- 22 Property Statistics
- 24 Hot Property
- 30 Home & Garden
- 32 Laser Plumbing
- 34 Tile Grout
- 36 Food & Beverage
- 38 Health & Beauty
- 40 Community Yoga
- 42 Area Columnists
- 44 Food for life
- 46 Health monitoring

ENQUIRIES / FEEDBACK:

John Williamson

P 021 028 54178

E jbw51red@googlemail.com

W www.thewesterly.co.nz

COVER PHOTO: Antonio Arami - Boston Café

PRINT RUN: 10,000 copies, Treehouse Print

EMAIL DATABASE: Sublime NZ

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

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

People & Places

Boston Café – Great Quality

Boston Café, 7 Northside Drive, Westgate. Located just a stone's throw away from Mitre 10 Mega Westgate. Boston Café is the latest addition to the bustling Café scene in the area and under the meticulous and watchful eye of Antonio the quality of service, food and beverage offering is second to none.



As soon as you walk through the doors of Boston Café, you'll be struck by the modern and sophisticated style of the cafe setting. The sleek and minimalist design is both inviting and comfortable, making it the perfect spot to catch up with friends or to enjoy a quiet moment to yourself.

The coffee served at Boston Café is by Allpress, which is a well-known and respected brand in the coffee industry. Known for their rich and flavourful coffee blends, Allpress is the perfect choice for coffee lovers who want to enjoy a truly delicious cup of coffee. The baristas at Boston Café are experts at crafting the perfect cup of coffee, so whether you prefer a classic latte or a more complex pour-over, you're sure to be impressed by the quality of the coffee served here.

In addition to great coffee, Boston Café also offers a delicious selection of pastries and baked goods. From classic croissants to more unique treats like macrons and gluten-free options, there's something for everyone to enjoy. The pastries are made fresh daily and are perfect for those who are looking for a sweet treat to enjoy with their coffee.

Spending time at Boston Café you'll notice the staff and smiling, busy, engaged and very helpful, which in turn gives you a lift to your day, and makes the experience relaxed and comfortable.

If you have time to stick around, Boston Café also offers a tasty looking brunch/lunch menu. The menu features a variety of classic brunch favourites as well as some more unique options. The mushrooms on focaccia bread, for example, is definitely worth checking out.

The Café is open 7 days, so it's always a good time to visit. For those who want to enjoy their meal or coffee in the great outdoors, Boston Café also has a nice outdoor seating area. The outdoor seating is the perfect spot to enjoy the sunny weather and relax in a comfortable and stylish setting.

Some of the reviews highlight the experience:

David - We love this place. We have now been three times since they opened two weeks ago. We love the atmosphere. Great coffee and food. Bakery items really fresh and tasty. Thanks for great service.

Andrea - Amazing food, tea and coffee. Interesting, creative and delicious dishes. Lovely staff.

Colin - I have been a customer at Boston Cafe for a long time now, and I am always impressed with the quality of their coffee. Their baristas are experts in their craft and they take pride in making the perfect cup of coffee. The coffee is always fresh and rich, and it always has a smooth, satisfying flavour. I love to enjoy my coffee with a pastry or a sandwich, and I am always impressed with the quality of the food. Everything is made with fresh ingredients and it is always delicious.

Boston Cafe is not just a great place to get coffee and food, but it is also a great place to catch up with friends or work on a project. They have a great selection of seating options, including tables, chairs, and comfortable couches. And there is always a friendly staff member around if you need help.

All in all, Boston Cafe is the perfect spot for anyone looking for a delicious cup of coffee, a tasty pastry, or a satisfying brunch or lunch. With its modern and sophisticated style, expertly crafted coffee, and delicious food, Boston Cafe is sure to be a new favourite among cafe-goers in Westgate. So head on over and check it out for yourself!

For more information go to <https://sites.google.com/bostoncafe.co.nz/bostoncafe/> or drop in at 7 Northside Drive, Westgate or phone 09 948 3111.




Geoff Dobson
MEDIA

P 027 757 8251
E geoffdobson2017@gmail.com

Graham McIntyre
LICENSED SALESPERSON
BRAND & TERRITORY OWNER



Mike Pero
REAL ESTATE

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

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

Community News

Hobsonville Let's Reconnect

"Hobsonville Let's Reconnect" is being facilitated again by Hobsonville Community Trust and runs from March to June 2023. Last year 28 gatherings were held by Hobsonville residents with almost 700 residents attending. They provide \$100 local food vouchers to any streets, laneways or blocks in the Hobsonville area that want to get together for a neighbours' gathering. Super easy and great way to connect with your neighbours and embrace community. Minimum of 10 households (although a \$50 voucher available for between 5-10 households). More info at hobsonville.org.nz/connect.



Discoverers

Over each Easter weekend Christians observe and reflect on two significant events relating to their founder Jesus Christ.

On Good Friday they remember the death of Jesus, crucified by the Romans because he preached the coming of God's kingdom on earth. A kingdom that radically challenged the political powers of his day who were notorious for their oppressive regimes.

On Easter Sunday morning, they remember the testimony of the close friends of Jesus who claimed that despite him being 'crucified, dead and buried,' death couldn't put an end to the values he lived by and emphasised in his teaching.

In the face of overwhelming evidence that love is irrepressible, that forgiveness can heal relationships, that peace is achievable if there is the will to end hostility, that inclusive hospitality given without any strings attached restores people's broken spirits, led early Christians to affirm that "Jesus is risen." A symbolic reference to his influence which persists beyond his death.

On Sunday 26th March, at 3-30pm in the Baffin lounge, Headquarters building 214 Buckley Avenue Hobsonville Point, Discoverers informal church will be exploring the significance for today of the message of Easter Sunday morning, using the words of Shirley Murray hymn as a lead;

"Where the light of Easter Day

Shines through our life, then faith can say,

Christ is living,

Christ is moving,

Christ is changing all the world.

Here is God's good kingdom."

Barry Jones facilitator: Phone 022 068 3873 Email: beejaynz05@gmail.com Facebook: "Discoverers Hobsonville Point."

Free fun for toddlers

Head along to NorthWest Shopping Centre for FREE and exciting fun for your toddlers. Held every 3 weeks from 10:30am-11:30am in front of Farmers, there's a range of entertainment for under 5-year-olds, from Jumping Beans tumbling to Nano Girl and Super fun Trey. Check the website for all dates and details. www.northwestshoppingcentre.co.nz.



Gratitude for the things we have

As I sit here looking outside at the storm, with no power, it made me ponder about all the things we take for granted. When we look outside, we see the trees, we see the leaves and branches swaying away, while at the same time, we can here the whistle of the wind, such little things, that maybe we don't notice on a day-to-day basis, this is usually because we are too busy, we are playing with our children, we are watching TV, listening to the radio, or talking to friends on the phone or chatting with them online.



But as I am looking and listening to the outside world without out modern-day distractions, it makes me appreciate the little things we do have, that come free and courtesy of Mother Earth. Tonight, it's the wind, the brewing of the storm, but then other nights the majestic beauty of the sunset and in the morning the glorious sunrises, such majestic gifts that we are blessed with and yet it doesn't cost us anything to enjoy them.

Sadly, as I am writing this, we learn that the numbers of this who passed away in Turkey and Syria due to the earthquake, are continuing to increase, people are still dying due to sickness, crime,

Kip McGrathTM
EDUCATIONCENTRES

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

<input checked="" type="checkbox"/> Maths	<input checked="" type="checkbox"/> Spelling
<input checked="" type="checkbox"/> English	<input checked="" type="checkbox"/> Comprehension
<input checked="" type="checkbox"/> Reading	<input checked="" type="checkbox"/> Writing

Call today to book a **FREE ASSESSMENT** or visit kipmcgrath.co.nz

WESTGATE 831 0272 : MOBILE 021 121 8570

Free Property Advice
www.property-hub.nz

Community News

accidents and other natural disasters etc, and to most it brings us much sadness and compassion, but at the same time, it should help us to appreciate the little things we can do to help others. We saw many wonderful examples recently when we faced severe flooding around Auckland, we saw how people, total strangers came together to help one another, giving the little we have to someone who has even less than us. Some were opening their homes, their kitchen cupboards, their businesses, their time, their wallets to help one another. Does this not open our hearts up with joy and gratitude to these people? Does it not make us appreciate the things we have no matter how large or small, or how cheap or expensive it may be?

When we see and hear about others sufferings, maybe it should encourage us appreciate our families, our friends, our neighbours, our communities and all the things around us, no matter who small. Let us show gratitude for the things we do have and for those who are out their helping their communities and families during these times.

Let us show gratitude for our health, to be able to laugh, to feel joy, to feel loved, to taste the food we eat, to drink the water from the taps. Let us have gratitude for all the things we have today and remember tomorrow we may lose them.

Astramana™ Healing Services, was founded by International Hypnotist, Reiki Master-Teacher, Clairvoyant & Tarot Reader Jason Mackenzie. Please visit our website: www.astramana.com or email astramana@gmail.com, phone/ text us on 021 0277 0836 with any questions or to book a tarot session, Reiki workshop. We offer a mobile service to those out West Auckland.

TOUGH KID 2023 has been postponed

On behalf of the Royal New Zealand Air Force and Mitre 10 Mega Westgate & Henderson we are writing to advise of the postponement of our Tough Kids event. The recent storms are unprecedented with the impacts being felt widely across the community and the country. This has resulted in an impact on your schooling at the start of the school year, and in some cases livelihood and homes. For many this impact and disruption will be long lasting. At this time, we believe it is prudent to postpone this event and allow everyone to return to

some normality.

We remain committed to supporting our local communities and the Tough Kid event, The Royal New Zealand Air Force are currently directly involved supporting the clean-up and rebuilding effort across the country and will be in the immediate future.

We know how much everyone was looking forward to the Tough Kid event and we apologise for any inconvenience that this may cause, but look forward to hosting all of the tough kids out there later in the year. Our plan is to hopefully host this event early in the fourth term. With over 800 registered already, this event is promising to be another great day out. A new date will be announced in due course.

Hospice West Auckland: Living every moment

Many people think that Hospice care means that you have given up hope, when in fact Hospice support enables a person to live every moment in the ways that are important to them. This might be spending time with loved ones, visiting favourite places, or doing those activities that have always brought you joy.

Hospice West Auckland cares for people with life-limiting illness and supports their families and carers. As well as specialist palliative healthcare, we provide a wide range of social care services including counselling, physiotherapy, spiritual support, music and arts therapy, Rongoa Māori, acupuncture and pet therapy. We take a holistic approach to enhancing the quality of life by caring for the physical, practical, emotional and spiritual needs of people and their loved ones.

Our services are provided completely free of charge to residents living in the wider West Auckland area, and our experienced teams work alongside GPs and other healthcare services. "Put aside those preconceptions of what you think Hospice means. You can't appreciate the scale of what they do until you've been through the process - it isn't the end of the line."

For more information on Hospice West Auckland please visit www.hwa.org.nz.

BARGAIN CHEMIST WESTGATE

NOW OPEN

6 Kakano Road, Whenuapai

Open 8am - 8pm



In Brief Updates

Welcome to House of Travel Hobsonville

At House of Travel Hobsonville we're proud to be part of an award-winning company that sets out to create the best holiday options with our customers. Our dynamic team of experienced travel experts, with almost 70 years of combined industry experience, intertwine insider knowledge and first-hand destination experience, with your ideas to make dream holiday plans a reality.



We believe that the best holiday experiences are created together. From annual family holidays and weekend getaways to luxury cruise escapes and adventures off the beaten track, we're here to help ensure your holiday planning is easy and enjoyable.

- Our expert travel consultants work with you to create an unforgettable travel experience.
- We believe an awesome trip starts with good planning and truly listening to your thoughts, ideas, previous travel experiences and expectations.
- We're committed to providing the holiday you want at the very best value possible.
- We promise to utilise our industry knowledge and contacts to search out a great price for your holiday.
- Before, during and after your trip we have your best interests at heart, providing the best advice possible.
- We are available to help if you need to change your plans, or if the unexpected happens.



114 Hobsonville Road, Hobsonville, Auckland
Phone 09 416 7227 • Email manager@hobsonvillersa.org.nz

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

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

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

THE SMALL RSA WITH THE BIG HEART

House of Travel Hobsonville is on the corner of Hobsonville Point and De Havilland roads Hobsonville Point. You are welcome to come in and see us 9-5 Monday to Friday. Call us on 09 416 0700 or email Hobsonville@hot.co.nz.

Countdown

Since the recent floods, Countdown has donated \$100,000 to help organisations providing on-the-ground assistance and support. These funds have been shared between New Zealand Red Cross, Auckland City Mission, Sunday Blessings Auckland, Everybody Eats and the Auckland Council Emergency Relief Fund.



To directly help those who have been displaced from their homes, Countdown has donated \$15,000 of gift cards to the Māngere Evacuation Centre. Countdown has also been able to donate 7 tonnes of food from the closure of Countdown Mairangi Bay to long-standing partner KiwiHarvest as well giving a further \$25,000 worth of pantry staples to help their efforts to support Aucklanders in need.

Countdown's Managing Director, Spencer Sonn says that the thoughts of the 22,000 strong Countdown team are with the people of Tāmaki Makaurau as they have started to get back on their feet following the devastating floods. "It is critical that we work together to support those most in need. We know the recovery efforts will stretch over many weeks and months."

The West Harbour Community Patrol

The West Harbour Community Patrol joined the Massey Police Station Community Hub team along with other emergency services at the annual North West Mall "Everyday Heroes" exhibit. The event has been postponed for the last two years due to Covid-19, so was a big welcome back from the members of the



HOUSE OF TRAVEL

HOBSONVILLE

Cnr Hobsonville Point & De Havilland Roads | 09 416 0700 | hobsonville@hot.co.nz

In Brief Updates

local community. The West Harbour patrollers enjoyed interacting with the children in a variety of fun activities. This was also a great opportunity to connect with the community on what CPNZ does and how they could join the team.

The patrol works very closely with the Massey-based NZ Police Community Constables. All our patrollers are police-vetted and undergo full training before being paired off with another experienced patroller. The volunteer patrollers are only asked to do a minimum of four hours per month, but many enjoy doing a regular shift of anything between two and four hours per week. We act as the Eyes and Ears for the NZ Police.

Interested members of the community are invited to join the West Harbour Community Patrol and can find out more information at www.cpnzwestharbour.org.nz or email join@cpnzwestharbour.org.nz.

Choosing the correct tyres for your vehicle

Choosing the correct tyres for your vehicle is essential for ensuring your safety, maximizing fuel efficiency, and getting the best performance out of your vehicle. With so many tyre brands, models, and types to choose from, it can be challenging to know where to start. Here are some tips to help you choose the correct tyres for your vehicle.

1. Consider your driving needs: The first step in choosing the correct tyres is to consider your driving needs. Do you primarily drive in urban areas, on highways, or off-road? Do you need tyres for a sporty or high-performance vehicle? The answers to these questions will help determine the type of tyres that are best for your vehicle.
2. Check your vehicle's specifications: Before choosing tyres, check your vehicle's specifications, such as the tyre size, load capacity, and speed rating. The information can usually be found in the vehicle's owner's manual or on the tyre information placard in the doorjamb.
3. Check the tyre tread depth: The tread depth is an important factor in the performance of your tyres. The deeper the tread, the better the tyre's ability to grip the road and provide traction. You should replace your tyres when the tread depth reaches 1.5 mm.
4. Consider the cost: Tyres can be expensive, so it's important to consider the cost when choosing the correct tyres for your vehicle. While it may be tempting to choose the least expensive option, it's important to remember that the quality of the tyres will affect their performance and lifespan. Investing in high-quality tyres will pay off in the long run.

Choosing the correct tyres for your vehicle is essential for your safety, fuel efficiency, and performance. By considering your driving needs, checking your vehicle's specifications, checking the tyre tread depth, and considering the cost, you can find the tyres that are right for your vehicle. Remember that tyres are an important investment, so take your time and choose wisely.

