

the **West**erly

FREE monthly community magazine for Massey to Hobsonville Point



**WAITAKERE
FIRE STATION**
Est 1984

**RESTRICTED
ENTRY**
AUTHORISED
PERSONNEL ONLY
ĀHI RĀHUI

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

Show your Poppy



Greetings

In ancient Greece and Rome a massive repository of useful knowledge, a sort of encyclopaedia of ethics, politics, history and technology was expected of the educated man. People committed large amounts to memory. At that time, any story that would be re-told (such as Homer's Iliad) had to be stored away in someone's memory. As a child, I remember my grandmother reciting poetry that she had learned sixty years earlier. I am grateful that rote learning enabled me to learn multiplication tables. Today it often seems that we remember very little (telephone numbers, birthdays, car routes) as we rely on Google, GPS and YouTube as our sources of information.

We have supplanted our natural internal memory with a vast superstructure of technological crutches that have made our modern world possible. The use of technology has changed how we think and how we use our brains, by using externalised sources of memory. Facts still matter and education is the ability to retrieve information at will and analyse it. In 'Moonwalking with Einstein' (available through Auckland Libraries) the journalist Joshua Foer describes the cultural history of memory. With an average memory, he trained himself in a year with the skills used in classical times (mentally attaching facts to familiar locations) to win the U.S. Memory Championship. Training the memory still has its place.

Does your memory play tricks on you when you are busy? Do you lose track of the time and day? Perhaps you, or someone you know, could do with a clock that prompts you with those details. Do you have time to give to the community? The Community Patrol, the Citizens Advice Bureau, Habitat Hobsonville, the Cat Foundation and the Kumeu Community Garden are all looking for volunteers. That's a lot of opportunities.

Do you need a break? The local travel agents are getting busy. Do you know what the Public Trust does? How much do you know about our local Hospice? Thinking of selling or buying property? Read Graham's Property Report on why you shouldn't delay. Don't forget to read the ideas from our Area Columnists. In fact if you are one of those people who find that the articles that interest you are the ones at the back, this is where you will start!

Have a safe month.

John, Editor



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People & Places

Show your Poppy

Show your Poppy is a celebration of how we show support/ honour the past and give a nod to the fallen.



"In soldiers' folklore, the vivid red of the poppy came from the blood of their comrades soaking the ground. In England in 1919, the British Legion sought an emblem that would honour the dead and help the living. The Red Poppy was adopted as that emblem and since then has been accepted as the Emblem of Remembrance. The Poppy is strongly linked with Armistice Day (11 November), but the poppy's origin as a popular symbol of remembrance lies in the landscapes of the First World War. Poppies were a common sight, especially on the Western Front. They flourished in the soil churned up by the fighting and shelling."

In 2021 when the country was in Covid lock-down there was a movement that saw New Zealanders' display a poppy on their gate or fence in support of the service given and lives lost. It also gave rise to statements of peace, of thanks and of solidarity. It also saw a greater appreciation by the public other than in RSA's and concrete memorials that this was about communities connecting and making a statement about how they feel and giving a nod to the past. In history books and poems alike, the poppy endures time.

In Flanders fields the poppies blow, Between the crosses, row on row, That mark our place; and in the sky, The larks, still bravely singing, fly

Scarce heard amid the guns below.

We are the Dead. Short days ago, We lived, felt dawn, saw sunset glow, Loved and were loved, and now we lie, In Flanders fields.



Take up our quarrel with the foe, To you from failing hands we throw, The torch be yours to hold it high, If ye break faith with us who die

We shall not sleep, though poppies grow, In Flanders fields.

Show your Poppy is a community programme that recognises this social groundswell and ignites a way that public can continue to connect. Congratulations to all those households that participated in this tribute, congratulations to the winners of the prize pool from Mitre 10 Mega and Aussie Butcher.



To register for our 2024 event please email editorial@thewesterly.co.nz.

A big Thanks to our sponsors GJ Gardner, Mitre 10 Mega Westgate, Mike Pero Real Estate, The Rent Shop Hobsonville and The Aussie Butcher, Kumeu.



Community News

Kip McGrath Education Centres

The Kip McGrath difference:

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Book online or call us on 09 831 0272.



Something so handy

Something I find really helpful to have in the house is a Digital Calendar Day Clock. It's a very clear, easy to see all-in-one clock and calendar. It shows you at a glance the time, the time of day, the day of the week and the date. If you are someone like me who works from home, or are retired and find you lose track of the day and date, this clock is a fantastic solution to keeping your appointments. It's also handy when I'm busy and find I have a complete mind blank on whether it is morning or afternoon when I go to answer the phone. Handy for a bedside clock it can be set to dim at night so it won't keep you awake. This clock plugs into the wall but will remember the time and date settings if the power is cut. It can be set to colour (as in picture), black and white, or analogue.



