

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

Property market report
Scam spotting

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

Mike Pero Real Estate Hobsonville

Circulation is 10,000 print copies.

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

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

May 2020



Greetings

What will survive of us is love. So said Philip Larkin in the poem An Arundel Tomb. We are living through an unprecedented experience and have plenty of time to reflect on how our lives may be different in the future. Hopefully there will be some constructive planning to follow the quietness and clean air of the past weeks. While jobs rebuild and we pay for the necessities of life, we can also focus on aspects of our lives that really matter. We all have different experiences of the past weeks, and it's likely that we have made time for more communication with family and friends via the internet than we did previously. We may have taken the opportunity to sort and tidy and possibly throw away things we no longer have need for, realising that what matters are not things but people and experiences. Perhaps we have spent time on creative activities.

Sharing a sense of being part of the wider community not only in New Zealand but worldwide, and reflecting on how different behaviours affect others. This may have been a chance to review what is important and decide our priorities for our future.

Some organisations such as the Volunteer Fire Brigade continue to work all the time and they contribute important advice for ensuring your safety as we go into winter. Many other articles cover entities that are waiting for the opportunity to get back to their normal business, check out their on-line services that are available as we move through the next stages. One newcomer to our pages is Fair Food who have been very busy rescuing food to supply charities, food banks and community agencies as the needs in our community have risen with this recent crisis.

Graham's column describes the impact on the property market and how this may present opportunities. Many of our local providers are creating innovative methods of trading to survive, may we all support them as best we can. Our food and beverage providers look forward with promise, our pet page remains active, and we have plenty of advice to keep you healthy. Please check out our advertisers - your custom will help in these difficult times.

Enjoy your May Westerly. Stay safe. Be kind.

John, editor

*Please note that details of events, etc. were correct at the time of going to press, but please check with event organisers, as these may change a short notice.



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COVER PHOTO: Mike Pero Real Estate Hobsonville - from left; Gail McIntyre, Graham McIntyre and Mike Pero)

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People & Places

Mike Pero Real Estate Hobsonville



Hobsonville and Hobsonville Point was identified as a high intensity growth node in 2008 under Waitakere Council. Work got underway in 2011 under a partnership of IWI, Housing NZ, Council and private developers/builders. In many respects it has been a blue print for a new era of small foot-print living away from the sprawling small sections of yester-year which unfolded through Massey and West Harbour through the late 1990's and early 2000.

This new thinking encouraged a mix of smaller parcels that offered independent/ attached townhouse and apartment living with infrastructure, parks, schools, transport, recreation and entertainment all invested in the development. It also offered a mix of high end and entry living homes that extended its price offering over a wide scope. Within this mix it offered the perfect environment for Mike Pero Real Estate to enter a largely traditional and expensive real estate offering in the area.

In 2015 the high profile office on the corner of Clark Road, Hobsonville Road and Wiseley Road was opened by Mike Pero, CEO of Mike Pero Real Estate and Gail and Graham McIntyre, brand and territory owners of the brand in the area. "The opening of Mike Pero Real Estate in the area provided the community with the choice of using a recognised national brand with extensive and exclusive marketing options and with a lower commission rate" says Gail McIntyre. "Further the organisation has a local and national structure that is customisable to meet the needs of a wide range of private sellers, developers and investors needs, including negotiability on commissions and marketing packages. It is the perfect model for Hobsonville and Hobsonville Point" she says.

The offering from Mike Pero Real Estate is flexible and fast moving, including extensive databases of buyer registrations, high quality community magazine support, seminars, social media and

television activity. Unlike many Real Estate brands that tend to be one dimensional and ask for significant investments in marketing, Mike Pero Real Estate takes a collaborative approach allowing opportunity through editorial, advertising and complimentary offerings to deliver a customised and truly unique experience.

"Within the office at Hobsonville," says Gail, "we offer service in Real Estate, in Finance and Insurance, via Mike Pero Mortgages and Property Management through Quinovic Property Management. We don't use the term one-stop-shop, but it is a very useful solution to developers and investors that want flexibility to source multiple solutions through their property decisions".

Under Covid 19, Level 2 and level 3 the business has structure in place to operate effectively. Mike Pero Real Estate takes a structured approach to take extra care in the recommended preventative measures. "We may not be able to shake hands or run open homes, but we can still safely list property, show property and sell property" says Graham McIntyre.

Mike Pero Hobsonville has supported The Westerly magazine since its launch in 2015 and continues this support today. "We use The Westerly within our marketing mix because it delivers measurable buyer enquiry to us and it updates and informs the community of prices and performance of the local Real Estate Market" says Graham.




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Community News

Help bring more awesome to the world

Do you believe that all girls and young women should be valued, inspired and empowered to take action to change their world? GirlGuiding NZ does. This non-profit organisation has spent over 110 years providing adventures and challenges in which girls can discover their passions, contribute to their communities and form friendships in a safe and positive environment. This enables girls and young women to develop into confident, adventurous and empowered leaders of the future.



To help them on their journey they need inspiring mentors and leaders.

So, we are calling all go-getters, brainstormers, mentors and adventurers to volunteer with us.

Bring your enthusiasm, skills and energy and play a part in creating some of a girl's best experiences. As Emma, a GirlGuiding NZ Unit Leader says, "The girls make me smile all the time - but also give me a completely different perspective which keeps me learning."

To start the year with a bang, we need volunteer leaders in Kumeu, Waitakere, Henderson and Te Atatu Peninsula.

Join us in 2020 to empower the next generation of girls and young women.

Find more information at girlguidingnz.org.nz/volunteers.

West Harbour Christian Kindergarten

Just like all the early childhood learning centers we have been closed due to Covid-19 Pandemic. Before we closed we were working with the children practising good personal hygiene - hand washing, nose blowing and using tissues, coughing into their elbow. They were getting very good at it, some even 'teaching' their parents. Since the lock down we have kept the lines of communication open, and since it appears that we will not be re-opening soon we are working to get Kindergarten online. We are recording stories, and videos (some teachers better than others, but everyone having a go); we are concentrating on some of the

upcoming events to share with the children - ANZAC Day and Mother's Day being the next big events. At the same time we are making sure that any information we have to share about services available to families we put on our online kindergarten noticeboard. We are looking forward to the children coming back, a.s.a.p.

Have you seen COGY before?

It is a piece of compact cycling equipment we can enjoy at walking speed, in a seated position. COGY was designed in Japan about 10 years ago, and has been in New Zealand for 3 years now. Twenty-three COGYs in total are in NZ. It is better to walk using our feet than not using our legs. Using COGY is better, too. In COGY, we have no fear of falling. We can encourage ourselves to go the extra mile without feeling the pressure from our body weight. For those who are unable to walk, if you can move either of your legs even just a little bit, you will be able to pedal this machine with both your legs. You can glide along at almost the same speed as quick walking. For more details, go to kokocogy.wix.com/gocogyblog.



Waitakere Volunteer Fire Brigade

COVID-19 is the hot topic. For the latest and reliable information go to the Government website <https://covid19.govt.nz/>

The Waitakere Volunteer Fire Brigade members formed two separate operational bubbles to continue to service the community while keeping their families safe. Calls for assistance across New Zealand have dropped significantly which has helped the members stay in their bubble.

Commemorations for Anzac Day were different this year for everyone. For the Brigade members it was making and placing poppies at the front of their property and the fire station.

Now the clocks have been turned back marking the end of daylight savings the days and nights are rapidly cooling down. Most people are thinking about lighting fires or turning on the heating. However,



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begins

Community News

the colder weather brings with it a special set of dangers that could increase the risk of house fires.

Fireplaces and chimneys

- Clean chimneys and flues before lighting the first fire of the season
- Always use a fireguard or spark-guard when using an open fire
- Never throw rubbish into the fireplace - especially batteries and aerosol cans
- Always empty ashes and ashtrays into a metal bin and pour water over them before disposal. Remember that ashes can take up to five days to cool completely
- Keep matches, lighters and anything else that can create fire out of reach of children

Electric blankets

- Worn and old electric blankets can cause electric shock, fire and possibly even death. At the first sign of wear have your electric blanket checked by a qualified electrician.
- Make sure the blanket is always flat on the bed and that controls or cords are not twisted or caught between the mattress and the base of the bed. Twisted cords are a common cause of electric blanket fires.

Keep safe and enjoy your time with your family.

Denis Cooper - Deputy Chief Fire Officer, Waitakere Volunteer Fire Brigade.

Massey Birdwood Settlers Association

Even though the Massey Birdwood Settlers Association Inc. is a not for profit making organisation, the operation it runs, the hall on the corner of Don Buck Road and Red Hills Road has been closed for the period of Alert level 4.

Under Alert Level 3 the Redhills Community Kindergarten, which operates out of the hall, will be able to operate but probably not to full capacity.

It probably will not be until Level 2 is reached that the hall will once again be able to open up.

That means the churches that operate out of the hall will have not been able to welcome their congregations. This also means that Housie cannot operate. Kung Fu and Aikido cannot practise, and St John Massey Youth have not been able to meet. That means the Waitakere Cake Decorating Club did not meet in April and English



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Language Partners have not had any lessons.

On behalf of the executive of the Association to all Massey residents and Westerly readers all the best over these trying days.

John Riddell.

A Helpful Resource For Those You Love

Do you have a loved one living with dementia or another cognitive challenge? Or a senior member of the family for whom a helpful practical product could simplify their lives, such as a specially designed simple music player or a telephone with large memory buttons with photos of the person to call? Or activity products such as targeted puzzles, games, and DVDs? Mindjig has these together with games and puzzles for the general public.



Mindjig is a small Auckland company run by husband and wife team Jonathan and Julie Bourla. It was Julie's brainchild sometime after Jonathan started as an Activities Coordinator at a home for people with dementia. Mindjig is a resource for both members of the public and rest homes and dementia facilities. The "jig" in the name Mindjig came initially from the specially designed jigsaws they produced, but they realised "jig" has other meanings in keeping with the company, such as a lure, a guide, and last but not least a happy dance.

Please have a look at www.mindjig.co.nz or feel free to email info@mindjig.co.nz, or call on 09 600 3251.

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In Brief Updates

The English dance

They were known, throughout Europe, as the 'Dancing English'. Dancing Masters would travel the length and breadth of the country to teach the various steps and movements, to an eager audience. These were the refined dances of the royalty and nobility. In those days participants flirted with their eyes, as they moved about each other. If a gentleman won a lady's favour, her receiving hand might slip and he might grasp her waist instead. Such wanton passion would, centuries later, be replaced by less subtle advances, in the back seats of parked cars, perhaps.



Meanwhile, the country dances of the peasantry were much less refined. They were executed with a great deal of whooping and hollering, vigour and excitement. The music too was every bit as boisterous as the dancing. Both of the above styles of dance are practised today at various get togethers, or ceilidhs (pronounced kaylees) and in clubs throughout the country.

But there was another type of dance also, that had been around since time immemorial. It had its origins back in antiquity and was always associated with rituals and customs, or 'mores' (pronounced more-es). Later on, it would become known as Morris Dancing.

Morris Dancing has always been associated with spring and was performed to encourage fertility in men and women, as well as in the soil. At its core, at its most primal, is the life affirming jump for joy with which dancers would have greeted the first buds of spring and the melting of the snows.

Later on, came refinements and differing styles; each style becoming associated with the village that shaped it. So that today, one can easily identify the village that any particular dance comes from.

The dancing has evolved over the millennia. But it still carries, within its DNA, the vitality, the surging rhythmic pulse of the stepping, and it still celebrates the joy of living.

For more info on all English dancing in Auckland: contact Errol Dawson 021 184 1653.

Grey Power

Grey Power evolved from the N.Z Superannuitants Association and was started by the late Ray Cody in Auckland some 36 years ago. Ray Cody was a well-known radio broadcaster. There were branches throughout the country and they all became independent Associations of the N. Z. Grey Power Federation. Grey Power has 76 Associations and is divided into 7 zones. Waitakere Grey Power

Association is in Zone Two Northern Region in which there are currently 8 Grey Power Associations. Each of the 7 zones has a Zone Representative who is a member of the Grey Power Federation Board, and a Zone Director. I am currently President of Waitakere Grey Power and Zone Two Director Grey Power Northern Region. Our Zone Representative is Sandy Feringa of Howick Pakuranga Grey Power. Waitakere Grey Power has a membership of 800 plus. Grey Power throughout the country has a membership of over 60,000. We are an advocacy group for Seniors over 50 years of age. We fought for a rates rebate scheme for 15 years to Parliament and were successful a few years ago. The current rates rebate is a maximum of \$640. We are always lobbying Parliament on a variety of issues.

On behalf of Waitakere Grey Power Association I would like those of you in the community who are over 50 years old to consider joining us as a member, currently \$20 single and \$30 a couple. Please visit us at our Office in the Te Atatu South Community Centre at 247 Edmonton Rd, Te Atatu South or call us at our Office from 9.00am to 12.00pm Monday to Friday, phone 09 838 5207. There is strength in numbers. Article written by Mate Marinovich President Waitakere Grey Power Association 247 Edmonton Rd Te Atatu South 0652 Auckland.

My Science Playroom

With a range of emotions from bated breath, bright eyes and excited chatter my three boys would hurry me to the car to visit their favourite Science Museum in Pretoria South Africa. This happened like a ritual every school holiday. It was also an incentive to reward good learning behaviours.



Their natural curiosity encouraged joyful exploration of various science models and physical science activities. Some of it was geared towards older children in high school and not for them. Some displays were behind glass and all of them were at a much higher level than the youngest could easily see and touch. After visits our children experienced a period of much higher level of critical analyses and thinking in their play. Their play was more complex, and they were willing to challenge themselves to duplicate some of theories that they have experienced at the science museum in their daily play on the farm. These observations became stuck in my mind.

When we decided to emigrate to New Zealand 22 years ago, the boys' first outings not only included the beach but also the museums in and around Auckland. There was no interactive science museum for them. We created our own science fun at home. During my time



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In Brief Updates

at various teaching positions in Early Childhood Education and Tertiary, the interest stayed with me and my family to create a little science museum for younger children. And in June 2016 we did.