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

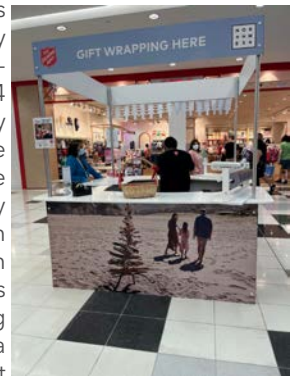
Food for flood victims

Scott Point School learners returned to school on the 7th of February 2023 and spent the first week collecting cans and non-perishable food items for flood victims in the West Auckland area. The goal was to collect at least 500 cans or non-perishable goods. Every child at the school committed to donate one item for the West Auckland food bank who will distribute it to families in need. Scott Point School aims to undertake one event each term and give donations of either money or items needed to worthwhile charities.



NorthWest's successful drive for The Salvation Army

The Salvation Army Westgate was NorthWest Shopping Centre's charity of choice this Christmas, with its gift-wrapping donation service running 1-24 December 2022. Customers were very generous, with donations totalling more than \$11,500.00. The Salvation Army are incredibly grateful for the generosity from the community. The Salvation Army Westgate Auxiliary Captain, Ian Wells says, "Such generosity means we can assist families in need giving them the opportunity to experience a Christmas and summer they would not normally encounter."



Team Terry Jones

WALLACE STRATTON
NEW ZEALAND'S REAL ESTATE PROFESSIONALS

Experience -
knowing the current
real estate market

Terry and Janet Jones

Lifestyle Residential Development
027 492 0529

terryandjanet@wallacestratton.co.nz



WP

wallerprojects

MARK WALLER

M: 021 802 845

E: mark@wallerprojects.co.nz

A: The Hangar, Catalina Bay,
2/2 Boundary Road, Hobsonville Point

W: wallerprojects.co.nz

AWARD WINNING DESIGN & BUILD



In Brief Updates

This year The Salvation Army invested in families, says Ian, "We were able to send families to Totara Springs Christian camp, which established a fully supported community for deserving families where they felt both physically and mentally safe while they enjoyed the experience".

NorthWest Shopping Centre also held a Salvation Army new-toy donation service, which returned more than five supermarket trolley-loads full of toys to donate to families in need. "These toys were put into Christmas gift-baskets for many families in the surrounding area, which really made Christmas special", says Ian. "We want to thank the community for their generosity and thoughtfulness this year, it really goes a long way."

Netsafe

A friend recently received an email apparently from the IRD. It said that due to an accounting error in her previous employment she had paid too much tax, and was entitled to a rebate of so many dollars. All she needed to do was to click on a link and send a photocopy of her passport. Would that ring alarm bells with you?



Tax scams often peak at this time of year as the tax year ends. IRD will never include the actual amount for a refund in the body of the email - you would need to go on to IRD's website to find this. All emails from IRD will come from an email address ending with @ird.govt.nz. IRD does not give direct hyperlinks to myIR in emails. Instead, they'd ask you to log in to myIR through ird.govt.nz. Other scams involve phone calls claiming an investigation - or even a warrant for arrest - has commenced because of overdue taxes. These phone calls usually impersonate IRD, although the scammers may also claim they are police. They will try to frighten you into sharing sensitive

personal information, such as your driver's licence number, which could later be used for identity theft.

If you may have been a victim of identity theft, visit the free support service at idcare.org. You can visit ird.govt.nz and search "scams" for details of tax scams. Learn more at netsafe.org.nz and search "tax scams".

English Migrants Group

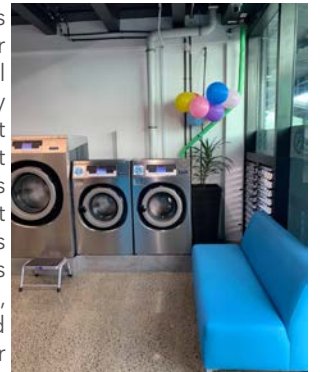
Are you a migrant to NZ that is keen to learn or improve your English and make new friends? The Hobsonville English Migrants Group is for anyone that has moved to NZ, regardless of how little or much English you have. We all help each other and our group provides a relaxed way to meet new friends along the way. Each weekly session (during term time) is free, lasts approximately 1 hour and in 2023 there will also be additional sessions and opportunities to learn new skills and try new activities with your new friends as you practise your English.



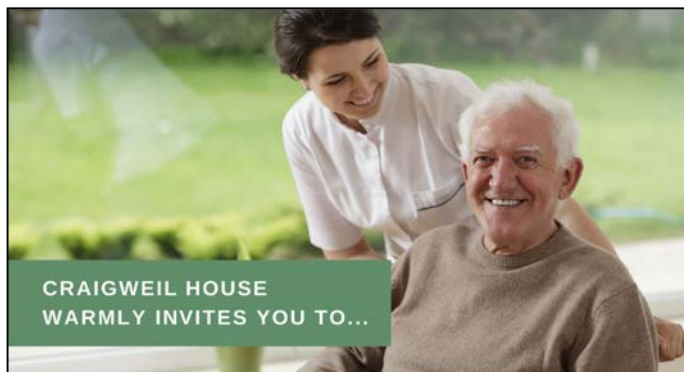
Contact english@hobsonville.org.nz. Sessions start Thursday 2 March at 10am at the Headquarters Building, 214 Buckley Ave, Hobsonville.

The Hobsonville Laundromat

The Hobsonville Laundromat is at 120A Hobsonville Road. Our laundromat is set up to serve all nearby communities. For highly dense suburbs like Hobsonville Point where residents may not have perfect clothes line facilities or limited spaces for washers and dryers, a laundromat plays an important role. Our services include domestic laundry services such as washing and drying, folding, drop and pick up, home delivery and dry cleaning. We also offer similar services to commercial customers.



Self-service and attended services are available. There is also a machine for your pet's bedding. We have three sizes of machines to accommodate the size of your load. We are open all week from 7am - 9pm, with attended services Monday to Friday, 8am - 6pm. Contact us on 09 218 9176 or 022 596 0700, hobsonvillelaundromat2021@gmail.com



CRAIGWEIL HOUSE
WARMLY INVITES YOU TO...

COME VISIT OUR UNIQUE BOUTIQUE RURAL CARE FACILITY

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

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

★★★ No Premium Room Charges ★★★

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

09 420 8277
143 Parkhurst Rd, Parakai
info@craigweil.co.nz




Craigweil House
Home & Hospital
FEEL AT HOME WITH FAMILY



MURIWAI
GOLF LINKS

Andrew Jackson
General Manager

Mobile: 021 2253907 Ph: 09 4118454
muriwai.manager@golf.co.nz www.muriwaigolfclub.co.nz
P O Box 45 Waimauku 0842, Auckland, New Zealand

In Brief Updates

gmail.com, hobsonvillelaundromat.co.nz and Facebook. We work with Maxwells Dry Cleaning for our dry cleaning services.

Your donations appreciated

During these difficult times, NorthWest Shopping Centre have partnered with The Salvation Army Westgate to provide a donation box for non-perishable goods and toiletries in front of Countdown NorthWest. The donation box is now in place until Easter 2023.

The Salvation Army will prepare food parcels for families in need. If you can donate, The Salvation Army appreciate that your small gesture will go a long way to helping others.

Donations can be tinned food, pasta, rice, chips, biscuits, cereal, snacks, toiletries, cleaning products and sanitary products. Every donation counts whether it be big or small.

When you next visit NorthWest Shopping Centre, if you can donate, please consider helping a family in need.

Donations appreciated.

If you can, please donate to help those in need in our community. Toiletries and non-perishable food warmly welcomed.



To book a training or learn more about becoming an essential First Aider in your workplace today contact Kim on 021 709 707

Medic First Aid NZ- We make learning to save and protect lives easy.

*Follows the published guidelines of Worksafe NZ.

Hobsonville Point Secondary School

Hobsonville Point Secondary School Principal, Maurie Abraham, is proud to present the 6 Kaiārahi (Head Students) for 2023 and is very much looking forward to working with them as the school continues its development as an innovative, future-focused school. They represent each of our 4 Learning Communities (Waiarohia, Onekiritea, Tiriwa and Taheretikitiki), our Maori Student Roopu and our Pasifika Student Group.



Seated left to right with Principal, Maurie Abraham

Helene Cunningham - This year as the Kaiārahi for Waiarohia, I am most looking forward to organising a committee for the 2023 graduation ball, running inter-community events, and advocating student voice. In 2023, before I graduate, I would like to have developed, tested and launched a rocket in Projects, done many adventurous activities with Outdoor Ed and explored Europe on our Social Sciences trip.

Patience Pereira-Sale - In my leadership role as the Kaiārahi representing our Pasifika students, I'm looking forward to working with the other Pasifika students to present our cultures to the school and community. Personally, I'm aiming to confidently achieve my Level 3 and to complete an internship at an Early Childhood Centre.

Ben Gillies - What I am most looking forward to as the Kaiārahi representing the Maori Roopu is being able to contribute to the school spirit and create an even better belonging to the school. What I want to achieve by the time I graduate is to have a lasting

Become a certified First Aider in your workplace

Having a conference or staff training in 2023? Upskill and certify your team in first aid with a Medic *BasicPlus First Aid course.

Suitable for all levels, with the flexibility to be delivered over one full day, or split into modules and run over two days or more, each course fits easily into your conference or training schedule and is tailored to meet the needs of your team, business and industry.

With Medic First Aid's engaging, student-centred and low stress learning environment coupled with smaller class groups, your team will be well supported to learn essential skills and techniques in CPR, and first aid.



With Medic First Aid's engaging, student-centred and low stress learning environment coupled with smaller class groups, your team will be well supported to learn essential skills and techniques in CPR, and first aid.



FOR ALL YOUR

PLUMBING & GASFITTING

CONTACT US ON

0800 DAN TAYLOR

021 254 3899

admin@dtplumb.co.nz



Tile Wright®

- Bathrooms
- Kitchens
- Splash Backs
- Waterproofing

Josh Wright

027 260 8225

Tilewright@outlook.com

In Brief Updates

impact on the school and to be able to walk out on the last day of school knowing I'm walking out a better person than who I walked in as.

Seth Quinlivan-Potts - As one of the Kaiārahi for 2023, I am looking forward to connecting with our people and actioning proposals for our school community of Onekiritēa, with help from my fellow Kaiārahi and the SLT (Senior Leadership Team). An example of this includes the organisation of our upcoming Community Spirit Day—commencing the legacy of us having a positive, lasting impact as a group. I would like to continue leaving a mark on our school through aiding in the success of the sporting department. I would like to achieve individual success in papers with the University of Canterbury and strengthening my personal excellence.

Cody Ashton - I'm very grateful to have been selected as one of the Kaiārahi for HPSS this year, representing the Tiriwa Community. I'm looking forward to being part of the wider leadership team for all of HPSS, this is a position I take with great pride. I'd love to be able to achieve even more success in the sports space, and hopefully bring a trophy back to the school before I graduate. The opportunity to lead the school for my final year is something I feel very passionate about, and I'm looking forward to getting started.

Malaika Saeed - I am grateful for being given the role of Kaiārahi on this year's leadership team. As Kaiārahi of Taheretikitiki, I am looking forward to collaborating with the student council to provide students with new and exciting events and opportunities throughout the year. Before I graduate I want to achieve personal and academic excellence as an effective and dedicated leader.

Final stage of development nearly complete

Summerset at Monterey Park offers the experience of luxury living in the thriving Hobsonville community. Set on the Harbour's edge on our own exclusive corner in Hobsonville, we have a bustling community of residents who enjoy all the amenities we offer, from a



large indoor pool, outdoor bowling green, croquet, petanque, community vege gardens, and stunning water's edge walkways plus the vast range of activities at Monterey Park. We are now ending our final stage of development and have stunning two-bedroom villas available for you to secure if you are looking for a lifestyle change.

Or, treat yourself - with one of our water's edge Clark Coastals,

of which we only have three left to choose from. These are large homes, with a double garage two bedrooms, each with ensuite, plus a third bedroom perfect for a study or hobby room. Extensive storage, large open plan living with a seamless flow to the large outdoor deck area. Neutral décor, light and bright and modern throughout, easy living with a fabulous water view.

With a luxurious design, resort-style facilities and Summerset's renowned continuum of care, you'll love the life at Summerset at Monterey Park.

For more information or to book your private appointment with our Sales Manager, Leonie Keatley, call today on 021 195 0045 or email Leonie.Keatley@Summerset.co.nz or look online at summerset.co.nz/hobsonville

We are located at 1 Squadron Drive, Hobsonville, Auckland.

West Harbour Christian Kindergarten

In this editorial I would like to introduce the team at West Harbour Christian Kindergarten. While we are a small centre with a big heart we have a dedicated team of teachers - there is Priya who is the Centre Manager, Tracy and Jordan who are your full time teachers. We also have two regular relieving teachers to whom you will see often and are also valued members of our team and they are Ekta and Poonam.

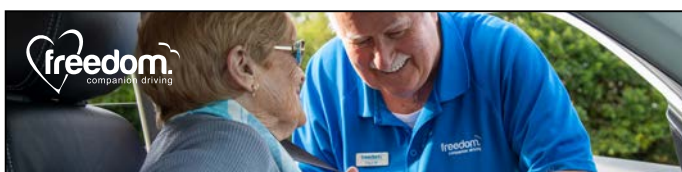


While we celebrate diversity every day at kindergarten, the many cultural events throughout the year offer great opportunities for our tamariki and whānau to share their own traditions. Celebrating these events is not only a lot of fun for our tamariki, but also highlights the diverse communities that make our network so unique. We ended our celebration with a shared meal with yummy food prepared by our whānau. Thank you all for a fantastic celebration.

Look out for our Easter celebration in April! What a great time to remember what Jesus did for each and everyone of us. We have a lot of fun fill activities planned out for them.

Seeing, learning and experiencing is what it is all about with children isn't it? Being able to offer a range a fun and cool ways to do this equates to some amazing teachable experiences.

Well that's it this month from West Harbour Christian Kindergarten, if you want to investigate further to see where our adventures are taking us then please reach out.



Paul Miller

Freedom Drivers Hobsonville

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

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

ACC Approved • Total Mobility Cards • Eftpos

ANYTIME PEST CONTROL

FLIES, ANTS, COCKROACHES, FLEAS

RATS, MICE, SPIDERS, WASPS ETC.

WEEDSPRAYING

KEVIN MORRIS REGISTERED TECHNICIAN

PHONE: 09 411 7400 MOBILE: 027 277 7143

In Brief Updates

'Kung hei fat choy.'

新年快乐

Nga mihi from the team

New Year new improvements Massey Birdwood Settlers Hall

How terrible it is the consequences of the recent weather events in Massey and the West of Auckland and NZ for that matter.

The hall survived unscathed however some of the hall users and suppliers of services did not fare as well. Our heart goes out to them, all West Auckland residents at this time and those in other parts of the country affected by Cyclone Gabrielle.

Keeping the hall maintained and upgrading the hall is important. The hall was built in the mid-1950s, and from the outside it may not look modern or cosy.

Inside the hall, technology makes it a popular place to hold your regular activity. Wi-Fi access is available for hall users. Four giant air conditioning units keep hall users cool in the summer, and warm in



the winter and the most recent upgrade is the replacement of the fluorescent lighting with LED lights.

LED lights provide a brighter and better light, that is more environmentally friendly and uses less power and lasts longer.

The lights were able to be installed thanks to a grant from the TTCF and the Waitakere Licensing Trust.

The Association relies on grants to cover major costs and has now had in place CCTV cameras for over a year thanks to a grant from Lotto.

Without such funding the hall, and all those who use the hall would not have a well-loved hall that is easy to get to, right in the heart of Massey. Beneficiaries of the grant money are the members of the Waitakere Cake Decorators Club. The people who attend Kung Fu and the West Auckland Bujinkan Ninjutsu training. The many ladies who enjoy Housie on Friday night. The members of the three churches that use the hall. The members of the Wine club and the people who enjoy the scrap book classes.

Then there are the young people who attend the St John Massey Youth and have of course the young students at the Redhills Community Kindergarten.

English Language Partners are another regular user of the hall.