Visit www.mindjig.co.nz to see our clock and other really helpful products for daily life, or Email me, Julie or my husband Jonathan at info@mindjig.co.nz, Phone 09 600 3251, Phone or Text 022 480 3022.

Hobsonville Let's Reconnect

"Hobsonville Let's Reconnect" is being facilitated again by Hobsonville Community Trust (HCT) and runs through to June 2023. Last year 28 gatherings were held by Hobsonville residents with almost 700 residents attending. Response has been excellent already with over 30 blocks or streets registered. HCT provides \$100 local food vouchers to any streets, laneways or blocks in the Hobsonville area that want to get together for a neighbours' gathering. Super easy and great way to connect with your neighbours and embrace community. Minimum of 10 households (although a \$50 voucher is available for between 5-10 households). More info at hobsonville.org.nz/connect.



Community Patrol

For the first time in over three years the West Harbour Community Patrol will be conducting a Safer Plates and Tool Engraving event at Hobsonville. This is in conjunction with the NZ Police and Neighbourhood Support. This will be held on Saturday 20th May from 9.00am until 12 noon at the Hobsonville Point Secondary School front car park, 70 Hobsonville Point Rd. The cost for having the number plates screws replaced with tamper proof screws is only \$4 or free if you are a Gold Card Member. The Tool Engraving is Free of Charge. It only takes apps 5 minutes to change over these screws. Thieves can steal your number plates in two minutes with the standard Philips Head screws.

Over 600 number plates have been stolen off cars in Auckland in the last 12 months. These stolen number plates are used in a series of crimes. Thieves will place them on their own car, fill up with petrol at a station and then drive off without paying. The station security



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Geoff Dobson
MEDIA

P 027 757 8251

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Community News

cameras will record your number plate and you may then get a knock at the door by the Police. Plates are also used in different crimes like ram raids, drive-bys, parking offences etc.

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

Massey High School

Looking ahead, Massey High School is holding its annual Open Night on Monday 12 June 2023. Everyone is welcome, regardless of year level of your child. Come along and join a guided walk with our head prefects and chat to our students and staff. We have two sessions: 3.30pm to 5.30pm and 6.30pm to 8.30pm.



At Massey we emphasise creating a culture of learning that prepares students for their futures and enables them to become lifelong learners. We demand the highest behavioural standards and expect students and staff to be accountable for their actions.

Please phone the school office if you have any enquiries 09 831 0500.

We look forward to welcoming you on Monday 12 June.

Principal - Alastair Fairley.

Great Easter Egg Hunt

The inaugural 'Great Easter Egg Hunt' was hosted by Hobsonville Community Trust at the Headquarters Park in Hobsonville Point on Sunday 2 April and the community turnout completely blew away all expectations and kept the ever-growing team of volunteers on their toes as they adapted to over 1000 people coming along. Participants formed small teams of 4 or more and then searched the local surrounding area for laminated Easter egg cards. After photographing their team with each egg found, the teams then returned to the park to have their eggs scored. Everyone received an



egg and prizes went to the most successful teams. The Hobsonville Point Church Family, Church NorthWest and Hey Macarena Roller Skating provided free lawn games, sausage sizzle, inflatable castle, and have-a-try roller skating and, combined with the beautiful weather, it was yet another fantastic time of coming together as a local community. Next year, organiser Gavin Gunston says that they will have a new digital approach and additional groups involved to help adapt to the numbers and make it better than ever.

Hobsonville emergency response scenario

Hobsonville Community Trust in partnership with Auckland Emergency Management will be running a Hobsonville emergency response scenario on Saturday 13 May (1.30-4.30pm) to help our community prepare for responding to future emergencies. The scenario will help people get hands-on insights into our local response and how they can help. It is open to all residents and organisations in the Hobsonville area



If you would like to be involved, sign up at hobsonville.org.nz/emergency Places are strictly limited.

Looking for an active hobby?

Get your skates on and join us for a class. We are bringing roller skating to Hobsonville Point. I'm your coach Macarena Carrascosa from Hey Macarena and my mission is to get as many people on skates in Tāmaki Makaurau as possible. Join our expert roller skating coaches for an adventure on wheels.



Join us on Mondays at Sunderland Lounge on Cinema Road, Hobsonville Point. 4pm kids and 5pm adults Learn to skate. Kids class \$15, adults \$25. Skate hire \$7. Find more info on [instagram.com/hey_macarena_coaching](https://www.instagram.com/hey_macarena_coaching) and [facebook.com/hey1macarena](https://www.facebook.com/hey1macarena) or email info@hey_macarena.co.nz. Bookings essential at hey_macarena.co.nz/bookonline.

