

# the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

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Hobsonville

Property Management

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

## The Rent Shop Hobsonville

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 54173 or [jbw51red@googlemail.com](mailto:jbw51red@googlemail.com)

March 2024



## Greetings

Whakapapa is a Māori concept embodying a universal need to belong. Owen Eastwood, author of "Belonging: the Ancient Code of Togetherness" believes its value can extend to all New Zealanders to consider their genealogy, linking their genealogy to their time and place as individuals. We are all part of an unbreakable chain of people going back to our original ancestors.

We can think about our connectedness to ourselves in relation to our individual personalities and experiences and connectedness to others within our whānau, our friends, those we work with and people in our communities. Like whakapapa, connectedness links us to all other living things and to the earth and sky, and traces the universe back to its origins. While there is a wide interest in genealogy, unless there are stories about individuals, one often only knows their birth and death and possibly location, but there are no details to enable one to appreciate their personalities as individuals.

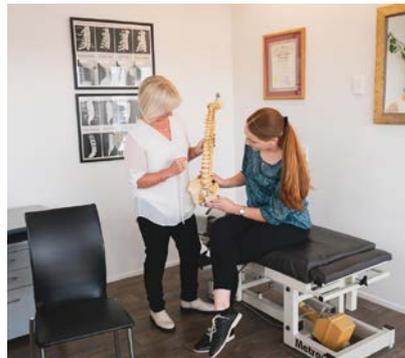
Owen Eastwood is a high-performance coach known for his work with professional sports teams including the English Football team and GB Olympics squad. His book is available through Auckland Libraries, and you can visit his many interviews by Googling his name.

Welcome to the March issue of the Westerly. Easter is nearly upon us! Please appreciate the wide range of articles by people from our community. The Hobsonville Community Trust is organising many local activities, and you can read three articles by Visionwest Community Trust about the help they are bringing to those in need in the area. From the 15th, the month-long EcoFest sustainability festival starts, including the opportunity to join the coast clean-up at Whenuapai and Herald Island.

See the sections on food, Foodtogether, the weekly fruit and vegetable pop-up, the Food Truck Collective on March 8th, and Food Waste Action Week from the 18th. Our regular contributors, The ReCreators, describe their new expansion. Check out the Property issues, ranging from interest rates in Graham's Property Market Report to celebrating four years of the Rent Shop Hobsonville, but not forgetting advice on juggling debt. Our local MP writes his column, and the Upper Harbour Local Board brings us an update. There are six pages of Health Tips to peruse, and an area columnist describes her enjoyment of learning Te Reo. Enjoy your community magazine. Don't miss our advertisers, local enterprises offering their services to you.

Best wishes for March.

John, Editor



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# People & Places

## The Rent Shop Hobsonville

Nestled in the heart of Hobsonville, The Rent Shop Hobsonville stands as a beacon of excellence in property management services. Locally owned and operated, their team takes immense pride in serving the vibrant community of Hobsonville and its surrounding areas. This month marks a significant milestone for them celebrating four years of operating.



With a commitment to delivering unparalleled service, The Rent Shop Hobsonville has gained recognition as an award-winning property management company. Their dedication to excellence has been acknowledged time and time again, reaffirming their status as leaders in the industry.

At the forefront of their operation is Mike James, a seasoned investor himself with an extensive background of more than two decades in real estate. This has provided him with the experience and knowledge required in all areas of property management. Few individuals possess the depth of experience and expertise that Mike brings to the table. Mike is not only a qualified builder but has amassed a portfolio of cash-flow properties. He has honed his craft through hundreds of successful full-house renovations as a former business owner. Now, armed with a wealth of knowledge and a passion for adding value, Mike is now revolutionizing the property management industry with his one stop shop approach.

Central to Mike's approach is the concept of adding value at every turn. Whether it's through meticulous renovations, comprehensive pre-settlement inspections, or thoughtful maintenance strategies,

Mike and his team ensures that each client's property is optimized for maximum return on investment.

The Rent Shop Hobsonville, understand your rental is more than just a building—it's a valuable investment. That's why they go above and beyond to provide comprehensive property management solutions tailored to meet the unique needs of each client.

Their team of experienced professionals handle all aspects of property management, from tenant screening, rent collection, inspections, property maintenance and renovations. They believe in proactive communication and transparency, keeping clients informed every step of the way.

One of the key factors that sets them apart from the rest is their local expertise. As members of the community themselves, they have a deep understanding of the local market trends, regulations, and neighbourhood dynamics. This insider knowledge allows them to provide informed advice, accurate rental appraisals and strategic solutions to maximize the value of your investment property.

Whether you're a property owner looking for a reliable partner to manage your investments or a tenant searching for the perfect place to call home, The Rent Shop Hobsonville is there to help. Their friendly and dedicated team is committed to delivering exceptional service exceeding your expectations.

As Mike continues to redefine what it means to be a leader in real estate, one thing remains abundantly clear: the future of the industry is brighter because of visionaries like him. Experience the difference, they know the west the best!

Contact them today and learn more about how they can help you achieve your property management goals. [mike.james@therentshop.co.nz](mailto:mike.james@therentshop.co.nz) Mike James 021 413 660.



the  
rentshop

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# Community News

## Discoverers

On Sunday 24th March Discoverers informal church will continue its focus on this important issue by addressing the following:



- Discovering what Nature gave our childhood.
- Christian strategies to help save God's earth.
- Women's and men's special roles in earth-caring.
- Biblical images for an earth-caring Christian lifestyle.
- An earth-loving wellness exercise.

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

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

## "Why keep art on a wall when you can wear it and share it with the world?"

Doodlewear, an online clothing store based in Hobsonville Point, lets you wear and share art with the world. Our curated collection showcases stunning artworks transformed into wearable masterpieces. Stand out from the crowd with our high-quality, comfortable art print t-shirts.



We take pride in collaborating with incredible New Zealand artists. We offer 100% combed cotton t-shirts in a range of themes, styles, sizes, and colours for the whole family, allowing you to express your individuality and personal style.

Our products aren't mass-produced; each item is printed to order with love in New Zealand. At Doodlewear, our goal is to provide t-shirts that not only look great but also feel amazing to wear.

Explore our online shop today at [www.doodlewear.co.nz](http://www.doodlewear.co.nz) and connect with us on Instagram [www.instagram.com/doodlewear.nz](http://www.instagram.com/doodlewear.nz) and Facebook [www.facebook.com/doodlewear.nz](http://www.facebook.com/doodlewear.nz). Pictured: Doodlewear owner and artist Anna Mollekin wearing her Little Bay Lace Heart tee.

## The best childcare for your children...for less

At The Y Massey early learning centre, we are committed to providing high-quality early-childhood education and care that supports your child's learning and development.

Our qualified and experienced educators work with your whanau to develop personalised learning plans that reflect your child's strengths, interests, and developmental needs.

Our centre has a great child-to-educator ratio, stimulating learning environments, and child-safe accreditation. Together we encourage minds to think, hands to create and hearts to love, growing curious, confident, and caring children.

Enrol now and get 50% off for three months. We know how hard it is to find affordable and reliable childcare, so we are offering a special deal for new enrolments. If you enrol your child at our centre, you will get 50% off the fees for the first three months. This is a limited-time offer, so don't miss this chance to give your child the best start in life.

Contact us to find out more and to enrol. You can call us, email us, or visit our website to learn more about our centre and our programmes. You can also book a tour to see our facilities and meet our amazing teachers. Contact us today and join our whanau at The Y Massey



## \$100 = Exposure for a month

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



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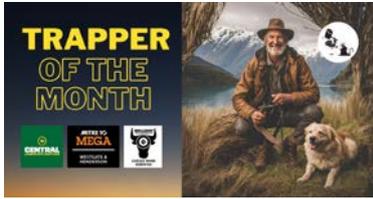
*Pricing subject to availability*

# In Brief Updates

## Rodents around

You may have seen rats in supermarkets recently - at least on tv.

There's also plenty of food in Northwest gardens for rats, possums and ferrets as autumn approaches.



Predator Free Waitakere/Swanson is running a trapping competition with prizes from Mitre10 Westgate/Henderson, Bark and Soil Swanson and Bullshot Garage Door Services.

More than \$1000 in gift vouchers are up for grabs, says Predator Free Waitakere/Swanson Partnerships Manager Joshua Hall.

Predator Free Waitakere/Swanson also sells subsidised traps (at about half normal retail) via its website [www.predatorfreewaitakere.org](http://www.predatorfreewaitakere.org) so you can get started economically.

Make a difference towards a Predator Free NZ and start in your backyard to enjoy the birdsong.

## Seniornet Kumeu new members meeting

Our next meeting in April will be a special, new members meeting where we hope to welcome new members to our club. The club has been going in the district for more than 20 years and we welcome new members whether you do not know how to switch on



a computer or are competent on the use. We also teach on other new items like phones and are running a course on getting the best on new phones and what else you can do with them. We are also running a course on internet shopping called the good, the bad and the ugly in shopping on the web. If you have a spare morning in our club or just want to come along to our club to see what it is all about with no obligation, please come along on Wednesday the 3rd of April at 10 am at St Chads Church 7 Matua Road, Huapai. See you there.

## Tai Chi Hobsonville

Yang Style Tai Chi began as an internal, graceful, yet highly effective martial art. Today it is one of the most popular and widely practised forms of tai chi in the world. It is a low-impact exercise that can help you reduce stress, increase strength, flexibility, balance and coordination. Yang Style Tai Chi is more than just a physical exercise and is also a way of cultivating your mind, body, and spirit. It is suitable for people of all ages and fitness levels.



Tai Chi Hobsonville has Yang Style sessions on Tuesday mornings and Wednesday evenings. They provide a friendly and supportive atmosphere, and welcome beginners as well as experienced practitioners. Their instructor has many years of experience and holds a ranking with the International Yang Family Tai Chi Chuan Association.

Join Tai Chi Hobsonville and discover the benefits of this ancient Chinese art for yourself. Contact Peter at 021 274 6736 or [Admin@Taichi-Hobsonville.nz](mailto:Admin@Taichi-Hobsonville.nz).

## Vacancies available

We are a small Kindergarten situated in West Harbour and currently we have limited vacancies available. We are licensed from 2 to 5 years old and offer 20 hours ECE free hours for over 3s. We have passionate teachers who have years of experience empowering the children through their development and learning journey.

Please do come over and look at our kindergarten. We are situated at 145 Moire Rd, West Harbour and the contact number is 09- 4168091 or alternatively you can email your query to the email below.

[info@whck.org.nz](mailto:info@whck.org.nz).

## RSA Hobsonville

114 Hobsonville Road, Hobsonville, Auckland  
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- Contact Manager for further information & costs**

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# In Brief Updates

## Hobsonville Community Trust upcoming events

Sunday 17 March, 11.30am to 2pm - Hobsonville Family Fun Day. Come down to Headquarters Park for some free family fun brought to you by Hobsonville Community Trust. There will be lawn games, bouncy castle, giant bubbles, face painting, food trucks + activities/stands from a number of community groups. Free event. More info at [facebook.com/hobsonville.org.nz](https://facebook.com/hobsonville.org.nz)



Sunday 7 April, starts at 12pm at Headquarters Park - The Great Easter Egg Hunt - Bring the family and friends, form a team, and head off around Hobsonville Point on the search for hidden eggs. Free event. More info at [facebook.com/hobsonville.org.nz](https://facebook.com/hobsonville.org.nz)

C'mon Hobby, Let's Reconnect - get your neighbours together with up to \$100 available towards local food that supports your gathering. More info at [hobsonville.org.nz/connect](https://hobsonville.org.nz/connect)

Let's Have our Say - Evening of Weds 20 March at 7.15pm. Have your say in person into Upper Harbour Board's 10 year plan by coming along for some nibbles and conversation at the Sunderland Lounge. More info at [facebook.com/hobsonville.org.nz](https://facebook.com/hobsonville.org.nz).

## Family

Family = busy, loud, laughing, crying, unconditional love, refereeing, cooking, taxi-ing, cleaning, creating memories, teaching, having fun, cuddles, tiffs, juggling, proud moments, sleep deprivation...insert your word here...

But at the end of the day, you wouldn't have it any other way.

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## Summerset at Monterey Park

Summerset at Monterey Park offers an unparalleled waterside retirement lifestyle in the thriving area of Hobsonville. With a vibrant community, resort style facilities and Summerset's renowned continuum of care, all safe and secure within a fully-gated community - this is the ultimate in retirement living.



Our premium Clark Coastal villas are luxurious three-bedroom villas nestled along the water. Each home has been architecturally designed and finished to the highest standards and orientated for fantastic sun and views. With a firm emphasis on light and spaciousness, these villas provide a seamless transition between indoor and outdoor living on both levels - perfect for entertaining friends and family.

These breath-taking villas don't come along often, so don't miss out.

To view our incredible show home, get in touch with our Sales Manager, Leonie Keatley on 09 951 8922. [www.summerset.co.nz/clarkcoastals](http://www.summerset.co.nz/clarkcoastals).

## The Massey Birdwood Settlers Association

The Massey Birdwood Settlers Association can welcome back all its regular users.

West Auckland Bujinkam Ninjutsu with Donna Altena on Tuesday evenings, St John Massey Youth on Wednesday, and Kung Fu with See Wong at 7 pm on Thursday.

The exciting news is the Boxslim classes are also back on Thursday from 5.30 pm.

The popular Housie sessions are back on Friday nights raising funds for Massey Primary while Waitakere Cake Decorators returned on



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# In Brief Updates

Saturday 10th February.

The churches are back also on Sunday from their Christmas break.