Our Science Playroom is unique in that the whole family put their skills and interests as well as funds together to build and create a range of custom-made fun activities with underlying science theory or principles. The family have engineers, medical doctors, teachers, and IT specialists at hand, and we did most of the design, building and maintenance ourselves. That saved a lot of costs. An electrician would have come in handy in this mix!

We have a strong focus on sustainability, a oneness with nature and social responsibility to eco-friendly materials. That love for one another and respect carries through in the manaakitanga of our practices. We want to share that love and respect through the kinds of science displays we offer. All the displays are linked to general knowledge and the NZ Curriculum as well as the ECE Te Whaariki. It is an integrated, STEAM (Science, Technology, Engineering, Arts and crafts and Maths) curriculum, with an interactive 'learning through play' focus.

With Covid-19 we were knocked down temporarily. We will have to pack up, store resources and leave our current site at the end of April or when we are out of lockdown. In the meantime, we decided to change the business model and become a charitable trust. Once people are able and willing to come out and play again, we will reopen with lots and lots of new ideas, resources, and all kinds of favourite activities in a new setting.

Donations of time, effort or finance will be much appreciated. We will be looking for a new setting for the Science Playroom. All ideas and contributions will be listened to. So, we invite you to be part of our journey to leave a legacy for our children and grandchildren, where they will be able to work at their level, explore and play freely, to lift their language and minds to higher level of thinking and doing and so become the problem solvers of the future.

For more information join us for daily experiments on our FB@scienceplayroom videos.

Information on our website www.scienceplayroom.co.nz or send me an email Amanda at info@scienceplayroom.co.nz.

Scouts has gone digital

Scouts is a worldwide organisation with approximately 30 million Scouts in 216 countries. In fact it's easier to count the countries that don't have Scouts, a total of 6 countries.

Scouts has evolved considerably since it was first started over 100 years ago. When it first started it was just for boys aged from 11-15 years old, but over time there was the introduction of Cubs, Rovers, Venturers and the younger section called Keas. The Scout association of New Zealand welcomed girls into the association in

the 1970's. The Scout programme has adapted but also remained fundamentally the same in some aspects. We still do knots and camping, but we are also moving into the digital world. During the recent lock down, we saw the introduction of "Scouting from Home" a worldwide programme to keep youth learning and engaged in the movement. This saw weekly programmes emailed to the youth/care givers with tasks to complete so they could continue to earn badges. A lot of groups had weekly Hangouts or Zoom meetings so the youth could chat and interact with their friends. Scouts NZ recently launched a new website (www.scouts.nz) and made the programme available on the website, not just to its members, but also to the public during Stage 4 as a token of appreciation of the support many of you have given Scouts over the years. The digital programme will continue into Term 2 as we follow the MOH guidelines around group gatherings. This is an exciting new chapter for the movement as it will allow Scouting to be done in a time when it suits the youth, but still have the advantages of a weekly meeting.

If you want to know more about the online version of the Scout programme, then head to www.scouts.nz, you will also find links to local groups and other information about Scouts.

Feel free to email me if you have any questions about Scouts. zl.waitoru@zone.scouts.nz. Craig Paltridge. Waitoru Zone.

Lockdown impacts overseas fibre recycling market

All mixed paper and cardboard recycling collected in Auckland will temporarily be sent to landfill because current global restrictions have closed Auckland's overseas market for processing them. There is currently no capacity in New Zealand to process Auckland's volumes of paper and cardboard recyclables.



Despite the change, Auckland's kerbside recycling collection

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services will continue as normal as part of the essential services still being delivered by the council.

Councillor Richard Hills, Chair of the Environment and Climate Change Committee says, "Auckland Council sends fibre, such as paper and cardboard overseas to be recycled, but with countries around the world shutting their borders, that is not an option. While it isn't ideal, we have no choice but to landfill these items at this time. Our focus will be to make sure Aucklanders can still recycle with as little disruption as possible.

"This situation also highlights why we need to have the ability to deal with our recycling in New Zealand rather than relying on other countries".

Auckland has the most extensive recycling collection system in the country, and aluminum, steel, glass and plastic are all still being recycled at this time.

Netsafe's tips to #StayconnectedStaysafe

1. Do a stock take: Assess how many devices in your house connect to the internet to understand where the risks are and start to mitigate them.

2. Assess new technology: Investigate new apps or platforms by checking out T&Cs, reviews and minimum age requirements before using them.

3. Secure your virtual house. Use strong passwords, update your software and use two-factor authentication where possible.

4. Share your experience: Talk to your friends and family about the technologies you use and let them know the tips and tricks you use to eliminate risk.

5. Combat misinformation: Guide people to official information sources like covid19.govt.nz to stop the spread of fake news.

6. See something, say something: If you see suspicious or criminal activity online, report it. If you don't know where to report, Netsafe can help.

7. Practise safe clicking: COVID-19 is being used as a lure so be careful clicking on links, attachments or ads from unknown sources as they might be hiding malware.

8. Protect your info: Criminals are harvesting personal information. Stop and think carefully about the details you're disclosing or whether they need to be entered online.

9. Have fun: Explore the different technologies available to help



you connect, learn, stay informed and participate in Aotearoa's new virtual society.

10. Help others: Share your online safety tips and experiences using #stayconnectedstaysafe to help others.

For further details, visit netsafe.org.nz.

Summerset at Monterey Park

Summerset at Monterey Park have a brand new, exciting development underway. Work has already begun on our new patch of land, which will eventually be home to a stunning range of Waterfront Villas, Townhouses and Apartments. The first stage of our new development was expected to be completed in



late 2021, however with the recent Covid-19 pandemic we have had to delay this slightly. There has already been quite a lot of interest in our new development here at the village, with many people eagerly anticipating the release of the plans and pricing. Whilst we are still waiting to confirm the new release dates of these new homes, if you would like to register your interest and to be the first to hear about our new plans and pricing, please contact Diane, our Sales Manager on 021 246 5086.

Remote monitoring technology

Patients with serious health conditions, who are at greatest risk if exposed to COVID-19, will benefit from a new charitable initiative which will provide them with remote monitoring technology - reducing their need to visit hospital.

The pilot programme could be used on up to 100 patients with long-term health issues such as diabetes, respiratory and heart conditions, and will allow specialist hospital staff to monitor their condition remotely.

The new initiative will see the purchase of hundreds of remote monitoring devices which record biometric information including; heart rate, blood pressure, temperature and blood oxygen level.

Patients are taught how to use the equipment and enter their data into mobile devices, allowing it to be shared with, and monitored remotely by their hospital care team.

Well Foundation CEO Tim Edmonds says the project, led by Waitemata DHB's Institute for Innovation and Improvement as part of the local COVID-19 response, has gone from conception to

Special thanks

We have a number of pick-up-boxes in the area and we would like to thank the following companies for their support:

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In Brief Updates

reality within a week and will help demonstrate the effectiveness of the approach ahead of future expansion across the region.

Matt Williams, acting CEO of The Trusts, which helped fund the equipment says the cooperative model could be used to support others around the country in a similar position.

"This project is an example of how organisations can coordinate rapidly to identify and support the most vulnerable in our community during an incredibly challenging time for all.

"It has been a privilege to be able to support local patients and help our health services respond urgently to this need," he says.

Kip McGrath Education Centres: A reputation for excellence

Kip McGrath Education Centres have been improving and extending the learning outcomes of NZ school children for over 40 years and our brand is now a global institution with over 40,000 students in 20 countries. New Zealand Kip Centres, however, tailor their lessons to the NZ Curriculum Framework to ensure consistency with NZ school programmes. We were recently awarded the Reader's Digest Gold Award for educational tuition in NZ.

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

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Free financial crisis assistance

UHY Haines Norton Chartered Accountants are continuing to provide all accounting, tax, audit and business advisory services remotely. Under Alert Level 3 clients are not allowed on our premises, so our Kumeu office remains physically closed. However, the whole team continues to work safely from home and are contactable through all of the same channels.

We are proud to be providing free financial crisis assistance for businesses affected by COVID-19. We are offering up to two, no-obligation collaborative business meetings with our experts,



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completely free of charge. Our experts can demonstrate how different scenarios for revenue, profitability and cash flow may impact, and provide analysis and information around changes you may consider making due to the COVID-19 crisis. If you have any concerns regarding the financial future of your business we are here to help. This offer is open to all businesses - you do not have to be a client with us.

To start your free financial crisis assistance please contact Mark Foster on 021 220 5817 or email crisisassistance@uhyhn.co.nz.

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Homes are for living not working

The Hangar is a purpose-built co-working office space located on the water's edge in Catalina Bay, Hobsonville Point. Home to a number of business owners, entrepreneurs and remote workers, The Hangar offers a sophisticated modern workplace that gives businesses room to grow without the stress of a home office that doesn't "switch off" or the overheads of a full commercial office space.



In a 2019 study by Forbes magazine those who worked from home noted the downsides: 49% of remote workers noted their biggest struggle was wellness related. More specifically, 22% can't unplug after work, 19% feel lonely and 8% can't stay motivated.

Benefits to The Hangar members

- Networking opportunities - The Hangar members share spaces and have opportunities to network with like-minded business people
- Member events - Friday drinks, monthly yoga and regular business seminars or workshops are on offer
- A modern workplace - Access to a fully-serviced office space with technology, office supplies and a serviced reception along with high-end shower facilities, meeting rooms and silent pods

Member testimonial

"The Hangar has everything you need and it's pretty cool that we are right above Little Creatures with other restaurants and cafes close by. We love The Hangar culture and people we work around. The Friday drinks with a large bunch of people from various industries is a nice way to end the week. It also helps being able to concentrate more on our clients, rather than the issues that come with owning your own office like Wi-Fi and printer issues, having someone on reception at all times and it's great being able to use the multiple meeting rooms and full commercial kitchen." Katie Inwood, The Hangar member and Owner of The Promo Lab

What is co-working and who is it best suited to?

Co-working is the practice of sharing a fully-serviced workspace with other entrepreneurs, small businesses and remote workers to create a fun, collaborative working community.

Co-working is all about balance and flexibility. Do you need a desk 5 days a week or only 2? Do you want a fixed desk that is setup with pictures of your pets and kids, or a flexi-desk which you can pack up at the end of each day? The choice is yours.

Co-working doesn't discriminate. You don't need to be a business owner to join, you could be a remote worker who's looking for networking opportunities and more of an office environment closer to home or a creative who just needs more space to grow.

The Hangar has built an incredible member community of locals who enjoy working from the beautiful Catalina Bay offices every day.

To meet the team a grab a free trial and tour of The Hangar email Danielle@thehangar.nz.

The Trusts welcomes Allan Pollard as CEO

The Trusts have announced that experienced community-enterprise executive Allan Pollard will be their new CEO.

Allan's appointment comes after the previous CEO, Simon Wickham resigned in December after nine years in the role.



Allan joins the Trusts from Trust House Ltd, a community-owned company based in the Wairarapa where he has been CEO since 2013. Trust House Ltd operate a range of hospitality businesses in Wairarapa, Pahiatua, Flaxmere and Porirua. They also own and manage a large social housing portfolio.

Originally from Glasgow, Allan began in the hospitality sector as a dishwasher when he was 16 years old and has worked through various roles to his current position as CEO of Trust House Ltd.

In the last five years, Allan created a transformation strategy for Trust House Ltd that resulted in the highest trading profit in the organisation's history for the 2018-19 financial year.

Allan said that he was excited for the opportunity to work with The Trusts. "The Trusts is all about giving back to the community it serves, so I feel privileged to be offered such a rewarding role. I'm looking forward to getting to know the people of West Auckland, including The Trusts team, and helping the organisation continue to be a long-term force for good."

Brian Corban, Chair of West Auckland Trust Services Ltd said that

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the Board, management and Trusts team were looking forward to the energy and experience Allan would bring.

"Allan is a skilled leader and manager of large numbers of people. He is highly experienced and skilled in the industry and has an excellent track record."

Allan and his family will be relocating to Auckland and he will start with The Trusts on Tuesday 2 June.

House of Travel Hobsonville

We hope you are all safe and well? As a travel agency these are certainly very challenging times. We started 2020 with our best year ever to lockdown in just a few weeks. Although at time of writing we have nothing new to book or plan our team has been flat out looking after all of our many great clients who have been affected by the Covid-19. Thank you so much for your understanding.



That the best thing to have come from this experience for us is even which tested to our limit clients could count on us to be accessible, stay open (albeit from home) and stick it out with them. We are keeping them informed through the chaos while working out all of the options open to them. You would have seen in the media some other brands closing shops and pretty much every online travel's website client were inaccessible and useless? It shows when you book with a Kiwi owned and operated local business we care about our clients which gets reflected in the way we go about our business. You "the locals" are our future and we won't bail on you.

We long for the day when travel starts up again and look forward to helping plan and book your next trip.

Stay strong, Stay safe and #bekind #shoplocal

Mike (Buzz) and the Team at House of Travel Hobsonville. 09 416 0700 Hobsonville@hot.co.nz.

Thank you from Bridgestone Westgate

We wish to thank all the essential employees who have been working over these past weeks to flatten the curve, putting themselves and their families on the front line.

We have been happy to help out our Community during the

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lockdown, keeping you safe on the road, fixing punctures and supplying new tyres where needed.

Our other activities in lockdown have been excessive baking and entertaining children

We look forward to meeting you and helping you with your tyre needs, at the big red building behind McDonalds ... Our landline 09 833 8555 is diverted to our mobile so we are available to help you via appointment at Level 4. At Level 3, Tuesday 28th April we will resume normal trading whilst observing Covid-19 protocols and using Zoono sanitation products.

Covid 19 Tyre Tip - check the pressure on your tyres...some air might have leaked whilst you were observing lockdown. #staysafe #bekind #bridgestonewestgate #local #heretohelp.

Add more rhythm to your child's life

Brought to you by New Shoots Early Education.

Rhythm relaxes our bodies and minds so we can feel calm, connected and curious. It lets you engage with your children, and puts your children in a headspace where they can learn and grow. Here's some tips to include more rhythm to your day...



Start your day right - A strong morning routine will put you in good standing each day. You may have early risers, hangry children or a struggle over the shower. Still, if everyone knows what to expect from the outset, it's easier to maintain your rhythm throughout the

Anna Jeffs

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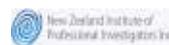
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In Brief Updates

day.