Passing motorists, parents of kindergarten students, high school students, and Massey residents are probably enjoying a cup of coffee, or cup of tea or hot chocolate from the little yellow Deliciousness Coffee cart, that is on site (weather dependent) from 6 am to 12 noon Monday through to Saturday. Soon the Midnight Run fast food caravan will be on site on a Tuesday night from 5 pm to 8 pm supplying burgers for Massey residents.

Funding of \$1 million available



Apply between 10th February & 10th March 2023.

Support connection and belonging in our community with up to \$10,000 per application.

Learn more at thetrusts.co.nz/west-support-fund

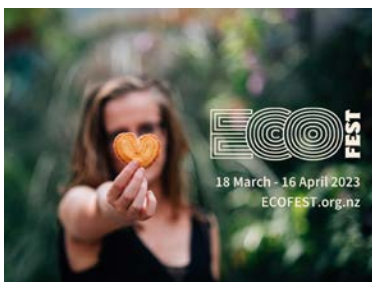
the trusts
Keeping it local

In Brief Updates

If you would like to use the hall for your event on a regular basis, contact our Secretary John Riddell by email masseybirdwood@gmail.com.

Ecofest 2023

Get ready for the ultimate celebration of the unique environment of Tāmaki Makaurau. Four Auckland eco hubs have come together to host EcoFest 2023 - a month-long extravaganza of sustainability and community connection.



Join us from Saturday 18 March to Sunday 16 April for a packed programme of events, activities, installations, and workshops for people of all ages and stages of their sustainability journey.

From composting workshops to silent disco clean-ups, EcoFest is all about making sustainability fun and accessible. Inspire yourself and others to make simple changes to reduce your impact on the environment.

Proudly hosted in collaboration by EcoMatters Environment Trust, Kaipātiki Project, Beautification Trust & Waiheke Resources Trust, let's celebrate our environment and build a more sustainable future together.

Don't miss out on this exciting chance to make a difference! Whether you're an individual, community group, or business, you can host events as part of EcoFest.

Visit ecofest.org.nz to find out more and join in.

Waitakere Greypower Association

Waitakere Greypower Association is back in the business of advocacy on a variety of matters and will be involved in the review of procedure and operation of rest homes, hospitals and retirement villages currently being rolled out for comment. Our first General Members meeting will be held on Wednesday 22nd March 2023 at 1.00 pm at the Te Atatu South Community Centre, 247 Edmonton Rd, Te Atatu South. We have the recently-appointed Aged Care Commissioner, Carolyn Cooper, as our Guest Speaker. Previously Carolyn was Managing Director of Bupa and has a lifetime knowledge of Aged Care. All members and friends are welcome. Try and bring a friend along if you can. Aged Care is the current topic

for advocacy in Greypower. Light refreshments will be served at the conclusion of the meeting. Please come and join us at the meeting. Mate Marinovich, President Waitakere Greypower Association, Office 247 Edmonton Rd.

Kip McGrath Education Centres

The Kip McGrath Difference:

1. Proven methodology - our proven methods and techniques will bring out the best in your child. Trust the experts to bring the fun back into learning.
2. Qualified teachers - our qualified teachers are trained in our methods. Your child will be taught by enthusiastic tutors who will make learning enjoyable.
3. Personalised learning - every child learns differently and will receive a programme tailored to their learning needs.
4. International reputation - with over 40 years' experience tutoring primary and secondary students, Kip McGrath knows what works.
5. Online tuition - available for students unable to attend the Centres. Book online or call us on 09 831 0272.



Best of Aged Care Seminar

Due to recent flooding, storm and cyclone events within Auckland and New Zealand and feedback from prospects and participants we have delayed the Best of Aged care event to 27 April 2023.

We believe this is the best option due to the current state of emergency extending in Auckland and the immediate recovery activity.

Thank you for your understanding and our thoughts go out to those that are rebuilding their lives after these events.

\$100 = Exposure for a month

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



SERVICE CENTRE

EOIN STUART
 Phone 09 412 5900 | Mob 022 639 0274
 338 Main Road Huapai - Kumeu, Auckland 0810
autoworxnz@outlook.com

Kip McGrath™

EDUCATIONCENTRES

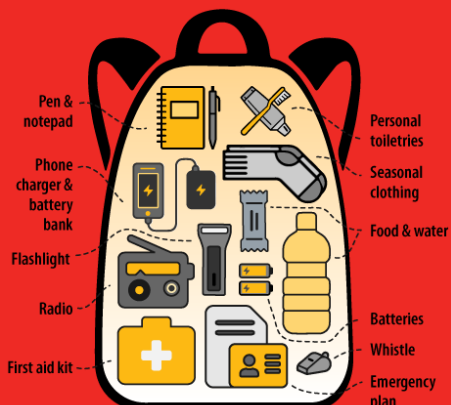
Our qualified teachers create individual tutoring programs using Kip McGrath methods.

<input checked="" type="checkbox"/> Maths	<input checked="" type="checkbox"/> Spelling
<input checked="" type="checkbox"/> English	<input checked="" type="checkbox"/> Comprehension
<input checked="" type="checkbox"/> Reading	<input checked="" type="checkbox"/> Writing

Call today to book a **FREE ASSESSMENT** or visit kipmcgrath.co.nz

WESTGATE 831 0272 : MOBILE 021 121 8570

Safer Communities



As recent events have shown us, it doesn't take long for weather to turn and we can quite easily find ourselves in a position that can leave us and our families trapped in our home by rising flood waters or in a house that has been made unsafe.

This highlights the importance of being prepared and ready should these or any similar events happen again and to keep in contact with neighbours,

particularly if they are vulnerable and require assistance.

www.getready.govt.nz has some helpful tips that can assist you with ways in which you can prepare your home and proactively think about ways in which you can be ready for an incident, including, securing outside objects, having food/water for several days for both yourselves and pets, and to also be prepared for cooking without power.

Should you need to evacuate your home, it is highly recommended to have a 'go bag' prepared before you need to leave. This should have the basics you need to take with you in a hurry and include a first aid kit, water, snacks, phone charger, torch and any medication required etc. There are many suggestions online as to what necessities these bags should include.

If it is at all possible. Leave a secure note on your door advising that you have evacuated and where you can be

reached in case emergency services are involved.

If you have evacuated your house and are staying with others, be mindful that the layout of the house will be different and it will be beneficial to familiarise yourself with how to evacuate in case of a fire.



Jamie Shaw

Senior Fire Fighter
Waitakere Fire Brigade
Phone 09 810 9251



Help prevent drowning

Look for clues

In the backyard



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

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

dpanz.org.nz



Best of Aged Care

Making the move in 2023

Moving is regularly up there on lists of the most stressful life events, but it doesn't have to be that way.

If 2023 is the year you will be relocating or downsizing, here are some tips from the experts at Retirement Moving to make your move easy:

1. Don't take everything. Spend time sorting your possessions before you move, and gift, donate or dispose of unwanted items.
2. Take your time. Chip away at sorting and packing one space at a time over a couple of days or weeks.
3. Dig around. Check every cupboard, under the house, in the garden and track down everything that will either need to be moved, sorted or disposed of.
4. Pack sentimental and valuable items yourself. It'll give you peace of mind knowing you packed things of vital importance, and you'll know exactly where to find them.
5. Get the professionals to pack oddly shaped and fragile items and disassemble/reassemble furniture. They will have the right tools for the job.
6. Empty your fridge and freezer and switch them off 24-48 hours before the move. They are large, heavy and bulky items, and having



food in them adds to the weight.

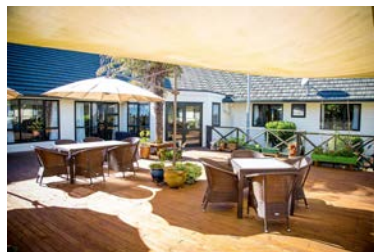
7. Make a priority carton where you can pack a toothbrush, PJs, medicine, keys - anything that you use every day - and keep it somewhere accessible.

8. Unpack immediately. Add a day to your move-in plan and get the boxes emptied, furniture reassembled, and rubbish disposed of.

If you are in a position to do so, engage a moving company you can trust to help with your move. Ask friends and family for recommendations or look at reviews online. Talk to your moving company about the little extras that can help make your move easy - things like helping to declutter, providing boxes and tape, or arranging a post-move clean.

Radius Taupaki Gables

Radius Taupaki Gables provides residents with hospital-level medical care from the comfort of their own bed, in a family friendly environment. Offering 48 hospital beds and 12 rest home beds, Radius Taupaki Gables provides a range of services, including respite, palliative, and young and disabled care. The care home's core value is to ensure that families feel good about their loved ones being in care. Laurel and her team



Making moving easy

Manage,
declutter,
pack and
relocate.



Our professional Move teams are available to provide you with a stress free, full end to end move service.

Book your **FREE** consultation today.

Phone: 0800 473 8473

Email: hello@retirementmoving.co.nz

The Retirement Moving team are people you can trust to make your next move a success. From the first free consultation, to the unpacking and placement of your goods, our focus is on you and getting it right first time.

Retirement Moving 

Manage > Declutter > Pack > Relocate

www.retirementmoving.co.nz

Best of Aged Care

take a holistic approach, ensuring that residents' medical care is furthered by supporting therapies, social activity and engagement with the community - and even animal visits.

A leader in the aged care sector, Laurel Winwood brings a wealth of knowledge from her extensive background in nursing. She merges medical care and wider care into one, so residents can feel at home while they recover from injury or illness. Laurel explores innovative ways to engage with residents to keep them active, including working with an Auckland University study into reducing falls.

Summerset at Monterey Park

Experience luxury living in the thriving community of Hobsonville at Summerset at Monterey Park.

Villas: These brand-new homes are equipped with all the modern amenities one needs for easy living. Two large double bedrooms, large open-plan living which flows to a deck or outdoor patio, an internal access garage with laundry and tiled bathrooms, plus an extra separate toilet. Easy modern living.

Clark Coastal Villas - Our premium homes, set on the water's edge, featuring open-plan living with a seamless flow to a large outdoor deck. Including two large bedrooms with ensuites, plus a third room



perfect for a study, or spare room, a double internal access garage, elevator and huge storage options. Orientated for fantastic sun and views and finished with a modern neutral décor throughout.

Summerset is also excited to announce a brand-new retirement village, Summerset Milldale, located close to Wainui, Silverdale and the Whangaparaoa Peninsula. Once complete, it will offer over 220 independent homes to choose from including villas and apartments. Plus, a wide range of care options, including serviced apartments, a care centre and our industry-leading memory care centre.

For more information on either of these villages, visit summerset.co.nz.

ClearStone Legal

ClearStone Legal are a full-service law firm who are able to assist with residential conveyancing (sale, purchase and refinancing of property), advise on occupation licences and Retirement Villages Act 2003 and estate planning (Wills and Enduring Powers of Attorney).

Occupation Licence - often the first step is deciding on and securing a unit in your village of choice. We will complete a full review and advise you on the terms of the occupation licence (sometimes called an Occupation Right Agreement). Your initial



Debra Barron
Principal, ClearStone Legal

Summerset Milldale coming soon.

Summerset is excited to announce a brand-new retirement village, **Summerset Milldale** which begins pre-selling in early 2023.

Once complete, it will offer over 220 independent homes to choose from including villas and apartments. Plus, we will have a wide range of care options, including serviced apartments, a care centre and our industry-leading memory care centre. All safe and secure within a fully gated village community.

Summerset Milldale is located close to Silverdale and the Whangaparaoa Peninsula in one of Auckland's newest and most affordable suburbs. It will offer the perfect retirement lifestyle, close to beaches, cafes and shopping, everything the Hibiscus Coast has to offer.

Only 25 minutes from downtown Auckland, this stunning village will give you easy access to everything a busy retirement life demands.

Get your free information pack today
0800 SUMMER (786 637)
summerset.co.nz/milldale



Best of Aged Care

agreement might need to be subject to the sale of your home.

Sale of your residential property - once you have a buyer in front of you, your agent will negotiate and put in place a sale and purchase agreement. From this point we will work with you and the purchaser's solicitor to reach unconditional status, and then work towards settlement. We will prepare the documentation to transfer title to the purchaser, and if needed obtain a discharge of mortgage from you bank. We will apply the proceeds of sale to pay the purchase price for the occupation licence for you on settlement date.

Estate planning - one of the requirements of entry to a retirement village is to have up-to-date Enduring Powers of Attorney and Wills in place. We will take your instructions, advise you, guide you and draft the appropriate documentation to complete the requirements.

Country Club Huapai

You've all seen Country Club Huapai, growing from the ground up over the past years. It is a beautiful part of our neighbourhood. Some of you may have visited our café, popped in to see friends or enjoyed the use of our stunning spaces for your clubs



or groups. What a pleasure to be able to work in such a luxurious setting. As a local of some decades it is a privilege to help people from our community make decisions about what their next home will be. I get to introduce to people the fun lifestyle that goes part and parcel with life at Country Club Huapai. At the upcoming seminar I look forward to telling you more about us. How our village works, what we have on offer and in what ways you can all make this fabulous local resource work for you. I look forward to meeting everyone on Thursday, 27 April. See you there. Chris, Sales Manager, Country Club Huapai.

Chris Brittenden - Sales Manager, phone 021 982 583.

Appreciation for great design

Today's retirees appreciate great style and design and, after almost three decades in the business of building and operating premium retirement villages, Metlifecare takes a unique approach to creating its bespoke villages and amenities.



Metlifecare ensures its villages fit perfectly into local environments and communities and the process starts by considering potential customers and determining their needs and expectations.



Teena Speedy
VILLAGE MANAGER

Hopper Living



Country Club

HUAPAI

Enjoy a luxury
country retirement
today

COUNTRYCLUBHUAPAI.CO.NZ

Best of Aged Care

"We know our future residents are accustomed to high-end architecture, they appreciate outstanding urban design, and they want to be proud to show their children and grandchildren where they live," says head of development, Matt Wickham.

"We look for outstanding sites with strong links to the local community and desirable lifestyle features and use award-winning architects and landscape designers to bring to life bespoke villages that residents can be proud of."

Those sites can be coastal, urban or rural, and each Metlifecare village is completely unique, with its own individual theme. One of the company's latest developments, Orion Point, currently under way in Hobsonville, has been designed with an urban coastal sanctuary focus. With Stage 1 complete, we welcomed our first residents in February 2023.

Metlifecare has considered the area's rich history, taking great care to honour it, building a premium retirement village with independent villas and apartments, a care centre and stylish modern amenities, all sitting comfortably within a stunning coastal location.

www.orionpoint.co.nz

Register today for "Best of Aged Care 2023"

The Best of Aged Care Seminar and chat is on 10am, 27th April 2023, at West Harbour Church, 145 Moire Road, West Harbour, Auckland.

Free from cost, and without commitment to act, we are hosting a fun and information packed event providing answers to the common questions about moving from the family home into a better and easier living environment that provides some future proofing to changes in health, situation and dependency.

The best of aged care seminar will deliver a number of the very best accommodation and health care options available to you today from reputable and proven suppliers that really care about you, and your journey, to retirement living, making your next stage of life, comfortable, easy, simple and enjoyable.

You can bring a friend or family member with you to this independent seminar and chat with a range of professional support providers to help you.

Morning tea is provided, however as seats are very limited we need you to reserve your seats early to avoid disappointment. Call 0800 900 700 or email editorial@thewesterly.co.nz with your name, contact details and seats you would like reserved. Multiple seats will require names and contact details.

"This is a fun, engaged and interactive chat that will talk openly about aged care living and planning ahead" says Graham McIntyre, publisher of the Westerly Magazine, who, with partners Seniornet, Mike Pero and Clearstone Legal will deliver confidence and clarity to your decision making.

For more information call 0800 900 700 or email editorial@thewesterly.co.nz

ORION POINT

Point of perfection

Discover Orion Point, a premium retirement community nestled on the stunning peninsula between Hobsonville and Scott Points. Our range of newly released Stage 1 villas and apartments ensure you will find the perfect home for your retirement.