## Utilising a Sāmoan world view to support health and wellbeing in West Auckland aoga amata

For generations, people from the islands of Te Moana nui a Kiwa (Pacific Ocean) have journeyed to Aotearoa to build a new life for themselves and their aiga (families). From the ancient ancestors of modern-day Māori to the waves of migration starting in the 1950s, Aotearoa is now home to thousands of people who trace their lineage to the beautiful island nations of the Pacific.



Driven by the growing need to strengthen and preserve connections to culture and identity, the early learning education landscape in the 1980s saw the emergence of the Pacific language nests. In the spirit of the kohanga reo movement, language nests, such as aoga amata Sāmoan language nests, cultivate and reinforce ties to culture by safeguarding language. These nurturing environments are beacons of cultural continuity and identity.

Ola Malosi, meaning to live or grow strong, is a new initiative supporting faiaoga (teacher) wellbeing in West Auckland aoga amata. Born out of the Tāfesilafa'i movement, Ola Malosi addresses the scarcity of culturally-appropriate educational resources focusing on movement, nutrition, and communication.

Ola Malosi is bringing faiaoga from aoga amata across Tāmaki Makaurau together to create specialised, culturally-centric learning resources to support both faiaoga and tamaiti (children) in leading healthy and active lives. Systems Innovator, Ruta Tonumaivao explains,

"The faiaoga are a key component to this galuega (work). The aim is to leverage their expertise in Sāmoan pedagogies to develop the resources, which will incorporate pese (songs) and culturally specific movements like siva (dance) and traditional games."

Ola Malosi is a partnership backed by Healthy Families Waitākere, with organisations including Tapasā, Heart Foundation NZ, Talking Matters, and SAASIA, ensuring a diverse range of movement, nutrition, and communication expertise.

"The faiaoga went through digital literacy training with Tāfesilafa'i,

and now we're looking to amplify those skills by leveraging a digital platform for these valuable resources. This also presents a chance for tamaiti to use digital devices and take charge of their own learning experiences, says Ruta."

Photo credit: Geoffrey Matautia

## The ReCreators expand operations to foster Green Innovation Hub

The ReCreators, renowned for their community DIY workshops across Tāmaki Makaurau, are embarking on an exciting new venture. The organisation has acquired a new site dedicated to processing reconstructed wood, marking a significant expansion of their activities.



While they will continue workshops at their Westgate RE: MAKER SPACE, this additional location promises to become a cornerstone for reclaimed woodworking and green initiatives in the city.

With a vision to be the go-to hub for all reclaimed woodworking needs, The ReCreators are poised to make a lasting impact on sustainability efforts in the region. In partnership with Hanna Eastvold Edwins from Popcorn Innovation, they are opening their doors to green impact entrepreneurs interested in prototyping and collaborating on innovative projects.

The newly acquired site boasts impressive features, including a large chiller that can double as a temperature-controlled lab, ideal for experiments in areas such as seaweed cultivation and agritech. Additionally, the spacious grounds offer greenhouses and other outbuildings, providing ample space for a variety of eco-friendly endeavours.

Over the coming months, The ReCreators will focus on refining their business model and processes, ensuring the safe and efficient processing of wood on-site at scale. This includes implementing robust Health & Safety measures to protect workers and the environment.

For those with a passion for green projects and a desire to collaborate with like-minded individuals, this opportunity to co-habitate with The ReCreators at their new site presents an exciting prospect. Whether you're working on a startup or seeking a supportive environment to nurture your eco-friendly initiatives, this hub promises to be a fertile ground for innovation.

## Creative services – just down the road.

Located in West Harbour, we're ready to assist you with your graphic design and website development needs. Contact us to discuss your projects.



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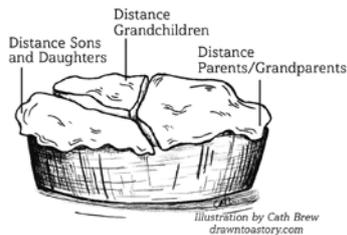
# In Brief Updates

If you're interested in joining forces with The ReCreators and contributing to the burgeoning green community outside the city, reach out to Hanna Eastvold Edwins at [hanna@therecreators.co.nz](mailto:hanna@therecreators.co.nz) to explore potential collaborations and opportunities for involvement.

As The ReCreators continue to champion sustainability through their workshops, initiatives, and now, through their new green innovation hub, they're paving the way for a brighter, greener future for Tāmaki Makaurau and beyond.

## The Distance Family thinking pie

Distance Families are families separated by geography. The Distance Family Thinking Pie is a symbolic reminder that each generation thinks about each other according to their own set of scales and that's okay. The slices of the Distance Family Thinking Pie vary between generations. Think of Goldilocks and the Three Bears.



The Distance Family Thinking Pie

Distance Grandparents consume the biggest slice. They think about their distance children most, followed closely by thoughts of their distance grandchildren. They worry, they grieve, they feel the void: their distance family is constantly on their minds. When they wake up each morning one of their first thoughts will be, are there any

messages overnight from the kids?

Distance sons and daughters think about their distance parents often, but not as frequently as their parents think about them in reverse. Theirs is a middle-size slice. Keeping with the same example, first thing in the morning, distance sons and daughters have a full to-do list. They don't necessarily have time to ponder about their parents as they are rushing to get on with the day. There is only so much space, or 'bandwidth', as they would describe it.

The only time the size of the slice of The Distance Family Thinking Pie increases for the sons and daughters is when perhaps a parent is unwell and uncertainty about their future is a lingering concern. It is then the slice sizes of The Distance Family Thinking Pie are adjusted.

Distance grandchildren consume the smallest slice of The Distance Family thinking pie. Most distance grandchildren don't constantly think about their distance grandparents, but it doesn't mean they don't care. Their brain space focuses, most of the time, on other things and that's perfectly normal. Once again there are exceptions to the rule.

The purpose of talking about The Distance Family thinking pie is in no way to critique each generation's efforts. It is there for one purpose only: to highlight the reality that the quantity of distance family thinking varies between generations. This provides a context for realistic expectations of each other.

Helen Ellis, M.A. is a researcher, author, anthropologist, veteran of Distance Parenting & Grandparenting and Founder of DistanceFamilies.com. She is the author of Being a Distance Grandparent and Being a Distance Son or Daughter, the first books of a three part intergenerational book series highlighting the 'how

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it is' and 'how to' of Distance Families. She will publish Being a Distance Grandchild in 2024-ish. Please visit the SHOP page at DistanceFamilies.com.

## New Government is laser focused on delivering

By Cameron Brewer - MP for Upper Harbour

After every election, new ministers are given briefings on the state of their portfolio areas. These briefings have made for grim reading this time, and clearly demonstrate the previous government's view that the amount you spend is more important than the outcomes you get.

Alongside the soaring cost pressures faced after Labour's economic mismanagement, their lack of delivery has led to poor outcomes across the board.

Too many kids aren't going to school, too many people are staying on a benefit instead of being supported into work and there's been a concerning rise in the visibility of gangs and persistent young offending.

This from a Labour Government that increased spending by a massive 80 percent. It's no wonder New Zealanders made it clear our country needed a change of direction.

This Government will deliver that change - starting with the economy. We will rebuild the economy and get it working for all New Zealanders.

A strong economy means we can afford better healthcare, education



and build the roads and infrastructure New Zealand needs.

We will be a Government that delivers for all New Zealanders.

Our 100-day plan stops work on Labour's Jobs Tax and Auckland Light Rail, repeals the Ute Tax, cancels fuel tax hikes, and gets the Reserve Bank focused on reducing inflation. We're also underway with getting public sector expenditure under control.

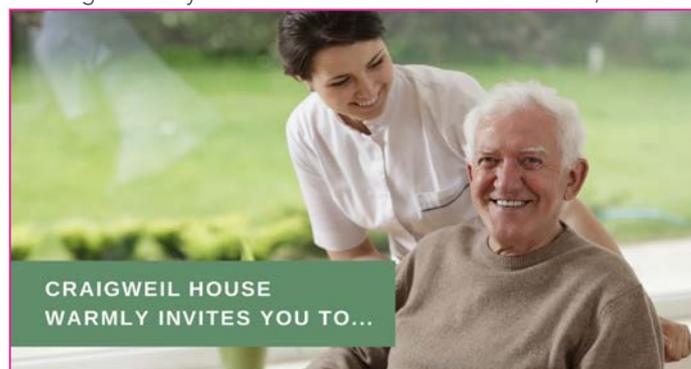
We are only getting started.

To contact the electorate office, email: [upperharbouroffice@parliament.govt.nz](mailto:upperharbouroffice@parliament.govt.nz).

## Waitakere Greypower

Welcome to leap year 2024 and the Olympics in Paris. Our Waitakere Greypower Association Office is open Monday until Friday, 9.00 am until 12.00 pm (midday). We deal with all advocacy related issues and urge you to apply for your rates rebate from Auckland Council before June 2024. The maximum rebate is \$700 a year.

We had a visit to Deputy Mayor, Desley Simpson on Monday 12th February 2024. All six Greypower Associations in Zone Two Greypower Northern Region went in a lobby visit to Deputy Mayor Desley Simpson's office on 12th February. We spoke about the impact of the increased cost of living in the past twelve months. Greypower represent over 300,000 ratepayers and as such we are the most significant organisation in Auckland. Auckland Council is wanting to increase property rates by 7.5% or most likely by 5.0% for 2024/25. We lobbied hard for 5.0%. Water charges will increase by 10% for 2024/25. We discussed public transport and the changed bus routes and the unreliable train network, with Kiwirail halting AT train services in the past two weeks because of increased temperature of the rail track. The Mayor and Deputy Mayor are looking seriously into the problem because of the huge disruption this is causing the commuters. Lack of public toilets at Glen Eden and Sunnyvale train stations is a public safety and health issue. Huamaru housing and Council Pensioner housing was discussed with the need to engage with the Minister of Housing to build much-needed extra pensioner units. Infrastructure issues affecting water-pipe fractures at Parnell and Mt.Eden were mentioned as was the increased population and lack of planning to stop wastewater and sewerage leaking into the Waitemata Harbour, a problem over a century old in the inner Auckland City. Footpaths and toilet facilities around Auckland were discussed, especially access to toilets by people in wheelchairs. Sharing of footpaths by pedestrians, bicycles, and mobility scooters is a major issue affecting our older citizens. Greypower now wishes to meet the Mayor, Wayne Browne and Deputy Mayor, Desley Simpson on a quarterly basis as happened under the two previous Mayors, Phil Goff and Len Brown. Please make your individual submissions on the draft ten-year plan and on the proposed rates increases by 28th February 2024 and ask for an increase of 5.0% for your rates for 2024/25. As Zone Director, Greypower Northern Region, Mate



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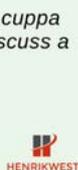
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Marinovich will be making a Submission online to Auckland Council on the draft ten year plan and the 2024/25 rates and water rates proposed increases. We at Greypower urge you citizens to make individual submissions.

Our first Waitakere Greypower Association General Members meeting is being held on Wednesday 20th March 2024 at 12.00 pm for 1.00 pm start at the Te Atatu South Community Centre, 247 Edmonton Rd, Te Atatu South. Our Guest Speaker will be Shelley Tiatia ASB Bank, Community Banker, who will enlighten us about bank account fraud and scams and advise us all to protect our pin numbers and passwords. Never give your debit or credit card passwords or pin numbers over the telephone to anyone. Your bank never calls to check on your pin numbers, so always be aware of scam callers purporting to be from your bank. All members and friends are invited to stay on for light refreshments at the conclusion of the meeting. Written on behalf of Waitakere Greypower Association by Mate Marinovich, President, Waitakere Greypower Association, Office, 247 Edmonton Rd, Te Atatu South 0652 Auckland. For all inquiries phone 09 838 5207.

## Thanks From Christmas Past

Last Christmas seems a long time ago now but the team at Visionwest Community Trust wanted to send out a special thanks to the West Auckland community for your support of Christmas from the Heart 2023.

This was the fifth year Visionwest have run this event aimed at addressing Christmas hardship within West Auckland by providing essential food to help families through the Christmas period and to create a special Christmas Day meal. Where appropriate, gifts were provided for children who might otherwise have gone without.

In all, 878 families participated in Christmas from the Heart. This represents 4,094 people supported including 2,210 children who received Christmas gifts. The total value of food provided was \$237,080 which averages out to \$270 per family.

Here are a few comments from families who were supported through Christmas from the Heart and your generosity:

"This means a lot. We're struggling and trying to meet bills isn't easy. We just got told our rent is going up and the water bill is going up. You're awesome and help us in so many ways."

"This makes a huge difference. I can't afford to buy gifts for my four kids but the help and support from Christmas From The Heart makes this Christmas the best Christmas for my whānau."

"This help means I can pay my power bills and Spark as well."



"Today was the first time in my life that I've felt special, I have no family in this world but now I feel there are people around me."

Thanks to all the people of West Auckland including businesses and organisations who helped make Christmas for whānau who might otherwise have missed out.

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## Upper Harbour Local Board update

I can't believe the speed that this year is progressing, it's already mid-February. On a positive note, work to renew the playground at Starlight Park on Starlight Cove will have started on Monday 19th February. Weather permitting



the playground will be completed by early April. The existing swing set is being retained but there will be new play modules, a new spinner, an accessible picnic table (with an inlaid chess board) and other play structures. On a more strategic note, the Auckland Council Long Term Plan (LTP) consultation will be from 28 February



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to 28 March. There are some really large choices and tradeoffs to be made and we really value the input from everyone. The Long Term Plan covers everything council does including rates, transport spending, water infrastructure spending, council assets, North Harbour Stadium etc. It also is the opportunity for the Upper Harbour Local Board to set out our priorities. We will have a Have Your Say Hearing Style event - Thursday 21 March 4pm - register at [upperharbourlocalboard@aucklandcouncil.govt.nz](mailto:upperharbourlocalboard@aucklandcouncil.govt.nz), and there will also be forms in libraries and of course online material. I'm happy to meet residents and explain what I can also, please do reach out. Anna Atkinson Chairperson.