Try:

- Family breakfast - Whether it's toast or a big Kiwi breakfast, bringing the family together around the table at the start of the day gives everyone a chance to connect.
- A morning ritual - Start the day on a positive note. Light a candle or have a short dance party.
- Being prepared - Just as you may have packed the nappy bag the night before childcare, find ways to make mornings easier. Set the table at night, make the pancake batter, or select children's clothing to make the morning seamless.

Daily activities

Daytime rhythm relies on a balance of planned activities and unstructured play. Go with the flow, keeping space limitations and varying ages and personalities of children in mind as you find your guiding tempo.

- Music and dance - Put on a playlist, sing and dance, get out some real or makeshift instruments.
- Family projects - Involve the whole family in projects around the house like building a treehouse or planting a garden.
- Messy play - Children learn so much from tactile activities like colouring and painting, playdough and water play.
- Free play - Play is so important in early childhood! Let children gravitate to their favourites, be it cars or kitchens, blocks or dolls, loose parts or sandpits.
- Take a siesta - Introduce a short nap after the midday meal. Entice your children by pretending you're in a country where siestas are common - like Spain, Mexico or the Philippines.
- Low key activities - Board games, story time or relaxation yoga all encourage conserving energy, using quieter voices and introspection - three ingredients for a revitalising rest.



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- Play while lying down - You need rest but the children won't nap? All is not lost with these clever activities. Recline and let the children draw on your stomach and legs. Become the race track your children's cars zoom over. Ask your future doctor to perform a pretend operation on your back. Use your creativity - the options are endless!

An evening routine - Evenings may be one part of the day where you are already familiar with routine. Bath time follows dinner, before story time and sleep. A grounding evening routine will help your children have a good night's sleep, which sets you up to find the next day's rhythm.

Once the youngest family members are asleep, find a moment for yourself. Read a book, write in a journal, enjoy a cup of tea or soak in the bath - this is a brief window where parents can find their own rhythm too.

If you're interested in learning more about New Shoots Children's Centres, you can visit www.newshoots.co.nz.

Rescued food goes to good use

Fair Food has seen a huge increase in food it rescues and delivers to mainly West Auckland charities, food banks and community agencies.

"During COVID-19 we are rescuing enough food from closed businesses including growers, manufacturers and retailers to feed 5000 in one day," the West Auckland-based organisation says.



That's about 2000 more than prior to the pandemic, with the number of people facing food scarcity rising through job loss or being unable or fearful of leaving the home to shop during the alert levels. Instead of being dumped, the food is delivered free to more than 40 agencies and services helping those in need.

Established in 2012, Fair Food is billed as Auckland's first food rescue charity. It has saved more than 380,000kgs of food from going to landfill and delivered at least 1.13 million meals - most going to foodbanks, health and education facilities, religious centres and more.

Food goes from donors to recipients within hours, about six to eight deliveries made daily with more than 40 organisations covered about once a week. Fair Food hopes to get a refrigerated truck to help keep food fresh for delivery.

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animals on a West Auckland farm.

Volunteers work hard to save tonnes of food from going to waste and used instead to feed people in need.

You can help by donating or offering to assist - visit <https://givealittle.co.nz/org/fairfood> or go to <http://www.fairfood.org.nz/> for more information.

Fair Food is urgently seeking a West Auckland base or warehouse space. If you can help contact executive director Veronica Shale at veronicafairfood@gmail.com, 021 31 00 44, or general manager Justine Knowles at info@fairfood.org.nz, 022 167 8963.

What is next?

We have all faced unprecedented changes in our lives, some of us never experienced such isolation and restrictions before. It makes us think what some of our parents and grandparents went through when they were young.



We all have been affected by these restrictions and we are grateful to those essential workers in the community who have worked so hard to keep things ticking along. YOU Travel Westgate would like to send out a heartfelt thanks to you!

Due to the various restrictions, YOU Travel Westgate, like other agencies have been working behind the scenes. While our shop has been closed, we have been offering continued support to all our clients from our homes. We have been processing refunds, travel credits and helping clients prepare for when the travel restrictions are removed.

It is hard to know exactly when travel restrictions will be lifted. Not only do we need our own country to remove restrictions, we need other governments to remove theirs before travel can return to normal.

We believe it is likely that when restrictions are removed, it's likely to be Australia and the Islands that will open first. It's important for us to remember that we can visit New Zealand, there are amazing spots here for us to visit and YOU Travel Westgate are here to help. Even though we are unable to travel at the moment, we are still able to book travel for later this year and for 2021. There are specials available now for next year.

Times like this with the many cancellations and sudden changes made to travel around the world makes booking with a travel agent even more important. Show your support by booking your next trip with YOU Travel Westgate.

Check us out on Facebook and if you want to receive our newsletter, please email us with Newsletter in the subject line.

Contact us on 09 8310018, email westgate@youtravel.co.nz or visit at 18 Westgate Drive, Westgate.

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Property

Precision Roofing

Due to New Zealand returning to alert Level 3, the team at Precision Roofing will be back on board for business. We will be able to provide free no-obligation quotations and carry out roofing work contactless.

The safety of our clients and staff is our priority. We will have additional measures in place to ensure both our staff and you are protected.

We will be increasing our already high standards of hygiene, including, but not limited to; strict handwashing and sanitising protocols, the safe use of nitrile gloves when necessary, all staff to maintain personal distance (ideally 2 metres) and staying home when unwell.

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Reflecting on our personal and family affairs ... wills and EPAs

ClearStone Legal (Francine Cameron)

During these unprecedented times there is rarely a better time to reflect on our personal/family affairs including the opportunity to review an existing Will (or consider putting one in place) and arranging Enduring Powers of Attorney.

EPAs - Enduring Powers of Attorney (EPA's) can be best likened to an insurance policy - you need it in place before you need it. If you or a loved one become incapacitated then having EPA's in place gives the authority, to make decisions on your behalf, to someone you trust. Having these already in place if the times comes, saves time and money at a time when both can be critical. Without this, decisions can't be made without going to court which is costly and time consuming. Not having EPAs is likely to result in delays in action, added stress for loved ones and could lead to undesired outcomes.

Wills - Most of us want a say in how our assets are to be distributed in the event of our demise to family and loved ones as well as who will care for our children. Many issues can come into play including



de facto relationships, blended families and family disagreements. Good practical legal advice can help you strategize to ensure your wishes are carried out (and by whom).

If you do not have a Will then the Administration Act 1969 will determine where your assets will go. This may not be what you intended and requires additional steps to administer your estate resulting in delays and additional costs in distributing your assets, as well as distress for family members. Also, without a Will you have not specified who will receive particular items, for example jewellery or tools or whom is appointed for guardianship.

We are still available and operating from home during Lockdown. While we cannot meet with you in person, we are continuing to assist and advise on a range of legal issues. We are happy to help with your Wills, Enduring Powers of Attorney or discuss any other queries or issues by email, phone or audio-visual links.

Please contact ClearStone Legal (incorporating Kumeu-Huapai Law Centre) on 09-973-5102 or email admin@cslegal.co.nz for a no obligation chat. In the meantime please take care of yourselves and your loved ones and stay safe. We look forward to seeing you again soon.

Kemp Barristers and Solicitors

Kemp Barristers & Solicitors have looked after our clients in the face of many challenges over the years, and we'll continue to do the right thing for you and the community as New Zealand manages the impacts of the COVID-19 pandemic.

As this is a particularly important time for you to take care of yourselves and your loved ones, we are here to help you in whichever way we can.

To assist during the lockdown, we are available to meet with you through digital or telephonic appointments.

We are closely following the Law Society's recommendations and keeping up with the changing environment regarding issues such as digital signing and what this will mean for you in keeping your legal requirements met.

This may be a time in which to ensure that your personal and business matters are properly structured. Our team is here to help.

Phone 09 4126 000 / info@kempsolicitors.co.nz.

Property market report

Sales activity through the months of February and March were strong, however we saw two dramatic effects in April. Firstly the unprecedented withdrawal of properties for sale, an indication that as many as 45 percent of homes have been taken off the market.



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Property

And secondly a huge surge in New Zealanders returning home from overseas, boosting the demand for homes in key centres. .

The Real Estate Institute of New Zealand's national lower quartile selling price was \$480,000 in March, a record high, and up 4.7% compared to February and up 7.9% compared to January.

There was also strong price growth in Auckland where the March lower quartile price was up 7.6% compared to January, and in Wellington where it was up 17.1%. In Canterbury it was up 6.9%.

However outside of those main centres the price trends were more mixed, with March lower quartile prices down compared to the start of the year. In Bay of Plenty they were down 3.0%, down 5.0% in Hawke's Bay, Manawatu/Whanganui down 1.7% and Otago down 4.8%. The lower quartile price was unchanged in Southland, with all other centres posting gains.

In March the average of the two year fixed rates offered by the major banks dropped back to 3.46%, equalling the record low set in October last year.

That helped keep mortgage payments affordable, with the payments on a home purchased at the national lower quartile price of \$480,000 taking up just under a quarter (24.75%) of the median take home pay for couples aged 25-29 who both work full time.

Even in Auckland, the region with the highest prices in the country, mortgage payments would take up 39.87% of the take home pay of couples aged 25-29, just under the 40% threshold at which mortgage are considered unaffordable.

So in a snap shot, supply of property on market is expected to be at record low levels, and demand is expected to be at record high levels, and this in part has to do with repatriation of Kiwis and the

other is the extremely low interest rates for mortgage finance.

If it's time to consider selling your property, now is a pretty good time. Call me today for a report on what value is within your home or investment property. In addition we will provide a pre-sale audit to outline quick wins that can make a real difference to buyer demand and in turn your price.

Let's look at the sales results:

Herald Island Residential	\$1,595,000
Hobsonville Residential	\$719,000 to \$1,750,000
Massey Residential	\$420,000 to \$1,261,000
Swanson Residential	\$759,000 to \$1,460,000
Waitakere Residential	\$1,150,000
West Harbour Residential	\$715,000 to \$1,806,000
Whenuapai Residential	\$849,000 to \$1,250,000

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Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HERALD ISLAND						810,000	450M2	138M2	852,000
	1,600,000	809M2	169M2	1,595,000		710,000	492M2	139M2	795,000
HOBSONVILLE	460,000	227M2	232M2	1,750,000		960,000	809M2	200M2	948,000
	690,000	103M2	85M2	719,000		1,250,000	1134M2	200M2	998,000
	1,425,000	380M2	295M2	1,315,000		1,100,000	502M2	225M2	970,000
	820,000	95M2	146M2	899,000		660,000	1379M2	115M2	780,000
	1,225,000	319M2	239M2	1,185,000		705,000	660M2	90M2	766,000
	1,000,000	325M2	182M2	1,137,500		770,000	1536M2	120M2	720,000
	1,300,000	349M2	265M2	1,326,520		930,000	650M2	180M2	970,000
	1,225,000	312M2	248M2	1,280,000		670,000	696M2	85M2	801,000
	740,000	108M2	178M2	750,000		590,000	897M2	130M2	719,500
	1,150,000	279M2	221M2	1,172,186		600,000	700M2	90M2	743,000
	1,200,000	198M2	201M2	1,030,000		620,000	634M2	80M2	775,000
	860,000	129M2	168M2	915,000		880,000	357M2	160M2	900,000
	1,200,000	294M2	215M2	1,170,000		850,000	210M2	180M2	925,000
	1,200,000	326M2	235M2	1,257,000		990,000	605M2	200M2	1,000,000
	1,100,000	304M2	207M2	1,235,000		680,000	809M2	130M2	920,000
	1,625,000	524M2	356M2	1,615,000		770,000	593M2	90M2	732,000
	985,000	222M2	176M2	1,087,000		1,000,000	732M2	164M2	930,000
	1,200,000	333M2	237M2	1,265,000		870,000	632M2	210M2	880,000
	770,000	85M2	145M2	850,000		740,000	663M2	140M2	908,000
	1,350,000	451M2	227M2	1,420,000		700,000	979M2	170M2	740,000
	1,175,000	322M2	217M2	1,130,000		960,000	600M2	228M2	915,000
MASSEY	600,000	587M2	63M2	420,000		580,000	602M2	110M2	651,000
	590,000	809M2	100M2	680,000		1,010,000	300M2	200M2	1,010,000
	550,000	440M2	80M2	680,000		660,000	458M2	80M2	685,000
	820,000	508M2	99M2	882,000		885,000	706M2	167M2	925,000
	650,000	828M2	140M2	690,000		775,000	664M2	120M2	680,000
	890,000	1219M2	240M2	846,500		990,000	857M2	180M2	1,100,000
	970,000	1214M2	230M2	1,261,000		860,000	697M2	90M2	805,000
	640,000	811M2	120M2	850,000	WEST HARBOUR	1,080,000	635M2	210M2	880,000
	840,000	610M2	90M2	895,000		760,000	415M2	115M2	715,000

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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18 Shelly Beach Road, Shelly Beach
Asking price \$649,000

Reduce the mortgage, eliminate the traffic congestion, live the lifestyle that is about you and your passion for the great kiwi outdoors. Everything is at your doorstep from scallops, fishing and netting to inner harbour islands and wide open spaces. This renovated and redecorated three bedroom home delivers a delightful easy living home with new kitchen and bathroom. Open plan lounge dining which extends to North East decking with commanding rural and inner harbour views. Downstairs is an over-height double garage with office/ workshop and laundry, providing plentiful space for storage. Set on 812sqm (more or less) the home is set well off the road with a range of native and exotic planting. Close to Shelley Beach Jetty, Café and Boat Ramp.

www.mikepero.com/RX2268507



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



HIGH MOTIVATION IN MASSEY - 675SQM

3 1

By Negotiation

20 Hartley Terrace, Massey
By Negotiation

Looking for a traditional single level kiwi weatherboard home with polished wood floors and loads of character, then look no further. A genuine 1960's bungalow that has been refreshed over time to offer a very honest and genuine home with land at the front and back, a fully fenced back yard, storage galore, and in a quiet Massey cul-de-sac location. The home has a generous semi-open plan living, dining, kitchen which opens to north-east decking overlooking an extensive back yard. Independent laundry and a central hall linking to three bedrooms, bathroom and separate w/c. First home buyers and investors should certainly have this home on the list. The home is tenanted and the tenants are happy to stay on based on their current arrangements.