Call us to discuss your options

● **For the life you want to live**

Call 0800 123 880

orionpoint@metlifecare.co.nz

62 Tahingamanu Road, Hobsonville

orionpoint.co.nz



metlifecare

FACILITIES COMING LATE 2023

Village clubhouse and green with bistro-style café and bar

Swimming pool, spa, activities room, hair & beauty salon, resident workshop

Coastal walkway extension

COMING EARLY 2023

Coastal pavilion



Luxurious, move-in ready apartments from \$885,000[^] and Stage 1 villas now selling from \$1,520,000[^].

[^] Price is for an Occupation Right Agreement secured by a first ranking mortgage in favour of the statutory supervisor on behalf of the residents. Price valid for 30 days from time of printing. Stock availability subject to change. Car park not included in apartment price. Product images are artists' impressions and an indication of product only.

Note: Visitors must be feeling well to enter a Metlifecare site. Mask-wearing within a village is optional. For full Metlifecare COVID-19 guidelines, please refer to our website www.metlifecare.co.nz

Property

Landlord's Insurance

Landlords should have full insurance for their rental property, not only to protect against the important events including earthquake, fire and flood, but also for the additional landlord risks including loss of rent, tenant damage, landlord contents and even meth contamination.



Because policies vary from one insurance provider to another, it is important to check what cover is included as standard in a policy, and what optional cover can also be added for an increased premium.

The RTA Amendments Act 2019 has created the requirement for landlords to be fully transparent regarding their existing insurance and should be a reminder for all landlords to ensure they have suitable cover in place.

Many investors believe they have adequate cover under their current policy only to find at the point of making a claim that's it's not what they expected.

Every landlord insurance policy will likely contain exclusive requirements and it's vital you are aware of what these are e.g., in a damage compensation claim you may be required to show evidence of regular inspections you have conducted.

It's important to ensure you have the right cover against all possible outcomes (including loss of rent, damage, abandonment etc) and often a simple extension to your existing policy may be all that is required.

Real Landlord Insurance NZ - We understand the importance of continuity of rental income and strongly recommend all landlords ensure that they have sufficient landlord protection insurance.

The Rent Shop has an excellent long-term relationship with Real

Landlord Insurance NZ (RLINZ) who specialize in insurance for landlords and their properties. Feel free to visit their website at www.rlinz.co.nz for more information about the specialist cover they offer or contact your Property Manager for more information

Here is a RLINZ example to demonstrate the benefit of their policies.

Carolyn had the 'perfect tenant' - her tenant had been in her home for 3 years. All inspection reports were glowing, the tenant was very clean, neat and tidy, and each inspection showed full photos to prove this. The grounds were immaculate, and the rent was paid on time. What could possibly go wrong?

The tenant lost his job! The tenant was unable to make regular payments and Carolyn requested that the tenant vacate within 90 days. In the final weeks the tenant lost it. This was his home. The tenant put holes in walls, smashed lights and blinds, and even ripped the alarm system from the wall - cutting all wires.

Real Landlord provided support to Carolyn throughout the claim process and provided settlement of the claim for a total of \$7,284.03 and an excess of \$500 applied.

When you engage with The Rent Shop and our team of property managers you can choose to select one of the Real Landlord Insurance Policies that are only available to accredited property management companies.

RLINZ policies also tend to have lower excess costs when compared to other generic landlord insurance policies.

By engaging The Rent Shop, we have access to the best possible cover for any adverse situation. It's just one of the many benefits involved with having your property professionally managed. If you would like further information feel free to email us at: mike.james@therentshop.co.nz.

Property market report

If you had a crystal ball you'd never believe that the property market in the North West of Auckland would have to sustain the impact of multiple flood events and a cyclone to impact on the housing stock within our area. I witnessed first-hand the effects of the landslides at Muriwai and the wind and flooding effects in many of the areas within our community and my thoughts and hopes are with the land-owners of affected homes and properties. It is a cruel and sometimes soul-destroying position that many find themselves and the physical scars are always followed by mental scars. We certainly see this market as being mixed with certain areas being off-the-table and others being in hot demand. Still an oversupply in some pockets of the market causing price reductions but not all.

Let's look at sales over the last month:

Hobsonville	\$645,000 to \$1,450,000
Massey	\$845,000 to \$1,200,000

the
rentshop

Mike
James

Managing Director

☎ 021 413 660

✉ mike.james@therentshop.co.nz

The Rent Shop Hobsonville Ltd
PO Box 317118
Hobsonville
Auckland 0664

www.therentshop.co.nz



Scan me to view our listings & apply online.

Graham McIntyre

LICENSED SALESPERSON
BRAND & TERRITORY OWNER

Mike Pero
REAL ESTATE



M 027 632 0421

P 09 412 9602

FP 0800 900 700

E graham.mcintyre@mikepero.com

www.mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)

327 Main Road, Kumeu, Auckland

2 Clark Road, Hobsonville, Auckland

Property

Swanson	\$1,170,000 to \$1,186,000
Waitakere	\$1,900,000
West Harbour	\$720,000 to \$1,480,000
Westgate	\$650,000
Whenuapai	\$830,000 to \$1,510,000

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

What you should know when considering Retirement Village living

By Yolandie Rivas

Moving to a retirement village is a big decision. They can offer many lifestyle benefits such as an increasing a sense of security and community, easy access to leisure facilities such as a pool, gymnasium, and movie theatre and best of all, no more having to spend hours and hours of your time mowing lawns and maintaining your property! However, it's important to understand the future implications and differences from owning your own home.

Buying a unit in a retirement village is different from purchasing a house. When you buy into a retirement village, you are actually purchasing the right to occupy, not outright ownership. There are still monthly fees to pay which vary, depending on the outgoings of the village, the extra services, and the utilities you use. As you don't own the property, you won't receive the benefit of any capital gain and upon deciding to leave the village you could actually lose up to 30% your purchase price. However, for most people moving into retirement living, they do so with the knowledge that they will not be occupying their own property again.

So, you've found the perfect retirement unit? The first step is to complete an application. Upon acceptance, you will be asked to pay a deposit of between \$2,000 and \$10,000 to secure the unit and undertake a medical assessment, update your will and have Enduring Powers of Attorneys (EPA's) in place. You will also be



Free Property Advice
www.property-hub.nz

provided with an Occupation Right Agreement (ORA). As there are a range of providers, these agreements are all slightly different. For your protection, an ORA can only be signed once a Solicitor has explained it fully to you. If, after signing you have second thoughts, you can cancel the agreement in writing within 15 working and receive a full refund of any money paid.

But what if I have a house to sell? Most villages are happy to make the ORA conditional on selling your existing home, so that you can use the proceeds to pay for your unit. Like purchasing a house, the apartment usually comes with various appliances and fittings, but there may be additional costs, for example if you require carparking.

What can I or my family expect once I move out? Under the ORA, the purchase price (or entry payment) is usually split in two parts: A facility contribution of around 30% of the purchase price and an exit payment which is paid when the agreement ends. Usually if you stay longer than five years, the village will deduct the total amount and then the exit payment balance of about 70% will be paid to you or your estate. However, this balance will only be paid once your unit has been sold and the village has received the funds.

So before deciding to make the move to a retirement village, make sure you do your homework. More information, checklists and calculators are available on the Sorted website at www.sorted.org.nz/guides/retirement/living-in-a-retirement-village.

We are happy to guide you through the process, making it easy and stress-free. We can also look after the sale of your existing property, update your will and put EPAs in place for you. For free no-obligation advice, give us a call on 09 973 5102 or make a time to come and see us at either our Kumeu or Te Atatu office.

Should you use a Mortgage Broker?

When I bought my first home, I was self-employed as a strategic consultant - having recently left a role with one of the big banks in their business banking team. Even with my banking experience, I still engaged a Mortgage Broker to take care of my lending application.



I did so because Brokers had access to far more information than I did, my wife and I were busy in high pressure roles and going to endless open homes, and our application was complicated by my short term self-employment; so why not make the most of their expertise? However, the broker representing us didn't have the

VODANOVICH
LAW

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

PLEASE CONTACT IVAN | ivan@vlaw.co.nz 09 412 8000
 4a Shamrock Drive Kumeu, Auckland

Property

skills/experience to understand my income and the process was endlessly frustrating. I ended up terminating our relationship and got my own approval, working directly with the bank.

Many years later - I am now a Broker myself (and I love it) - so when people ask if they should use a broker, I've got an incentive to say "yes". However, my early experience is still fresh in my mind. If you want to use a broker, go for it, most are free. However, it is important to make sure you use the best one for you.

The benefits of using a broker include:

- We can guide you through the whole home buying process; we have networks that include lawyers, building inspectors, realtors and insurance firms and can recommend ones to you based on your circumstances.
- We can save you the hassle of shopping around banks for the best deal; by completing a pre-assessment we can let you know which lenders and products best fit your needs.
- We can make the whole process quicker, easier, and less stressful.
- We can often get better pricing than you can directly.
- We can work with you on your long term goals - and make sure all your lending is structured to help you achieve them.
- Most of us don't charge you any fees for our services for residential lending.

So when shouldn't you use a broker?

- When the broker is acting outside their area of expertise.
- When the broker doesn't have access to the best banks for you. Brokers can only work for banks that have given them an accreditation.
- If you already have a complex lending arrangement with your own bank (that you're happy with) - it can make much more sense to deal with the bank directly.

So what should you ask a broker to see if they are right for you?

- Ask about their background, and what experience they have working with people like you.

- Ask which banks they are accredited with - and more importantly which ones they're not.

- Ask about timelines - and their capacity to prioritise you.

If you'd like to talk to me about your lending and to see if I'm right for you, feel free to give me a call; and as always, if you want to meet for coffee - it's on me.

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

Buying a tenanted residential property

Buying a residential property that is currently tenanted is slightly more complicated than buying property from someone who is living there and will move out on settlement day

If you wish to live in the property you will need to ensure that the sale and purchase agreement provides for vacant possession.

The words "vacant possession" must be inserted in the tenancies box on the front page of the Agreement for Sale and Purchase. This is particularly important if you are using a KiwiSaver withdrawal or Kainga Ora First Home Grant to assist with your purchase.

Fixed term tenancies cannot be terminated before the end of the fixed term, unless the tenant agrees.

If you want to keep the existing tenants your lawyer will ensure that the appropriate paperwork is completed prior to settling. You should not assume that the rental currently meets all the legal requirements for a rental, such as the Healthy Homes Standards and do your own due diligence to make sure the property meets your legal obligations as a landlord.

By Jennifer Edwards - Smith and Partners, 293 Lincoln Road, Henderson phone 09 836 0939 or email: partners@smithpartners.co.nz.



KEMP BARRISTERS & SOLICITORS

Your local team of legal experts

Property Law

Litigation

Family & Relationship Law

Trust & Asset Protection

Wills & Estates

Commercial Law

info@kempsolicitors.co.nz

09 412 6000

25 Oraha Road, Kumeu



Property • Disputes • Family • Wills

Taina Henderson 027 537 9222

Shelley Funnell 027 537 9221

Amie Wallwork 021 421 336

www.hendersonreeves.co.nz

nights are
getting cooler

Goldair

Upright Fan Heater with
Oscillation 2.4kW

SKU: 349234

\$ 59⁹⁸



Dimplex

Optiflame Bari Portable Flame
Effect Heater 2kW Black

SKU: 371967

\$ 269



Goldair

Metal Panel Heater 2.4kW
SKU: 369986

\$ 299



Goldair

Outdoor Radiant Heater
With Wifi 2.4kW

SKU: 384599

\$ 319



Gasmate

Optimum Radiant Electric
Heater 1800 Watt Black

SKU: 378476

\$ 499



Gasmate

Hellion Electric Outdoor Heater
2.0kW, H: 140mm, W: 655mm,
D: 120mm

SKU: 343540

\$ 599



Masport

Wanaka Freestanding
Wood Fire

SKU: 280591

\$ 2,196



Woodsman

Brunner MKII
reestanding Wood
Fire Metallic Black

SKU: 229210

\$ 2,299



Masport

Rangitata Inbuilt ULEB
Masonry Wood Fire

SKU: 366966

\$ 2,939



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

Big Range,
Low Price,
Local Advice.

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



@ MEGAWestgate
@ MEGAHenderson

MITRE 10
MEGA

WESTGATE &
HENDERSON

Area Property Stats

Every month Mike Pero Real Estate Hobsonville assembles a comprehensive spreadsheet of all the recent sales in the area that reviews the full range of Residential transactions that have occurred.

To receive the full summary simply email the word "full statistics" to hobsonville@mikepero.com. This service is free from cost.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HOBSONVILLE	1,025,000	112M2	161M2	1,110,000		970,000	131M2	138M2	880,000
	1,450,000	297M2	216M2	1,450,000		490,000	0M2	171M2	1,050,000
	900,000	106M2	102M2	840,000		880,000	199M2	93M2	860,000
	1,395,000	543M2	210M2	1,363,000		920,000	388M2	127M2	845,000
	1,575,000	334M2	228M2	1,406,666		1,150,000	491M2	191M2	1,200,000
	1,210,000	453M2	160M2	1,150,000		990,000	240M2	113M2	1,005,000
	985,000	351M2	100M2	840,000		920,000	222M2	91M2	956,800
	980,000	685M2	120M2	865,000	SWANSON	1,140,000	337M2	183M2	1,170,000
	1,285,000	500M2	170M2	1,160,000		1,175,000	348M2	191M2	1,186,000
	645,000	0M2	61M2	645,000	WAITAKERE	1,325,000	1.73HA	110M2	1,900,000
	975,000	112M2	97M2	860,000	WEST HARBOUR	790,000	0M2	80M2	720,000
MASSEY	1,500,000	827M2	210M2	1,175,000		1,340,000	441M2	260M2	1,480,000
	440,000	196M2	158M2	855,000		1,640,000	660M2	260M2	1,437,000
	880,000	182M2	92M2	836,000	WESTGATE	655,000	131M2	66M2	650,000
	1,100,000	548M2	132M2	990,000	WHENUAPAI	935,000	98M2	125M2	830,000
	970,000	139M2	127M2	995,000		1,750,000	363M2	282M2	1,510,000
	900,000	0M2	80M2	830,000					
	1,075,000	230M2	175M2	1,068,000					
	950,000	968M2	146M2	938,000					

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

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

2.95% up to \$490,000

(Not 4% that others may charge!)

1.95% on the balance

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

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

*Available for a limited time. Conditions apply.

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

Mike Pero | REAL ESTATE

This page is sponsored by Mike Pero Real Estate, Hobsonville
Phone 0800 900 700 Licensed REAA (2008)

Graham McIntyre
Brand & Territory Owner
027 632 0421



SHOW YOUR POPPY

Join the movement and show your support by displaying a Poppy on your gate or fence.

**MARCH /
APRIL 2023**

Hi Neighbour,

Remember the fallen and show your support for the Poppy. Join us to post your proud poppy creation that adorns your fence, gate or letterbox in advance of ANZAC Day and our formal day of remembrance.

The team at Mike Pero Kumeu and Hobsonville will be giving away Mitre10 and Aussie Butcher vouchers. Participating houses will go in the draw to win one of three \$100 Mitre10 Mega vouchers and one of three \$100 Aussie Butcher vouchers, with winners announced 26 April 2023*.

**IF YOU'D LIKE TO REGISTER
YOUR HOUSE, SIMPLY TEXT
027 632 0421 WITH YOUR
NAME, ADDRESS AND
EMAIL.**

**TAKE PRIDE IN YOUR POPPY
SUPPORTED BY:**



*Terms and conditions apply, visit mikepero.com/showyourpoppy. View privacy policy at www.mikepero.com/privacy-policy

Follow instructions on the information/ email provided. MPRE takes no responsibility for any loss or damage caused as a result of participation. Mike Pero Real Estate Ltd. Licensed REAA (2008).

Hot Property



Tranquil, private, single level in Hobsonville

Modern living and presented to an extremely high standard, and it is single level (no stairs).

Delivering all the benefits of modern construction within a cul-de-sac environment with established trees and shrubs, the property and the community is beautiful.

Offering three bedrooms and an additional room/office/ lounge /

media suite, the home certainly provides space for you to maximise how you wish to live. Master with walk-in and en-suite with main bathroom and bedrooms off a central hallway.