## Like to try country dancing?

Now is the time to come and have a go.

All welcome. No need to bring a partner, but the more, the merrier.

Social dancing in groups. No special clothing needed. All dances taught.

Waitemata Club starts Tuesday 5th March - every Tuesday for the year.

Glen Eden Primary School Hall. 7.45pm - 10.00pm

Beginners 6.45pm - 7.45pm. First night free.

Contact: 09 838 7263 or 021 106 0466.



## Helping young people into Employment

For Margaret Manu, Visionwest's Youth Employment Navigator, each workday has just one aim, to help place young people into meaningful and fulfilling employment.

"Most young people want to work but have no one steering them towards a job that will inspire them and give them a sense of self-worth and achievement. That's what I do," says Margaret. "The challenge is to place each young person into a job that matches their abilities but also interests them and gives them a positive reason for getting up each morning."

For the past thirty years, Visionwest has run various training



programmes aimed at placing young people into employment. This has evolved into Ōhinga Tū, a youth mentoring service that seeks to create individual pathways for rangatahi (young people) to grow and develop their mana and knowledge in a way that will lead to self-confidence and greater opportunities for employment.

"It's true that my role is to help find employment for our young people, but there is so much more to it than that," explains Margaret. "Ōhinga Tū is made up of an awesome team of youth mentors and coaches who support those young people and give them the skills and resources they need to enable them to be placed in a job."

Participants in Ōhinga Tū learn practical skills such as budgeting their personal finances and gaining their driver's licence. More specifically related to employment, they are taught interview skills and are given help in CV preparation. Once placed in a job, Margaret and her team provide six months of in-work mentoring to ensure they are settled and working well.

What Margaret needs most of all is the help of local employers. "By working together, we can create a positive future for our young people," says Margaret. "All we need are a few local businesses who are prepared to give a young person their first opportunity to prove themselves."

If you are a local businessowner who would like to be involved in Ōhinga Tū's employment initiative, please phone Visionwest: 0800 080 029, or email Margaret: [margaret.manu@visionwest.org.nz](mailto:margaret.manu@visionwest.org.nz).

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## Savour summer – A guide to heartburn-free holidays

As we step into summer, the last thing anyone wants is the discomfort of heartburn putting a damper on the fun. Acid reflux or heartburn often causes a burning sensation in the chest or throat and is a common condition for many people.



Consider these practical tips to manage heartburn during the summer break:

1. Portion Control: Keep an eye on serving sizes, opting for meals

that leave you satisfied without feeling overly full.

2. Hydration (with water): Stay well-hydrated with water to aid digestion. Cut back on alcohol and caffeine, as they are known to worsen heartburn symptoms.

3. Sleep Strategies: Try sleeping with an extra pillow or elevating your bed head slightly for a more comfortable night's sleep, reducing the chances of night-time reflux.

4. Stay Active: Regular exercise isn't just about burning off extra holiday calories; it's also great for overall digestive wellness.

If lifestyle changes alone aren't bringing relief, consult your GP about medications, which are often effective. However, if you experience persistent reflux symptoms or any other issues like:

- Difficulty swallowing
- Anaemia
- Pain
- Vomiting
- Chronic cough
- Unexplained weight loss

It's crucial not to ignore this. These symptoms can signal more serious health issues, and in such cases, a gastroscopy is recommended. A gastroscopy is a minimally invasive procedure that involves placing a thin tube with a light and camera into the stomach for a comprehensive examination. It helps identify reflux damage and rules out other serious conditions.

At Waitemata Endoscopy, taking a proactive approach to your gut health is easy. We accept GP, specialist, and self-referrals via our

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Mr Jason Robertson (MBChB, MMedSc, FRACS, AANZGOSA)

Surgeon & Endoscopist, Waitemata Endoscopy

To learn more, see [www.waitemataendoscopy.co.nz](http://www.waitemataendoscopy.co.nz).

## Storm Recovery Navigator at Visionwest

For many of us the Auckland storms of last year are a thing of the past but, believe it or not, some Aucklanders are still feeling their effects. Some people are still displaced from their homes; others are waiting for insurance settlements while others are grappling with the crippling financial implications of two weekends of torrential rain.



The Tāmaki Makaurau Recovery Office has put in place a team of Storm Recovery Navigators to support residential property owners impacted by the extreme weather events - one of these is located at Visionwest Community Trust.

The Visionwest Storm Recovery Navigator provides a free and confidential service that offers one-on-one assistance to those who are still feeling the effects of last year's flooding. The service includes:

- One-on-one support to find appropriate solutions and organisations that will help with each person's unique situation.
- Making sure people have the most up-to date information, while connecting them to other support agencies such as WINZ, Ministry of Business, Innovation and Employment (MBIE), and New Zealand Claims Resolution Service (NZCRS).
- Help to gain access to specialist services such as legal advice and budget advice.
- Updates on grant applications and financial assistance available.
- Support with housing and tenancy issues including temporary accommodation or resettlement.

If you or someone you know have any needs related to the flooding, contact the Visionwest Storm Recovery Navigator - phone 027 808 4566, or email [lisa.sherring@visionwest.org.nz](mailto:lisa.sherring@visionwest.org.nz) or [navigators@visionwest.org.nz](mailto:navigators@visionwest.org.nz)

[aucklandcouncil.govt.nz](http://aucklandcouncil.govt.nz).

## Flip For Fun and For Health!

Did you know....?

Having beaten the nasty Covid 19, health issues are present in our collective minds. To remain free from illness and infections we know it is important to stay healthy and fit.



Did you know, amongst many other benefits of trampolining, bouncing (which is like pumping the body) improves the functioning of the Immune System. The lymphatic system is a vital part of the immune system.

It is a defence mechanism against viruses, bacteria, diseases and infection and helps to get rid of the body toxins, waste and other unwanted materials in the body. So bouncing helps slow the aging process too - bonus!

Regular bouncing helps tone the body, especially the stomach, back, and legs. Core stability muscles are consistently engaged to help enhance balance. This type of training helps boost your metabolic rate and the ability to burn calories and remain healthy.

To find out more be sure to check [www.flippinfun.co.nz/info/health-benefits/](http://www.flippinfun.co.nz/info/health-benefits/) or call us on 09 833 6880. Also follow our Facebook page.

## Cat lovers we need your help!

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



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



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verification of your service. We rely heavily on volunteers on a daily basis and desperately need more.

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

## Vibrant Auckland-wide EcoFest will kick off in March 2024

Learn to make butter like they did one hundred years ago, explore Auckland's largest wetland on a VIP kayak tour; nurture native seeds to help restore our local streams; master the art of Japanese gift wrapping! These are just a few of over 250 inspiring and sustainable activities on offer during this year's EcoFest, running from 15 March to 14 April.



There will be more than 100 events to choose from in West Auckland alone, from composting workshops to discovering our local wetlands. EcoFest's aim is to make sustainability fun and accessible; inspiring people to make simple changes to reduce their impact on the environment.

"EcoFest has always been a grassroots festival, offering local change-makers a chance to share their skills and ideas, championing our local environment, supporting collaboration and celebrating the importance of community," says Carla Gee, CEO of EcoMatters Environment Trust.

Starting on Friday 15 March, the month-long EcoFest 2024 programme will be packed with events, activities, installations and workshops for people of all ages and at any stage of their sustainability journey.

This year, take part in one of the conservation projects happening in your neighbourhood. In West Harbour, volunteers can help regeneration efforts at Clearwater Cove to stop the spread of pest plants and animals and protect this space as a habitat for seabirds. Or join the huge coastal clean-up happening in Whenuapai and Herald Island on Saturday 23 March, where volunteers will head out in kayaks or on foot to tackle litter in hard to reach places.

West Aucklanders already know and love EcoFest, which has run in their area for more than a decade now. In 2023, organisers EcoMatters Environment Trust joined forces with Kaipātiki Project, Beautification Trust and Waiheke Resources Trust to take the festival regionwide.

Find out more at [ecofest.org.nz](http://ecofest.org.nz).

Photo Credit Kaipātiki Project.

## Juggling debt? A quick guide to debt consolidation

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



Debt consolidation involves combining all or most of your credit facilities into a single loan with one repayment. There are several benefits to consider:

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

However, there are downsides to be aware of. If you extend your



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

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

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

## Woolworths' first loyalty programme members score a surprise boost

Woolworths New Zealand has a new loyalty programme and its first members could get a surprise boost to their account, without needing to spend a cent.

Everyday Rewards launched in Aotearoa from February 1 adopting an easy-to-understand points system where every \$1 spent at the supermarket earns 1 Everyday Rewards point. Members who downloaded the app and signed up in February were automatically rewarded with one thousand points without spending a thing.

The new Everyday Rewards programme delivers a multi-million dollar increase in rewards from its predecessor, Onecard, as part of the supermarket's commitment to providing Kiwis with more value



with its move from Countdown to Woolworths.

In a bid to stop old cards ending up in the bin and landfills, Woolworths has collection boxes at all in-store customer service desks for defunct Onecards and will recycle them with TerraCycle.

Once collected, the cards will be sorted, cleaned, and melted into plastic pellets which are then supplied as raw material to new product manufacturers. The recycled raw material can then be remoulded to make new recycled products such as outdoor furniture and plastic shipping pallets.

Further details about Everyday Rewards can be found at [everydayrewards.co.nz](http://everydayrewards.co.nz).

## Sweetcorn trumps strawberries in Kiwi hearts and shopping carts

Countdown has discovered that while strawberries often claim the early summer spotlight, fresh locally grown sweetcorn is even more popular with Kiwis. And the best news is that after a year of wet weather impacting so many fruit and vegetable harvests, this season we're already got a bumper sweetcorn crop.

Consumer spending data from Countdown indicates Kiwis consume 42 per cent more fresh sweetcorn than strawberries over the summer season. The reasons it's such a well-loved staple in New Zealand households are obvious. It's easy to cook, delicious, and there are countless ways to enjoy it, from fritters to salads to Mexican dishes and classic corn on the cob with melted butter.

Deb Sue, Woolworths New Zealand's In-House Nutritionist, believes every Kiwi should have sweetcorn on their shopping lists this summer.

"One of the reasons I am such an advocate for sweetcorn is it's an excellent source of fibre and high in, antioxidants, Vitamin C, folic acid and a lot of other vitamins and minerals. This means it is great at supporting our digestive health, and helps us stay fuller for longer," she says.

"Couple that with the fact that the fresh sweetcorn is incredibly versatile, you can BBQ char it, throw it in a salad, add some chilli spices to it, or even just microwave it for two minutes if you're in a rush. You can also score great multibuy deals for sweetcorn during the season, which is always a value win!"

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# Safer Communities



The weather has shown a change in recent weeks and we can see the deep greens in the landscape fade as the vegetation dries out and shows a tinge of yellows and browns.

While most of us see this as a sign of a great Summer with plenty of opportunities for beach visits and socialising around the summer BBQ, this is a sign for the firefighters amongst us that a fire will ignite easier and spread more rapidly due to the limited moisture content in the environment.

This is why we have restricted and prohibited fire seasons. The risk of a fire is too high from open fires and the chance of a fire spreading and rapidly becoming out of control is dramatically higher and increasingly difficult to manage.

Our fire season has recently changed to a 'restricted season' and a permit is required for any outdoor fires. [www.checkitsalright.nz](http://www.checkitsalright.nz).

When the fires do increase in size there are many complexities that firefighters need to manage, some of which are managing

resources and working alongside helicopters. The value helicopters add to these incidents is immense due to the capabilities they offer including taking large volumes of water to hard-to-access locations that cannot be completed safely on foot by firefighters.

The issue that we face is the use of drones in areas where helicopters are in operation.

We appreciate that everyone wants to know what's going on and quickly getting your drone up to have a look and get some pictures of a fire may seem like a great idea. However, what most people are not aware of is that if a drone is observed in the area whilst helicopters are in use. All helicopters will be advised to land until police are involved to ensure the drone operator is identified and that the risk to our aviation efforts will no longer be impacted.

This causes unnecessary delays in our efforts while the fire continues to grow.

If you have a drone and there is a fire in your area. Do not use it as the

consequences of the delays could result in the failure to stop a fire before it reaches someone's property or home.

Please let us do what we need to do to keep you as safe as we can and avoid using drones at the incidents we attend.



**Jamie Shaw**

Deputy Chief Fire Officer

Waitakere Volunteer Fire Brigade

Phone 09 810 9251

## Don't have a lifejacket?

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[dpanz.org.nz/lifejacket-hub](http://dpanz.org.nz/lifejacket-hub)



# Property

## Property market report

It is full steam ahead in the residential/ lifestyle property market and auction rooms over the last month have been full of listings but not full of buyers.

The sales rate remains relatively low overall, and of 449 properties offered for sale over a week in February 2024, 167 properties sold under the hammer, representing a sales rate at 37%. This clearance figure (around 30%) seems reasonably consistent throughout the greater Auckland area.

With high levels of housing stock available, auction rooms are likely to remain busy throughout February and March, however with clearance rates for Rodney being as low as 25%, there is much work to do, to get Buyers and Sellers on the same page.