www.mikepero.com/RX2286150



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



PRIME LOCATION, 4 BEDROOM, 2 BATHROOM - MASSEY 4 2 2

By Negotiation

22 Vina Place, Massey
By Negotiation

Large home on a large plot of land serving up a great opportunity for a Kiwi family wanting to create and style the perfect home. The home has an easy flow through open plan lounge dining to north east decking overlooking fully fenced back yard and two level play house. Offering four generous bedrooms, office nook, ensuite and main bathroom to ensure limited congestion in the mornings. Central kitchen, storage and laundry area delivers an easy transition to getting jobs done. High stud cathedral ceiling and character features, this home is unique and offers personality plus. Some cosmetic improvements would make this home truly amazing, so view with a mind-set to stamp you mark on "great bones".

www.mikepero.com/RX2250920



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



BRICK AND TILE - MODERN LIVING 4 2 2

By Negotiation

36 Fordyce Road, Parakai
By Negotiation

Easy care home on 520 square meter section, this property is perfect for a family or an investment in a great semi rural environment. Offering four bedrooms, including master with en-suite and open plan entertaining living opening out to north west patio. A double garage with options for workshop keeps toys and tools off the street. Minutes to convenience shopping, primary school, transport, inner harbour access, park and the popular Parakai pools. It's not only a home it's a destination.

www.mikepero.com/RX2163650



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



3222 SQUARE METERS - BIG OPPORTUNITY IN WHENUAPAI



\$1,545,000

44 Puriri Road, Whenuapai
Asking Price \$1,545,000

Often sought but seldom found a generous land lot in the middle of Whenuapai Village. This flat and fully usable property ticks the boxes for a sensible buyer interested in adding value and creating a return, based on the size of the land and the two driveways. In addition we have sought an independent development opinion from Terra Nova planners which is available to prospective buyers. In addition the property has multiple improvements including a very well presented period bungalow, office, workshop, sheds and garaging. The main dwelling has been improved with extensive north facing decking which accentuates the sunshine and the warmth enjoyed. Beautiful gardens and extensive fruit trees deliver a canvas which is not only extensive it delivers colour and an active fruit bowl.

www.mikepero.com/RX2204835



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



QUIET FULLY FENCED CUL DE SAC LIVING - MASSEY



By Negotiation

46 Zefiro Drive, Massey
By Negotiation

Set at the end of a ROW, this well cared for, well maintained, north facing home enjoys all day sunshine within a safe and secure fully fenced environment. Ideal for children &/or pets. Enjoying 609 square meters of land with loads of off street parking - up to 8 cars, a fenced lawn area which leads onto a private deck with established plantings and open pergola. The home has four bedrooms, huge Master with walk-in Wardrobe/Ensuite, family bathroom & separate WC. There are options here for extended family living or a border. Open plan entertainers living with two lounges flowing onto decking areas. Close proximity to Westgate shopping center and convenience shopping, schools a plenty in the area as well as close motorway access and walking tracks through linked local parks.

www.mikepero.com/RX2255417



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



CLASSIC KIWI BUNGALOW - BEST LOCATION

3 1

By Negotiation

62 Tudor Road, Henderson By Negotiation

Altogether a Home and Palapa (Mexican style Pergola) on an easy care and fenced 683 square meter section. It is not only what is on offer on the property it is a location that offers peace and privacy, yet is only a short stroll from shopping, restaurants, transport links and motorway access. The home is a genuine and classic bungalow that has been crafted to enjoy three bedrooms and two lounges although the hero of the home is an exquisite open plan entertainers kitchen and lounge and the infusion of a second lounge with the attached Palapa offering an extra open air living space for all occasions. A property that is fenced for dogs, cats, kids and peace-of-mind, the section has established glades of mature plantings which delivers pockets of shade and privacy.

www.mikepero.com/RX2269727



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



WAIMAUKU ON THE HILL - PRECAST CONCRETE AND WEATHERBOARD

6 6 3

\$2,875,000

911 Old North Road, Waimauku Asking Price \$2,875,000

Set on one of the highest points in Waimauku with commanding views to the North and the South East. If you ever wanted to feel like the King on the Hill this is your time to invest in your future. A near new, quality, commercial-style build with high-end features, designed and built to perform and look great in all four seasons. It is solid and here for the long haul. Offering a staggering nine rooms, including six bedrooms, large office, family room and a media room over two levels to allow for a big family, an entertaining schedule or an extended family group to relax and enjoy with un-encumbered space. In addition the home has an extensive oversized triple-door six-car garage (including a workshop), separate shedding, vegetable garden and orchard.

www.mikepero.com/RX2328642



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

Central's Tips

May 2020



Autumn is Nature's best gardening time

Make your own slug repellent -

Save your eggshells and grind them up in a coffee grinder, then spread this around the base of young seedlings as a deterrent for slugs and snails. It has the additional benefit of adding calcium to the brassicas such as cabbage, broccoli and cauli. Re-apply the shells after rain.



Start Hydrangea cuttings

In autumn you can cut the stems of favourite hydrangeas to produce more bushes for spring - this is a great video showing how easy it is to do, but you don't actually have to grow them on in pots - in New Zealand it's possible to place cuttings directly into the soil. Keep moist.



New strawberry plants - for free

Plants that have cropped for two years become less productive. From now on you'll notice long runners coming from them. These end in new foliage which will have a root system on the underside, and this is your new plant for next season. - snip it away from the 'mother' and re-plant in rich soil in a sunny position. That's next summer's strawberry patch sorted!



Start your own raised vegetable bed with Central Landscapes



Growing vegetables in raised beds is a solution for gardeners with clay soils. Use sleepers to make your beds and use a 100mm base of scoria if the ground beneath does not drain well. Line the bed with black plastic to lengthen the life of the wood and fill it with Garden Mix. Plant seasonal vegetables such as cabbage, silver beet, carrots, beetroot, rocket and winter hardy lettuces. A layer of Somerset pea straw around young plants can help protect them against windy conditions

Distressed Lemon trees?

Lemon trees that have dried out over summer attract scale, which attaches itself to leaves and branches. This occurs with plants situated under eaves or in covered areas. If you don't have Conqueror Oil to spray them with, inspect the leaves and flick off any hard or soft brown scale, which can be the cause of yellowed or misshapen growth. Check stems and the leaf junctions as well, as scale are tenacious.





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Whether it is creating garden paths, making vegetable gardens, seeding a lawn, forming new gardens or a backyard spruce up, our team can offer over the phone advice and online ordering.



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www.centrallandscapes.co.nz z • 598 Swanson Road, Swanson

Hot Property



For an educated discerning buyer – Koraha Estate

An elegant, picture postcard estate on flat park-like grounds delivering space, ambience, security and convenience.

North facing, this home has been crafted to suit a family or mature couple offering an adult wing and children/guest wing. Cathedral roof line with high pitch sky-lights, open plan designer kitchen with breakfast bar and scullery, lounge area with gas fire place and

dining area, separate formal lounge and family room, a generous designer space that flows through to the covered patio and beyond to the in-ground heated pool. The home is designed to be practical and finished to a beautiful standard.

Four generous double bedrooms, private master bedroom with his and hers walk in wardrobe, ensuite with underfloor heating and Villeroy and Boch bath. All bedrooms have generous storage and/or walk-in wardrobe and a mix of bathrooms and ensuites. Separate laundry room with excellent sink bench and storage. Internal access triple car garage with separate double Skyline Garage.

No expense has been spared to deliver a relaxed, sophisticated environment with an edgy feel and an ease of living that will warm

Hot Property



your toes and deliver a gentle breeze to sooth the evening sun sets. Villeroy and Boch bathroom ware and Grohe tap ware, Bosch appliances, Vintech wine fridge, Bose surround sound are some of the investments in high quality living.

The property is extensively planted and landscaped providing distinctive hard and soft features, paths, walls and shading. This blend works together in harmony to deliver an outlook that is easy care, functional, and beautifully respected.

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

Home & Garden

Monthly spotlight – 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.

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

Our company has contracted to various housing companies for many years and has a great reputation of completing work on time and on budget!

Laser Plumbing & Roofing Whenuapai is based in West Auckland and services the plumbing needs of homeowners, commercial and industrial businesses. Our dedicated and knowledgeable team is focused on providing excellent service to our customers. No job is too big or too small for Laser Plumbing Whenuapai!

We also have a plumber available 24 hours, 7 days a week for any plumbing emergencies - as unfortunately, these can come at any time.

So...get in touch with Laser Whenuapai today on 09 417 0110 or whenuapai@laserplumbing.co.nz for all your service needs. We are open five days a week from 7am-4:30pm and conveniently located at Unit 4, 3 Northside Drive, Whenuapai. Visit our website whenuapai.laserplumbing.co.nz for more information.

Independent pre-purchase house inspections

The inspections: A complete and thorough visual inspection of the entire building including: The roof and gutters and valley trays. Cladding and all joinery. Foundations, floor and sub floor framing (including for insect infestation). Floor to ground differentials. Inside the roof space checking the roof, roof framing, insulation and ducting etc. Moisture meter readings taken on the inside of all exterior walls (leaky building issues). Moisture meter readings taken around showers baths toilets etc.



(plumbing leaks). Decks and pergolas. Fences, retaining walls, separate garages and carports etc. Impending maintenance or repairs needed.

My promise to you: Your inspection will be carried out in a thorough and professional manner by a very experienced and competent builder. We will provide a verbal report by phone, and via e-mail a detailed written report (including photos of all faults), clearly outlining all findings. A certification is given with each report that the inspection has been carried out according to NZ Standards 4036:2005. We are totally independent and work only in the interest of the perspective purchaser. We cover the entire Auckland area, from Wellsford to Pukekohe and beyond. Reports are promised within 24 hours but are usually sent on the same day as the inspection. Competitive prices - full written or verbal only reports

I believe it is necessary to have a pre purchase inspection carried out prior to purchasing any home, old or new. Older homes may present problems such as subsidence, insect infestation, rotten windows or leaky building issues etc. but almost all the faults I find on new houses are workmanship related, many of which are easily remedied but some not so. Council inspectors ensure that the house is built according to the building code, but not necessarily to a high standard of workmanship or attention to detail. On one new house I inspected recently I found 104 faults.

There are numerous things that a pre purchase house inspector needs to be aware of and on the lookout for, which is what makes the work interesting for me, bringing my lifetime of experience into play.

Post lockdown your inspector will wear disposable gloves at all times and when inside the property a face mask and shoe covers will be added.

Contact - Kevin: 021 288 0101 or email kevinmontgomerie@gmail.com.

Solarcraft – “We got this NZ” power security ...

Firstly, a BIG shout-out to the folks at the Westerly who have rapidly adapted to keep this great publication going for everyone.

You'll all be well aware of how our natural environment reacted to the lack of people going out to work, schools etc. Within only one week of lockdown,



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Home & Garden

pollution in the air dropped dramatically. As we are in the renewable and sustainable energy business, this data was the true silver lining at this rocky time. Change in behaviors actually made a difference to our air-quality, along with the near-stamping out of a pandemic! There is great power in numbers.

We had a swell of solar enquiries just before and during lockdown with a lot of people concerned about their power security. Hybrid systems are the go at the moment, as you can be both connected to the grid and store energy in your battery for high-use power times at night and within power outages.

If you have any questions about how solar can work for you, the planet and your future, contact us on info@solarcraft.co.nz or phone PH: 0508 272389 W: www.solarcraft.co.nz.

Your May garden

As the last leaves of autumn fall now is the time to protect your garden from frosts and harvest the ever classic feijoa for warm winter crumbles.

Autumn is the best time to plant new trees and shrubs as they can get established over the cooler, wetter winter months. Add some Tui Novatec Premium Fertiliser at planting time and tie to a support stake.



In the flower garden, plan new roses to plant and prepare the soil by adding Garden X Compost. Palmers new seasons roses start arriving in store later this month. Now is the last chance to plant spring bulbs for a dazzling display.

In the edible garden, feed citrus trees with Tui Citrus food to maintain foliage colour and good health. Sow seeds of beetroot, broccoli, broad beans, cauliflower, cabbage, carrots, onions, radish, spinach, swedes and turnips directly into your garden bed. Garlic and shallot bulbs are in store now and can be planted until late July.

Reduce watering of house plants and move them into warmer positions.

Palmers Westgate | Corner of Maki and Northside Drive, Westgate
Open 7 days from 8.30am. Phone 09 810 8385 | www.palmers.co.nz.

Jim's Mowing

Jim's Mowing franchise owners are lucky guys compared to many other business. We were able to hibernate our businesses over the lockdown. And despite being a bit bored over the break we knew the grass, weeds & plants were growing and making new work for when we could return. And yes lucky there too, being outside and on clients lawns & gardens means we get back to work as soon as the country moves to L3, sooner than many others.

We are keen to get back to what we love to do and to help as many clients as possible, there may be a bit of backlog at first but call now on 0800 454 654 and we can book you in as early as possible.

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Home & Garden

Returning to work clients will notice just a few differences - no cups of tea, hugs or handshakes please. We are operating strictly to the government guidelines around distance and touching objects on properties - like gates - to be sure to protect you, ourselves and our community from any illness. If we have any sign of illness we will not operate, likewise we appreciate a call from clients if they aren't 100% well too. And no cash or cheques - online payment is totally contactless.

What won't change is the same cheerful smile & wave, dependability and high standards of work. You'll soon hear again the buzz of your friendly local "Jim" in action and notice the crisp, clean, tidy lawns, gardens and hedges re-appearing in your neighbourhood.

Gary Turton - Franchisor, Jim's Mowing NZ North. Phone 0800 454 654.

Older stonemason swears by natural materials

Hi, I'm Dave Milina. I am a little older now and for most of my life I have been a stonemason having been taught from the old Dalmation school. I would say it's been an interesting journey. The majority of my contracting time has been spent in the public and private sector, working for Council in Parks and Reserves, and also in working with private clients.



The contracts have been massively varied in stonework and in landscaping, however what I want to tell you is this... Sustainability is the big thing now. Sustainable materials and natural materials are big. After all these years, I now work mainly with two materials - rock

and aged mulch.

By using dry stacked rock, a hillside covered in kikuyu is being transformed into a landscaped area ready to plant vegetables and fruit trees.

Using natural materials to create beautiful landscapes is deeply satisfying. Talk to me to find out more. Dave Milina 027 1962 19 161.