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In Brief Updates

Hospice Awareness Week 2023

At Hospice West Auckland, we believe that everyone should have access to free specialist palliative care. This Hospice Awareness Week (15th - 21st May), we are highlighting the growing demand for specialist palliative care in our community.

As the West Auckland population increases, so do our patient numbers. In the past six months we've supported 484 patients and their whanau, caring for an average of 240 patients at any one time - and these numbers are growing.

Hospice West Auckland is partly funded by Te Whatu Ora and partly funded by donations and revenue raised through our Hospice Op Shops. Our services are provided free of charge to patients and whanau - and that's only made possible with the support of the West Auckland community.

Through your generosity, our patients are empowered to choose to remain in their homes that they love without compromising their quality of care. Your donation also helps to fund our vital 24-hour, 7 days support line, so that advice and reassurance is only ever a phone call away, and carers and whanau need never feel alone.

To make a donation to support the services we provide to the wider West Auckland community, please visit our website www.hwa.org.nz/donations.



House of Travel Hobsonville

As travel restrictions ease and the world opens up once again, many of us are eager to start planning our next adventure. But with so many online booking options available, why bother using a local travel agent? Here are a few reasons why booking with us will benefit you.

Expertise and personalisation:

Travel agents are experts in their field and can provide valuable advice and insider knowledge that you won't find online. They can help you find the best deals and provide personalised recommendations based on your specific interests, preferences,



and budget. Whether you're planning a romantic getaway, a family holiday, or a solo adventure, we can help you create a trip that's tailored to your needs. We are also honest and won't take risks on impossible connections or dodgy airlines found on many popular websites.

Convenience: Travel agents can save you time and hassle by handling all the details of your trip, from booking flights and hotels to arranging transportation and activities. They can also help you navigate any travel restrictions or visa requirements, ensuring that your trip runs smoothly from start to finish.

Support: When you book with a local travel agent, you have access to ongoing support throughout your trip. If anything goes wrong or you need assistance, your we're is just a phone call or email away. We can help you with emergency situations and provide peace of mind knowing that you have someone on your side.

House of Travel Hobsonville is 100% Kiwi owned and operated and we're proud to have supported our local communities for over 30 years. We've kept our doors open through the biggest challenges our industry has ever seen which gives our clients confidence knowing we are still open, available, and eager to help plan and book their next journey.

Hobsonville@hot.co.nz 225 Hobsonville Point Road, Hobsonville Point. 09 416 0700.

Massey Birdwood Settlers Hall news

The Massey Birdwood Settlers Hall is due for a repaint, having successfully applied to Lotto for funding.

At the same time, the mural on the wall facing the Redhills shopping centre will be refreshed with assistance from the Tag Out Trust. Funding from the Licensing Trust will see the signs on the Don Buck Road side of the hall that advertise the users will also be refreshed.

With LED lights having been installed in the main hall over the summer break, the Massey Birdwood Settlers Association will have a smart looking hall in time for the Association's 100-year celebrations in April 2025.

The Association, formed in 1925, has done much to serve the residents of Massey.

The hall is a resource the Association has provided to the community,








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In Brief Updates

films were played in the early years for the entertainment of children in the area. The first Massey library was started in the Hall back in the 1970's, by members of the Association, before the Waitemata and then the Waitakere City Council took over the running of the library, which is now based down in the Nor West Complex and run by the Auckland Council.

The Association advocated for better bus transport in the days of the Whenuapai Bus and ABC bus companies. The three islands along Don Buck Road, Redhills, Triangle and Royal Road are the result of the advocacy work of the Association and Allen Davies, Warren Flaunty and John Riddell, local government and Council work.

The Association has stood up to various Council's rate rises, ensuring they were affordable, and even today the Association brings roading and transport issues to the attention of Auckland Transport, and raises other issues with Auckland Council and the local board that affects residents and ratepayers of Massey.

At the same time the Hall continues to be well managed and provides many community groups with a place they can call home.

If you would like join the Association or hire the hall for a community activity please contact John Riddell, email masseybirdwood@gmail.com.

Have you thought about writing your life story?

At Living Narratives, we believe in the power of personal stories and the value your lived experience has for future generations. We are on a mission to enable as many people as possible to feel confident to tell their story and create a history to pass on to future family generations.

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If you are not sure where to start with writing your story, download the free resource 'How to tell your story and leave a lasting treasure', available on our website: www.livingnarratives.co.nz/getting-started

Flippin' Fun has a class to suit you

With the holidays gone and a long school term ahead, it's time to look after yourself. Flippin' Fun Trampoline Park has a variety of classes for personal improvement, up-skilling or just plain fun for you and your little ones.



Of course, it's not just in normal bounce sessions when you can experience the benefits of trampolining. We have a range of skills and activity classes to suit you and your schedule. Check these out for Term 2.

Flip Fit Classes - if recent unpredictable weather has kept you from the beach, it's time reclaim that beach bod with the prospect of better weather ahead.