Unencumbered alfresco access to patio areas that are completely private and quiet, with peppered plantings to delight the eye and share pockets of shade. Set up in entertainers style, the kitchen, dining, living offers an uncluttered flow to outdoor spaces.

Internal access double garage ensures the toys and tools are secured.

A short walk to convenience shopping, schools, parks and inner harbour access and a flat walk to bus transport.

Hot Property



A home that delivers all the enjoyment of life but does not complicate it with chores.

Live life better - this is a home you can buy, move in and completely relax.

Building and thermal report available to all buyers.

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.

Mike Pero Real Estate Ltd Licensed REAA (2008).



\$669,000 BUY OF THE YEAR

2 1 1

\$669,000

2 / 10 Wickstead Place, Massey
Asking Price \$669,000

Calling all first home buyers, this is your opportunity to secure a traditional two bedroom home in the heart of Massey. I seldom find a home that offers so much and is so affordable. This home offers exceptional value for money with options for lounges/ study, office and relaxing. A simple two bedroom home with a large open plan lounge-dining offering stunning sunshine. Off street parking and a single garage for treasures, while the lawn area and plantings are low maintenance and park-like. A short stroll to the inner-harbour, convenience shopping, schools and parks.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX3477990

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



EXTENDED FAMILY OR BLENDED FAMILY - ROYAL HEIGHTS

5 2 2

\$1,249,000

3 Bangla Place, Massey
Asking Price \$1,249,000

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



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX3269528

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



RURAL ASPECT CLOSE TO WAITAKERE PRIMARY SCHOOL

3 2 1

Asking Price \$835,000

5 Northfield Road, Waitakere
Asking Price \$835,000

A 1950's three bedroom home in a quiet hamlet, overlooking farmland and yet close to Waitakere Primary School, services and park. Set on 850 square meters, this is a unique home that can host the full joys of family and friends in an environment that extends to alfresco living, outdoor pursuits and garaging tinkerers, all in the confines of this fully fenced property. Lovingly presented to reflect its pedigree and offering a neutral canvas for you to fully express your individuality. Available immediately for you to claim and move on in. Close to transport links, convenience shopping, Waitakere Primary School, and a short drive to Swanson Rail Station, Bethells Beach and Westgate Shopping hub. Motivated Vendor welcomes your interest today - You won't be disappointed.



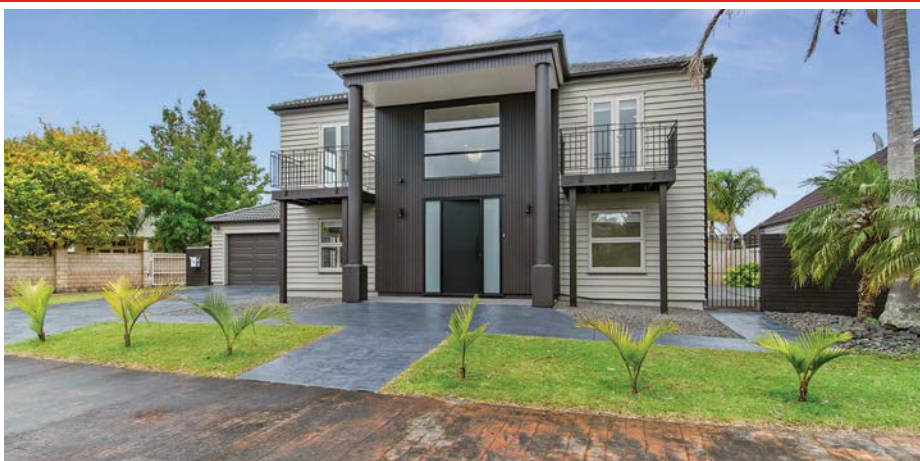
Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX3526152

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



AS NEW - IMMEDIATE POSSESSION AVAILABLE

5 2 3

By Negotiation

6A Mansion Court, West Harbour
By Negotiation

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



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX3610153

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



BUSINESS - TOWN CENTRE ZONE - HUAPAI

3 1 1

By Negotiation

8 Oraha Road, Huapai
By Negotiation

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



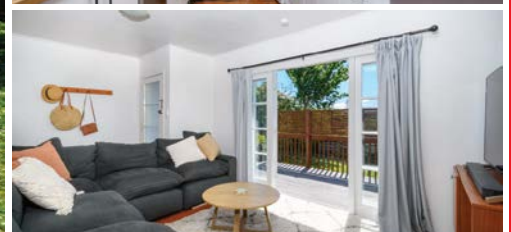
Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX3226379

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



STAND ALONE ON 450SQM, STUNNINGLY GOOD

3 1 1

\$849,000

17 Chorley Avenue, Massey
Asking Price \$849,000

An absolute treat is on offer here on Chorley Avenue, this homely bungalow offering the best of suburban living with private and quiet section, yet close to schools, amenities and transport links. Make the most of this great real estate, priced well and positioned well with Northerly aspect, framed in lawn and peppered by fruit trees. Three bedrooms, one bathroom, separate laundry, with open plan lounge-dining opening out through french doors to north-east decking and patio area. Good parking as you enter section. A master-class in homeliness awaits you, and we invite all \$800,000 plus buyers to view the property today. Close to Henderson shops, schools, convenience shopping just up the street with transport links.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX3493287

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



TRANQUIL, PRIVATE, SINGLE LEVEL IN HOBSONVILLE 3 2 2

By Negotiation

34 Starlight Cove, Hobsonville
By Negotiation

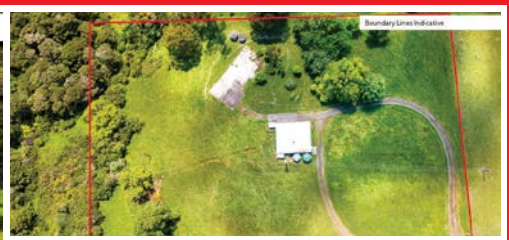
Modern living and presented to an extremely high standard, and it is single level (no stairs). Delivering all the benefits of modern construction within a cul-de-sac environment with established trees and shrubs, the property and the community is beautiful. Offering three bedrooms and an additional room/office/ lounge /media suite, the home certainly provides space for you to maximise how you wish to live. Master with walk-in and en-suite with main bathroom and bedrooms off a central hallway. Unencumbered alfresco access to patio areas that are completely private and quiet, with peppered plantings to delight the eye and share pockets of shade. Set up in entertainers style, the kitchen, dining, living offers an uncluttered flow to outdoor spaces. Internal access double garage.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX3543221



FLAT LAND - BIG SHED - AQUAFER BORE

By Negotiation

Lot 2 / 337 Ararimu Valley Road, Helensville
By Negotiation

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

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

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



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX3570208

Home & Garden

Tile Wright

We are now carrying out free no-obligation quotes for your tiling needs; kitchens, splash backs, bathrooms and laundries. We specialise in all things tiling; we provide high quality services including Auckland Council approved water proofing, bathrooms, kitchens and splash backs.

With over 6 years' experience in the industry, we pride ourselves on high quality workmanship. We cover most of Auckland, have competitive prices and offer a workmanship warranty on all work. No job too small, we cover it all. Call us today on 027 260 8225 for a free no-obligation quote.



NZ Biosecurity

It is time to start thinking about getting those sites ready for winter planting. Areas that are being set aside for native plants should have weeds removed strategically to enhance the chances of plant survival. Often native plants can be overtaken by fast-growing weeds which smother native plants and block them from getting to the sun.

New Zealand Biosecurity Services Ltd are busy during autumn making the final sweeps through winter planting areas which can involve making sure any vines are knocked back, trees are crown lifted to provide shade but allow space to plant under, rank grass is



scrub cut or mown, and access to the planting area is made suitable for vehicles.

Knocking the weeds back one last time in autumn while the ground is still dry and before the weeds die back for the winter is critical to ensure less re-growth next spring. Control of weeds can occur by hand or using agrichemicals to suit the conditions. Make sure you contact the team at NZ Biosecurity today for a free quote on 09 447 1998 or administration@biosecurity.net.nz.

Triangle Park Community Teaching Garden

385 Don Buck Road, Massey (next to the Massey Community Hub). Promoting gardening and healthy eating. Workshops: 10am-12noon. Wednesdays & Saturdays.

Gardening is one of the most pleasurable activities one can have. What other activity provides hours of joy, exercise and puts food on the table?

Many of us can remember our parents' or grandparents' wonderful gardens and the produce. The tastiest tomatoes, peas, strawberries, huge cabbages, carrots and parsnips and the taste of sun-ripened strawberries straight from the vine, simply delicious!

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

Our upcoming workshops and events are:

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

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. Photo credit: Ry Tweedie-Cullen



EXTEND YOUR LIVING SPACE

15*
months

INTEREST FREE

ARCHGOLA™
OUTDOOR SHELTERS

Enjoy outdoor living and add value to your home with our custom made shelters and outdoor blinds.

Call Lawrence for your **FREE** Quote
021 903 964 | www.archgola.co.nz

*Normal finance lending criteria apply.

**WE'LL SEE YOU RIGHT
IN-STORE AND ON SITE**



WHENUAPAI | KUMEU | SWANSON

WESTERN



westernitm.co.nz

Home & Garden

Introducing Signature Homes Huapai showhome

Searching for new home inspiration? Why not visit Signature Homes latest Huapai showhome to experience the difference?

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



Enjoy three thoughtfully placed bedrooms, separate media room, a spacious open-plan kitchen, dining, and living room that flows out onto a stunning louvred pergola and deck area - perfect for entertaining with friends and family.

Designed to reflect a welcoming coastal-inspired abode, the Huapai design perfectly celebrates nature and a connection with the outdoors. Featuring a minimal tonal colour palette of crisp white, paired with stunning wooden accents to further accentuate the modern coastal look.

Experience this stunning showhome for yourself, and the quality you can expect when you choose to build with Signature Homes West & North-West Auckland.

Located at 190 Matua Road, Huapai. Open daily from 12pm-4pm.

Start your new home journey with Signature Homes West & North-West Auckland

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

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

Contact Signature Homes West & North-West Auckland for more information on 0800 020 600.

Whenuapai Floral and Garden Circle

Our Treasurer Margaret took over for our President Margaret who was unable to attend due to illness. Several apologies were tendered and three new members were welcomed. Birthdays were acknowledged, raffles drawn and blooms admired before Lynda Cartwright from Kings Plant Centre spoke to the gathered members.

An experienced plants person, Lynda has worked weekends at Kings for more than twenty years. She mentioned that indoor plants have come back into fashion in a big way. And she has seen more varied plants available than she was aware existed. Heritage food

Visit our new Showhome *To experience the difference*



Our stunning new Huapai Showhome is now open

This dual pavilion home provides 199sqm of effortlessly light, bright, and beautifully sun-soaked living spaces. Designed to reflect a welcoming coastal-inspired abode, the Huapai design perfectly celebrates nature and a connection with the outdoors. Experience this stunning Showhome for yourself, and the quality you can expect when you choose to build with **Signature Homes West & North-West Auckland**.

0800 020 600 | signature.co.nz

Huapai Showhome: 190 Matua Road, Huapai. Open Mon - Sun | 12pm - 4pm

Office: 80 Main Road, Kumeu. Open Mon - Fri | 9am - 5pm



Home & Garden

crops were discussed, the history of wild fruit and the importance of bumblebees in our gardens.

We would love for you to join us at the Whenuapai Village Hall, 41 Waimarie Road at 1pm on the second Thursday of the month, February, March, April, May, then September, October, November with outings on the fourth Thursdays to be advised, also luncheons early in June and December, to celebrate the birthday of our Club, and Christmas.

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

Until next time, Happy Gardening from Mary Anne Clark.

Laser Plumbing and Roofing Whenuapai

Your plumbing, roofing & drainage experts in West Auckland.



When it comes to plumbing and drainage, DIY repairs can result in health and safety risks, not to mention potentially expensive mistakes.

If you are experiencing sewerage smells, overflowing drains, no or extremely hot water, ceiling leaks, overflowing guttering or gas smells, then it is definitely a good idea to call a plumbing professional.

Laser Whenuapai is your local plumbing professional that can help with any of these issues and more. Dripping taps, a slow draining sink, blocked toilet, low water pressure, clogged waste disposal or backflow issues. We have a talented team of maintenance plumbers

who can easily remedy any plumbing issues, on time and hassle free.

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

We do more than just fix your plumbing problems. Maybe you are thinking of building a house? We know building a new home requires a lot of important decision making, which is why we will take the time to discuss your plumbing and drainage requirements with you and help to create your house into a home. We can offer full plumbing solutions for new builds as well as renovations.

Does your roof leak? Or does it need replacing? We find and fix roof leaks and offer full roof replacements. Your one stop shop for all your plumbing, drainage, and roofing needs. And best of all, we offer free, no obligation quotes.

Contact Laser Whenuapai today on 09 417 0110 or whenuapai@laserplumbing.co.nz or visit our website whenuapai.laserplumbing.co.nz for more information.

Has your water tank been cleaned recently?

Is your drinking water safe?

After the recent heavy rainfall and flooding, now is the perfect time to think about having your water tank cleaned.

Heavy rainfall will stir debris in the bottom of water tanks, blocking filters and compromising clean, safe drinking water for your family.

UV filtration inactivates common water borne threats including bacteria, mould and viruses that pose a risk to your family's health. Being chemical free, it is the natural way to ensure safe drinking water.

Water treatment - KPL specialises in water treatment systems.

Rainwater supply, bore water systems, water testing and water treatment recommendations available.

Water test kits are available to purchase from our shop to cover tank water, bore water and Council requirements.

Pop in and see one of our friendly team at our showroom based in the heart of Kumeu for all your plumbing, water pumps, water filtration, drainage, roofing, woodfires, pool & spa needs.

KPL 09 412 9108 - 156 Main Road Kumeu. Big Blue Building www.kpl.co.nz



Ever had mess left behind?



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

Ph: 09 417 0110

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



"Totally Dependable"

Laser Plumbing
Whenuapai

whenuapai@laserplumbing.co.nz

www.whenuapai.laserplumbing.co.nz

NOR-WEST AND KUMEU GLASS SERVICES

"Specialists in Windscreens & Glazing"

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

CALL - 09 412 9914 | nwkg@xtra.co.nz
9a Weza Lane, Kumeu, Auckland 0810

Home & Garden

kpl.co.nz or send us an email info@kpl.co.nz.

Building a home has never been this easy

At G.J. Gardner Homes Rodney West, we promise to make your new home building experience a pleasure.

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

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

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

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

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

Our thoroughness is just one of many reasons why year after year,

more people build with G.J. Gardner Homes than any other builder. So give the team at G.J.'s Rodney West a call today on 09 412 5371, they can't wait to start your exciting build journey!

March kitchen garden

Keep on top of watering if the weather is dry. March is good time to prepare empty spaces for new crops by turning over the soil and adding compost and sheep pellets. Blood and bone can be worked into the top layer before you plant.

Plant lupin, mustard or oats for green manure if you are leaving the garden empty for a season.

Sow seeds - carrots, parsnips, kohlrabi, radish, leeks, spinach, silverbeet, beetroot, broccoli, onions, cabbage, cauliflower and brussels sprouts. Transplant to the garden when they are showing at least two sets of true leaves.

Plant seedlings - cauliflower, broccoli, cabbage, carrots, beetroot, silver beet, kale, radish.

Salad greens can also still be planted in warmer regions.

Onions can be planted now; they can go in the same place year after year.

Plant peas and snow peas before autumn sets in, the seeds can be planted straight into the ground.

Early sowing of broad beans in cooler regions, they can be planted straight into the ground. Pinch out the first flowers to encourage more.



Install a

Roof Water Tank

300 - 31,000 Litre...

- ▶ **Reduce** water & waste water charges
- ▶ Use **Free** Rainwater
- ▶ Garden, Car, Boat, Home **Washing**
- ▶ W/C and **Hose Taps**



KPL

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

www.kpl.co.nz

156G Main Road Kumeu / BIG BLUE BUILDING

Home & Garden

Harvest basil and coriander before the weather cools then remove and compost plants.