It appears the market remains relatively soft and buyers are being cautious over price, therefore, if you are selling and are happy to meet market expectations you will sell.

Interest rates are still the talking point when buying, however remember, this is only a point in time, and when interest rates go down, house prices will go up, so a great time to invest even if you have to pay more for money today.

In regards to Interest rates in the market this is how we are tracking:

ANZ	floating 8.64%	3 year 7.35%	5 year 7.34%
ASB	floating 8.64%	3 year 6.89%	5 year 6.55%
BNZ	floating 7.39%	3 year 6.79%	5 year 6.75%
Kiwibank	floating 8.50%	3 year 7.65%	5 year 7.49%



TSB Bank	floating 9.44%	3 year 7.55%	5 year 7.59%
Westpac	floating 8.64%	3 year 7.25%	5 year 6.99%

With LVR restrictions rumoured to relax in June 2024 and the 10 year brightline test being repealed in July 2024, you would have to conclude that the best time to buy a house is over the next several months when supply is high, prices are soft and Vendor motivation is strong. Lets look at the sales:

Hobsonville	\$620,000 to \$1,776,888
Massey	\$515,000 to \$1,530,000
Swanson	\$855,000 to \$955,000
West Harbour	\$820,000 to \$1,040,000
Whenuapai	\$790,000 to \$1,250,000

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

## The picture-perfect dream or the beginning of a nightmare?

By Elyse Crowther of ClearStone Legal

It can be pretty exciting buying off the plans. Your dream is the picture-perfect, shiny new home. After months (or sometimes years) of waiting, you finally get to do your pre-settlement inspection. But your brand-spanking new home is not perfect - there are defects.

Whether you're buying a new or old property, defects do occur. It is particularly common with newly built homes for there to be a number of (usually minor) things that haven't been completed or aren't perfect. So, what happens next?

Generally, with an off the plan purchase you won't have the same rights to compensation, retentions or to delay settlement. However, you are protected under the Building Act and you will likely have a maintenance clause in your agreement that provides the ability to raise any defects from faulty workmanship or materials and the developer is required to rectify them within the period set out in



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

# Property

the clause.

We recommend you complete a pre-settlement inspection as soon as possible once CCC has been issued. You can do this yourself or you can take a builder through and from here you can prepare a list of any defects in the property and give formal notice. Don't panic if you don't pick up everything, you can raise issues after settlement too.

What's defined as a defect in a new build? It could be anything from a rough paint finish, paint marks on the carpet, shower seals not done correctly, a leak in a tap or even a missing handle from a door. The vendor is required to fix the defects. If you raise them prior to settlement, you may find that some of them are rectified before, however they will most likely be completed after settlement has occurred. However, if there is a more major defect that makes the property uninhabitable, then this will need to be rectified prior to settlement.

Let us help you live the dream and avoid potential nightmares. 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.

## A flood of issues to consider when buying property

It has been over a year since the tragic floods in Auckland in 2023. Since then, New Zealand has still experienced severe weather patterns throughout the country. Before buying a property, it is essential to conduct thorough research on the area's history of flooding. This can be done by checking with local councils to see if the property is situated in a flood-prone zone or if it has ever been affected by flooding in the past. It is also advisable to check with other residents in the area as to the likelihood and severity of this happening.



It is equally important to consider the type of flooding that may occur in the area. Some regions are more prone to river or coastal flooding, while others may be at risk of flash floods caused by heavy rainfall. Understanding the type of flooding that may affect a property can help in making informed decisions about its suitability. A flood path might run directly through the property or may affect the roads accessing the property to the extent that getting in and out of the property may be difficult.

Potential buyers should also consider the insurance implications of buying a house in a flood-prone area. Insurance premiums for homes in high-risk areas may be significantly higher, and in some cases, insurance may not be available at all.

Overall, being aware of flooding issues is crucial when buying a house. By doing thorough research and seeking professional advice, buyers can make informed decisions about the suitability and potential risks of a property before making a purchase. If you are looking to buy or sell a property and are wanting more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at [info@kempsolicitors.co.nz](mailto:info@kempsolicitors.co.nz) or 09 412 6000.

## Maximizing Investment Returns

For individuals entering the realm of property investment, the decision of whether to manage their properties independently or to enlist the services of a professional property management company carries significant weight. While the allure of self-management may initially seem appealing due to perceived control and cost-saving opportunities, it is crucial to weigh the full spectrum of responsibilities and risks associated with this choice, especially for first-time investors.



Self-management requires handling a number of tasks such as strategic advertising, rent calculation, tenant screening, maintenance, and legal compliance. While these responsibilities may appear manageable at first glance, executing them effectively demands a high level of expertise and commitment. As challenges accumulate, including stress, high vacancy rates, and tenant-related issues, self-managing landlords may find themselves overwhelmed and struggling to maintain profitability.

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1/547 Te Atatu Road  
Te Atatu Peninsula

# Property

Professional property management companies offer a comprehensive suite of services designed to alleviate the burdens associated with property management while maximising returns. At the Rent Shop Hobsonville, we provide tailored solutions to address the specific needs of property investors, offering expertise across key areas:

1. **Optimising Vacancy Rates and Rental Returns:** Our team conducts complementary appraisals, providing insights into market performance and rent valuation. By recommending practical renovations and targeted marketing strategies, we enhance a property's appeal, thereby minimising vacancy rates and maximising rental returns.

2. **Tenant Selection and Screening:** Leveraging extensive databases and sophisticated marketing strategies, we identify and attract ideal tenants for your property. Our thorough screening process includes comprehensive background checks to ensure reliability and compatibility, mitigating the risk of problematic tenancies.

3. **Legal Compliance and Dispute Resolution:** Our Property Managers stay abreast of the latest safety and legal standards, ensuring compliance with regulations such as Healthy Home Standards and pool fencing requirements. Regular training and workshops conducted by our Training Manager equip our team with the expertise necessary to navigate the complexities of residential tenancy law. In the event of disputes, our experienced professionals adeptly manage negotiations and represent landlords' interests, providing peace of mind and ensuring legal compliance.

4. **Maintenance and Repair Coordination:** We take on the responsibility of maintaining properties in optimal condition, coordinating with trusted local tradespeople to address repair and maintenance issues promptly. By ensuring a secure and well-maintained living environment for tenants, we enhance tenant satisfaction and preserve the long-term value of your investment.

While engaging a professional property management company entails additional costs, the benefits outweigh the expenses in the long run. By outsourcing management tasks, landlords gain peace of mind, reclaim personal time, and reduce stress, ultimately leading

to potentially higher returns on investment. For serious investors aiming to achieve their financial goals, partnering with a reputable management company is a strategic and forward-thinking decision.

At The Rent Shop Hobsonville, our team of property management experts brings years of professional experience to the table. We are committed to transforming your property investment experience, providing personalized solutions to meet your unique needs. Experience the difference professional management can make.

Mike James 021 413 660 [mike.james@therentshop.co.nz](mailto:mike.james@therentshop.co.nz).

## Do you pay to get the support and help of a mortgage adviser?

A mortgage adviser (or mortgage broker), acts as an intermediary between you and the bank, helping you find the most suitable home loan products that match your specific needs and financial circumstances.

They have access to a wide range of loan options from various banks and lenders, allowing them to compare and recommend the most suitable options to our clients.

Mortgage advisers also have in-depth knowledge of the home loan market and can guide borrowers through the complex and often overwhelming process of securing a home loan.

In short, a mortgage adviser takes care of all the legwork for you when it comes to researching the best bank, loan options and ultimately applying for the loan. They also take care of the negotiations when it comes to interest rates and cash contributions from the bank.

While your personal banker can also give you good guidance and recommendations but remember, they can only offer advice on their own products so you may be missing out on a more suitable option elsewhere.

So how do mortgage advisers get paid?

Contrary to popular belief, mortgage advisers generally don't charge a fee for their advice and service. Instead, they earn a commission from the banks and lenders upon the successful referral of a new mortgage customer and subsequent draw down of a home loan.



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021 711 444

**Let's chat.**

# Property

## Savings for the borrower

A mortgage adviser's ability to secure a better interest rate or negotiate more favourable loan terms can potentially result in long-term savings for borrowers.

The ongoing service provided by a mortgage adviser after you have settled on a property can also save you time and hassle - like when it's time to refix your interest rate, or if you need a top up on your home loan.

So, if you would like some support or advice please don't hesitate to get in touch with me for an obligation free chat.

Stephen Massey - Loan Market, Call 021 711 444 or check out my website [loanmarket.co.nz/stephen-massey](http://loanmarket.co.nz/stephen-massey)

## Six must-do's in matrimonial separation

Navigating a matrimonial separation can be a complex and emotionally challenging process. It's important to approach it methodically and consider various legal, financial, and emotional aspects. Here's a step-by-step guide to help you through the process, including dealing with assets:



**Seek Legal Advice:** Consult with an attorney who specialises in family law. They will help you understand your rights, responsibilities, and the legal implications of your separation.

**Collect Important Documents:** Gather all relevant documents, such as marriage certificates, financial records, property deeds, bank statements, tax returns, and prenuptial agreements.

**Temporary Living Arrangements:** Decide whether you and your spouse will continue living together during the separation or if one of you will move out temporarily. This should be discussed and agreed upon if possible.

**Child Custody and Support:** If you have children, establish a temporary custody and visitation plan. Determine child support arrangements according to your state or country's laws.

**Spousal Support:** Discuss and potentially negotiate spousal support, if applicable, based on factors such as income, length of marriage, and financial needs.

**Asset and Debt Inventory:** Create a comprehensive list of all assets (e.g., real estate, vehicles, investments) and debts (e.g., mortgages, loans, credit card debts) acquired during the marriage. This will be

crucial for property division.

For a complete step-by-step guide and a matrimonial separation checklist contact Graham McIntyre AREINZ on email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) or call/text 027 632 0421. With over 17 years operating at the top of the real estate market and with AREINZ qualification, Graham is a proven, stable, professional by your side helping and guiding you to the very best decisions and outcome.

## Mortgage Ladies and Co

The small mortgage advisory with the big heart. Headed up by Heather Roney, award-nominated Financial Adviser and pink stiletto superwoman.

Hi! I'm Heather, founder of Mortgage Ladies and Co, dedicated wife, mum, and the face behind that awesome stiletto logo.

Our logo symbolises what happens when things get tough around here - I don my power heels to go into action to get the job done. I'm driven by my passion for helping families and individuals on their financial journey.

All good relationships start with open communication and honesty, and I absolutely stand by the Mortgage Ladies and Co motto - with you every step of the way; but don't take my word for it - check us out at Mortgage Ladies and Co.

Whether you are looking to purchase your first property, an investment property, debt consolidate or refinance we are here to help you navigate your journey. If you're looking for financial guidance, get in touch for a chat today.



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4a Shamrock Drive Kumeu, Auckland

# Area Property Stats

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

To receive the full summary simply email the word "full statistics" to [hobsonville@mikepero.com](mailto:hobsonville@mikepero.com).

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HELENSVILLE	840,000	345M2	121M2	840,000		830,000	100M2	89M2	695,000
HOBSONVILLE	1,325,000	269M2	175M2	1,237,500		1,125,000	654M2	191M2	1,050,000
	705,000	0M2	83M2	620,000		880,000	189M2	99M2	902,000
	860,000	80M2	120M2	965,000		1,425,000	999M2	215M2	1,132,000
	1,230,000	177M2	170M2	1,249,000		1,400,000	851M2	190M2	1,110,000
	885,000	0M2	81M2	740,000		870,000	536M2	104M2	790,500
	2,750,000	0M2	109M2	1,555,000		1,000,000	173M2	140M2	995,888
	1,375,000	204M2	233M2	1,318,000		1,200,000	719M2	120M2	810,000
	970,000	167M2	99M2	955,000		1,300,000	502M2	225M2	1,257,500
	1,445,000	287M2	169M2	1,322,000		1,650,000	787M2	190M2	1,215,000
	850,000	105M2	825M2	640,000		980,000	628M2	112M2	1,280,000
	1,260,000	208M2	164M2	1,250,000		1,000,000	419M2	220M2	753,000
	1,680,000	360M2	223M2	1,620,000		960,000	673M2	90M2	850,000
	1,025,000	145M2	161M2	1,200,000		1,100,000	565M2	139M2	871,000
	1,780,000	329M2	274M2	1,776,888	PARAKAI	580,000	276M2	112M2	540,000
HUAPAI	1,375,000	745M2	192M2	1,240,000	RIVERHEAD	1,780,000	800M2	256M2	1,635,000
	1,250,000	1220M2	180M2	1,197,500	SWANSON	770,000	450M2	120M2	855,000
	1,325,000	581M2	178M2	1,204,000		1,025,000	640M2	134M2	955,000
KUMEU	860,000	114m2	116m2	770,000	TAUPAKI	3,300,000	5.25HA	290M2	3,100,000
	1,625,000	592M2	236M2	1,480,000	WAIMAUKU	970,000	1265M2	132M2	947,000
	2,150,000	1.05HA	350M2	2,965,000		2,775,000	9.28HA	407M2	3,100,000
	1,300,000	503M2	171M2	1,175,000		1,225,000	1501M2	230M2	1,246,000
	930,000	220M2	98M2	861,500	WEST HARBOUR	1,620,000	882M2	300M2	905,000
MASSEY	1,130,000	675M2	128M2	928,000		860,000	76M2	130M2	830,000
	1,875,000	2909M2	347M2	1,530,000		870,000	0M2	100M2	820,000
	600,000	61M2	51M2	515,000		1,000,000	236M2	105M2	1,040,000
	890,000	151M2	100M2	846,000		980,000	209M2	109M2	840,000
	930,000	180M2	86M2	885,000		880,000	140M2	112M2	830,000
	1,325,000	842M2	130M2	1,063,000	WHENUAPAI	1,365,000	360M2	225M2	1,250,000
	1,425,000	862M2	240M2	1,165,000		790,000	0M2	86M2	790,000

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

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By Negotiation

## 1529 South Head Road, South Head

By Negotiation  
Viewing by appointment

4.3 hectares (approx.), a short distance from Shelly Beach, West Coast Beaches, Golf Club and fabulous Waioneke School. An interesting and undulating parcel of land offering grazing and regenerating native bush providing the perfect backdrop to a simple but adorable two bedroom, board and baton home. Open plan living, dining, entertainers kitchen with central hallway accessing two north-east facing bedrooms, separate bathroom and laundry with storage options. Follow the farm track to the hill-top to enjoy an elevated potential house site and views through the valley to the mighty Kaipara Harbour, framed by rolling farms. It may be a longer commute, and the house may be smaller than what you had in mind, but this is a slice or rural paradise, a short drive to all things amazing in a glade that is well protected and special in so many ways.