Flip Classes - Fly with the best. For age 8 yrs+. Learn new tricks to impress your friends.

Private Flip Class - one-on-one instruction with a qualified instructor accelerates your child's learning skills.

Junior Flippers - a fundamental movements programme for kids aged 5 - 7 yrs teaching skills core to many sports.

RSA Hobsonville

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

We welcome all Members and guests of reciprocal rights clubs.
New members welcome to join at any time.
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OPEN Wed - Sun 3pm to close.
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- Camper Vans welcome to stay (bookings essential)
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- Contact Manager for further information & costs

THE SMALL RSA WITH THE BIG HEART

In Brief Updates

Little Flippers - a super fun toddler session for the 5 & unders - without the older kids.

For pricing and times, be sure to check www.flippinfun.co.nz or call us on 09 833 6880.

Show your support for our cyclone hit community

When Cyclone Gabrielle hit New Zealand in February our local community bore the brunt and it caused utter devastation, destruction and left many without homes, possessions, and businesses.

As locals who grew up in Muriwai and own Bowring Print in Kumeu, we were heartbroken and knew we had to do something tangible to help. We partnered with talented local artist Tayla Williams to create 'Waves of Resilience' for Muriwai and 'Shining Through the Storm' for Piha. A stylish, unique brand of merchandise, where all profits are donated to help those directly affected in the respective communities.

The tees become an instant hit, with thousands being purchased all around the world. Local businesses such as New World Kumeu, Sand Dunz Café, Muriwai Golf Club and Waimauku Pharmacy changed their uniforms to the Muriwai tees to show their support and solidarity, which was heart-warming.

Thanks to your incredible support, to date we have raised over \$21,000. The funds go directly to the people who need it most, those who have lost their homes, their possessions, and their livelihoods. With so much uncertainty and upheaval in their lives, every little bit



helps, and we are honoured to be able to make a difference.

Due to the popularity of Muriwai and Piha tees, Bowring Print have extended the 'Waves of Resilience' and 'Shining Through The Storm' range to include jumpers, hoodies, singlets, hats, bags and stubby holders. There's literally something for the whole family.

The good news is that there's still time to show your support for Muriwai and Piha. You can look good and feel great by purchasing a piece of merchandise where 100% of the profits are donated directly to those who have lost everything.

To check out the Muriwai and Piha range head to www.bowring.co.nz or pop in store, we are located at 4D Grivelle Street, Kumeu.

Hobsonville War Memorial Park playground

The Hobsonville War Memorial Park playground has now been completed by the Upper Harbour Local Board. This replaces the twenty-year old playground, and follows feedback from the community, which was delayed by Covid. Since it re-opened it has been busily enjoyed by local children.



Events at Te Manawa

Children's Programmes and Events

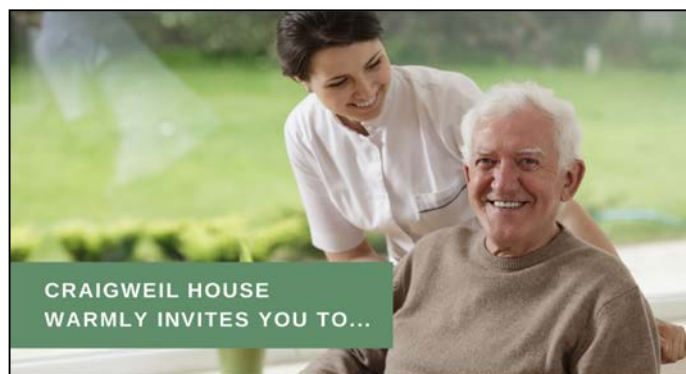
Wriggle and Rhyme Tuesdays | 11:00am - 11:30am

Wriggle and Rhyme promotes active movement and brain development for babies up to 18 months. Social time at the end of the session; toys for babies and chatting for parents. Sessions run during school term only.

Rhymetime. Wednesdays | 11:00am - 11:30am

Kōkiri Auditorium - Level 3

Join our Rhymetime sessions with songs, movement and finger



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In Brief Updates

rhymes for pre-schoolers. Sessions run during school term only.

Storytime. Fridays | 11:00am - 11:30am

Come along and join our librarians as they read captivating stories for our tamariki and their whānau. Sessions run during school term only.

Special Storytime Event - Storytime with Blanca the Dog Saturday 13 May | 11:00am - 11:30am

Blanca the Japanese Spitz will be joining us with her owner Debra for some dog stories and games. Come and meet Blanca and check out her tricks. You might even get to pat her after the session.

NZ Musical Extravaganza. Thursday 18 May | 6:30pm - 7:30pm

Join us for a night of toe tapping, thigh slapping entertainment with Marian Burns and the Marina View Choir. Marian will have her fiddle and the students from the Marina View choir will be in fine form. We promise a night to remember. All welcome.