KiwiSpan Kumeu

Dreaming about your perfect shed? The team at KiwiSpan Kumeu are here to help. Use this time to get your project started with the paperwork side of things. The drawing, engineering and consenting can continue behind closed doors, and you'll be ahead of the rest.



Have you been wishing you had more space? A shed with a games room been playing on your mind. Maybe a shed with a workshop? Or for those of you working from home, a shed with an office and bathroom would be ideal.

Why not get in touch with the team today, all KiwiSpan buildings are customisable. This means they can quote to your specifications. They only require a few details and they can get a quote out to you; they don't even need to visit your site.

Contact KiwiSpan Kumeu today for more information! www.kiwispannz.co.nz/design-your-kiwispan-shed/ or email kumeu@kiwispan.co.nz, phone 09 412 8455.

Laser Plumbing Whenuapai

With the move to Covid-19 Level 3 now confirmed, what will that mean for our customers?

It means our business will be operational again from Tuesday 28th April 2020.

Our team of plumbers, roofers & drainlayers will be back on board, able to attend to any of your leak requirements. We will be carrying out all work in line with the Covid-19 regulations while maintaining public health requirements and still fulfilling our usual health and safety obligations.

We will be regularly disinfecting tools and surfaces, encouraging good hand washing hygiene, not allowing anyone who is unwell in the workplace and maintaining physical distancing.

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Home & Garden

You can contact us in the same way you always have - by phone, email and through our website.

Ph | 09 417 0110 Email | whenuapai@laserplumbing.co.nz | https://www.whenuapai.laserplumbing.co.nz.

Tile and grout cleaning and re-colouring

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

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

Colourseal is a highly durable coloured coating that adheres to the 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 5+ 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.

Western ITM level 3 trading

Western ITM will commence contactless trading from Tuesday April 28th under level 3. We will be processing orders received via phone and email and are able to receive those now.

Orders can also be placed via our Trade Portal facility. The best contacts are your sales representatives and our trade support team. We will confirm your order and advise of pick up or delivery time.

N.B. Our main phones and DDI phone numbers will not be manned until Tuesday 28th.

Please observe all our contactless trade safety procedures. Posted on our website is information relating to the collection or delivery of your orders. We will also be requiring you to complete our Contact Tracing Register when collecting.

Our stores will be operating within our trading hours 7am -5pm Monday to Friday under level 3 but please phone ahead to enable

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\$890,000

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Architectural Kiwitahi Haven

Price By Negotiation

House 207m² | Section 297070m² 4 | 2.5 | 1 | 2

View more House & Land Packages at signature.co.nz

Home & Garden

us to collate your orders ahead of time. Under level 3 we will not be open on Saturdays.

Contact information for Orders:

Swanson - 09 832 0209, swanson@westernitm.co.nz.

Kumeu - 09 412 8148, kumeu@westernitm.co.nz.

Whenuapai - 09 416 8164

Remember, if you're feeling unwell or showing symptoms of the below please don't come into store, stay home and consult your GP or Healthline on 0800 358 5453; fever, cough, shortness of breath, sneezing or a runny nose.

Stay safe, we look forward to seeing you soon. The team at Western ITM.

Waimauku Garden Club

My word, February was the last time we went on an outing together. That was to the Nathan Homestead and the Auckland Botanical Gardens.

We do so miss meeting together and tripping out.

Once we have the all clear and the committee has met to replan and discuss future trips and ongoing health procedures, we will be on track again for some exciting outings.

Keep well and keep safe.

Sit back, relax and enjoy your surroundings. Be creative.

Contacts: Ann 021 035 7406, Bette 021 145 1854, Diana 027 478

8928, Judith 027 272 9994, Moira 027 498 9152, Veronica 027 755 4645.

Leaves a problem?

With the arrival of autumn, we are seeing the usual influx of falling leaves that cover walking paths and driveways. With a bit of rain, paths and drives become slippery and dangerous. Fallen leaves play an important role in nature, providing a rich natural compost to plants and trees. Nature needs them, but it is nice not to have them on the paths & walkways. Generally, leaves are a pain to collect, so make life a bit easier and safer with this quality



Japanese made petrol powered leaf blower. This must be the lightest and easiest to start leaf blower on the market. A simple walk up and down your path and blow those leaves back to the garden and under trees and shrubs where they can do their composting job. The Shindiawa EB221 is on special at Grasslands Kumeu saving \$50.00. 20 Shamrock Drive, Kumeu Ph 09 412 7880.

We're locals like you



Being local is really important to Matt and Rachael. They've lived here their whole lives, raising a family and being part of the G.J. team for over 7 years. With their extensive experience at G.J.'s, you're sure to get great service, the care and knowledge of a local, and the support of a national franchise. G.J.'s really do offer the best of both worlds.

So if you're thinking of building, talk to the Rodney West team first and find out why more people trust G.J. Gardner Homes than any other builder.



09 412 5371 gjjardner.co.nz

G.J. Gardner. HOMES

Your brand + your message = your success

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

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

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

In response to advertiser demand we offer the following options:

Business Card Advertising:

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



Display Advertising:

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



Front Cover and Inside Page:

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

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



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

Pets

Tips to Avoid Dog Bites

Here are a few tips and myth busters that you may NOT be aware of.

A wagging tail - many of us have been told that this is a sign that the dog is happy. Unfortunately this is NOT always true. Research has shown us the tail wagging only shows that the dog is engaging with something in its environment. They could be engaging in a positive or negative way. You need to look at the whole body not just the tail.



Rolling on its back - again many of us think this is because they want their belly rubbed. Again NOT always true. They are actually telling us that they are scared and small so please don't hurt me.

Bringing you their toy - yes they are showing you their toy and may want you to play with them. But this is NOT always true and if you go to take the toy or pick up the ball they may try to snatch it back which could result in a bite. Remember that we all train our dogs to different commands so there may be certain rules that need to be followed or commands given when playing with that particular dog.

Always ask permission before you interact with any strange dog - this means ask the owner if you can pat the dog. You do not know the dog; his likes or dislikes. You may be wearing a hat and the dog is scared of hats, carrying an umbrella or he may just not like strangers. If the owner says no, don't be offended, just move on and ask the next person if you can pat their dog. By asking permission you are also letting the dog know you are there so if you are allowed to pat him he won't get a fright.

Which brings us to the next point.....

Side and Back - remember where the bitey end of the dog is and stay away from the head and face. Only pat the dog on the side and back. This is especially important with children. If you have a child (or anyone) approaching a dog head on to pat it and the dog does not want to be touched and decides to have a bite, the child's face is right next to the dog's mouth. The majority of bites to children are on their head and face. If they are standing to the side of the dog to pat its back then if the dog doesn't like it he can move away. Worse case scenario he may bite the hand but the child's face is nowhere near the dog's.

Stand like a Tree - We regularly get people telling us how dogs run up to them and the first reaction if you are scared or don't like dogs is to run or turn your back and move away. We recommend you stand like a tree. Hold your elbows and look at your feet. Do not move. What you are trying to do is to be as boring as possible to the dog. Any sudden movements or running away make you more exciting. If you run, you may instigate play or pray drive.

Please contact me if you have any questions or if you know of an organisation that could use our assistance.

Email jo@dogsafeworkplace.com - www.dogsafeworkplace.com or phone 027 737 244.

Stories from a pet photographer

My mind is so often blown by how incredible dogs are. The amount of love they have to give, how trusting they are, their eagerness to learn and please, and their ability to provide such a valuable companionship to those who show them love. All of this becomes even more astonishing when you meet a dog like Bella the Japanese spitz. As soon as I met her, I could tell just how sweet she is. And yet, as I chatted to her lovely mum, Alexandria, and learnt of Bella's start in life, I couldn't help but wonder how dogs find the willingness to love...even when love wasn't something they were able to experience in their puppy years.



Bella was born in a puppy mill, a hideous place where dogs aren't seen as pets, but rather a way to make money. Bella is very small for a Japanese spitz, and has some issues such as a fairly obvious underbite. These were most likely due to inbreeding. At 6 months old, Alexandria was told that if she didn't adopt Bella, she would be put down due to her size. Obviously Alexandria didn't think twice

CLEARSTONE LEGAL

Incorporating Kumeu-Huapai Law Centre

We are proud and excited to announce ClearStone Legal has relocated to new offices. We are now situated at the new business centre called The Vines on the corner of Tapu Road and State Highway 16 in Huapai.

We also have our other office at 547 Te Atatu Road, Te Atatu Peninsula, Auckland.

You can contact Debra and Jane on 09 973 5102 or drop into the office, Tuesday to Friday 9 am - 5 pm.

**1A Tapu Road,
Huapai, Kumeu
09 973 5102**



**Debra Barron, Principal
Jane Barclay, Legal Executive**



RYAN JACKSON

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

P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland

Pets

about rescuing wee Bella.

Bella is now living her best life with the most loving dog mum. You would never guess that she had a rough start considering her happy demeanor. During the session she was the most content when in her mum's arms which certainly says something about their bond.

Want to capture some special memories with your pet and family? Get in touch! All of my pricing and session info is on my website. www.dogandco.nz.

Kanika Park Cat Retreat

Giving your pet a tablet - hints and tips

There will be times when you must give medication to your cat, such as worming tablets, or antibiotics. Giving meds can be tricky so here's a few tips that can help make meds time less stressful

Giving your cat a tablet

1. Check the instructions given by your vet, and double check that you have the correct dosage
2. Have your cat in a sitting position and place one hand on top of the cat's head, over the ears, holding cheek bones, see photo below
3. Tilt the head backwards so your cat's nose is pointing to the ceiling. This will cause their mouth to open slightly



4. Hold the tablet between your thumb and index finger of your second hand as shown in the picture here.

5. Open their mouth with the fingers of your other hand

6. Drop the tablet into the back of the throat as shown below

7. Close their mouth and rub the neck

8. Ensure the tablet has been swallowed

Still no success?

Try disguising it in something such as cheese, peanut butter or tuna. Some meds should not be given with food, so check with your vet first

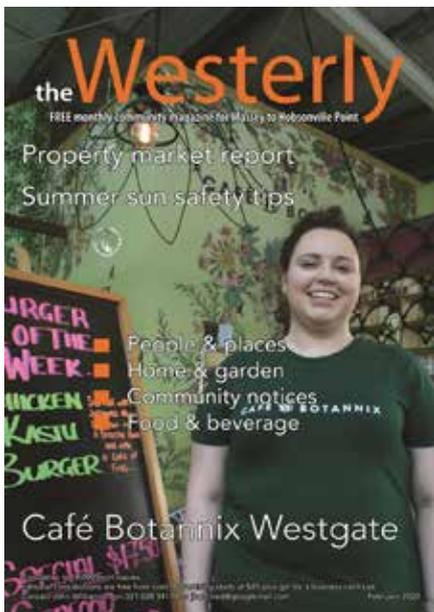
Kanika Park Cat Retreat is happy to give medication during your cats stay. We do require that it is clearly labelled. We do not charge for giving meds

Remember - never give your pet human medication unless specified by your vet. Human medication such as ibuprofen and paracetamol can be harmful or fatal.

P: 027550 1406 | E: info@kanikapark.nz | W: kanikapark.nz | facebook.com/kanikapark.

\$85 = Exposure for a month

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at editorial@thewesterly.co.nz.



It ain't what you do **it's the way**
that you do it !

the Westerly magazine was created in October 2015 and has published more content about this area and its surrounding neighbours than any other community media organization over this period.

The magazine has a free-to-publish editorial philosophy that encourages businesses, clubs, schools, sports teams, not-for-profits and rate-payer groups the freedom and flexibility to submit information, updates, events and have healthy debate. Submissions must be in by the 15th of the month prior.

After reviewing the community social media pages recently, and reading the comments and discussion, I have to say that the magazine's content is significantly positive, up-beat and deals with many of the facts rather than a barrage of unsupported opinion and ranting.

If you have an organization that wants to get a message out to this community, please, drop me an email to graham@thewesterly.co.nz or call me on 0800 900 700 to discuss, what your wanting to achieve and what your considerations are. Editorial is free and advertising space starts at a very low \$85 plus GST for the month. Editorial and advertising is seen in 10,000 print copies, online, and by email pdf. It is not only the best localized content in the area, it is also the most relevant to the local community.

Tell us what way **you want to do it!**

Food & Beverages

Quick and tasty Mother's Day brunch

Here's something new to serve mum on her special day; poached or fried egg and tomato on a bed of baby spinach leaves, with NoShortcuts Beetroot Relish on the side... a nice gentle start to the day. Add a bit of mushroom and/or bacon for something extra tasty.



The NoShortcuts range of award winning chutney, relish, pickle and jam uses only the freshest NZ produce, with no artificial colours, fillers, flavours or preservatives added. In short, NoShortcuts products are wholesome, real foods in the fast and easy convenience of a recyclable glass jar.

In the western suburbs you'll find NoShortcuts at Countdown in Hobsonville as well as Organics Out West in Glen Eden or online at www.noshortcuts.co.nz, Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.

Peko Peko

As we have new customers since we opened our bigger place at the new block next to Hobsonville Primary School, let us introduce a little bit of ourselves. Kazu and Aki met in Auckland more than 10 years ago. Kazu was already working in a kitchen and Aki was working as an Early Childhood Education teacher. Aki loved cooking and Kazu had a dream of opening his own food business. After a couple of years of planning, our journey started with a little humble food truck in 2014. Our concept



was simple. We are dedicated to introducing healthy homemade Japanese food to the customers, using minimum processed frozen food. We believe in eating healthy good food connect to our lives to live longer and happy in good health condition. Peko Peko means 'hungry' in Japanese, which is a quite casual way of saying like kids say "I'm peko peko!" and we thought it sounded similar to Maori so it'd be easier to remember. Then we found Maori word 'pekopeko' is the peppery herb so actually the word connected to the food. We

love New Zealand and we both appreciate it has been treating us well since we landed in this beautiful country. After 4 years of serving our Japanese food to the neighbourhood from the little food truck, we finally decided to move onto the next stage. Meeting so many lovely customers made us stronger to stand on the ground and kept us challenging. We appreciated lots of customers have been treating us like their family and friends and we would like to pay it forward to the community. We have Facebook and Instagram pages that you can find some of our home cooking during the lockdown. We are looking forward to seeing everyone again soon.