Finish the harvest on your potatoes, onions and kumara. Store in a cool, dry place.

Harvest pumpkins when the vine dies away and the stems become shrunken and dried up. Leave some of the stem on when you pick. Store in a dry place until needed.

Continue harvesting pip and stone fruit. Rake up and compost all the fallen fruit.

Harvest tamarillos before the frosts arrive.

Continue to harvest feijoas and kiwifruit.

Finish harvesting passionfruit. Then prune back, feed with citrus fertiliser and water this into the soil. Spray with Copper Oxychloride and a Pyrethrum spray to take care of passion vine hoppers, mealy bug and brown spot.

Continue to feed vegetable crops with a general-purpose liquid fertiliser.

Finish tidying strawberry beds, remove old or diseased plants. Cut off runners unless you are using them for next season's plants.

Feed citrus with citrus fertiliser, water well as the fruit starts to develop.

Spray citrus with spraying oil and Copper Oxychloride to protect against scale and verrucosis.

Mitre 10 MEGA Westgate & Henderson.

Tile and grout cleaning and re-colouring

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

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

Colourseal is a highly durable coloured coating that adheres to the



Can't keep your grout clean?

We can make it stainproof.

Making the place you live a place you love.

Before



After





FIND OUT MORE

or Call 0508 422 532

surface of the grout creating a water and stain proof barrier that will keep the grout looking like new.

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

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

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

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

Blackout Electric

Pool landscape lighting ideas to help create your very own tropical island in your backyard.

Having a pool in your backyard is a great way to enjoy the summer months. But to make the most of your pool, you need to make sure you have the right lighting. The right lighting can help create a



beautiful atmosphere for your pool and make it a place you can enjoy for years to come. When it comes to lighting up your pool area, there are a few different types of lights that you can choose from. The most common type of pool light is underwater light. These lights are installed directly into the pool and can be used to create a beautiful and relaxing atmosphere. Other types of pool area lights include LED lights, which are energy efficient and can be used to create a variety of different effects. It is also important to consider the type of water and sanitisation system you will be using for your pool, for example, if your pool is a salt water system, it would be best to use stainless steel lighting fixtures to ensure they withstand the salt water and prevent rust from forming on your outdoor lighting.

Benefits of pool area lights lighting up your pool area can offer a variety of benefits. Not only do they create a beautiful atmosphere, but they can also help to increase the safety of your pool. By having lights around your pool, you can make sure that everyone can see where they are going and avoid any potential accidents. Pool lights can also help to keep your pool clean and free of debris, as they can help to illuminate any dirt or debris that may be in the pool. Pool lighting is a great way to create a beautiful atmosphere and make your pool a place you and your family and friends can enjoy for years to come. When choosing lights for your pool, make sure to get in touch with Blackout Electric who can assist you with the type of lights that would work best around your pool, the benefits they

BLACKOUT
ELECTRIC

022 500 5856
info@blackoutelectric.co.nz
www.blackoutelectric.co.nz



Proud member of
NZ TRADE GROUP

Home & Garden

offer, and to ensure they are installed properly and safely.

With the right lights, your pool can become your very own tropical island in your backyard.

Contact Blackout Electric for all your electrical service needs. We can be found at www.blackoutelectric.co.nz or info@blackoutelectric.co.nz.

Summer is here?

Eventually we will see some sun and a summer. From a lawn perspective all the rain we have been getting along with the warm temperatures has really boosted lawn growth. With this rapid growth, we need to continue to keep up the frequent mowing on a high setting (maybe even weekly), taking the top off the grass and helping enhance a tight, dense habit - and your lawn will reward your efforts by looking 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 paspalum continues to grow strongly. This is because it is a C4 plant and has a different system for metabolising carbon, making it more efficient in its water use. Other examples of C4 plants are sugar cane and maize.

If you have paspalum popping up on your kikuyu lawn, you'll probably want to get rid of it before it seeds and makes next year even worse. If you don't have a selective spray you can do a spot spray with a Glyphosate based product. You need to get really close up, have very low pressure and be very careful of any drips or extra drift or you will create large dead grass 'craters' and your lawn could look like a moonscape (yes, I have seen it done) or you can be even more precise by wiping the leaves with a fine paintbrush dipped in your herbicide. Both ways will leave a bit of a hole (it'll be smaller if you wipe it), but your fast growing kikuyu lawn will cover it in no time. This will reduce the seed spread and work needed for next year. Once it is done you can then kick back and enjoy your summer lawn. Fingers crossed we don't get much more rain for the next couple of months. Gary - Jims Mowing 0800 454 654.

Western ITM

At Western ITM we're here to support those locally in need following the recent cyclone and floods. We have significantly reduced the prices on these essential products and more; Dricon, insulation, plasterboard, 30% off plywood, fence posts & palings, nails. If there are other repair items you require then contact our team for a great deal, we're here to assist you.

Email: kumeu@westernitm.co.nz or phone 09 412 8148. *Special pricing valid to 31/03/2023. Western ITM. Locals Supporting Locals. 3 Auckland Stores - Open Mon-Sat. Whenuapai | Kumeu | Swanson www.westernitm.co.nz.



WYATT
LANDSCAPE
SUPPLIES

0800 638 254 www.wyatts.net.nz

Create your outdoor sanctuary!
Whether it's big or it's small we have it all & we just love to help...

Stones, Rocks, Pebbles, Scoria, Spawls, White Chip, Pavers, Rock Walls
(huge variety)

Sand, Asphalt

Mulch *(great selection)*

Bark, Ponga Logs

Top Soil, Potting Mix, Garden Mix, Compost

Concrete, Mortar

Garden Tools, Equipment, Gloves

Weedmats & Pins

Fertilisers, Weed Killers, Supplements etc

Grass Seeds

Sleepers

Pothole Mix, Builders Mix

Drain Coils

Tree Stakes

Firewood

Plus loads more...

Courtesy Trailers plus we deliver

WAIMAUKU: 948 State Highway 16. Ph 411 9604

DAIRY FLAT: 1431 Dairy Flat Highway. Ph 212 3660

WARKWORTH: 371 Woodcocks Road. Ph 09 425 0417

MANGAWHAI: 107 Mangawhai Road. Ph 09 431 5445

OPEN 7 DAYS

WYATTS.NET.NZ

Food & Beverages

Spearmint Lamington Cake Recipe

This is a modern take on a classic recipe using Spearmint Tea. You could use any of your favourite herbal teas to create the glaze for this recipe - the options are endless.

It is best to use a day-old sponge, so make the sponge the day before or you can place it in the fridge just before applying the glaze to help firm up the sponge. To make a gluten-free version, replace the 2 teaspoons of plain flour with 2 teaspoons of buckwheat flour and ensure the icing sugar is also gluten free.



Sponge Recipe Ingredients: This recipe is from the Edmonds Fielder's Cornflour packet.

3 eggs, 1/2 cup caster sugar, 1/2 cup cornflour, 2 teaspoons plain flour, 1 teaspoon baking powder

Sponge Method: Preheat the oven to 190C. Select a pair of matching baking pans to use - this recipe fits into 2 x 20cm sandwich pans, however you can select four mini pans and equally distribute the batter between each of the matching pairs of pans). Line your pans with parchment paper. Separate the eggs. Beat the whites until soft peaks form. Gradually add the caster sugar and continue beating until it has dissolved. Slow the mixer and add one egg yolk at a time, ensuring each one is well incorporated before adding the next. Stop the mixer and remove the bowl. Sift the cornflour, plain flour and baking powder into the bowl - do not bang the bowl. Use a metal spoon and fold the dry ingredients into the egg mixture, careful not to overmix it. Spoon the batter into the pans and use your scales to weigh the pans to ensure the mixture is even in each of your pans. Use a spatula to carefully spread and smooth out the mixture and top. Bake for 12 minutes, then check the sponges to see if they spring back when lightly pressed. If not, continue baking for a further 3 minutes, then check again. Once cooked, remove from the oven and leave on a rack in the pan for a few minutes, then take a small and sharp knife and run the knife around the inside of the pans to loosen the sponges, then remove them from the pans and leave on the rack until completely cooled. When cooled, remove the parchment from the base.

Spearmint Glaze: 2 cups icing sugar, 2 teaspoons Spearmint tea, 3 tablespoons boiling water, 1 teaspoon vanilla essence, 1 tablespoon butter, approximately 2 cups desiccated coconut

Glaze Method: Begin by making the Spearmint tea. Add the tea to an infuser and pour the boiling water over the tea and allow to steep for 2 minutes. Strain and squeeze out all of the liquid. Add the butter and stir until it has melted. Add the vanilla essence. Next sift the icing sugar into the tea mixture and stir well. Holding the sponge in one hand, carefully spoon the glaze over the sponge, turning it as needed and coating the entire top and sides. Then take the sponge and dip it into the desiccated coconut, brushing the coconut up the sides until the whole top and sides are coated. Place on a wire rack and allow to set. Repeat with the remaining sponge cake.

Spearmint Sponge Cake Assembly - Whipped Cream: You will need 200ml double cream, 1 teaspoon vanilla essence and 1 tablespoon icing sugar. Whip the cream until it holds nicely. Spoon into a piping bag and pipe onto the bottom cake. Add the top cake and sprinkle a little extra coconut over to give the appearance of an even topping. Refrigerate until ready to serve.

You can purchase Spearmint Tea and other Certified Organic herbal teas, sign up for our quarterly newsletter and see our recipes at: www.NewZealandHerbalBrew.co.nz.

Good from Scratch

Our thoughts go out to all those affected by Cyclone Gabrielle. For those who have lost homes, property and loved ones. This has struck at the heart of our community - we are at a loss for words.



11th March - Farm Shop day - Join us on the 11th March for our first farm shop of the year. We love our monthly farm shop days, they provide an opportunity for the cookery school to open its doors to the public. Every time we get to meet lots of lovely new faces, catch up with some old ones and enjoy the company of our locals.

This time we are excited to announce that we will be joined by some wonderful artisanal growers and producers. We are excited at the opportunity to create a local hub, a hive of activity for all things food and culinary, and if successful we are hoping to extend this to every farm shop - who knows we might eventually end up with a Farmers market.

If you or someone you know might be interested in becoming a stall holder with us here at Good from Scratch please get in touch at info@goodfromscratch.co.nz

12th March - The Muriwai Deli Bread Class - I am very excited to inform you that on the 12th March we will be hosting a Sunday

Graham McIntyre
LICENSED SALESPERSON
BRAND & TERRITORY OWNER



Mike Pero
REAL ESTATE

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

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

Come and check out our new

Delicatessen, Coffee, Juice & Ice Cream Bar

BORIĆ Food Market

1404 Coatesville - Riverhead Highway, Auckland

www.boricfoodmarket.co.nz





Food & Beverages

morning bread class with Boyd and Cam from the Muriwai Deli. This will be a 9am - 1pm masterclass in all things bread. From focaccia to rewana to sourdough, master your bread making skills with a fun, hands on class. With only 16 spots - be sure to book in soon. For more information and to grab your tickets head over to www.goodfromscratch.co.nz.

Jesters Pies Westgate at the Kumeu Show

Come down and say hello at the 2023 Kumeu Show. Held Sat - Sun, 10th and 11th of March at the Kumeu showgrounds, you will be able to find us in the food area to the left of the main stage. We'll have all your favourite pies & rolls, including Gluten Free and Vegan options as well as ice cold drinks.



We're looking forward to seeing you out there.

Visit our store at Westgate Shopping Centre - next to Countdown

Ph: 09 832 6060

Email: amljesters@gmail.com.

Don Buck Honey

Don Buck Honey has new season local honey from the summer 2022-23 harvest season. Waitakere Forest Blend 500g pots for \$12 (can be purchased with other potted honeys with the usual mix-and-match discounts). There are also 2.5kg mini-buckets: Rural West Auckland Blend for \$35, and Waitakere Kanuka Honey for \$40. Orders can be collected from my home address in Massey or couriered to you with Post Haste. Order online at www.DonBuckHoney.co.nz or email Donbuckhoney@gmail.com. Get



them while the honey is runny.

Berba is back!

For as long as we can remember we have celebrated harvest through our Berba Festival. Inviting anyone and everyone to come and join us in our excitement for the new vintage and having harvest underway. Over the 4th & 5th of March, we will be celebrating harvest in true Soljans style! With grape stomping, winery tours, good food, award winning wine, live music, wine deals and many more activities this event is perfect for all ages. Visit our website www.soljans.co.nz for more information and to book your spot!



Hallertau New beer alert - Island Haze 6.5%

Hallertau New beer alert - Island Haze 6.5%

The view from the carpark on dusk. Westcoast magic, the only beer for now.

4 hours in the water and tomorrow will be bigger, better.

Hops like this make for a special vibe.

One is plenty.

Pouring now at Hallertau and available in 1L KEEPER bottle.



\$100 = Exposure for a month

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



RYAN JACKSON

M: 027 498 6202. E: ryan@treehouseprint.co.nz

P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland



FreshChoice Waimauku

A-2 Waimauku Retail Centre

5-19 Factory Road

Waimauku, Auckland

Phone: (09) 411 7890/411 9495

Fax: (09) 411 8050

Mobile: 021 048 3355

Email: waimauku.fc@xtra.co.nz

Health & Beauty

Hobsonville Chiropractic Centre

We understand that many in our community have had a difficult start to 2023. To give back to our community we are offering 50% off your initial chiropractic appointment at our office in March. Mention this article when booking your appointment to claim the discount. This is valid for clients who have not been to see one of our chiropractors before.

Hobsonville Chiropractic Centre, 295 Hobsonville Road, Phone 09 416 7589.

I am woman, hear me roar!

March is where we celebrate International Women's Day, and I am proud to be a woman.

When I was young, I wanted to be a boy. I believed they were stronger, had it easier and were allowed to do more than girls. It felt like my brother was permitted to do things I wasn't.

It took years to realise it was because he was older than me and when I grew up I was allowed to do many of the things I thought 'only boys could do'.

But it was too late, I already had a belief that being a girl meant I was weak and could only do certain things. That belief stopped me trying many things up to the age of 40. Today I believe I am strong, resilient, powerful and can do whatever I set my mind to. And in the words of Helen Reddy from her 1972 song I Am Woman:

I am woman, hear me roar, In numbers too big to ignore, And I know



too much to go back an' pretend, 'Cause I've heard it all before, And I've been down there on the floor, And no one's ever gonna keep me down again, Yes, I am wise, But it's wisdom born of pain, Yes, I've paid the price, But look how much I've gained, If I have to, I can do anything, I am strong, I am invincible, I am woman.

Lorraine Maguire - Rapid Transformational Therapist - www.lorrainemaguire.com.

Be One

With the new year well underway this is the perfect time to set new intentions, create healthy habits and be the person you want to be in 2023.

If you are a busy mum who needs some 'me' time or retired with some extra time on your hands, yoga is a great way to bring the balance into

your day - and with so many of us (post Covid) now working more from home it's a fantastic way to get out and meet new friends. Our yoga classes are now well underway.

Doing yoga regularly is proven to build strength, increase flexibility, improve posture, encourage better sleep and uplift your mood. And who knows maybe just making a commitment in March could set you up for a year filled with healthier habits and more balance ... Who doesn't want that?

These are just some of the amazing benefits to reap from a regular practice.

Kathy is a well-respected Yoga teacher in Auckland, with over 25 years' experience in practice of all forms of Yoga. Also, Kathy is a mother of 2 small kids, so she knows what it means to live in the real world and deal with daily pressures we all experience. With concession cards available, all levels welcome - it's worth your while and wellbeing.

Our classes are Tuesday evenings 6pm: Hobsonville Memorial Park
Wednesday evenings;

7pm: Unruly Studio 14/3 Workspace Drive, Hobsonville

Friday mornings;

9.30am: Whenuapai Hall

Saturday mornings;

9.00am: Rifle Range amphitheatre Catalina Bay Drive, Hobsonville Point

We would love to see you along soon at any of our locations indoors and out in nature. No need to book in, just show up. Spare mats are



Westgate

MEDICAL CENTRE

Westgate Shopping Centre, Maki street

Urgent Care Clinic

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

**For all urgent medical
and trauma needs**

Xray, Pharmacy, Physio on site

833-3134

www.wgmc.co.nz



Personal Trainer

I'm Kayleen, your local qualified personal trainer waiting to help you change the way you exercise.