Adult and Youth Programmes and Events

Good Friends Group Tuesdays | 10:00am - 11:30am

Looking to meet some like-minded people? Join us over a cuppa every Tuesday. Meet new friends in our social seniors' drop-in group.

Come Write In. Fridays | 5:30pm - 7:00pm. Te Ara Tapuwae | Creative Space - Level 1

Do you have a writing project you're working on? Do you want to meet up with other writers? Join us for a cuppa at our Come Write In space.

Youth Māketē Saturday 20 May 2023 | 11:00am - 1:00pm

Celebrating local small businesses, community groups, artisans, makers, and artists with a focus on the creativity and enterprise of our youth. Come along and do some shopping, play some games, and enjoy the morning.

Te Manawa Chinese Cultural Club | Thursdays | 10:00am - 12:00pm

Presentations, singing, recitation, chess and table tennis. Delivered in Mandarin.

Te Manawa 11 Kohuhu Lane, Westgate.

Helloworld Westgate

Carolyn is departing this week to Mexico to experience the ultra-luxury small ship Scenic Eclipse in the Sea of Cortez, Mexico. Then on the 30th May Scenic will be instore for our clients wanting to know more about Scenic, and Carolyn will also be able to talk about her trip. Please let us know if you are wanting to attend and we will try to accommodate you.

We welcome to our store, Tracey Carley who has previous experience in travel working down in Taranaki. Lucky us to have her with us now in Auckland and our clients new to our store are loving dealing with her. Tracey has young children so that makes her a favourite with our young families travelling as she knows what it is like travelling with families.

Our store is located in an area called Westgate Lifestyle Centre,

Find out more about us at
thetrusts.co.nz



SCAN ME

the trusts
 Keeping it local

In Brief Updates

we are in the same area as Harvey Norman, Warehouse Stationery and Briscoes. We are in a courtyard between St Pierre's Sushi and Hollywood Bakery.

It is still very busy and we like to make sure we can see you when you come in so please make an appointment if you are able so we can ensure someone is available to see you.

Our phone number is 09 416 1799 or email westgate@travel.helloworld.co.nz. We look forward to seeing you instore.

Take It Down

Facebook and Instagram announced a partnership with the National Centre for Missing and Exploited Children (NCMEC) to launch Take It Down, a platform which is aimed at preventing the posting of young people's intimate images online. Take It Down lets individuals take control of their intimate images by submitting a case that proactively searches for their images on participating apps.



Take It Down is a free service that can help remove or stop the online sharing of any sexually explicit images or videos taken of individuals when they were under 18 years old. It is an anonymous service which will work on public or unencrypted online platforms that have agreed to participate. It is illegal to share sexually explicit images of under-18-year-olds. For further details visit takeitdown.ncmec.org or email TakeItDown@ncmec.org.

Habitat Hobsonville

Habitat Hobsonville is a group of volunteers working to restore native habitat in the Hobsonville area with the support of the Upper Harbour Local Board, Auckland Council, and Kaipatiki Project. Volunteers are involved in trapping pest animals, controlling invasive weeds, looking after native plants and monitoring bird numbers.



We have community weeding bees around the Coastal Pathway scheduled for Saturday mornings on May 27 and June 24. These

are focused on pest plant species such as privet, convulvulus/bindweed and woolly nightshade, which pose a threat to our native ecosystems.

There are community planting days planned for Nimrod Reserve at Scott Point on June 10, near the East Sunderland Bridge on July 1, and at the Scott Point Sustainable Park on July 22.

All ages are welcome. Bring your own favourite tools and gloves, or use ours. Covered shoes, long sleeves and pants are recommended. We will post confirmed dates, times and locations on our Facebook page before each event.

If you would like to be involved, please contact habitathobsonville@gmail.com for more information and/or to be added to our mailing list.

Public Trust

West Aucklanders are benefiting from Public Trust's innovative and accessible NorthWest Customer Centre.



The centre is off to a positive start since opening in the NorthWest Shopping Centre last year, says Catherine Simpson, Public Trust Head of Service Delivery - Auckland and North.

The team has so far helped a lot of locals make a will or get their enduring power of attorney (EPA) sorted, she says.

For anyone feeling a bit apprehensive about sorting a will or enduring power of attorney, Simpson suggests popping into the centre and asking the friendly team any questions they have.

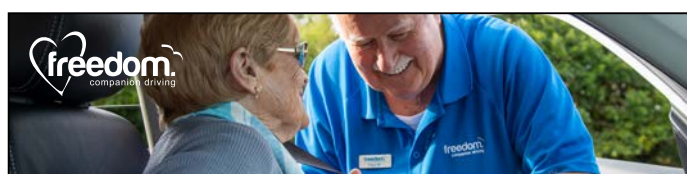
"We can help them to understand what they might need and let them know the easiest way to do it."