The Good from Scratch Cookery School

One of New Zealand's most loved chefs, Michael Van de Elzen, together with his wife Belinda, who is also a qualified chef, have opened a farm-to-fork experience; The Good From Scratch Cookery School, on their life-style property near Muriwai. The school is an embodiment of the Van de Elzen's combined philosophy; food is best when it's prepared from scratch.



Classes are a hands-on experience that take you on a culinary journey that involves picking and gathering ingredients for the day's menu while learning about why they're important nutritionally, how to master the cooking process, and the best ways to grow and pick seasonal food at home.

The Van de Elzens are offering a 25% discount exclusive to locals on vouchers for a limited time. To access this discount, email info@goodfromscratch.co.nz for details. The Van de Elzens are excited to share their new venture with you.

Visit goodfromscratch.co.nz to purchase vouchers for use when lockdown ends, and receive a signed copy of Michael's cookbook, FAST. Classes will be added when the Alert Level allows, so keep an eye on the website for updates, or email us to ask for alerts.

Jesters Pies Westgate

Jesters Pies Westgate are pleased to be able to provide our famous handmade pies during Level 3. We will be offering the following services to our valued customers.

- Delivery or contactless pick up options, contact us directly or order via Uber Eats.

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

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f. (09) 412 9398
407 State Highway 16 Kumeu
PO Box 104100 Lincoln North

Food & Beverages

Our contact details are 09 832 6060 or email amljesters@gmail.com
We can also assure customers that we will be operating under strict hygiene standards to ensure the safety of our customers.

Jenna-Maree Cakery

At our store in Hobsonville you will find a wide range of delicious sweet treats. We have ready to go cabinet cakes, cupcakes, macarons, slices, cookies, fudge, scones and more as well as gluten free / dairy free & vegan options.

Our specialty is our custom made celebration cakes. From our 7 Tiered Cakes down to our 4" Baby Cakes, each one is made with love and care because our decorators are passionate about what they do. All our cakes are made using high quality ingredients and only ever flavoured by nature.

From 28 April 2020 under COVID-19 Level 3 we will be operating for contact less pick up or delivery. Our cabinet cakes and cupcakes make a great option during this period where you are unable to celebrate with friends and extended family. You can still have your special cake but the size is more suitable for just your bubble. We have a wide variety for both adults and children which can all be ordered directly from our website.

102c Hobsonville Road, Hobsonville. www.jennamareecakes.co.nz



Update from the Herbalist

We are open for online sales with delivery by courier.

For the past 12 months we have been creating herbal gardens using organic growing methods and working on developing a new range of products. We have been developing a gluten-free and grain-free, low alcohol herbed and hopped ale based on an ancient brewing recipe with a modern twist. The recipe is in the final development stages and we are looking to bring it to market in 2021 or sooner.

We have expanded our onsite bee hives this past season now have a range of honey products available for



JENNA-MAREE
CAKERY

Visit us instore
102C Hobsonville Road, Hobsonville

or Online
www.jennamareecakes.co.nz / 021 0255 6929

Follow us @jennamareecakes

ONLINE 150FF COUPON

sale on our website (see below). We also have Chai Honey which can be purchased separately or in a Chai Honey Care Kit which includes black tea with a tea infuser, a herbal coffee substitute (caffeine free), Dutch cocoa, choc-cinnamon sprinkles to go on top of your chai drink and a jar of our delicious Chai Honey. We also have a Calming Tea Kit which enables you to blend your own herbal tea, Balms for skin healing and beard taming, hand sanitiser with a 64% ABV as recommended by the CDC to ensure anti-viral efficacy and from our own herb gardens we have two Herbed Salt blends - Purple Basil, Chive & Garlic Pink Salt and Rosemary Chive & Garlic Pink Salt. Autumn is a time of harvesting and drying for both herbs to be used in our teas, herb products and tinctures, and also for saving seeds for next season.

Whilst we re-develop our website for The Herbalist, we will be listing our new products for sale on our herbal tea website: www.NewZealandHerbalBrew.co.nz.

Meet Allely Estate's owner, Stuart Thornell

Allely Estate is closed under level 3 but we are still busy talking to customers who want to hold their special event with us once we get to level 1 or 2. We can't wait until we can host weddings, corporate parties and special celebrations again! In the meantime, we thought we'd introduce the awesome members of our team, who work so hard to give Allely Estate the reputation it deserves, starting with our owner and director, Stuart Thornell.



Q. What does a normal week see you doing?



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Food & Beverages

The week generally starts off with a catch-up with the team to ensure that everything is as it should be for the week ahead. We cover everything from menus to staffing to liaison with our multitude of trusted suppliers - and then the week goes by pretty quick making sure each event runs smoothly. On event days you'll see me rushing around ensuring our outdoor areas are in sparkling condition and checking that everything is up to our usual high standards.

Q. What do you love about your job?

The people, for sure. Whether it's a bride and groom, someone celebrating a birthday or someone organising a corporate occasion, I really enjoy that I get to see so many people enjoy our amazing venue and experience our hospitality. I get huge satisfaction each time the Allely Estate team - from our talented kitchen team to our amazing front of house staff - contribute to a memorable moment in someone's life. That's a pretty cool reward.

Q. Your most memorable wedding and why?

Ahh, a difficult question. Every wedding has its own charm and it would be almost impossible to single one out. I love the colour of our Indian weddings, the performances at our Pacific Island weddings, the intimacy of our smaller weddings, the creativity at our younger couples' weddings and the personal touches at all other weddings.

Q. Why do you think people should choose Allely for their wedding day?

Whilst I could run off a long list of things, from our manicured gardens to our purpose-built marquee and our extensive menus through to our historic villa, what really sets Allely Estate apart from every other venue is our people. We are able to use our experience to provide the utmost flexibility to our couples, be it creating a particular culinary dish from Sri Lanka or sourcing an African drum group. Nothing is too much trouble.

Q. What's something about you that might surprise most people?

Apart from those closest to me, it is a little-known fact that I have an addiction to aniseed balls.

To discover more about what makes Allely Estate so special visit us at www.allelyestate.co.nz or call 09 412 7206.

Café Botannix

We hope you and your loved ones are keeping safe and well.

The team at Café Botannix Westgate are missing being at work and seeing all of our lovely customers. We've been spending our time planning new cabinet treats and our winter menu.



Please keep an eye out on our social media for updates: @cafebotannixwestgate on Facebook and Instagram

We hope to see you all very soon.

Phone 09 810 8385 | www.palmers.co.nz/cafe-botannix.

Westbrook Winery

Westbrook Winery would like to thank everyone who has supported us during lockdown through online sales. What a fantastic community we live in. The winery has been able to operate as an essential business under stringent Level 4 protocols. When we move to Level 3 we can re-open the Cellar Door for customers to collect orders but with very strict no-contact rules. What does this look like? Customers will need to continue ordering online through the website or via email. From Tuesday 28th April the office will also be open between 11am and 4pm, seven days a week to take phone orders. You can still choose free delivery to your door for the duration of our Level 3 Lockdown using the code FREEFREIGHT at checkout but now you can also 'click and collect' from the winery, seven days a week. If collecting please let us know the day and time (between 11am and 4pm) you will be collecting. Our team, following strict guidelines, will make the order up for you. On arrival, you'll just need to register by sending us an email, pay at the door using our contactless payment system, and uplift your delicious Westbrook wines. We look forward to hearing from you soon. Call 09 411 9924 or email info@westbrook.co.nz to place an order, or purchase online here www.westbrook.co.nz.



The Gallery Sushi & Café

We are going to open our café/restaurant for takeaway only during this level-3 period from Wednesday 29th April 2020. We want to help everybody get through this tough time. And truthfully, we also hope to survive as a local business too.

The Gallery Sushi & Café offering free 10 dumplings or spring rolls with any TAKEAWAY order over \$40 for this uncertain time.

We offer a delicious all day café menu and full range of Japanese meals for lunch and dinner to give you the ultimate cultural experience within your meal. Our community is continuously growing and our menu satisfying our customers and keeping things exciting for you all.



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Food & Beverages

Please know that for this level-3 period as per NZ Government guidelines we are going to offer contactless takeaway options. We are undertaking rigorous cleaning procedures after every single cooking, using disinfecting spray to wipe down all high-touch surfaces. We are also vigorously cleaning our hands throughout the whole food preparation process to ensure we adhere to the best hygiene practices possible.

For more detail about menu and takeaway options please check our Facebook page (www.facebook.com/thegalleryjapaneseandcafe).

The Gallery Sushi & Café - 329/A Main Road Huapai, Kumeu, phone 09 412 8983.

Hallertau

Always drink beer in the shadow of the brewery as the old saying goes. There's a lot of truth in some ancient wisdoms and Hallertau has always firmly believed in buying, supporting and drinking local. It's helpful when you've got some world beating wineries on your doorstep. Hallertau beer is made from Cantabrian malt, Nelson hops and West Auckland water so our supply chains are safe regardless of what happens globally. Hallertau has continued to responsibly brew beer throughout the alert levels of the Covid-19 crisis. As we move into Level 3 Hallertau re-opens as a Drive-Thru restaurant for contactless service of take away food and beer. Visit our website or Facebook for menu details and opening hours. Support your local brewery.



Donation from Hellofresh helps KiwiHarvest

New Zealanders in need during the COVID-19 lockdown are set to further benefit from a food charity's distribution programme.

KiwiHarvest, a national food rescue charity which collects food from retailers before it goes to waste and distributes it to those in need, will now be able to meet more of the rapidly growing demand for food parcels.

The charity's supply chain was impacted during the current lockdown which has seen the closure of thousands of restaurants and cafes

around the country. The organisation saw a surge in donations from small businesses forced to close at short notice but logistical constraints impacted on their ability to collect and distribute the food.

Similarly, a shortage of staff at supermarkets has restricted the flow of donations of FMCG goods from this channel.

Now, a new source of funding from meal-kit provider HelloFresh will see a cash injection of \$35,000 to support the service along with the surplus food provided in Auckland - particularly in low income areas such as South Auckland.

KiwiHarvest CEO Gavin Findlay says during these difficult and uncertain times demand for food has continued to grow.

"Many people have had to take time off work, have experienced pay cuts or have been made redundant. As a result Kiwi families and communities are struggling financially and need support more now than ever. This donation from HelloFresh will help us make sure those people, who need food the most, get the support they need," says Findlay.

HelloFresh New Zealand CEO, Tom Rutledge says his company was happy to be able to meet the immediate need of the charity.

"This is an unprecedented time and one difficult for us all to navigate. We can only imagine the impact this environment is having on those already struggling in our communities.

"We hope the donation from HelloFresh will not only help KiwiHarvest deliver meals to those in need but act as a reminder for New Zealand individuals and companies to be conscious of the current needs of those less fortunate in our community by donating or sharing a message of hope," he says.

FOOD & BEER TAKE-AWAY



Braised Beef Krokets (4) ***15**
Jalapeño Poppers / crispy / gooey / hot ***10**

HFC - Hallertau Fried Chicken / crispy chicken / chilli caramel / mayo / pickled cucumber ***14**

Pizza

Cured & smoked pancetta / pear / rocket / parmesan ***18**

Margherita / tomatoes / mozzarella cheese / fresh basil ***18**

Pulled beef brisket / smoked tomato / chilli sauce / red onion / mozzarella ***18**

Burgers

Beef Burger - local pickles / pancetta jam / iceberg / tomato sauce ***15**

Chicken Burger - Cornflake fried chicken / pickled slaw / bbq chilli mayo / smoked tomato chutney / pretzel bun ***15**

Sides

Hand-cut Potato Chunkies ***8.5**

Pickled slaw - pickled cabbage / edamame / coriander / mayo ***9**

Dessert

Lemon & white chocolate cheesecake - shortbread / lemon curd / poached pears ***11.50**

Fresh Flagon 1.25lit

PET (*13.50 - *16)

#1 Kölsch Beer 4.5%

#2 Pale Ale 5.3%

#3 Red Ale 4.9%

#4 Schwarzbier (Black Beer) 5.1%

#5 Pilsnah 5.0%

#6 Session IPA 3.8%

#7 Maximus IPA 5.8%

#8 Mr Yakimoto Rice Lager 5.0%

#09 Beer of Auckland 4.5%

Granny Smith Apple Cider 5.1%

Bavarian Wheat Beer 5.4%

Classic Vienna Lager 5.4%

Red IPA 6.5%

Sour Red Saison 6.9%

Low Carb APA 6.1%

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Health & Beauty

5 ways to protect your back when working from home

If you are working from home, here are five tips to help protect your body.

1. Choose the best possible place to work. Ideally this would be a desk or dining table, don't work on the couch or bed.
2. Have your desk setup as best as possible. Aim to have the top of the screen at eye level.
3. Move regularly. Aim to move your body at least every 30 minutes.
4. Do some basic stretches. Two of my favourites is the chin tuck and the 'Bruggers Relief Position'.
5. Use a headset or earphones when using the phone.

To find out more about these tips and how to do the stretches mentioned, you can watch the video I made on our website, www.elevatechiropractic.co.nz. If you do have pain or discomfort, please call the clinic on 09 413 5312.

Depression

Most people have fluctuations in mood. Feeling good one day, not so great the next. But when does feeling "down" become depression? Important criteria for depression include feeling down or depressed for most of the past month or losing interest in normal pleasurable activities for the past month.

I recently had a lady tell me she thought she needed antidepressants and sleeping pills. After a short conversation it became apparent that she had been feeling this way for a few days. She was worried about her children who were overseas during the COVID pandemic. I reassured her that she did not have a disease. Her feelings and poor sleep were a normal response to a stressful situation. Sure, she needed some help to lessen the pain of her feelings. Often an external perspective and someone to listen is all a person needs.

According to Professor Bruce Arroll from Auckland University (Department of General Practice and Primary Healthcare), behavioural therapies are much more effective than anti-depressant drugs. He says, "Talk first, drugs second".

Professor Arroll's research shows that 26% of patients who take a placebo (inactive pills) get better within 2 weeks. 48% get better within 12 weeks. The results for antidepressant drugs are not much different to placebo (31% and 57%, respectively). This means that many patients get better anyway. If you give them an antidepressant

drug, they will think the improvement will be due to the drug, and therefore be reluctant to come off it.