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# Hot Property



## Outstanding Views – Sunny and Private

Nestled in the heart of West Harbour, just minutes from the ferry, this much loved family home provides the perfect balance of views, sunshine and convenience.

This brick and weatherboard home set over three levels provides an excellent stage for the whole family to perform at their best, offering ample storage space for all the family and their toys and tools.

Double garage, formal entrance and storage rooms downstairs lead up to an entertainer's kitchen, separate cosy living area and decking on the first floor. This leads through to dining, decking, and formal lounge with expansive views of the harbour and the city skyline. Floor one also has a bedroom, laundry and bathroom with access to the fully fenced back yard, providing a safe place for children and pets to play.

Up to the next level you'll find two generous bedrooms, commanding views and a shared ensuite. So much to enjoy, so much to take in, this is an excellent home that feels and looks amazing.

This house is surrounded by nature yet everything you need is

# Hot Property



right on your doorstep. Bus pick-up and drop-off is close to the property, and it is only a short drive to shopping, parks, schools and the inner harbour. The West Harbour Ferry is only 650m away, providing the opportunity for short stroll and a relaxing commute to the city each day.

The CV on this property is \$1,525,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

For more information on this property call Graham McIntyre on 027 632 0421 or [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) - Mike Pero Real Estate Ltd Licensed REAA (2008).





OMG \$749,000 3 BDRM, STAND ALONE IN ROYAL HEIGHTS

3  1  1 

**\$749,000**

## 2 / 12 Benchmark Drive, Massey

Asking Price \$749,000  
Viewing by appointment

Low maintenance, fully fenced, set off the road, elevated, not in a flood plain, no high tension power lines. This motivated Vendor is excited about a new opportunity that has fallen into the lap. As such this three bedroom, stand alone home is going, going, gone. Set on a smaller footprint, it has an easy care section and is fully fenced and secure. Three bedrooms, one bathroom, all off a central hall and an open plan kitchen, dining and lounge with integrates with slider to good decking, for a first home buyer, this is truly the best starter. Presented to a high standard, and sold by owner occupier, you 'll feel the home has been loved and is presented to be sold. An easy access and easy care home, let 's make this an easy purchase.



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By Negotiation

## 20 Terra Nova Street, Glen Eden

By Negotiation  
Viewing by appointment

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



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By Negotiation

## 56 Hetherington Road, Ranui

By Negotiation  
Viewing by appointment

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



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LIFESTYLE-URBAN BLEND - GOOD LIFE ON ALMOST ½ ACRE 4 2 2 2 By Negotiation

## 29 Sunny Crescent, Huapai

By Negotiation  
Viewing by appointment

Seldom found this is an outstanding mini-lifestyler in an urban setting, offering the best of urban and lifestyle living. Offering the good life in so many ways, the home has been meticulously crafted to deliver functionality and beautiful form. Clad in Hinuera split face, kiln fired stone, it offers a special exclusive style that merges seamlessly decking and patio entertaining. Extensive sliders deliver the outside in, enjoying open plan lounge-dining and kitchen-cozy meeting the dynamic needs of family living. Hardwood flooring that takes your breath away. All bedrooms, bathroom and laundry off a central corridor. Master, ensuite and walk in wardrobe also enjoys slider access to north facing decking. Smart and sustainable services with solar hot water, wet back, ventilation and heat transfer systems, uncompromised insulation, and significant loft storage space which could see further development.

[www.mikepero.com/RX3977654](http://www.mikepero.com/RX3977654)



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# Home & Garden

## Need a tiler - Tile Wright

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



## Summer is here

Isn't it nice to have a proper dry summer, especially compared to last year. As a committed "lawn tragic" we have a dilemma - loving the sunny days but really wanting it to rain too. It got pretty dry over February, and some parts of the country struggled with lack of rain causing fire danger.

The odd bit of rain has helped keep the lawns green on top and growing a bit. My advice - keep up the mowing with a very high setting and as frequently as you can to keep it looking nice rather than trying to make it look nice (maybe even weekly). Just gently taking the top off the long bits of grass and carefully helping it stay as tight and dense as possible - using



nice sharp blades really helps - and it'll look good for a lot longer. Don't try cutting it down low while it's under any water or heat stress - otherwise you'll be looking a short, brown stalks for a while. It's amazing the way the weeds can take off when the grass is battling... so, you will need to stay on top of them.

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

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

Gary Turton, Jim's Mowing - 0800 454 654 JimsMowing.co.nz.

## Choosing the right chainsaw with STIHL SHOP Westgate

At STIHL SHOP Westgate, our team understands that choosing the right chainsaw can be a daunting prospect if you've never even used one before, let alone owned one. We stock a full range of both petrol and battery chainsaws, including small chainsaws for jobs around the garden right up to the big saws used by professionals in the forest. With so many options, just how do you choose?



Firstly, how long are you going to use the chainsaw for? Will you use it every day or only a couple of times a year? Chainsaws that are designed to be used for long durations have higher quality components and therefore cost more, they can also be heavier. If you are only going to be using your saw a few times a year for trimming branches and general cleanup work a home user chainsaw will be sufficient. However, if you use your chainsaw regularly for long durations, you will appreciate the extra power and features of the chainsaws in our professional ranges.

The next thing to consider is what you will be cutting. Will your saw be used to prune small branches from larger trees or shrubs? Will it be used to fell small trees in the garden? Or will it be used to saw



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# Home & Garden

your own firewood, turning the bigger logs into the perfect size for the fire?

If you know you need to get through larger branches or logs, you may need a chainsaw with a bit more power. But if the timber you are sawing is smaller, then one of our lighter weight or battery models will be ideal.

Although it may be tempting to think bigger is better, we would always suggest that you use the lightest saw for the job. A saw that is comfortable to use is also safer to use. Find a well-balanced machine with a good power-to-weight ratio: light enough to handle with the power to do the job.

Head in-store and see our team to discuss your chainsaw requirements. We're fully stocked with a great range of both battery and petrol saws, as well as all the safety gear and accessories you need to get the job done.

STIHL SHOP Westgate is open Mon-Fr 8.30-5, Sat 9-3, Sun 10 - 3

## Kumeu Plumbing

Those chilly nights are nearing. Every household deserves a cosy and dry home for the upcoming winter season. So, beat the rush. Install your wood burner now. Supply, installation, consent all taken care of by us. Inserts and free standing both available.

Don't let the winter doldrums get you down. If you have a roof leak that's giving you grief,



we're here to help. We specialise in roof repairs and preventative maintenance. Be sure to book that niggly roofing service in today.

Are you providing safe and clean drinking water for your family? Elderly, children, babies, pregnant women and immune comprised people are most at risk. Install your UV filtration system now to stop unwanted waterborne threats like bacteria and viruses. Being chemical free, it is the natural way to ensure safe drinking water to your whole home. A cost efficient and effective way to ensure your drinking water is safe. Make a move to safeguard your family's well-being.

Contact us today for FREE quotes for fireplace installations, water storage tank supply and install, UV filtration, roof repairs, food safety testing for Council requirement, roof water and bore water testing, bore water analysis and all your general plumbing maintenance.

Contact us at [info@kpl.co.nz](mailto:info@kpl.co.nz) or give us a call on 09 412 9108.

## Whenuapai Floral and Garden Circle

The first meeting for the year was well attended. Bus trips were discussed with rising costs yet again so forms were distributed to gauge the feeling of members about changing details. More than a few members had health issues over the break hence several cards had been sent out.

Our Guest Speaker was Lynn Miller from Green Bay. BirdCare Aotearoa wild bird hospital is a charitable organisation providing care and rehabilitation for rescued sick, injured, and orphaned wild birds. The charity relies on the generosity of donations, sponsors and volunteers. Lynn has a PhD in environmental toxicology and is the only wildlife rehabilitator in the country to hold the Certified



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# Home & Garden

Wildlife Rehabilitator qualification.

We were shown slides of the premises and Lynn outlined procedures when sick and injured birds are admitted, very like an Emergency Department for human patients. Unfortunately, about 60% need to be euthanised and this is very upsetting for all concerned. The success stories however are what keep the staff going in their endeavours. Bone broth has been found to be beneficial to recovery. Staff need to wear face shields and gloves when handling the birds and just like with humans the paperwork is very important to have accurate records of treatments etc.

If you would like to know more about our Club, and wish to join us, please phone Judy Garrity on 09 833 5592. Meetings are held at 1 p.m. at 41 Waimarie Road, Whenuapai Village, on the second Thursday of the month with trips on the fourth Thursday. Entry fee is \$4 with another dollar per raffle ticket (good prizes). Until next time, Happy Gardening from Mary Anne Clark

## Laser Plumbing and Roofing Whenuapai

February is officially the last month of summer which means autumn is here. Autumn offers us more settled weather, and the deciduous trees turn beautiful shades of yellow, gold and orange.

It is also an ideal time to start thinking about making sure your property is ready for the months ahead.

Drainage - drains should be kept clean and clear for them to work effectively. Drain maintenance goes a long way in keeping your drains in good working



condition and reducing the chance of a blockage. Laser Plumbing Whenuapai can provide regular maintenance checks to prevent blockages from occurring. And if a blockage does occur, we have specialist equipment to clear out stubborn blockages.

Our qualified drainlayers can perform a full range of drainage repairs and replacements, from new drainage through to storm water and waste water works. We offer CCTV services as well as a state of the art 24/7 drain unblocking service for any unforeseen emergencies.

Plumbing - dripping taps, a slow draining sink, blocked toilet, low water pressure, clogged waste disposal, backflow issues. These are just some of the common plumbing problems you can experience in your home or business. We have a great team of maintenance plumbers who can easily remedy these frustrating issues, on time and hassle free.

We also offer full plumbing solutions for new builds as well as renovations.

Roofing - We find and fix roof leaks. Here at Laser, we specialise in all your long run/iron roofing needs, from roof repairs to complete roof replacements, gutter cleans, repairing and replacing gutters, spouting and downpipes. Whatever your needs, one of our experienced roofing team will get you sorted.

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

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

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

## March garden to kitchen

Watering is critical to the survival of plants over summer months. Check watering systems are working. Check pots and planters daily and deep water if necessary. Ensure all edible crops are watered well. Water less often but more thoroughly and take your time and check that the soil is wet to at least 5cm. Water in the early morning or early evening to reduce water loss due to evaporation.

March can be the month where vegetable crops are attacked by pests and diseases so be prepared to spray when necessary and if pests have become a problem use an environmentally friendly spray around your vegetables, spray late in the day when the bees have gone home. Replace sticky traps when necessary.

It's time to plan your winter veggie garden, sow seeds now for harvesting in winter - rhubarb, leek, radish, cabbage, cauliflower, broccoli, silverbeet, spinach, beans, beetroot, carrot, parsley,

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# Home & Garden

lettuce/rocket/mesclun and onion. It should be warm enough in most areas now to sow directly into the garden, water often as they dry out quickly.

Plant seedlings - cabbage, beetroot, cauliflower, leeks, celery, pak choi, spinach, parsley, silverbeet.

Stay on top of weeds as they compete for water and nutrients and give pests a place to hide, use a hoe around the vegetables.

To encourage tomatoes to ripen remove any leaves that are shading the fruit. Remove any damaged fruit straight away to prevent disease spreading, keep plants well-watered and fed. Check the stakes are holding the weight as the plants become heavy with fruit.

Harvest garlic when tops have flowered then turned yellow. The lower leaves will have also started to turn brown.

Start harvesting fruit trees as they become ready, check their readiness by tasting. Remove any fruit that has fallen to the ground as this will help break the life cycle of bugs.

Check all fruit trees for overly heavy branches and remove some fruit early if necessary to protect the whole branch.

Keep plenty of water on passionfruit and tamarillos as they get close to harvest.

Trim away leaves covering grapes to expose fruit to ripen with the sun. Cover with netting to protect the ripening fruit from the birds.

Start tidying strawberry beds.

Mitre 10 MEGA Westgate & Henderson.

## Streamlining Your New Build or Renovation: Expert Electrical Design Solutions

Feeling overwhelmed about your new build or renovation? Let us take away that stress (at least from the electrical point of view).

Seb has been in the industry for over 17 years and prides himself on keeping up to date with design and product knowledge. Our software allows us to design the electrical for your home, giving us quantities, and specifications and making changes so there are no surprises when you are trying to work out your budget.