Simpson says the large, flat accessible spaces have been appreciated by the community. The large self-serve screen helps people navigate through products and services easily.

"The centre provides greater ease and accessibility for those in the West Auckland area wanting to tick getting a will or EPA off their to-do list," she says.

"We've had the opportunity to meet people who have wandered past and seen us there. We've also seen customers who have opted to come and see us there because it's a convenient location. It has been a very warm reception from the local community," Simpson says.

"We are so happy to be helping people locally in West Auckland. Our centre is in a high-growth area, and next door to a lot of other



Paul Miller

Freedom Drivers Hobsonville

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WEEDSPRAYING

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PHONE: 09 411 7400 MOBILE: 027 277 7143

In Brief Updates

services. There are a lot of new housing developments around and it's just a short drive to most parts of West Auckland like Ranui and Swanson."

Public Trust NorthWest Customer Centre, NorthWest Shopping Centre, 48 Maki Street, Massey North, Auckland 0614, 0800 371 471, www.publictrust.co.nz.

Scott Point School Gets Walkwise Again

Scott Point School has again been promoting walking to school and had the help of the Travelwise Pukeko Mascot to encourage children to get out of cars and walk, bike or scooter to school. The school's walkwise programme is in its early stages of development and will be fully operational once all the connecting roads around the school are completed. The new Joshua Carder extension and pathway through the neighbouring Sustainable Park will allow more of our children and families to walk a lot more safely to school.

On a roll to change lives

Skate boarding has the potential to change a child's life.

Recognising this, a pilot project run by Aroha Skate is underway in West Auckland providing skateboarding lessons for tamariki with disabilities. Supported by Sport Waitākere, the pilot is being funded by Tū Manawa Active Aotearoa.



Students from Arohanui School and Specialist Outreach Service satellite classes (supporting students at Hobsonville Point, Bruce McLaren Intermediate and Te Atatū Intermediate) are the first to experience the skateboarding lessons at their own schools.

Arohanui School is dedicated to meeting the unique learning needs of students from 5-21 years in West Auckland. Deputy Principal, Mike Edwards, says skateboarding is a great way for people of all ages to get outdoors and build some new skills.

"Skateboarding has many benefits including better coordination, improved balance, increased metabolism, creative freedom and above all, it's social," explains Mike. "This sort of activity builds tamariki's confidence and encourages them to try new things. Without Tū Manawa funding this wouldn't be possible."

Head Coach at Aroha Skate, Felix Ashley Lamb, says skateboarding is

a well-loved activity by today's youth and it is wonderful that schools and communities are catering for their students' skate needs.

"This new pilot programme is personally the most rewarding out of all the different groups we teach. To see the tamariki progress from being scared of the board to not wanting to stop is awesome. With our help, students can flourish as skaters."

Aroha Skate has worked with Halberg Foundation to develop the programme of 24 lessons and provide facilitator training, with the pilot running until the end of April.

The pilot is part of the Healthy Active Learning initiative which is a joint government initiative between Sport New Zealand, Te Whatu Ora Health New Zealand and the Ministry of Education to improve the wellbeing of tamariki and rangatahi through healthy eating and drinking, and quality physical activity.

Oliver Wooding, Community Connector - Healthy Active Learning at Sport Waitākere, says it is hoped that the successful pilot will be the beginning of new opportunities for these tamariki and rangatahi to get active and have fun.

"We are always looking for new ways to get students more active and the skateboarding pilot programme has been met with great approval from the students and teachers. Skateboarding presents so many opportunities to build on skills and develop new ones. It is exercise, it is creative and it is fun," says Oliver.

Sport Waitākere is proud to be partnering with Aktive to manage Tū Manawa Active Aotearoa on behalf of Sport NZ in West Auckland.

Tū Manawa Active Aotearoa provides funding for programmes or projects delivering play, active recreation and sport experiences for tamariki and rangatahi. The focus is on groups who are more at risk of missing out or being less active, including those living with a disability, in higher deprivation communities and girls and young women.

Summerset at Monterey Park

Set on the water's edge within a wonderful vibrant community, Summerset at Monterey Park offers the experience of luxury retirement living in the thriving area of Hobsonville. And with our final stage of homes available now, this could be your last chance to secure a brand-new home.



The final stage of Summerset at Monterey Park is available now and proving to be popular. With brand-new premium villas available from just \$1,100,000 (licence to occupy).

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Walkers Wanted

Are you pounding the streets in this area on a regular basis and would like some spare cash for what you are already doing? If you are walking several times a week and would like to distribute magazines for us in the Hobsonville area please contact Stacey on phone 09 412 9602 or email editorial@thewesterly.co.nz * Distribution average is 500 magazines in your local neighborhood every four weeks.