What are effective non-drug treatments? Behavioural therapies (a form of counselling), exercise (including yoga and stretching), problem solving, and mindfulness, and writing a gratitude diary have all been shown to be effective in helping people who feel stuck.

Talk, move, be mindful and grateful. Powerfully simple! Martin Harris Massey Unichem Pharmacy 396 Don Buck Road Massey 09 833 7239 martin@masseyunichem.co.nz.

Ingrown toenails

Ingrown toenails are one of the most common complaints we see at Hobsonville Podiatry. There are many reasons why an ingrown toenail may develop - wide nail plate, narrow shoes, involuted (curving nail), trauma, weak nails, very sweaty skin and very dry skin. We are experienced in managing all sorts of ingrown toenails and a lot of the time we can manage the issues conservatively, meaning no need for surgery. Conservative measures involve correct cutting of the nail, removal of dead dry skin around the nail (non painful), teaching you how to prevent the nails from ingrowing and addressing any underlying issues that may be causing the nail to ingrow.



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

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

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

Hobsonville Podiatry in level 3

Podiatrists are allowed to practice face-to-face in very limited

HOBSONVILLE Call 09 390 4184
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hobsonvillepodiatry.co.nz



Level 1, 124 Hobsonville Rd, Hobsonville, Auckland 0618

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NUTRITION MEDICINE
CLINIC

Health & Beauty

capacity during level 3. Majority of appointments are via telephone or video calls; with these consults we are able to offer advice, progress exercise programmes and discuss potential further treatment. We are deciding on a case-by-case basis as to who we see in the clinic. If you are in a lot of pain that is affecting you greatly during this time, please give us a call - 09 3904184 and we will discuss your options with you. While we are in level 3, how the clinic runs has changed significantly: we no longer have a waiting room - instead we ask that people wait in their cars until called. We are providing everyone with face masks and ask that you come to your appointments alone, unless you need someone to come with you - we welcome support people to come. We expect you to use the hand sanitiser in reception and please try not to touch anything in the clinic. We are no longer taking payments in clinic, instead we ask people to pay via online banking. All these measures are in place to ensure safety for all. I'm sure we all agree, the faster we can move out of level 3, the better.

Helping older people stay active at home

While we are all locked up in our bubbles it is not just the swimmers, runners and cyclists that need to scratch that exercise itchit's everyone.

Therefore the awesome CSP (Chartered Society of Physiotherapists, UK) has adapted a simple set of exercises designed for older people to help prevent deconditioning whilst living in isolation. And they want it shared. Let's keep people moving- very locally.

Developed by physiotherapy experts the exercises will help older people stay strong, improve mental health and prevent falling.

There are lots of ways that you can see the exercises in different formats:

Share the URL with links to an animation and an A4 printable poster www.csp.org.uk/easyexercises

Share the animation

-downloadable versions of the individual exercises and the full animation are located here <https://vimeo.com/showcase/6900217>

-Share them on YouTube here <https://youtu.be/n8s-8KtfgFM>

Share each of the six exercises separately on Twitter or retweet @theCSP tweets using #StayInWorkOut

Use Facebook to post the exercises with your friends and family

We all know how important it is to keep active when ageing and it is more important than ever whilst so many people are living in

isolation. So try these exercises once a day to pass some time and keep fit!

Emma Steel - MPhty (Sports). NZF Football Ferns -Lead Physio. Hobsonville Physiotherapy, phone 09 416 4455 or book online www.hobsonvillephysio.co.nz.

Denture and oral hygiene routine

Nightly before bed using warm soapy water and a tooth brush thoroughly brush the denture, focusing on the fitting surface. Use a soft-bristled toothbrush with toothpaste on natural teeth and to clean your tongue, cheeks and roof of your mouth.

Try not to sleep with your dentures in. Place the dentures in water or a mild denture-soaking solution overnight.

If you have or tend to get a hard yellowy build-up or some heavy staining that you struggle to remove, you can use a specialised denture cleaner. Caldent or Tats Denture Cleaner are both available through DT Denture Clinic and are excellent at removing stubborn stains.

Things to avoid on your dentures:

Abrasive cleaning materials. Avoid stiff-bristled brushes, strong cleansers, toothpaste, these are too abrasive and will damage your dentures.

Bleach-containing products. Do not use any bleaching products because these will weaken dentures and change their colour.

Avoid hot or boiling water that could warp your dentures.

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offering half price denture cleaning in April 2020. Call to make an appointment with DT Denture Clinic on 09 416 5072.

Tips on how to care for your feet during the cooler months

Hints and Tips:

- A lovely monthly home pedicure... don't forget the red wine and chocolate to add to this process. The reason you need to do this is to get rid of dead skin, improve circulation, keep your toenails in check and to keep the skin soft on your feet.
- Another top tip to keep your feet in great shape is, buy a pair of natural fibre socks, rub Vaseline all over your feet and then put on the socks, you can do this just before you go to bed.
- Wear slippers inside or a big pair of fluffy socks.
- Don't try and warm up your feet too quickly if they are chilled, this can cause chilblains. Just pop on some warm socks, slippers and move about, your feet will soon be toasty.
- Reduce chance of fungal infections -don't wear the same shoes every day, especially at the moment when there is a higher chance you are spending more time at home, make sure they have a chance to completely dry out before you wear them again.



North West Physio Plus

During Level 3 lockdown, Telehealth Physiotherapy services are available to new and existing patients using an online video platform on a computer or phone. Face to face consultations are likely to restart at Level 2 with approved health and safety precautions in place.

What is Telehealth?

Just like a normal session, you would have in the clinic, we are able to discuss your pain or problem and any relevant medical history. We can then identify your goals of treatment and identify a treatment plan identifying the steps that we need to get there. If

there are specific tests you need to take, such as physical tests or answering a questionnaire, we can find ways of doing these with you also. We can still guide you with appropriate talking therapies, education, advice, exercises and self-management techniques.

We can also recommend or refer you for an x-ray, ultrasound scan or to see a GP or specialist if necessary.

For those needing a physiotherapist or an exercise programme, we can provide you with an online video-based rehab exercise programme, with a checklist that you can do in between sessions and arrange a follow up to monitor your progress and progress or change the exercises and self-management as appropriate.

How does it work?

Our physiotherapists will arrange a time that suits you to conduct the telehealth session. We will then email you a link which you can click to open the 'Zoom' telehealth viewer and you will be able to see and hear your physiotherapist.

You do not need a membership to Zoom, and the connection is secure so there are no cybersecurity risks

Please don't hesitate to get in touch with us via phone, email or our contact page if you have any questions, and let's work together to keep making progress at this difficult time, to get you back to the things you want to do as soon as possible.

www.northwestphysioplus.co.nz - phone 09 412 2945 or email info@nwphysioplus.co.nz.

How is dentistry adapting to keep our patients safe?

Over the past couple months Covid-19 has brought new challenges into dentistry as the transmission of this virus is thought to occur through respiratory droplets as well as contact with contaminated services.



At Kumeu Dental we are working very closely with the Ministry of Health and the Dental Council to keep our patients and staff happy and healthy. We have worked very hard to outsource the scarce new hospital grade protection gear and antiviral disinfectants, to be able to support our community and be here for emergencies throughout the shutdown period and beyond. This includes N95 mask, face shields, full gowns, surgical gloves and hospital grade cleaning

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During lockdown we are still able to provide physiotherapy services to new and existing patients via a Telehealth service which uses an online video platform on a computer or phone.

Contact us for more info:

www.northwestphysioplus.co.nz

09 412 2945

info@nwphysioplus.co.nz

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between every patient, with hand sanitiser offered on arrival & departure of all patients.

Here at Kumeu Dental we are very proud to have successfully treated many existing and new patients throughout these trying times while minimising the risk of the spread of Covid-19. If you have any dental concerns please ring 09 412 9507 and one of our friendly receptionists will see how we can help you.

KinetEx

In these times of uncertainty, high stress, and anxiety about the future, it's important to give yourself an outlet for the negative emotions that can bubble up to the surface. Many people find that exercise provides a great release, and the science consistently backs this. Exercise has been shown to significantly improve mental health for individuals struggling with conditions such as anxiety and depression, as well as general stress management. Once again, exercise provides a form of therapy. As is the KinetEx catch phrase, it really is 'Movement for Health'.



If you would like to utilise the free natural healing properties offered through exercise but have an existing health consideration or just don't know where to start, come have a chat. KinetEx offers free initial consultations, and is operating via Zoom video call throughout the lockdown period

Contact Yolanda at yolanda@kinetex.co.nz or check out the website - www.kinetex.co.nz.

Boost your immunity naturally

When most people think of boosting their immunity, they may think of particular foods they should eat, or supplements they should take. But what if there was more you could do?

What if you knew how to boost your immune system from the inside out, just by changing your thoughts and managing your emotional state?

Firstly we need to recognise that every system in the body, (reproductive, cardio-vascular, digestive, immune etc), are all directly affected by what you think and how you feel.

The 60,000+ thoughts you have a day, and (apparently) 42,000+

emotions a human can feel, have a direct impact at a cellular level inside your body, instantly changing internal chemistry. For example, feelings of fear create stress hormones which inhibit healing, whilst feelings of trust release hormones which turn on the body's self-healing mechanisms.

Every thought (and feeling) going through your mind has a direct impact at a cellular level inside your body, affecting the state of your physical health. The good news is, you have the power to change all of this.

Take back sovereignty over your thoughts and feelings, and watch the changes inside your physical body. If your body is responding to every thought and emotion you have, what thoughts and feelings do you choose today?

Kim Knight, Chronic Illness and Stress Management Expert. www.kimknighthealth.com www.emotionalalchemyacademy.com.

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Dawn Cansfield specialises in Kinesiology which can be used to test for allergies and build immunity and is a Reiki 3 practitioner which is



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Osteopathic treatment under COVID 19, Yes or No?

No and Yes in fact. With the rest of New Zealand osteopaths have been under lockdown under alert level 4. Under level 3 we are still not open for the public. Just because it is not possible to keep distancing during our osteopathic manipulation, which is a core of hands on treatment. It pays to be on the cautious side in times like this. What if you are in pain and a joints or spine stiffened up? Try simple pain killers (Panadol, Nurofen), apply heat, do some stretches. Osteopaths can provide telehealth service aiming at establishing the probable diagnosis and recommending exercises and some remedies.

However, there are occasions when the pain and disability are too severe and nothing is helping. Real emergency type condition. In such exceptional cases osteopaths are allowed to administer the hands on treatment. The treatment process is quite different in those cases - a special form needs to be sent to notify the Osteopathic Council about the appointment that took place so that they can trace



any contacts in case of virus confirmation, we have to use personal protective equipment in the clinic, our toilet facility has to be closed for the patients (as per Ministry of Health request) etc. People over 70 are strongly discouraged to come for the hands-on treatment.

So, in other words, if you can wait - hold on for some more weeks, when we will open properly, but if desperate - contact us and we may be able to see you. Family Osteopathic Clinic, Ph 09 416 0097.

Covid-19 – online services during Level 3

Covid-19 - Online services during Level 3 Covid response. Our Physiotherapists are available for telehealth during lockdown; ACC claims can continue to be lodged directly with us for accidents and injuries; ACC initial consults or follow up: NO CHARGE. Private: Southern Cross can continue to be processed via easy-claim, all others please be in contact for further arrangements.

For bookings or to discuss further please email physio@masseyphysio.co.nz or phone 09 832 3619. Stay safe, stay home, save lives. The team at Massey Physiotherapy.

Lightening crotch during pregnancy

Not all woman experience Lightening crotch, but those who do sure know about it, especially as the bub grows bigger. A sudden sharp, deep pain in your nether regions, often described like you have been punched (hard) in the vajjay. It may be a stabbing, jab, electric shock, deep ache, pins and needles, burning or stinging. But no matter how you describe it, it'll take your breath away, make you feel like your legs are about to give away and potentially linger for a few long seconds. It is considered a "normal" part of pregnancy, however it is happening often then it is worth while getting it looked at. We are your local pregnancy chiropractor and can assess your round ligaments, pelvis, low back and pubic symphysis to ensure you are functioning to the best of your ability whilst growing that bubba and before you give birth. Contact us on reception@livechiropractic.co.nz to find out more or book online



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Your dental health during COVID-19

We are all adjusting to the "new normal" for work, school, study, health and recreation. One of the long list of changes is to avoid non-urgent medical visits - which includes your dentist.

Your oral health may seem somewhat insignificant at a time like this. However, having a healthy mouth is critical during a pandemic. Your mouth is a gateway for viruses and bacteria to enter your body - this is why we are all urged not to touch our faces. Maintaining great oral health essentially frees up your immune system to fight off other illnesses as needed.

Keep up with your regular brushing and flossing routines. Try not to over-indulge in sweet foods, acidic beverages and foods that could cause problems like hard lollies or popcorn. Change your toothbrush if you have been sick in case it harbours any lingering bacteria or viruses.

If you have any dental concerns please phone Fraser Dental on 09 416 5050 and we can arrange for our sister practice McIntosh Dental (in Henderson) to assist you with emergency dental care during Alert Level 3.

Osteopathic Natural Health

As Osteopaths, we pride ourselves in being a "hands-on" profession. We love the human side of our treatment approach and it is this powerful aspect that has potent positive effects across the board for our patients. We needed to create some way of maintaining this quality and continuity of care moving forwards.

In response, we spent the first few weeks of Lockdown engineering a Telehealth system. Telehealth is the use of information and communication technologies to deliver health care when patients and care providers are not in the same physical location. It utilises cutting edge internet technologies to bring together many aspects of the Osteopathic consultation. First off, we integrated our web site, online booking, patient management and ACC management systems. The next stage involved adding an on-line exercise prescription service and our brand new website shop, for contactless rehabilitation equipment and supplementation payment and delivery. This powerful suite of tools enables a positive Telehealth experience.



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TELEHEALTH APPOINTMENTS AVAILABLE

Obviously, under Telehealth there are limitations; mainly, we cannot physically treat our patients. However, we are able to apply the same rigour in our case history and examination processes as during a physical consultation. Over the video link, we can get you to do diagnostic movements and make observations exactly as we would face-to-face. Osteopaths have detailed anatomical knowledge and, as such, we can guide you through an in-depth understanding of your condition, demonstrate self-treatment techniques and offer lifestyle and management advice. We can advise you, with no pressure, if we think you need to purchase any exercise aids and follow this all up with a summary email including a beautiful exercise PDF with clear photographic illustrations and links to demonstration YouTube videos.