Our electrical plans are easy to understand, and Seb will sit down with you to understand what you are wanting in your home, what's a non-negotiable and what your nice-to-haves would be. We are also big on future-proofing, so even though you might not have an electric car now, should we future-proof for that just in case you do it later? It's much easier to do it during the build than down the track. Don't want those outdoor lights yet, but think it might be something you may like in the future. Lets wire for them, just in case.



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# Home & Garden

We are about solutions, not problems, so if an issue comes up during the build, we are always there to fix it. Something's not going to plan; we're there to pivot and come up with another way of doing it.

Building or renovating shouldn't be a hassle; your trades should be there making it an enjoyable process. If you're looking for an electrician who has your best interests at heart give Blackout Electric a call.

## Irrigation – the key to a healthy thriving garden

El Nino is well and truly here and delivering us a hot dry summer as predicted. To keep your garden looking optimal during the summer, we recommend installing a good irrigation system to promote water efficiency, save time, ensure consistent plant growth, and provide the flexibility to meet the specific needs of different plants, contributing to a healthy and thriving garden. We have not yet had a client who has regretted putting in irrigation, but we can't say the same for the opposite.

There are three main reasons why we strongly recommend including an irrigation system in your garden:

Efficient Water Distribution:

An irrigation system equipped with drip emitters or soaker hoses ensures a consistent and controlled flow of water directly to the roots of each plant, promoting optimal growth.

Optimal Plant Health:

Consistent and appropriate watering is crucial for the health of plants. An irrigation system provides a controlled environment that helps prevent underwater and overwatering, reducing the risk of stress, diseases, and nutrient deficiencies.

Time-Saving Convenience:

Watering even a small garden manually can be time-consuming, and it's easy to forget or neglect this crucial task. An irrigation system allows for automated and scheduled watering, reducing the time and effort required to maintain your garden.

There are two main types of irrigation we use on our projects:

Drip Irrigation - recommended for pots

A highly efficient method that delivers water directly to the base of each plant, minimising water wastage. We highly recommend



this type of irrigation for pot installations as the water is delivered precisely and exactly where it is needed, ensuring the longevity of your plants.

Soaker Hoses - recommended for garden beds

Soaker hoses are porous hoses that release water along their length, providing a slow, even soak to the soil. They are easy to install and are laid out in specific patterns to match the layout of your garden beds.

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

## Apex Developments

For any of your construction needs no job is too big or small. We can handle any size project from start to finish, providing a full range of services and solutions Auckland wide. Here at Apex Developments we can help you accomplish building or renovating your dream home.

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Give us a call on 020 412 80780.



## Tile and grout cleaning and re-colouring

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

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



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

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.

## Fabulous Furniture – Let's table this feature

Last time we introduced you to award-winning Natural Timber Creations' awesome kitchen design, manufacture and installation process. Not only do we do kitchens extremely well, our talented craftsmen also have experience, expertise and old-school creative skill in designing and making stunning pieces of unique furniture.



The technical and creative ability and know how required to make a special custom piece of furniture is still alive and kicking here at NTC, giving you an heirloom feature piece for your home. We don't mass produce so we guarantee quality, beauty and durability. From minimalistic and modern through to more ornate pieces, we are here to deliver.

We are a one stop shop from design, manufacture through to installation - the same folk complete the entire job, and are invested during all points of the process.

We are experts in furniture manufacture but that doesn't stop us from realising your dream in any finish or style. Take a look at our website: [www.naturaltimbercreations.co.nz](http://www.naturaltimbercreations.co.nz) or contact Paul Marley on 021 111 9637.

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# Food & Beverages

## Foodtogether

You might have heard about Foodtogether, a non-profit, volunteer run, fruit and vegetable pop-up? They supply a fresh seasonal selection of produce for \$15, straight from the market to the community. Everyone is welcome.



The pop-up often has added extras that you can add on to your order when you come in. What we have each week is posted earlier in the week, on the Foodtogether Massey Facebook page, it is subject to change on the day. The volunteers will let you know if there are changes.

It is held at the main entrance to Massey YMCA, 545 Don Buck Road, every Friday 3pm until 6pm. There is plenty of parking, for quick pick-ups. The volunteers will take your produce to the car if you need assistance. Orders help us prevent waste.

Please consider ordering [www.foodtogether.co.nz](http://www.foodtogether.co.nz). On Thursday at midday the orders close for Friday pick-ups. If you place the order after cut off, your order will be there on the following Friday. Once orders are made up, we have a limited supply for our casual walk-in customers, don't leave it too late to pop in. Please find us on Facebook 'Foodtogether Massey pop up' updates are posted regularly.

## Food Truck Collective

Food Truck Collective is excited to announce we will be heading back to Hobsonville Point Park on Friday 8th March, serving from 5pm - 9pm.



After recently hosting two successful Hobsonville Point events, our team are excited to get back to this location for another evening of entertainment, delicious street food and local New Zealand beverages.

On the line-up: No Missed Steak; Butter Baby; Hapunan; Double Dutch Fries; Nom Nom; The Roaming Flamingo; Lalale Organic Gelato; Loco Bros Taqueria + More to be announced.

So, come join us for a family friendly evening in the park with lots of delicious street food to choose from.

## Peko Peko Japanese Restaurant

In the heart of Hobsonville, our little Japanese restaurant is owned by a local Japanese family. We have been open for 4½ years now and it's been 10 years since we started the tiny food truck business some of you may remember. Our popular Katsu chicken has never changed recipes and we have added a lot more authentic Japanese tastes for the local customers to enjoy. Please visit our website on [www.pekopekojapanese.nz](http://www.pekopekojapanese.nz) to check what we have onsite. We are fully licensed and serve Japanese beer and sake, as well as beautiful local Soljans wines. Located at 102c Hobsonville Rd, Hobsonville just next to Hobsonville Primary school. We look forward to seeing you soon.



## Blend Art Café

A young local entrepreneur raising 2 children, Amy Brent-Jones began her business during covid 2020.

Out of boredom Blend Art Café was created. Amy used a bag of concrete and a paper towel cardboard roll and with them made a vase out of concrete. She then researched & learnt how to make different moulds that she could use to cast figures like pots, bears and an assortment of others. From there Sip 'n' paint was created and the rest is history...



What began as making and selling décor from a trailer at various markets to 16 months ago opening her first premises in Huapai.

At the early stages whilst working hard Amy would go home after a long day and sometimes not feel like cooking and the only option was takeaways. Amy saw an opportunity to add wholesome food options to her art cafe. She created her own menu with dairy free, gluten free and vegan choices.

From humble beginnings to creating a unique concept combining



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# Food & Beverages

Art, an assortment of delicious food, beverages, gifts & a special inclusive environment where everyone can enjoy the offerings at Blend.

Amy & her team thank you all for your support and encouragement in making Blend Art Café possible.

## Fish.Smoke.Fire

We heard your requests for a fish specialty class and have created one.

This cooking experience is for anyone that loves fish, and wants to learn more about the butchery of both round and flat fish alongside the art of curing, hot and cold smoking, marinating and cooking fish over fire.

The class runs from 9:30am - 3:30pm and is finished up with a late lunch, a glass of local wine or craft beer. Tickets are \$300 per person.

The first class runs on Friday the 15th of March, with more to follow. Head on over to our website for more details. [www.goodfromscratch.co.nz/whats-on/](http://www.goodfromscratch.co.nz/whats-on/)



## Want to try honey from avocado trees?

No, this honey does not taste like Avocado. Honeybees make honey from nectar produced by flowers, which later turn into fruit (if it is a fruiting plant). This honey comes from a large avocado orchard near Kaikohe in Northland and from Manuka scrub that was flowering on the nearby hills. 60+ MGO Manuka. 500g pots. \$16 for a pot, mix and match bundle discounts apply. Also available in a Far North Five pot variety pack (\$60), and in 2kg minibuckets (\$45). Honey can be couriered to you with Post Haste or picked up from me in Massey. Order through my business website: [www.donbuckhoney.co.nz](http://www.donbuckhoney.co.nz) or email [DonBuckHoney@gmail.com](mailto:DonBuckHoney@gmail.com).



## Harvest is here at Soljans!

We're kicking off this month with our Berba Harvest Festival (2nd and 3rd of March) and will be harvesting our onsite grapes around this time too!

Whilst this is a busy time in the winery, our cellar door and bistro are still open 7 days a week for wine tasting, sales, and lunch.

Come along and see how we're going, you may even get the chance to see some of the action!

[www.soljans.co.nz](http://www.soljans.co.nz) or 09 412 5858.



## Allely Estate

Allely Estate are renowned for being the venue for the NZ Bride & Groom Wedding of the Year but they also put on & deliver many local events. Last year finished with the exciting NorthWest Country Business Awards.

This year, Allely Estate's visionary & passionate 'about community' owners, Peter and Catherine, teamed up with renowned local businessman, Andy Cummings of River Valley Meats & Kumeu Meat Processors, to turn a dream into reality. Together, they bring you a long lunch extravaganza that showcases the best of our local flavours.

Allely Estate's Head Chef Kevin, in collaboration with an array of local businesses (see below), has curated a mouth-watering menu that perfectly complements the richness of our community. From 12:30 to 5:30 pm, your booking will have you indulge in a culinary journey featuring a cheese appreciation talk by Dan from The Artisan Group, covering all things cheese and wine pairings.

Elevate your experience with an exquisite selection of wines from Kumeu Valley Wines and Cooper Creek or savour the craftsmanship of local brews from Hallertau all in one place. Immerse yourself in the ambience of the afternoon with the soulful tunes of local musician and songwriter Jaz Paterson. It's an opportunity to connect with neighbours, friends, and family while savouring the diverse and delectable foods our community has to offer.

Join Allely Estate for an unforgettable celebration of local flavours, community spirit & the joy of coming together over a long, leisurely Local Artisan Food Long Lunch event! Book here for this event and others: [www.allelyestate.co.nz/events/](http://www.allelyestate.co.nz/events/)

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# Health & Beauty

## What to expect with injury healing

When injury strikes, the first thing that most of us want to know is 'how long will this take to heal?' Unfortunately, the answer to this can be complicated and requires at least a little understanding of how the different tissues of the body heal. Each of the tissues of the body, including muscles, tendons, ligaments and bone, heal at different speeds and each individual will have some variation on those times as a result of their individual health history and circumstances.

Understanding the type of tissue injured and their different healing times is an important part of how your physiotherapist approaches treatment and setting goals for rehabilitation. On an individual level, a patient's age, the location and severity of the injury and the way the injury was managed in the first 48 hours all affect the healing times of an injury. Unfortunately, as we age, injuries do tend to heal more slowly than when we are young. Any medical condition that reduces blood flow to an area, such as peripheral vascular disease, can also reduce the body's ability to heal at its usual rate.

There are some guidelines that can be followed when predicting how long an injury will take to heal based on the tissue type affected. Muscles are full of small capillaries, giving them a rich blood supply, and as such, they have a comparatively fast healing time with 2-4 weeks for minor tears. This time will be extended for larger tears and more complicated presentations.

Ligaments and tendons have less access to blood supply and injury to these tissues generally take longer to heal. Larger or complete tears of all soft tissues, may not be able to heal themselves and in rare cases, surgery may be required for complete healing to occur. Similarly, cartilage, the flexible connective tissue that lines the surface of joints is avascular, which means it has little or no blood supply. To heal, nutrients are supplied to the cartilage from the joint fluid that surrounds and lubricates the joint.

While the different tissues of the body all have different healing times, they do follow a similar process of healing with three main stages, the acute inflammatory phase, the proliferative stage and finally the remodeling stage.

The inflammatory stage occurs immediately after an injury and is the body's primary defence against injury. This stage is identifiable by heat, redness, swelling and pain around the injured area. During this phase, the body sends white blood cells to remove damaged tissue and reduce any further damage. This stage usually lasts for 3-5 days.

The proliferation stage is the phase where the body starts to produce new cells. Swelling and pain subside and scar tissue is formed that eventually becomes new tissue. This stage usually occurs around days 7-14 following an injury.

The final stage, known as the remodeling stage is when the body

completes healing with the reorganization of scar tissue and the laying down of mature tissue. This stage usually occurs roughly two weeks after the initial injury is sustained.

At each stage of the healing process, a different treatment approach is required and your physiotherapist can help to guide you through your recovery. Ask your physiotherapist to explain how your injury can be managed best and what to expect in your recovery process. Book in to our Riverhead or Hobsonville clinic today either online at [www.hobsonvillephysiotherapy.co.nz](http://www.hobsonvillephysiotherapy.co.nz) or call 09 416 4455 and let us help you find your freedom in movement again.

## Ask Dr Heather

What is Botox®?

Anon, Whenuapai.

A great question. Many assume they know as it's well splashed over the media, however I imagine many don't know more than "it freezes your face, Susan".

Botox® is actually a brand name for Botulinum toxin (other brand names include Dysport® and Xeomin®). All of these contain variable concentrations of toxin produced by the bacteria *Clostridium botulinum*. Originally used by the United States Army as a bioweapon in World War II, this chemical has a powerful effect on paralyzing muscles.

In large quantities Botulinum toxin can be dangerous, causing muscles needed for breathing to stop working. When used in much smaller concentrations, such as those used in Cosmetic Medicine, it is an effective tweaker of facial musculature, acting as a relaxant for muscles that cause pesky wrinkles. In skilled hands the result is a lovely, refreshed face, without looking frozen (think post-holiday-in-the-tropics glow). In not-so-skilled hands it can lead to something that resembles a stroke.

Botox® also acts on other parts of tissue such as sweat glands, providing an effective treatment for hyperhidrosis (excessive sweating). It has also been shown to help reduce the appearance of scars. The effect of this chemical is transient, lasting 3-4 months on average (up to 6-9 months in some). Muscle fibre and sweat gland function completely returns once it wears off, so top-ups are required to maintain results.