In Brief Updates

large bathroom and laundry, spacious outdoor living area, single garage with internal access and much more.

Plus, with six months to sell your home, help with your legal fees, a complimentary moving package and no weekly fees for six months - it's never been easier to make the move (T&C's apply, visit summerset.co.nz/easymove)

We're holding an Open Day every Thursday in May between 10am and 2pm, and we'd love to show you around. Take a look through our stunning show homes and facilities, plus enjoy an informal chat with our residents to find out what village life is all about.

If you can't make it to any of our Open Days, please get in touch with our sales Manager, Leonie Keatley on 09 951 8922 or hobsonville.sales@summerset.co.nz to find out more.

Family2Family Foodbank Appeal is back at New World Hobsonville

The Family2Family Foodbank Appeal is back at New World Hobsonville for 2023, as part of the supermarket's ongoing commitments to provide access to healthy and affordable food and that it supports the local community to thrive.



The Family2Family campaign, now in its fourth year, is the cornerstone of New World's promise to be 'Here for New Zealand'. From Monday, 24 April to Sunday, 07 May, customers can visit New World Hobsonville, fill a bag of foodbank friendly products, or choose a pre-filled \$20 Family2Family bag, drop it in the store collection point, and the New World team will make sure it gets to the Salvation Army.

Coola Hansen, Human Resources Manager for New World Hobsonville said: "We know that now more than ever, many of our local families are doing it tough. Our annual Family2Family campaign is all about raising both funds and awareness for families in need here in Hobsonville, and right across New Zealand."

"It's really easy to get involved and because we're partnered with the Salvation Army, all donations go directly to the local community. Our store team live and work in the community and being able to give back and support an organisation that provides such a vital service is a big deal and we're proud to be working with our customers and our partners to make a real difference to families in need" - she added.

As part of the Family2Family campaign, for every Family2Family

bag donated by customers, New World Hobsonville will make a \$20 contribution.

To raise awareness and assist customers wanting to fill their own donation bags, foodbank friendly items will be highlighted throughout the store, making it easy for customers to choose items to pop in a Family2Family donation bag. Pre-filled bags are also available for purchase online at www.newworld.co.nz.

Customers are encouraged to donate non-perishable food items like canned foods, spreads, rice, pasta, cereals, baking essentials, tea, coffee, biscuits, crackers and cooking oils. Toiletries such as shampoo, conditioner, soap, toothpaste, toothbrushes, feminine hygiene products, toilet paper and nappies are also products most needed by families.

New World's Family2Family Foodbank Appeal runs from Monday, 24 April to Sunday, 07 May.

Discoverers Hobsonville Point

The greatest of all human rights, is the right to be free. To be free from discrimination, to be free from poverty, to be free from intimidation, to be free from political oppression. To be free from the tyranny of those who want to restrict free speech.

One of the earliest perceptions of the nature of God recorded in the Jewish Bible, occurs in the Book of Exodus. Moses, a Jew, but once a member of the household of Pharaoh in Egypt, had witnessed an Egyptian killing a Jewish slave. He is so incensed by the murder that he kills the Egyptian. Fearful that he will be found out, he escapes to the land of Midian. There he settles down, becomes a shepherd, marries, and starts a family.

One day while tending his sheep he hears God speaking to him. God tells him that he has heard the cries of the Jewish people in Egypt who are suffering under the oppressive rule of the Pharaoh. God tells Moses to travel back to Egypt to tell the Pharaoh that he must free the enslaved Jewish people, so they can journey to a land of their own and become a nation in their own right.

The God that Moses encountered in the desert is one who has a profound concern that all who have been denied their freedoms should be liberated.

Discoverers informal church, at its gathering on Sunday the 28th of May, will be reflecting on God's revelation to Moses and asking, "Who are the people today who cry to be free?"

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

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



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RYAN JACKSON

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

P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland

Safer Communities



Fire and Emergency attend many different types of incidents in support of our communities.

One that we regularly get called to is Motor vehicle accidents.

With the changing weather conditions our roads are made more dangerous when we are in control of heavy machinery that has the capability to cause life changing events if not handled correctly.

With this in mind, we urge you to check the condition of your vehicle, particularly the tyres as these are the only things connecting you to the road.

The roads can be wet and slippery as we enter the wetter and colder months and with minimal tyre tread or wrong pressures your vehicle handling and stopping can be severely compromised.

We have also seen several speed limit changes in our area and this can cause some frustration and impatience for some drivers wanting to get to the end of the road seconds quicker than what the new speed allows.

Dangerous overtaking, tail gating, excessive speeds and general recklessness is a common reason for a lot of the accidents we are called to.

We are a small community where most (if not all) of the motor vehicle accidents we attend can be avoided with a little care and patience.