I offer:

- 1.1 Personal training
- Small group training
- Bootcamps

103 Buckley Avenue,
Hobsonville Point
0276654091
kayleen@lovetomove.co.nz
www.lovetomove.co.nz



**FREE
BOOTCAMP
SESSION**

valid until 31 January 2023

Health & Beauty

provided.

I so look forward to seeing you in action on the mat. For details visit www.beone.nz, BeOne on Facebook or contact Kathy Jensen at kathygjensen@yahoo.co.nz or 021 335 422.

Summer is here

Finally, it's time to make sure you have good quality polarised sunglasses.

Polarisation cuts out all destructive UV light and is the best protection for your eyes.

At Hobsonville Optometrists we have the best quality sunglasses available.

Check out the website (www.mauijim.com)

Your prescription can be put into Maui Jim sunglasses or any other frame you like.

Come and talk to us at Hobsonville Optometrists Glasses and Gifts

413A Hobsonville Road, Hobsonville, Auckland. Phone 09 416 3937, email hobsonville@eyeteam.co.nz or visit www.hobsonvilleoptometristsglassesandgifts.co.nz.



Should you replace your old metal fillings?

Have you ever looked at yourself in the mirror or photos and seen a flash of silver in your teeth? In the 20th century silver 'amalgam' was the popular material to use for dental fillings because it was strong and durable. However, there are some shortcomings with amalgam fillings - mainly their unsightly appearance, plus the fact that over time they can place uneven pressure on your teeth and cause them to crack. Some people have also felt concerned about the mercury content of their silver fillings.



The good news is that it is very easy to replace silver fillings to restore the appearance of white teeth. Although silver amalgam fillings are

still used at some other dental practices, at McIntosh Dental we use composite resin for all fillings and to replace silver ones. Composite resin is strong and a far-superior material aesthetically compared to metal fillings. The nano-composite materials allow for incredible bonding plus colour blending and matching of the filling material to your natural tooth structure.

The process to remove old silver fillings is as simple as having a normal filling placed. It is a standard dental procedure that we are very experienced in and only takes one appointment to restore the aesthetics of your teeth with a modern alternative.

If you're interested in replacing your silver fillings, please contact us on 09 837 2598 or email info@mcintoshdental.co.nz to book an appointment, or discuss it at your next dental check-up. The procedure is very cost-effective, and the results on your smile are dramatic!

I have shoulder pain, who can help me?

See our osteopaths if you are experiencing the following:

- Accident or Injury - You've had a fall or tripped, lifted a weight awkwardly or something heavy in the garden. These are normal injuries that our osteopaths can help with. You can come straight to our osteopaths, you do not need to see your GP to raise an ACC claim, we can do that for you.
- You are not under our care and you have been having pain for more than 2-4 weeks. We do advise early and quick treatment so that you can avoid any long-term complications, but more importantly, you can get back to doing what you want sooner.
- You are under the care of a physiotherapist, we work alongside your programme if the pain is causing difficulty doing the movements. We believe it is important to collaborate with other health professionals because it may be that you need more than one approach. We know that by working together - you get what is needed from all aspects - decrease the pain, increase the movement or referral to specialists (if required).
- You require surgery, and the pain is still there every day. We can help you with prehab. Our prehabilitation is both hands-on and movement based which is so important prior to surgery, possibly you are hindered due to the pain, but we can help you to start the journey now. Then post-surgery we can resume care when safe so you can keep the momentum and avoid any long-term complications





McIntosh Dental
Helping West Aucklanders to smile since 1987

General & Cosmetic Dentistry -
Dental Implants - Orthodontics -
Sedation Dentistry

(09) 837 2598
info@mcintoshdental.co.nz

43 Lincoln Road, Henderson
www.mcintoshdental.co.nz

Take Your Eyes to For Eyes!

- Advanced scanning equipment for early detection of cataract, glaucoma and macular degeneration
- Specialty assessment of child and adult reading difficulties
- Specific-tint lenses for Irlen Syndrome
- Lenses to correct red-green colour-blindness



Phone: 09 412 8172
email: foreyes@foreyes.nz
website: www.foreyes.net.nz

Matthew and Molly Whittington, optometrists in the Kumeu Village since 1993
Open 9-5 weekdays, Kumeu Village, 90 SH16 Kumeu

Health & Beauty

as much as possible.

Get in touch with us today call 09 212 8753 or book online at www.topnotchbodyworks.co.nz.

Community Yoga

Community yoga is all about including anyone of any age and ability in the practice of yoga.

I believe yoga is a life skill that everyone should be taught from a very early age.

It was a huge benefit to my son who had anxiety from bullying in helping him to stay calm. His friends joined the teen class I set up, it was so successful every parent gave incredibly positive feedback.

I set up a Community Yoga class at the same time as the teen class with the sole focus of providing the community with affordable accessible inclusive yoga.

I have people in my class who have physical disabilities, one of whom was turned away from a mainstream yoga class because of her inability to participate fully.

Yoga is for EVERY BODY. We all have our mental and/or physical challenges in life and taking an hour a week to sit quietly, connect with one's inner self, breath and stretch in a safe, fun environment benefits one's overall health. It is enormously beneficial in building one's flexibility, strength and connection.

One client recently texted 'I feel calmer, relaxed, grounded and go home with a smile on my face. Thank you'



Community Yoga classes 2023 Ranui Community Centre @6.30pm on Monday nights (all year round except public holidays).

Contact me via Facebook page Community Yoga | Auckland | Facebook - or on 021 061 5920. Classes cost \$10.

The purpose of medication

I recently had a bout of vertigo and between episodes of rotating madness, I had time to close my eyes and ponder the question on many patients' minds - what is the purpose of taking medication?

As I see it medication has a few purposes:

- 1) When you are acutely unwell, a short course of medication obviously gets you better, a good example of which are a fixed course of antibiotics that target an infection.
- 2) Medications control and alleviate severe symptoms like pain (and vertigo), giving your body time to heal and allowing you to go on with life to some normality. You stop these once the symptoms are gone.
- 3) In some cases, medications can prevent painful recurrent conditions such as herpes infections. But prevention comes at the price of having to take it every single day.

Most importantly:

- 4) When you have no symptoms and yet you are asked to take medication by your GP, that's when many people go wrong. In chronic diseases like diabetes, hypertension, high cholesterol and increased cardiovascular risks from poor genes, patients often feel very well. So well in fact that they start to wonder why am I still taking these pills every day?

If you are on medications for chronic diseases, even if you feel perfectly well, your blood pressure is normal, your regular bloods are good and you are strong as an ox, tough as an old war horse, DON'T ever stop those pills your doctor gives you to take daily.

Those pills are what's keeping you well.

Without them, your blood pressure will swing, your bad cholesterol will plaque up your arteries, and diabetes will slowly cause irreparable blood vessel disease and damage.

If you stop those pills, the chances you will get a stroke or a heart attack rises. Quite a lot if you are getting older as well.



DT

DENTURE CLINIC

DENTURE SERVICES AND REPAIRS

Attention Denture Wearers

Expert Treatment,
Individual Needs

We offer:

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

Make a booking to discuss your
FREE treatment plan.

Made in NZ with imported materials

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

Free Property Advice

www.property-hub.nz

Health & Beauty

Prevention is like buying flood insurance, when you actually need it, it's often too late.

Keep safe in the rain. Take your daily meds.

Dr Fred. Royal Heights Shopping Centre, Shop 12, 138 Royal Road, Massey, Auckland, phone 09 393 6313. www.rhdoctors.nz.

What is neuromuscular therapy?

Neuromuscular therapy differs from typical massage therapy techniques such as deep tissue massage or lighter Swedish massage.

Deep tissue massage accesses deeper layers of tissue in addition to the normal muscular tissue. The service is typically offered on day spa menu and is described as a deep-tissue massage as opposed to a lighter Swedish Massage. In a spa setting, deep tissue or Swedish massages are typically full-body procedures with focus on a few troublesome regions, with muscle relaxation being the goal. Additionally, deep tissue massage does not require any additional knowledge or certification beyond the foundational massage therapy curriculum.



Neuromuscular Therapy is a highly specialised type of manual therapy that treats trigger points, muscle adhesions, and fascial (connective tissue) patterns to address pain and dysfunction. These adhesions, trigger points, and fascial patterns can develop because of trauma, a postural pattern, or a series of repetitive movements. During neuromuscular therapy sessions, specific treatment procedures are used to release tight fascia, palpate, and reduce trigger points in tight bands of muscle, and release blocked muscle locations to address these patterns.

Neuromuscular therapies typically focus on the primary and secondary body parts that are contributing to your pain and limiting your range of motion.

The training to become a qualified Neuromuscular Therapist is rigorous as you require a 3-year Bachelor's degree. The training includes becoming familiar with every trigger point, their typical referral zones, and the biomechanical factors that contribute to the development of trigger points (by observing your gait and movements). It also includes hands-on clinical application of all specific treatment protocols for each muscle and region. A true

expert in muscles is a Certified Neuromuscular Therapist.

At NorthWest Physio Plus, Nicky is our qualified Neuromuscular Therapist. For more information call 09 412 2945, email info@nwphysioplus.co.nz or see www.northwestphysioplus.co.nz/massagetherapy.html

Healthy teeth for a longer life - protect and prevent

The great news is people nowadays are living longer, with the average life expectancy extending well into their nineties. Living in 2023 also means that we expect a far better lifestyle than aged people have typically enjoyed in the past, and therefore dentures are no longer the desired option.



What must be emphasised is oral health is closely related to your general health. Your mouth changes as you age. As you get older you need to take extra precautions and make your visits to the dentist more regular just like you do with the doctors.

Regular maintenance visits will prevent and protect your teeth and help you keep your teeth for life. Luckily, dentistry has evolved and here at Kumeu Dental we can now offer durable, long-term sealants giving protection for high risk exposed roots, as well as other options like implants, bridges and crowns where the structure of the tooth has already been compromised.

Call Kumeu Dental on 09 412 9507 and ask how we can help you maintain your beautiful smile for life.

KUMEU GYM 24 SEVEN

YOUR FITNESS EVOLUTION

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



Providing fitness in Kumeu for 30 years

Ph. 412 8932 | www.kumeugym.co.nz



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

Office 09 912 0553,
admin@clarksonaircon.co.nz,
www.clarksonaircon.co.nz

Area Columnists

Distance families: emotions just below the surface

In February I was the invited speaker at an in-house global webinar hosted by the World Bank Group Family Network, the Staff Association and SPIN. The bank's staff regularly discern and accept assignments to every far flung corner of the globe, including a large contingent based in Washington D.C. WBGFN is the organisation of the spouses and partners of the World Bank Group and has operated for over 50 years. The webinar topic was, 'What does it mean to be a Distance Son or Daughter?' - the third session of a support programme called, 'Nourishing Global Families'.



As Founder of DistanceFamilies.com and author of the Distance Families Book Series I know this raw, emotional topic sits 'just below the surface' for most expats, migrants and the 'at home' family. When I meet people anywhere and they enquire, "what do you do?", my response is, "I am an author. I write about families separated by geography". This answer generates one of two responses. Either the person glazes over as the topic resonates little with them, or they are momentarily silent... processing what I have just said. Regularly, in the most random places, expats, migrants and the left-behind family dab their eyes, give me a hug and pour their hearts out sharing emotion-filled stories that sit... just below the surface.

Over 500 World Bank Group spouses and staff registered for the webinar. This is a number that surprised even the empathetic, proactive facilitators.

Making the decision to live abroad away far from family is littered with complex emotions including guilt, anxiety, and worry. Migrants and expats feel torn and many of these feelings are not shared with the folks back home. My passion is to help all generations of Distance Families understand 'how it is' for the other generations.

"With knowledge comes understanding,
with understanding comes empathy

and empathy is a good thing for Distance Families"

I salute the World Bank Group and all other family-friendly, global employers who recognise that their staff, spouses and children are more than just employees, partners and offspring. Every minute of every day they are also Distance Daughters, Distance Sons, Distance Grandchildren and more. These roles never leave their being, no matter where they live and hugely affect the success and personal happiness of their global career assignments.

Helen Ellis, M.A. is a researcher, author, anthropologist, veteran of Distance Grandparenting and Founder of DistanceFamilies.com. She is the author of Being a Distance Grandparent and Being a Distance Son or Daughter, the first books of a three part generational book series highlighting the 'how it is' of Distance Families. Her books are available online, at selected book and Kiwiana gift stores and Hobsonville Point Pharmacy and Hobsonville Optometrists Glasses and Gifts.

SME Budgeting for FY24

March heralds the end of the financial year for many of us in business. Time to get the accounts in order, write off those bad debts, review our performance against budget, and start planning for the next financial year.

Budgeting is important for SMEs because it helps you control your finances and make better decisions. A budget acts as a financial roadmap, providing a clear understanding of how much money you have, how much you're spending, and where you can cut back. A budget can also help you plan for future expenses and make sure that you have enough money set aside for unexpected events.

Reviewing financial performance and looking forward is a little more complicated in the current climate. The last three financial years have been anything but normal, but here are some tips:

- Compare results back to a period before the pandemic
- Separate any government subsidies from operating profit - these are not going to get repeated
- Evaluate interest expense based on what you expect interest rates to be in the next financial year (probably higher than they currently are)
- Ensure increased wages are reflected, and take into account the increase in the minimum wage from 1 April
- Review your business priorities - what is essential, what can be reduced or eliminated, and what do you need for business growth

Once you have worked out your budgeted profit, ensure you add on any balance sheet costs, for example:

- Drawings
- Tax payments
- Loan payments (including the Small Business Cashflow Loan)
- Capital purchases

Consider how much cash you need to have put aside to keep the business afloat if the unexpected happens (eg through illness or through natural disaster).

Review and adjust your budget regularly: Your budget is a living document that should be reviewed and adjusted regularly. Make changes to your budget as needed to reflect changes in your business's financial situation.



Pete Sinton
Managing Director

09 4122016 | 021 637772

49 Beach Street, RD 2, Sandspit, Auckland 0982

petesinton@townplanner.co.nz



Free Property Advice
www.property-hub.nz

Area Columnists

If understanding your accounts is not your strength, get help from a trusted advisor, eg your accountant or business consultant.

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

Hui Hub fosters valuable connections for schools

Strengthening schools' wider community connections, sparking collaborations and sharing good practice are at the heart of a Sport Waitākere initiative, named the Hui Hub.

The first Hui Hub took place in July 2021, bringing a range of community leaders and providers together with teaching teams from West Auckland schools to share their contacts and connections.



Co-ordinated by the Healthy Active Learning team at Sport Waitākere, the first Hui saw more than 40 different community organisations, including health providers, community hubs/houses and community clubs, come together with six West Auckland schools.

Healthy Active Learning Community Connector at Sport Waitākere, Christian Curtis, says the concept is focused on the power of harnessing community collaboration to benefit local schools, with a shared kaupapa (project) of improving community wellbeing.

"We saw a need to create a forum for sharing good practice, creating opportunities for collaboration and developing meaningful relationships in the community. We see it as a perfect opportunity for community to come together and share their contacts as well as build a tuakana-teina (brother-in-law) type relationship with schools.

"Originally, we worked with an Auckland Council staff member who was the relationship manager for 12 Community Hubs and Houses across West Auckland. It was obvious that certain community groups held a lot more connections than others in the community. And some community groups found it hard to engage with schools in a meaningful way," explains Christian.

Based on the success and learnings of the first Hui Hub, a second event took place in August, bringing together more than 120 community members from 70 different organisations. Operating in an expo style, the Hub included 15 different presentations from an

array of organisations.

Contributing partners included Foundation North, Department of Internal Affairs, Auckland Council, the Fono, Visionwest, Waiperaira, Henderson Budget Services, Ministry of Justice, Community Action on Youth and Drugs CAYAD, Te Atatū Roosters, Te Atatū Peninsula Community Centre, Sport Waitākere, Massey Matters and Magic Play Box.