Despite function recovering, repeated treatments on muscles leads to wasting, as one slowly diminishes their desire to do certain expressions targeted by treatment injections, such as frowning. This alters the connectome in the brain, the complex wiring of



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# Health & Beauty

brain cells connecting muscles of facial expression with emotion. Gradual weakening of muscles leads to altered emotions, hence less frowning triggers us to feel happier. Our animal instincts cause us to mimic each other, so if we look happier, so too do our peers.

Like so many historical discoveries, Botox® began as a beast and morphed into a thing of beauty. In the right hands, you too can benefit from its clever brilliance.

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

## How long does teeth whitening last?

Teeth whitening has become very popular as people love the confidence boost that having a bright, white smile gives them. One of the questions our patients often ask us is: how long does teeth whitening last?

Teeth whitening treatments reduce stains on your teeth - but they do not protect against future staining. And with popular foods and beverages like coffee, tea, red wine and cola all being major causes of teeth staining, the whitening effect will not last indefinitely. Generally, the better-quality products and treatments can be expected to last for longer than lower quality ones.

- In-clinic teeth whitening: investing in professional in-clinic teeth whitening gives results that should last for at least one year and up to three years. This system not only whitens teeth effectively, but also strengthens them - unlike many over-the-counter products that weaken teeth and make them more prone to staining.
- At-home whitening trays: used under the supervision of your dentist, these provide effective results that should last for a minimum of one year and often longer.
- Whitening pens: the effect of these pens is minimal, and the results do not last for more than a few weeks.
- Whitening strips: although popular, these run the very real risk of being harmful to your teeth as they contain peroxide. The results usually last for a few months.
- Whitening mouthwash: this is usually only effective when used to prolong the effects of other whitening treatments. Used on its own, it can take up to three months to see any results and these are typically very subtle and not long-lasting.
- Whitening toothpaste: this is generally only effective on light external stains. It can take as long as six weeks for results to become noticeable, and the effects last for around three to four months.

Caution is recommended because many whitening toothpastes contain abrasives that are not designed for long-term use because they can thin tooth enamel.

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

## The high cost of living

There is a rising cost of living and it's evident in our supermarket runs, filling up at the fuel pumps and the dreaded fortnightly mortgage payments to the banks.

As such, all of us are watching our purses, looking after the dollars and cents carefully to stretch our dwindling resources. We watch our activities, eat out less, buy less luxury items. Some may lament that the cost of junk food, soft drinks, cigarettes, vapes and alcohol is going up.

Well that's just money-wise.

How about the real cost of living - health?

There is a health cost to every single decision we make with regards to our diet and lifestyle. That is the real cost, the true cost that our actions weigh on our bodies.

The years of cheap cigarettes, boxes of cheap wine, and even more so, the abundance of 3 for \$5 potato chips have slowly, insidiously created a whole generation of patients who are now facing up to the true high cost of living on, riddled with many of the chronic diseases like high blood pressure, lung disease, high cholesterol, fatty livers, diabetes and worse of all, obesity, which increases the health risks of all the other preceding conditions.

So, when we look at our spending, at the cost of living, don't forget to consider the health cost of what you eat, what you smoke or vape,



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# Health & Beauty

what you drink. Consider the health cost of just sitting around on the weekends, eating too much BBQ, drinking too much cheap alcohol, sharing too many smokes.

We live in a wonderful country, full of natural beauty, beautiful beaches, hidden waterfalls, land to explore. Get out and exercise more. Costs you nothing except the fuel to get there.

The cost of living crisis is more real than you think. And that high cost is to your health, to you not being able to continue living a life full of health, happiness and hope.

Eat well, live well, be well.

Dr Fred - Royal Heights Shopping Centre Tel: 09 393 6313 [www.rhdoctors.nz](http://www.rhdoctors.nz)

P.S. If you would like a FREE copy of my book The Metabolic Apocalypse, and learn my Liberty Diet, you can collect one (or more) from my friendly neighbourhood pharmacy - Royal Heights Pharmacy

## Iron, Goldilocks, and the Three Bears

You are probably familiar with the Story of Goldilocks and the Three Bears (porridge that is too cold, too hot, or just right). The iron story is very similar: you need to get your levels just right. Not too low, not too high. But wait, it gets more complicated. If you do have low iron levels, you need to choose a supplement that provides just the right amount of iron in the right form. Not too much, not too little.

The Benefits and the Dangers of Iron:

Iron is essential for transporting oxygen around the body to provide energy and vitality. If you have too little iron you will be tired, and possibly grumpy. In fact, iron deficiency may be a factor in aggressiveness, poor concentration, ADHD, sleep problems, and restless legs syndrome. Low iron can also be associated with lack of

appetite, hair loss, and heavy menstrual bleeding. Of course heavy menstrual bleeding can in turn reduce iron levels further.

Too much iron can cause heart disease and increases the risk of heart attacks. It can exacerbate ulcerative colitis, increase the risk of macular degeneration, osteoporosis, and type II diabetes. High iron levels can contribute to the development of Parkinson's disease and Alzheimer's disease. There is a strong association between excessive iron intake and cancer.

Boosting Low Iron: Goldilocks Strikes Again

Your body regulates the absorption of iron to protect itself from getting levels that are too high. However, it's a basic level of control. Let me explain. If you are very low in iron you would think that your digestive system would allow high levels of iron to be absorbed to fix the problem. But iron absorption can't be scaled up. What this means is that if you take a high dose iron supplement, only a small amount will get absorbed and the rest stays in the digestive tract potentially causing problems like cramping and constipation, and potentially longer-term problems like cancer. Plus, to protect you, if high iron levels are detected in your gut, your absorption of iron shuts down for about 3 days. So any iron you take for the next 3 days is destined for evil rather than good.

To discuss the safest and most effective way to get your iron into the "mummy bear" just right range, come have a chat the team at Massey Unichem Pharmacy. Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.

## Top Notch

Kate is your go-to expert for treating injuries, easing niggles, and banishing that tight feeling. Why choose her? Well, anyone can claim to be a massage therapist after a weekend course, but Kate stands out for her extensive training and qualifications. When you want genuine relief, Kate is the person to turn to.

Whether you're dealing with stubborn headaches, tension in your back, neck, or shoulders from work, sports, or just the daily grind, Kate, a proud Muriwai local, is here to help. You can find her at the Massey Clinic on Don Buck Road, ready to tackle your specific situation. As a special offer for our magazine readers, Kate is extending a fantastic deal - enjoy a 60-minute session with this skilled and certified therapist for just \$95.

Ready to make a positive change for your well-being? Scan the QR code below to book your session with Kate and become a regular beneficiary of this exclusive offer. Let Kate work her magic, and say goodbye to those persistent aches and pains.



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# Health & Beauty

## Hobsonville Hearing

Hobsonville Hearing is the first permanent audiology practice in the Hobsonville area and is locally owned and operated by audiologist Abby Johnson. We offer all audiology services including ear wax removal using microsuction, hearing tests for adults and children, hearing aid reviews, workplace testing and custom ear plugs. We are an independent audiology clinic; we supply and service all leading hearing aid manufacturers and our prices are fair and transparent.



We are committed to providing you with exceptional care and support for your hearing health journey. Our clinic is founded on three core values that define who we are and how we serve our community:

**Patient-Centred Care** - Your well-being is our top priority. We believe in listening to your unique needs and concerns, ensuring that your journey towards better hearing is tailored just for you. We're here to partner with you every step of the way.

**Clinical Excellence** - Our experienced audiologist is dedicated to staying at the forefront of audiological advancements. We strive for excellence in every aspect of our practice, guaranteeing that you receive the highest standard of care and the most effective solutions.

Community Engagement and Trust - We're not just a clinic; we're your neighbours. We actively engage with and support our community. Our commitment to transparency and ethical conduct ensures that you can trust us to care for your hearing health needs.

Phone 09 930 9880, email [info@hobsonvillehearing.co.nz](mailto:info@hobsonvillehearing.co.nz) or scan the QR code below to make an appointment.

## What to expect after knee replacement surgery?

Knee replacement surgery can be a daunting prospect, but with the right preparation and support, it can also be a transformative experience. At NorthWest Physio Plus, we understand the journey ahead and are dedicated to guiding you through every step of your recovery.



**Q:** What will my first few days after surgery be like?

**A:** You can expect some pain, swelling, and discomfort around your knee. You'll be encouraged to move as soon as possible and will likely use temporary walking aids like crutches or a walker. Our team at NorthWest Physio Plus will start you on gentle exercises to promote healing and range of motion.

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# Health & Beauty

Q: How much pain can I expect after surgery?

A: Everyone experiences pain differently, but medication will be provided to manage your discomfort. We'll also teach you pain management techniques like ice and elevation.

Q: When can I start physio?

A: Physio should begin as soon as possible after surgery, often within the first 24-48 hours. Our experienced physiotherapists at NorthWest Physio Plus will design a personalised programme tailored to your specific needs and recovery goals.

Q: What will physio involve?

A: Your physio program will focus on reducing pain and swelling, improving range of motion, strengthening your muscles, and regaining mobility. We'll use a variety of techniques, including exercises, manual therapy, and modalities like ice and electrical stimulation.

Q: When can I return to normal activities?

A: Recovery timelines vary, but most patients can resume basic activities within 6 weeks and return to more strenuous activities like sports or heavy lifting within 3-6 months. We'll work closely with you to establish realistic goals and gradually progress your activities throughout your recovery.

Q: Why choose NorthWest Physio Plus for my knee replacement rehabilitation?

A: At NorthWest Physio Plus, we specialise in orthopedic rehabilitation and have extensive experience helping patients recover from knee replacement surgery. Our team of qualified physiotherapists will provide personalised care, expert guidance, and ongoing support throughout your journey.

Q: Are there specific exercises aimed at improving knee flexibility and range of motion?

A: Absolutely. Your physiotherapy plan will likely include targeted exercises to enhance the flexibility and range of motion of your knee joint. These exercises are designed to improve your overall joint function and decrease stiffness.

For any questions, concerns, or additional assistance, please do not hesitate to contact NorthWest Physio Plus directly on 09 412 2945 or visit [www.northwestphysioplus.co.nz](http://www.northwestphysioplus.co.nz).

## Repetitive movements and their impact on our health

We all have habits and/or jobs where we are often repeating the same movement over and over. It is very important we take note of these habits to ensure they do not negatively impact our health. For example, sitting at a desk all day will put a lot of stress on your neck, back, and hips. To counteract this, we would recommend you stretch and exercise regularly, see a chiropractor, and a massage therapist. Contact our team at Hobsonville Chiropractic Centre today for an appointment where we can discuss how your daily habits may be negatively affecting your spinal health and get your spine functioning at its best.



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

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

Facebook: Hobsonville Chiropractic Centre

Instagram: @hobsonville\_chiropractic

## Give Yoga a try this year

Give your mind and body the experience of focused breath and movement this year with some yoga classes. A lot of people like trialing classes styles and teachers out before committing to any sort of membership - they do this using studio Intro Offers.

Sign-up for unlimited classes at a discounted price and find out whether yoga classes support your daily routines, your general physical movements and support your breathing awareness throughout each day.

Hobsonville's neighbourly yoga studio, Kanuka Yoga Space, has two Intro Offers



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# Health & Beauty

for the community to try out. You can take 10 consecutive days of unlimited Yoga for \$30, or try One Month unlimited for \$99 - try them both and see how you feel!

## 5 benefits of hanging from a bar

Did you know that simply hanging from a bar can be beneficial for your body? Here are 5 benefits of hanging.

1. Hanging takes your shoulders to the end of their range of motion (remember the "use it or lose it" saying?)
2. Hanging stretches the joint capsule of the shoulder to help loosen them up.
3. Hanging also helps to activate the rotator cuff muscles.
4. Hanging can also help decompress or stretch the spine.
5. Finally, hanging can help build up your grip strength (studies have shown that a strong grip can correlate with good health).

If you want to try hanging, check out the recent videos in the blog on our website ([www.elevatechiropractic.co.nz](http://www.elevatechiropractic.co.nz)) showing how to perform it safely (Or you can view them on Instagram @drCraigBuscomb).

Elevate Chiropractic is located in Greenhithe. For more information please call 09 413 5312.

## Revitalising skin treatments

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



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

Unlike over-the-counter products that often yield limited results,

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

SKINMED opened an online store in Feb 22 to allow customers to purchase products to use between visits or for when they simply could not physically see clients during Covid. Be sure to check out our website at [www.skinmednz.co.nz](http://www.skinmednz.co.nz) and our 5 Star Google Reviews.

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

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

## Summer is here

Isn't it wonderful? The sun is shining and everyone seems to be in a much happier place!

We have a lovely new selection of gifts and silk flowers.

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# Area Columnists

## Time to let go

Are you feeling tired, worn out, heavy, and you can't move forward?

Do you feel bogged down and stuck?

IF you feel like this, you are not alone. Its normal to feel this during certain times in our lives.

Maybe there is something that holding you back, something from the past or even something more recently that you are struggling to deal with or let it pass. Such things maybe grief, job loss, relationship break up, childhood issues or just day to day life.

Do you need to continue to feel this way? No, you do not. Are you ready to let these go? Yes you are.

Now is the time to let these go and work through the issues you need to in order to regain control of your life and move forward and seek enjoyment and fulfillment of your life.