We have been busy with this system for the last few weeks and the results have been great. The whole package really helps to change to cycle of irritation in many instances and puts control positively back in the hands of the patient. Hopefully, these measures will enable those in need to get through this next period until we are able to reopen our doors and get our hands on again.

If you feel you could benefit from Telehealth advice and help please see our website: osteopathicnaturalhealth.co.nz or give us a ring on 09 411 5002 - the phones are diverted to home so you might get an excited child in the background if you are lucky!

Hobsonville Chiropractic

We would like to let all our community know we have missed being available during the past 5 weeks, but we are now able to see emergency patients during Level 3 lockdown. We will be following strict guidelines provided from the Ministry of Health to ensure the safety of everyone. As with all of us, we are looking forward to reaching Level 2 and be back in the office with less restrictions. Office hours are limited so Call us on 09 416 7589 to determine if we can get your spine aligned.



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Covid-19 and the implications of getting it wrong

Do workers and employers fully understand their obligations and entitlements under the current Covid-19 situation? I spend a good deal of time in mediation or the ERA representing both employers and employees, and lately have been fielding calls from employees and employers around the wage subsidy.

Some workers have been made redundant after the employer has been paid the wage subsidy for them. Others are working from home but only getting the subsidy or the employer is making up the wage to 80%.

Both are incorrect, first if your business isn't operating and you have been given the subsidy you are required to keep that person on your books for the 12-week period. It's expected that you will endeavour to pay up to 80% of the FT salary during that period. If you can't, you must pay the full \$585 to the employee.

If you're forced to let staff go, then normal employment law still applies and you are required to follow all the normal processes for redundancy, or dismissal. Failure to do so leaves employers open to a personal grievance claim.

Secondly people who are working are required to be paid at least the minimum wage for their work and all contractual obligations must continue to be met. During the lockdown, businesses are legally required to pay workers for every hour worked (not 80%) and must continue to meet all contractual obligations.

This means employees regardless of whether they are working from home, or from a workplace must be paid at least the new minimum wage, or more if their contracted rate is higher, for the work they do.

It's a difficult time for everyone, but it's also a time when people shouldn't drop the ball, if you're unsure get advice. It'll be cheaper in the long run.

Complimentary business mentoring

Last month, before the necessary Covid-19 lockdown, I introduced the Seven Factors (7Fs) for a successful Business Model, and therefore business - in short, every business needs a complete solution that is appealing to customers, that sells for more than its costs, and where there is a sufficient stream of customers to build and sustain the business.

The 7Fs are still valid. Whether previous needs have evaporated or changed, or new needs have arisen, customers only buy what is valuable to them; customers buy solutions to their needs.

Things to do immediately are:

1. Collective welfare - assume positive intent - be kind to everyone.
2. Reduce costs to the minimum.
3. Apply for every grant, subsidy, or loan on offer.
4. Ensure you have the cash or credit you need.
5. Find out what people now need and follow the 7Fs.

Our futures will be different from our previous expectations, so how will your business adapt? Is there still a need for your solution? Have new needs arisen?

For the 7Fs and complimentary business mentoring, see DontThinkCheck.co.nz/SaveMyBusiness/ and call Glyn Davies, Business Resultant®, M: 027 459 6397.

Progress towards predator free Whenuapai

Living Whenuapai is a community based ecology group in Whenuapai that has grown from grass roots over the past 4 years. Their focus has been on:

- Restoration to native habitat of areas of public land in the Whenuapai region
- Building community awareness to support private land owners to clear invasive weeds from their properties
- Programmed predator eradication in the urban areas of Whenuapai - namely rats and possums

Funding for pest control has come from the Upper Harbour Local Board and trees and plants for reserves from Auckland Council -



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Area Columnists

plus a whole heap of volunteer labour to clear and plant on a regular basis. Getting engagement from the more 'rural' areas of Whenuapai has been a challenge - up until now.

Living Whenuapai has applied for special funding from Auckland Council Biosecurity for predator control hardware to enable the establishment of trap-lines through public land spaces in the wider Whenuapai region plus the perimeter of the local Air Force Base. We have recently been informed that we were successful. Creating this partnership with Auckland Council is a big leap forward and begins an on-going initiative to allow Whenuapai to be part of the wider "jigsaw puzzle" to make the Upper Harbour Pest Free by 2050.

We are delighted the RNZAF base Whenuapai are on board with us and will be doing their own pest control within the air base grounds, whilst being highly supportive of the community initiative around them. The initiative is a win-win for all parties.

Initially there will be monitoring carried out around the Easter period to get base-line data on pest predator populations which will allow us to manage progress made over time.

Like other Predator Free programmes that are happening throughout NZ, this will require a coordinated approach of monitoring, establishing trap lines, setting, checking and resetting traps and collecting and reporting data. This will allow Whenuapai to provide valuable pest predator eradication data in to the national database based on 'best practice' principals.

We have a core group of enthusiastic "predator hunters" to begin this work and Living Whenuapai is very grateful to them. As more hardware comes available and once public land is covered, we will then look to make resource available for private land-owners. The key will be to have activities on private land coordinated with the larger-scale project to make this a true Whenuapai-wide pest eradication plan.

People interested in being involved in the Pest eradication programme, be it part of the wider program on for their own private land in Whenuapai, please email Tim Johnson on tim@livingwhenuapai.org.nz. Annette Mitchell - Living Whenuapai.

Health and Safety and Covid 19 - back to work

Last month little did we know that we were likely to be in lockdown yet my article was able to touch on many of the protocols around working from home, something many of us will have been able to do while in lockdown.

By the time we read this article we may be all be heading back to

the office and the factory, or the warehouse or the construction site. Having survived lockdown and Covid 19, now more hazards and risks may face us as we start back to work.

Securo has put out a back to work checklist, and while we cannot print it for all to read, we can highlight some of the main things we need to do to ensure that we do not have an accident or pick up an illness or Covid-19 when we do return.

What are some of the things we should check? We need to check the external building for damage, is the guttering okay, outside stacking still okay, the yard is free from hazards and rubbish. Internally are the fire extinguishers still in place and operational, stacked items still secure, water on and flows, no leaks, lights work, circuit breakers okay, boilers safe to start up, rubbish bins emptied, bench tops need cleaning and wiping down with disinfectant, Covid-19 signs in place, personal protective equipment available and a reminder to everyone not to share the PPE.

Management need to talk staff; people will be fearful that Covid 19 may return and we will have to head back into lockdown. Remind staff who are unwell not to come into work and ensure that visitors and contractors sign in and as a minimum leave their phone number for tracing purposes.

You may require more protocols around client and worker interaction and staff meetings. Can you do Zoom meetings or Skype.

The above are just some of the items on the Securo check list. For more information contact John Riddell Securo Health and Safety Consultant by email securo4@securo.co.nz or visit the website www.securo.co.nz.

Lending helping HANZ

When hand sanitisers couldn't be made fast enough to help COVID-19 pandemic hygiene, Waimauku pharmacist Robbie Hannon opted to make his own.

"Instead of waiting, I looked for a solution to the problem," Robbie says.

"I had in stock ingredients to enable sanitiser production so looked at what could I do to solve the problem for my customers and the medical practices I supply."

The hand sanitiser 'HANZ', which is being supplied to medical facilities, emergency services, Plunket, childcare centres and other places where contact is difficult to avoid, follows a World Health Organisation (WHO) formula after Robbie searched for an appropriate one, validated as



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Area Columnists

effective.

Robbie says he was able to use his experience in pharmacy, small batch manufacturing and an ability to produce a viable solution to sort the hand sanitiser shortage for local customers.

"Efficacy was the critical factor," he says.

"The bottom line was product containing 75% alcohol, either isopropyl alcohol or ethanol. Also, the formula had to have the necessary ingredients to kill bacterial spores, hence the hydrogen peroxide ingredient. The importance was a product that was safe to use on the hands that did not leave a toxic residue on hands and was safe."

Robbie says that while many disinfectants exist on the market, they are mainly for surface use and not for putting on hands.

HANZ is made at the Waimauku Pharmacy using pharmacy grade ingredients, Robbie producing small batches of about 20 litres at a time "which suits the environment".

"At Waimauku Village Pharmacy, we aim to meet customer needs whatever way we can."

Mark Adcock of Smashing Promotions, Waimauku, put his hand up to help Robbie with marketing HANZ and establishing a supporting website after his own business suffered during the pandemic lockdown.

He says he heard Robbie had come up with a suitable product and offered to help with online marketing, setting up a web store and to market to the wider community.

"We're now getting sponsorship for it and aiming to get businesses to take it to present to clients and others," Mark explains. "It's the perfect promotional gift, affordable, practical, and will be used and seen often, and is also a scarce resource in short supply."

Robbie says it's a great idea to be able to use HANZ as a promotional tool for companies able to put their own stamp on the product and present it to their clients.

"We can help others to prosper," Robbie adds.

"We want all other businesses affected by COVID-19 restrictions to be able to dig a way out of the financial burden.

"Hence giving them a way to market themselves as local businesses and get greatest value out of their investment, be it a product to ensure safety - it is a win-win-win".

Robbie says whatever sized bottles and fittings could be found prior to the lockdown were used initially.

"However, the opportunity to tailor solutions for different situations arose. Also, with pumps and bottles becoming a scarce resource we decided to encourage recycling and seek from the clients the solutions to suit the environment," Robbie explains.

"Therefore we have spray bottles in various sizes, from 50ml, 250ml, 500ml, 1 litre, and spray, flip top and pump top options.

"This allows workstation set up, refill options and convenient carry

bottles depending on customer needs."

The hand sanitiser also air dries so you don't need a cloth to wipe your hands afterwards.

A contact-less system has also been developed for getting HANZ to its destination.

Customers can order online, phone in their order or buy it direct at the Waimauku Pharmacy where contact-less payment is also available.

Contact-less delivery can be provided as well.

"It is great to be able to offer our local and even broader customers solutions that suit their needs in a timely manner, presentations and personalised to meet their needs," Robbie adds.

Visit www.waimaukupharmacy.smashingit.nz/ and for custom branded sanitiser visit mark@smashingpromotions.nz for more information.

Rebuilding our SME economy

Small and medium business make up 97% of all businesses in New Zealand, and generate around a third of New Zealand GDP. But for many lockdown has been really tough. Income has been either reduced significantly or even reduced to zero for an extended period of time. Even out of lockdown, revenue is not going to be at the same level as pre COVID-19. Many will not re-open. Other will not survive the first 3-6 months after lockdown.

But New Zealand entrepreneurs are resilient. We have quickly found new ways to work. Many of us have been working from home. We are finding new ways to communicate with each other and manage workloads and productivity. We are finding new ways of getting our products and services to our customers. And we have been forced to assess and improve our health and safety policies to ensure the safety of all.

But where do we go from here? For many a rethink of the business model is required.

Our target customer may not be the same as it was. International tourism is gone for the foreseeable future. The New Zealand and the World economies are in recession. Many people have lost their jobs and have less money than they had before. How can you adapt your product and service offering and your advertising message to match the new environment? There is a groundswell of support for buying local and supporting local business, so how can you take advantage of that?

Revenue levels are like to be reduced for some time. What does this mean for your cashflow? How can you reduce costs? How can you work more efficiently? What is the minimum revenue you need to have a sustainable business?



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Area Columnists

Communication is key through all of this. Keep talking to your staff so they know what is going on. Your staff can contribute ideas on improvements. Talk to your customers to let them know how they can continue buying from you. Talk to your suppliers to ensure a security of supply and to agree credit terms. Talk to your competitors to find new ways to collaborate. Talk to your bank to access short term cashflow relief, or to shift loans to interest only in the short term. Talk to your trusted advisor to work through your cashflow forecast for the next 6 months, and to work through your plan for regrowth.

Together we can rebuild stronger and smarter businesses.

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

Kumeu River Wines picks bumper year

North West wineries like Kumeu River Wines say this vintage is among the best.

"We were very fortunate this year that vintage was about seven to 10 days earlier than usual, thanks to an early spring and early flowering," Kumeu River Wines' Michael Brajkovich says.



"This was followed by one of the driest summers we can remember, and some nice mild temperatures which gave us ideal ripening conditions."

Michael says Kumeu River started harvesting its sparkling wine (Crémant) on February 17, and the last day of harvest this year was March 16 - "so we had everything picked and processed before the lockdown".

The 2019 vintage, most of which Kumeu River will be bottling soon, was one of the best in living memory, Michael says.

"Dry conditions again were the key to this, and the wines are looking wonderful.

"However, we think 2020 will be just as good, if not better."

Kumeu River Wines has been able to continue working in the winery as an essential business, but with only a handful of people to avoid contact as much as possible.

"Under level three we have all staff back, but practising sanitation



and distancing rules as before," Michael explains.

"We are able to sell wine remotely for contactless delivery, and the best way to access that is on our website www.kumeuriver.co.nz," he says.

The winery cellar door remains closed until Level two starts.

The Level four lockdown meant the winery's matriarch Melba Brajkovich had to celebrate her 83rd birthday with only her bubble present, sharing the occasion with her grandchildren via Zoom.

Anna Jeffs Private Investigator

Anna Jeffs is the director of Fox Private Investigators Ltd.

Fox Private Investigators Ltd is a highly professional and experienced team including ex NZ and UK Police and legal personnel, both with over 20 years of experience and ex-army personnel.

We offer expert investigation services including surveillance, infidelity investigations, criminal legal support, family and civil litigation support, locating missing persons and birth parents, document process serving, GPS vehicle tracking, computer and mobile phone forensics and bug sweeping.

Please call Anna for confidential advice 021 036 8417 or visit www.foxprivateinvestigators.co.nz. Licensed by The Ministry of Justice: 13-008198.

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As this is a particularly important time for you to take care of yourselves and your loved ones, we are here to help you in whichever way we can.

To assist during the lockdown, we are available to meet with you through digital or telephonic appointments.

This may be a time in which to ensure that your personal and business matters are properly structured. Our team is here to help.

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