For schools, the Hui Hub provides valuable connection points with the community.

"Experience has shown us that members of our school community want access to tangible examples of wellbeing initiatives available in the community. They also want assistance accessing funding to support them and access to community navigators who can connect them with budgeting services, and other things such as kai, stationary packs and clothing," adds Christian.

For Vicki Hitchcock, Principal of West Harbour School, the Hui Hub has provided a welcome opportunity for the school.

"Sport Waitākere's 'Hui Hub' is a great concept. I was able to meet a range of providers in one space, therefore saving time. Another benefit was the opportunity to talk with other participants and hear about their plans. The networking opportunities are invaluable.

"This whakatauki (proverb) reminds me of the Hui Hub - it talks to community, to collaboration and a strengths-based approach. It acknowledges that everybody has something to offer, a piece of the puzzle, and by working together we can all flourish. Nāu te rourou, nāku te rourou, ka ora ai te iwi -With your food basket and my food basket the people will thrive," adds Vicki.

Based on the success of the events to date and feedback from participants, it is anticipated that the Hui Hub will become a regular event operating several times within each school year.

Save Citizens Advice Bureaux

Auckland City Council is proposing to significantly cut, or even remove all funding from CABs in Auckland.

This could result in the complete closure of the CAB service in Auckland.

What will this mean for the people of Auckland?

Our 900 highly trained CAB volunteers help around 160,000 Aucklanders every year.

We help anyone to navigate any issue and understand what the



Helping New Zealanders do more

We offer personal and business lending for almost anything you might need, whether it's that new vehicle for the family, a ute for the business or even a jetski for the warmer months!

Offer of finance is subject to terms, conditions, lending criteria, responsible lending inquiries and checks. See mtf.co.nz/terms for details.

Talk to Gerrie and the team today.

☎ 09 399 2478
 📍 82A Main Road
 ✉ kumeu@mtf.co.nz
mtf.co.nz/kumeu



Area Columnists

options are. This includes people who are vulnerable.

Because of the terrible flooding from the recent severe weather in Auckland, people are coming to us desperate because their homes are uninhabitable, they are left with nothing, and don't know what help is available. So much information is online, but many people struggle to access online help - we help them to get the information they need. We can't do that if Auckland Council removes the funding they contribute to help our service run - there is no alternative funding waiting in the wings.

The ongoing impact from the floods is exactly the work CAB assists with including - navigating insurance claims, food parcels, housing directing to services for low income people, navigating MSD, advocacy and migrant support.

If the proposal gets approved, it will leave a lot of people in Auckland not knowing where to go to get help, because the CAB is often the first port of call. We are an essential service for our city and for communities throughout Auckland.

It is not acceptable for Auckland Council to rip away a safety net for vulnerable Aucklanders who can't otherwise get the support they need.

Let Auckland Council know that they should not cut funding to the CAB.

Barbara Guy Manager Massey Citizens Advice Bureau
0800 367 222 09 833 5775 massey@cab.org.nz

Food for life

"Modern" foods available in Western Societies are very profitable and widely advertised. So says Prof Tim Spector in "Food for Life". Readily available sugary drinks are obviously unhealthy. The problem lies with the misleading labelling of ultra-processed foods. For example, children's yoghurt is promoted as being a healthy source of many things for children and might claim to have some added vitamins but are just vehicles for sugar, artificial sweeteners, fake fruits and giving children an overly sweet tooth.

Breakfast cereals aimed at children are also a problem. They are a sort of health food and combined with milk give everything you need for your child. And basically it's just giving your children a sugar rush with very low-quality vitamins that they wouldn't need if they had a decent diet.

The public tend to believe that what they're eating is healthy and safe. They believe they've been tested by governments and every



time there's a new ingredient or a new artificial sweetener, a new emulsifier or glue to stick it together they've been properly tested - and of course they haven't, says Prof Spector. Most ultra-processed foods have no or very little fibre. So, the body gets a signal that it's getting food, but none of this actually reaches the gut microbes. It's all absorbed very early on. So you get sugar peaks and fat peaks, but not much fibre reaches the gut microbes which are in the lower part of our gut in the larger intestine.

Some components of ultra-processed food such as artificial sweeteners can upset gut microbes and experiments have shown that some of these chemicals are pre-diabetic and act against your own healthy metabolism. Because ultra-processed food is made from extracts of other foods, it's not made from the whole food originally and the powders need to be glued together by emulsifiers to make it look like solid food again. A proportion of people react quite badly against these and they can cause abnormalities in the gut microbiome. It's now being proven that if you eat an identical meal, one ultra-processed one, one whole food made at home in your own kitchen, you will probably overeat by about over 10 to 15 percent, that's about 300 calories in that day.

The answer is to veer towards plants and a wide variety of them, treat your gut like a rich garden or a jungle. Make sure many different plant species are there that can pump out all the fantastic chemicals that help your immune system. Try to increase the number of different plants you have every week. Nuts and seeds are all individual plants, as are herbs and spices. Coffee is also a plant and is a source of energy for your gut microbes, as well as fibre.

After the storm - will our politicians discuss Degrowth?

An article by Ger Tew, Founder and CEO of The Re-Creators a Social Enterprise based in Auckland, New Zealand, who deliver DIY-skills based upcycling classes around how to live a creative life with less ger@therecreators.co.nz



Aotearoa has just borne the brunt of storms that have never been witnessed before. Rainfall in January was the heaviest it's been in 170 years. Climate change is exacerbating Pacific rainmaking systems. Meanwhile, last summer in Europe, it recorded the record heat temperatures resulting in devastation with crops. We have been warned about this for decades but are we, our businesses and politicians doing enough?

Many corporates and politicians are promoting "Green Growth" as a way out of our impending disaster. Unfortunately, when you dig

Graham McIntyre
LICENSED SALESPERSON
BRAND & TERRITORY OWNER





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

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

KUMEU TYRES LTD
Main Road, Kumeu

New Tyres	Wheel Alignments
Truck Retreads	Great Service
Used tyres	Fleet service

Phone Neil 09 412 9856

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 \$100 plus GST per month. Therefore, if you put forward an editorial and a business card advert into the magazine it would deliver to an anticipated 25,000 individuals within the area over one month, representing a cost per exposure of \$3.91 per thousand people exposed to your message. If you were running a full page advert and editorial your cost per exposure is only \$29.90 per thousand people exposed to your message.

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

In response to advertiser demand we offer the following options:

Business Card Advertising:

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

Display Advertising:

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

Front Cover and Inside Page:

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

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

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

freedom
DRIVERS

Paul Miller
Freedom Drivers Hobsonville

+64 021 321 869 1 (09) 302 2377
hobsonville@freedomdrivers.co.nz

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

ACC Approved • Total Mobility Cards • Etpos

HOBSONVILLE HEARING
Your Local Audiology Provider

NEED A NEW LOCAL?

- FREE hearing screens for Gold Card holders
- Ear wax removal using micro suction
- Full diagnostic hearing tests
- Government AGD & WIG registered
- Southern Cross Easy Claim provider
- Independent hearing aid supplier
- Exclusive hearing aid care package
- Complimentary hearing aid consultations & second opinions
- Fair & competitive hearing aid pricing
- No surcharge on off-site hearing aid repairs
- Auckland's top rated audiology clinic on Google! ★★★★★

Friendly service without the sales pressure!

Suite 2 - Inside the Hobson Centre
Level 1/224 Hobsonville Road,
Hobsonville, Auckland

09 830-9880 | info@hobsonvillehearing.co.nz | www.hobsonvillehearing.co.nz

the Westerly

Property market report
Community Facilities

People & places
Home & garden
Community facilities
Food & beverage

Catalina Bay Farmers Market

Area Columnists

deeper into the physics of Green Growth, you see that we again continue to rely on a finite amount of natural resources (ie cobalt and lithium for EV's) that will not meet the needs of a growing world population.

A more viable solution is called "Degrowth" which will enable our society to relearn the old ways of living in balance with Papatuanuku; never extracting more resources than our environment can manage and not polluting more than ecological boundaries can reasonably allow.

What is Degrowth?

Degrowth will enable our society to relearn the old ways of living in balance with the planet; never extracting more resources than our environment can manage and not polluting more than ecological boundaries can reasonably allow.

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

Ultimately, developed countries need to learn to live with less and more sharing than merely swapping unsustainable products for those touted to be "green".

What is needed for Degrowth on a global scale

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

Some steps to enable degrowth are as follows:

- End planned obsolescence
- Change legislation
- Design products/materials to last as long as possible
- Cut advertising
- Stop inciting anxiety and creating problems to sell your product as a 'solution'
- Shift from 'ownership' to 'usership'
- Makerspaces
- Sharing platforms
- 'Product as a service' business models
- End food waste
- Composting for soil production
- Mitigate waste from the growing stage

- Scale down ecologically destructive industries
- Fossil fuels
- Land intensive food production e.g. beef
- Sugar & obesity

Embracing a Life with Less

How would Degrowth work in your life on a day to day basis? The average New Zealander has a carbon footprint of approximately 9.3 tCO₂/year, 13 times that of the global poorest 0.69 tCO₂/year. The average person from the Pacific has a carbon footprint of 2.2 tCO₂/year, again, far lower than the average rate of Kiwis. Ideally we would not exceed 2 tCO₂/year in order to live a sustainable lifestyle that Earth can reasonably support.

Some of the ways you can adjust your lifestyle

- Growing kai and composting your food scraps
- Eating a more plant-based diet - significantly reducing meat, fish and dairy
- No new stuff - reduce frivolous consumerism, buy second hand or learn to reduce gradually.
- Reduce travel - work from home more, use public transport or cycle if available and safe, drive a car that emits less (we need far less SUV's on our roads) and holiday in New Zealand. International flights are 10% of global emissions.
- Restraint - practise a year of buying no new clothes (undies and other essentials can be excluded), fast fashion contributes to another 10% of global emissions so it's worth trying to cut it out.

And VOTE for change, VOTE for climate. We need our politicians embracing this scary, controversial concept right now.

Health monitoring

This month we are going to look at workplace health and how it can be managed.

Wellbeing is most important considering the anxiety and stress workers may be under following the recent weather events.

The performance of your organisation is directly linked to the health and wellbeing of your workforce. Work can affect health, just as health can affect a worker's ability to work safely.

In general, work-related health risks fall into five categories.

1. Chemical risks: Exposure to solvents, hazardous substances.
2. Biological risks: Exposure to bacteria.
3. Psychosocial risks: Bullying in the workplace. Anxiety due to flooding and slips.
4. Ergonomic risks: Continuous lifting of heavy items.



The Picture Framing Company LTD.
We will frame anything!



- ✓ Competitive prices
- ✓ Professional Framers
- ✓ Knowledgeable Team
- ✓ Friendly Service
- ✓ Integrity
- ✓ Quality

Established in Kumeu for 20 years
Ph 412-6224 · www.pictureframing.co.nz · 14A Shamrock Drive, Kumeu

CASTLE PANELBEATING




Grant Castle



P (09) 412 8239 | 106 Main Road, Kumeu
M 027 299 7054 | E castlepanelbeating@orcon.net.nz

Area Columnists

5. Physical risks: Exposure to excessive noise.

You should consider these risks. Walk around your workplace: what are the health hazards?

- Look at work processes, equipment used, the workplace itself and workers' activities.
- Ask your workers about the health hazards they notice.
- Identify the workers that may be more at-risk to health hazards.
- Think about the consequences of being exposed to the hazards you have found. How likely are these to occur?
- Identify hazards:
 - Do you use hazardous substances? Obtain copies of their safety data sheets (SDA's) available from the supplier and check on the safety precautions and requirements for handling and use. Check that your workers have all the necessary PPE to minimise harm
 - Are your workers exposed to bacteria? - work on drains, animal and human waste?
 - Talk to your workers - invite them to be involved, obtain their input on hazards, ask about bullying and wellbeing.
 - Are workers carrying out work that is excessively tiring? Can a better method/process be used?
 - Is your workplace always noisy? Is it the machinery, radios, the process?
 - How is the health of your workers? Do you have a process for identifying impacts on wellbeing and/or pathways for workers to report failing health?

On the completion of this hazard review you will have a thorough assessment of your workplace and the hazards that are present. You will have identified areas of concern. These should be documented. Think about the consequences of being exposed to the hazards you have found. How likely are these to occur?

At this stage you may consider obtaining some specialist advice on the necessary steps you should now take to monitor the health of your workers exposed to these hazards.

Health Monitoring of Workers

Identify hazards where exposure monitoring can be set up to monitor the level of exposure to workers. Seek help from a health and safety professional, especially to conduct exposure monitoring.

- Talk with workers about the results of the health monitoring and exposure monitoring tests.
- Change the work environment and methods or materials used where necessary.
- Regularly review work activities to identify new risks.
- Seek expert advice from a health and safety professional.
- Refer to WorkSafe or industry guidance for help.
- Educate workers on the health hazards and health risks in your workplace and continually address gaps in their knowledge.

If you have any concerns around this topic or other Health & Safety matters, contact John Riddell Securo Consultant by email securo4@securo.co.nz or check out the website www.securo.co.nz.

Elite Professional Cleaning Services

Auckland North Based -
Auckland Wide Service

Happiness is having a clean home or workspace.... especially when you didn't have to lift a finger yourself because you left it to Elite Professional Cleaning Services.

We are the perfect team for all your residential, commercial and construction cleaning needs to the highest quality standards.

Services include: Spring cleans, exit / move-in cleans and new-build / construction cleans. Our team has great testimonials and are police-checked for clients' peace of mind. We provide a high quality standard and are not happy unless you are..... our clients are our number one priority!

Phone 021 194 8924 Email hello@nzelitecleaning.com, visit www.nzelitecleaning.com or Facebook www.facebook.com/Elite-Professional-Cleaning-Services-959575357455622/ or Instagram / www.instagram.com/elite_professional_cleaning_/



Thinking about moving to retirement living?

Free from cost, and without commitment to act, we are hosting a fun and information packed event providing answers to the common questions about moving from the family home into a better and easier living environment. The Best of Aged Care Seminar and chat is on Thursday 27th April 2023, 10am to 12.30pm, West Harbour Church, 145 Moire Road, West Harbour, Auckland. The best of aged care seminar will deliver a number of the very best accommodation and health care options available to you today from reputable and proven suppliers that really care about you, and your journey, to retirement living, making your next stage of life, comfortable, easy, simple and enjoyable. For more information call 0800 900 700 or email editorial@thewesterly.co.nz.

Friendly
Legal
Experts

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

smith
AND PARTNERS

LAWYERS

293 Lincoln Road
Henderson, Auckland

PH: 09 836 0939

smithpartners.co.nz

EARTH MOVING CONTRACTOR

BOLER

CONSTRUCTION LTD

Driveways, All Drainage, Site Cuts,
Property Maintenance, Subdivisions,
Horse Arenas, Footings & Drilling,
All earth work requirements.
Laser Equipped.

Steve

PH 0274 971 154
A/H : 411 7177

E: bolercorstruction@xtra.co.nz
www.bolercorstruction.co.nz
Reg Drainlayer: Over 20 yrs Experience

The best of
**AGED
CARE**
2023

SEMINAR & chat
27 April • 10am–12.30pm

WEST HARBOUR CHURCH, 145 MOIRE ROAD, WEST HARBOUR

Are you or a loved-one considering making the move to retirement living? Don't know where to start, wondering what is on offer? Need support?

We'll help you discover what facilities are available in our area, find out what you need to be aware of, ensure your assets are protected *plus loads more...*

The Best of Aged Care Seminar will provide the answers and ensure you make this next stage in your life *comfortable, easy, simple & enjoyable!*

Talk to us about what you're wanting & your time-frame - we will facilitate the relationships to make it happen and support you throughout your journey.

RSVP today - bookings are limited!
Family members are welcome

Call 0800 900 700 or
EMAIL editorial@kumeucourier.co.nz
LIGHT REFRESHMENTS PROVIDED

SUPPORTED BY



the **Westerly**
community newsletter

Kumeu Courier
community newsletter

CLEARSTONE
LEGAL