The first step in letting go is to give yourself permission, as hard as it is, this is the first step in taking back control of your life and emotions. Will it be easy, no. But can you do it? Yes! Next step in this process is to go deep inside yourself and explore what you need to let go, maybe you already know, even if you do, still go deep into yourself and have a look around, it maybe something else that you need to let go first. Give yourself time to work through this step. Once, you have identified what needs to go, then you need to give yourself time to work through it, understand what you need to do to let it go and work through the process. Once you have worked through this process, you need to LET IT GO and NOT take it back.

You do not need to be on your own to work through this, you have already done the hard work by identify the issues and you have given yourself permission to LET IT GO and release what is holding you back. Astramana™ Healing Services can help you and provide you with the motivation to LET IT GO! The TIME IS NOW!

We cannot and will not do it for you, as only you can, but we can help you, through the various the process with the various services we offer. Some of the tools we offer you is hypnosis, healing sessions and teaching you to heal yourself.

Astramana™ Healing Services, was founded by International Hypnotist, Reiki Master-Teacher, Clairvoyant & Tarot Reader Jason Mackenzie. Please visit our website: [www.astramana.com](http://www.astramana.com) (if not working, [www.astramana.co.nz](http://www.astramana.co.nz)) or email [astramana@gmail.com](mailto:astramana@gmail.com), phone/ text us on 021 0277 0836 with any questions or to book a session, workshop or a New Year's Tarot reading. We offer a mobile



service to those out West Auckland.

## Accepting change as a key to business growth

One of the biggest barriers to growing a business is the ability to accept and manage change.

We are creatures of habit, and feel safest in our comfort zones. Change can be scary, both for the business owner and their staff. It can be the fear of the unknown, and / or the fear of failure.

In order for a business to grow, change is inevitable. For example, a change of people, change of roles, change of systems and processes, sometimes a change of location.

A well-documented formula was developed by David Gleicher in 1992 to determine the likely success or failure of organisational change:

$$D \times V \times F > R$$

D = you have a dissatisfaction of how things are now

This is often the easiest part to describe, but take time to write down what is it that is causing the dissatisfaction. Working too many hours might be the symptom, but the cause might be not having enough staff or having staff that need to be given more training, or having manual systems and processes that take up too much time. Poor cashflow might be a symptom of not enough sales, incorrect pricing or high expenses.

V = a vision of what is possible

If you were able to solve the causes of the dissatisfaction, what would your business look like? How would you describe your dream business environment? Think about customers, products/services, people, systems and processes, your role in the business, and what you want your sales and profit to be.

F = the first steps towards your vision

Your vision should look 3-5 years in the future. That future state may seem an impossible dream, but you can't climb a mountain without taking the first step. Work out where you are going to start. It doesn't have to be a big step, but understanding how that first step will get you closer to your vision is key.

If you remember your high school maths, you will understand that in a multiplication formula, if any of the components are zero, then the who answer is zero, so all three components must be there.

R = resistance to change

The result of  $D \times V \times F$  must be greater than the resistance to change. That resistance can come from either the business owner, or any one of the team. Bringing the team along the change journey with you is

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# Area Columnists

critical. Understand what is stopping you from making the change. If it is fear, what are you afraid of? What can be done to reduce or eliminate that fear? For a staff member the fear could be that they will either be out of a job, or their job will change significantly. Understanding the change, what it means for them personally, giving them training, describing the change process and including them in the vision will go a long way to reducing that fear.

For a business owner it may be fear of failure. Consider the possible outcomes of the change. What will happen if the change gets the result we were looking for. What will happen if it goes wrong? What will happen if we do nothing?

Change is necessary for growth. By understanding the change better using this formula, the chances of a successful change are improved. Take the time to work through the change process, and bring your team along for the ride.

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

## The Upper Waitemata Ecology Network

Tired of seeing unsightly rubbish littering our coastline, or floating on the water when you're enjoying your favourite water sport?

Well now you can be part of the solution in the Upper Harbour by volunteering just a few hours of your time.

The Upper Waitemata Ecology Network, [www.uwen.org.nz/](http://www.uwen.org.nz/), is running a Coastal Clean-up on 23rd March, focussed around 4 key coastal points in the Upper Waitemata.

There will be land-based and water-based (kayaks only) volunteers required, leaving from the designated areas at: Greenhithe, Herald Island, Whenuapai and Beach Haven. When registering, volunteers will be required to stipulate the beach or boat ramp they will be leaving from at one of these 4 locations.

The Clean-up will conclude with a sausage sizzle for all volunteers.

The project is funding by the Upper Harbour Local Board and also supported by:

Wai Connection

Mountains to Sea Conservation Trust



Friends of Shepherds Park

Auckland Sea Kayaks.

Come along and take action to help look after our marine environment. All participants must register on: [www.events.humanitix.com/coastal-clean-up](http://www.events.humanitix.com/coastal-clean-up)

## Food Waste Action Week 18 – 24 March 2024: A recipe for saving money and the planet

In an era where sustainability is at the forefront of global consciousness, New Zealand is taking a significant step forward in combating food waste. We've seen the roll-out of compost bins across Metros, the understanding of food waste increase among Kiwis as well as food rescue organisations' connecting with supermarkets to redistribute good-to-eat food.



Despite the progress, we could still do more. Love Food Hate Waste NZ reveals a startling statistic: over 14,000 tonnes of bananas, potatoes, and apples are discarded annually in the country. This equates to approximately \$36 million in wasted resources each year.

Juno Scott-Kelly, Marketing & Communications Manager at Love Food Hate Waste NZ, emphasises the gravity of the situation. "Shockingly, fruit and vegetables rank among the top three most wasted food items in New Zealand. This not only squanders precious resources but also hits consumers' pockets hard."

The root cause of this issue lies in food spoilage and over-purchasing. Food Waste Action Week 2024, now in its fourth year, aims to address these concerns by encouraging New Zealanders to adopt a simple mantra: "Choose What You'll Use." The initiative underscores the advantages of buying loose fruits and vegetables, advocating for a shift in consumer behaviour to minimise waste.

"With grocery food prices 5.4 per cent higher than they were a year ago, food waste has become a pressing concern for Kiwis, likening it to throwing away hard-earned money," explains Juno. "By adopting mindful shopping habits, such as planning meals and storing food properly, households can save up to \$1,500 annually while reducing greenhouse gas emissions from decomposing food waste."

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# Area Columnists

Aligned with the United Nations' sustainable development goals, the New Zealand government has pledged to slash food waste by 10% by 2030. Love Food Hate Waste NZ is among the initiatives supported by the Ministry for Environment to tackle this issue head-on.

"The recent challenges faced by our food producers due to events like Cyclone Gabrielle highlight the urgency of re-evaluating our approach to food consumption," Juno remarks. "Every small action, from purchasing loose produce to educating oneself, contributes to a more sustainable future."

Originating in the UK in 2021, #FoodWasteActionWeek supports the UN's goal to halve food waste by 2030. This year's theme emphasises the intrinsic value of food, its ability to unite communities, and the importance of utilising every purchase efficiently.

Exciting activities are planned across Love Food Hate Waste NZ's social channels throughout #FoodWasteActionWeek, including produce tips, recipes, and interactive quizzes, all aimed at empowering individuals to make informed choices and reduce waste.

As New Zealanders embrace the mantra of "Choose What You'll Use," they not only safeguard their finances but also play a pivotal role in preserving the planet for generations to come. With concerted efforts and collective action, combating food waste emerges not only as a necessity but also as a recipe for a brighter, more sustainable future.

## Languages in NZ March

We recently had a visit with some family members from Sarawak, Malaysia. The conversation turned to languages, and we found that each of them spoke about seven different languages, including English, Bahasa Malaysia (the official language), Mandarin, Punjabi and several dialects local to where they live.

My son was impressed. "Why are we so useless in New Zealand?" he asked. We're not useless, of course, but many of us grow up monolingual. I know I didn't get the opportunity to learn another language till high school.

While there is an optimal time for your brain to naturally acquire languages through listening to native speakers is before the age of about 10, learning through a taught class can happen at any age, and new research shows that may get easier with age - attention span and life experience both help.

I learned German in school, and later in life learned New Zealand Sign Language and worked in the Deaf Community. The one language I wish I had been given the opportunity to learn is Te Reo Māori - and I am learning now, in my 50s. It feels right to be learning Te Reo, even though I am Pākeha. Learning Te Reo is helping me to understand so many things about Aotearoa - place names, stories,

iwi affiliations, traditions.

I am so grateful to my kaiakō (teachers) for sharing their Reo with me, and for making it fun to learn. I starting to learn which situations it is acceptable to have a go at speaking in Te Reo, and when it is better to stick to reo Pākeha. I know from learning sign language that there will be awkward moments and I will make mistakes - but also that it is important to try my best, embrace the discomfort and have a go.

Learning Te Reo is expanding my understandings of what it means to be Pākeha, and making me more open to perspectives different from my own. I feel privileged to have this small window into Te Ao Māori (the Māori world), which makes Aotearoa such a rich and interesting place to live.

Imagine how much more openly we could have the conversations we need to have in this country about how to live alongside each other with respect and care, if more of us could speak some Te Reo.

There are many free courses in Tāmaki Makaurau, both online and in person, including at Te Wananga O Aotearoa in Henderson, Unitec in Waterview, and through Takatū.co.nz. For a local option, try dropping into the Manutewhau Community Hub on a Wednesday at 12.30-2.30, for a casual kōrero session led by Matua Bob (email hub@manutewhau.org.nz or phone 0277221144 for more information).

## Fitness with Unruly Company

As February fades into March, it's natural for the initial excitement and motivation behind our resolutions to fade. However, don't let the summer slump derail your progress! Here are three tips to help you reignite your determination and stay on track with your goals:



Firstly, take some time to reflect on your resolutions and assess your progress so far. Are there any adjustments or tweaks you need to make to stay on course? Don't be afraid to modify your goals if necessary. By refocusing your efforts on what truly matters to you, you can reignite your passion and drive to succeed.

Once you know you're truly aiming for, one of the most effective ways to maintain momentum is by working with a group. Whether it's joining a fitness class, a study group, or a support network, surrounding yourself with like-minded individuals can provide the accountability and encouragement you need to stay motivated. Working towards your goals alongside others not only fosters a sense of camaraderie but also holds you accountable for your actions.

Lastly, remember to celebrate your progress, no matter how small.

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# Area Columnists

Every step forward, no matter how insignificant it may seem, brings you closer to your ultimate goal. By acknowledging and celebrating your achievements along the way, you can stay motivated and inspired to keep pushing forward.

Remember - maintaining a New Year's resolution is a marathon, not a sprint. Small daily steps which become habit is the best way to complete the marathon instead of relying on a daily dose of adrenaline and motivation. By constantly reevaluating your goals, creating accountability, and hitting your milestones, you can stay on track and make meaningful progress throughout the year. Remember, you don't have to do it alone - working with a group like the one at Unruly can provide the support and encouragement you need to succeed!

Alexander Roach - Nutrition and Movement Coach 021 028 98510, Alexander@UnrulyCompany.co.nz.

## Whiffy

Welcome to our fragrance Store whiffy, our store is a sanctuary for scent enthusiasts, offering a lavish assortment of premium fragrances sourced from around the globe. Immerse yourself in the opulent world of Arabian and French perfumery, where every scent is crafted with precision and passion to evoke unparalleled sensory experiences.

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## Health and Safety at Work – A primary duty of care

This story will be run over two columns. In this two-part report we examine the duties of business owners, directors and senior

managers in regard to health and safety at work and then, how best these requirements can be met to identify ways to improve H&S compliance, enhance wellbeing in the workplace and minimise overall risk to adverse events.

The recent trial of the owners of Whakaari (White) Island over the volcanic eruption that killed 22 people and injured many more has no doubt captured the attention of business owners and company directors. There is very likely a concern as to whether they are doing enough to protect their workers, what gaps they have in their knowledge of the health & safety legislation, and what is required of them.

Whakaari Management Ltd (WML) were charged under S. 44 of the Health and Safety at Work Act - 2015 (HSWA) with the failing to exercise the necessary due diligence as a director or other officer of WML. While charges against the individual owners have been dismissed owing to lack of evidence, the trial over their company continues.

Business owners, managers or company directors have a legal obligation to make health and safety part of normal daily work activities within the organisation/workplace.

Directors (and other officers) must exercise the care, diligence, and skill that a reasonable director (or officer) would exercise in the same circumstances. What is considered reasonable will depend on the particular circumstances, including the nature of the business or undertaking, and the director or officer's role and responsibilities.

All officers, including directors, may seek health and safety advice from experts or others within their organisation, such as managers. Where they choose to rely on this advice, the reliance must be reasonable. Directors (and other officers) should obtain enough health and safety knowledge to ask the right questions of the right people and to obtain credible information.

### Officers Liability

Directors/owners and other officers will be personally liable if they breach their due diligence duty. The maximum penalty for a serious breach of the due diligence duty for a PCBU or an officer of a PCBU is imprisonment for up to 5 years and/or a fine of up to \$600,000. Insurance cannot be used to pay fines under HSWA.

For a PCBU and its officers the above can appear a daunting task. However, with a systematic approach to health and safety that ensures all requirements are covered, measured, reported and controlled, it is possible to establish an arrangement that provides confidence to everyone involved that they have a safe and healthy work environment.

Parts of the information in this newsletter has been derived from guidance documents published by WorkSafe NZ which are available at [www.worksafe.govt.nz](http://www.worksafe.govt.nz) and parts of the Health and Safety at Work Act - 2015. If you have concerns around this topic and would like our assistance, please feel free to John Riddell by email [securo4@securo.co.nz](mailto:securo4@securo.co.nz) or check out [www.securo.co.nz](http://www.securo.co.nz).

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