Most people think, 'it won't happen to me', or 'I know what I am doing'. I expect that the drivers of the accidents we attend think the same thing.

The gain for speeding and rushing is merely seconds or minutes, yet the loss can be a lifelong impact to a family who lose someone to what could have easily been an avoidable tragedy.

Take care and look out for each other.

Jamie Shaw

Station Officer - Waitakere Fire Brigade

Phone 09 810 9251



Help prevent drowning

Look for clues



In the backyard



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

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

dpanz.org.nz

Property

Property market report

The reported contraction in December 2022 quarterly GDP suggests the economy is buckling a little earlier than expected. Banks expect that in total the economy will contract upwards of 2% by early 2024, more than half the size of the 2008/09 decline. The driver of this slowdown remains the overheating of the economy in response to the pandemic "all-in" stimulus. High inflation and a stretched labour market are the clearest symptoms of this overheating. The Reserve bank has been talking assertively about excessive spending, including lifting the OCR by 50 basis points in early April. With a further OCR increase expected in May. Given the lagged response to OCR increases, as fixed-rate borrowing progressively gets affected, the restraining impact on the economy will continue to lift over the balance of 2023. We expect the Reserve Bank will be in a position to start pulling interest rates down in the first half of 2024, however due to national and international pressures on money and banks, this could be extended. So how does this translate to the market. Listings volumes are down but those on market are spending longer with a for sale sign out the front. Prices are fluctuating due to value being determined by the banks' lending criteria rather than fair market value, and sales are tracking at 50% what we would have seen 12 months ago. That said, sold signs are still being applied and if you do want to get on and off market, don't delay as the election is not far away, and the market always hibernates within a good election build up. Let's look at the sales:

Hobsonville	\$640,000 to \$1,653,000
Massey	\$670,000 to \$1,562,000
Swanson	\$815,000 to \$2,220,000
Waitakere	\$955,000 to \$1,817,000
West Harbour	\$800,000 to \$1,980,000
Westgate	\$970,000 to \$1,090,000
Whenuapai	\$629,000 to \$1,300,000

Whatever your situation and position, a conversation can always

the
rentshop

**Mike
James**

Managing Director

☎ 021 413 660

✉ mike.james@therentshop.co.nz

The Rent Shop Hobsonville Ltd
PO Box 317118
Hobsonville
Auckland 0664

www.therentshop.co.nz



Scan me to view our listings & apply online.

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

Maintain to gain

To quote from an excellent book about rental investing, written by Bryan M. Chavis, titled "Buy it, Rent it, PROFIT"- "The number one reason tenants renew leases is because of efficient



maintenance responsiveness." If you look at the repairs at your own home. Despite taking good care of your own house, there is always something that needs fixing. This is because no matter how well we maintain our homes, wear and tear is inevitable due to the passage of time, the changing weather and environmental factors.

While your tenants will ensure your investment is bringing you a return, it's important to make sure you're prepared for these costs, it's essential to have a budget for maintenance and repairs that can be easily accessed for any unexpected costs.

When you consider these factors and their impact on your property's bottom line you understand the importance of good maintenance on your property. Issues surrounding maintenance lead to a high proportion of cases at the Tenancy Tribunal.

As a landlord, you are responsible for maintaining and repairing the property to ensure it is safe and habitable for your tenants. Establishing a maintenance fund is a good idea to help cover the costs of routine maintenance and repairs. However, if the damage is caused by the tenant's negligence, intentional actions, or failure to report a problem that led to extensive visible damage, they may be held responsible for the costs of repairs.

At the beginning of every tenancy, we take a bond of four weeks rent, the maximum permitted, from the tenant. This money is put aside in a secure account held by Tenancy Services which we collect as part of our service and forward to the Bond Centre. If a tenant damages your property you are entitled to use this bond money for repairs.

If the extent of the damage goes above and beyond the amount set aside as bond and the tenant is unwilling to pay, we can apply to the Tenancy Tribunal to recoup the costs.

As a general guide, we recommend all our landlords set aside 10 per cent of your rental income each year for repairs and maintenance. This will provide you with a maintenance fund to cover major or minor repairs, or any period of time your property may be vacant.

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Property

Having a maintenance fund is becoming increasingly important with legislation such as the Healthy Homes Act. This Act requires all landlords to ensure their rental properties meet a minimum liveable standard. This covers five key areas: heating, insulation, ventilation, draught-stopping and moisture/drainage.

At The Rent Shop regular property inspections by a Property Manager can help with identifying potential maintenance issues early on, before they become more significant problems and address them before they turn in to more serious and costly problems. Depending on your arrangement, your property manager will contact you to seek instruction or go ahead and organise the repairs, depending on your maintenance agreement.

At The Rent Shop, our focus is on property management. We take care of your investment as if it was our own and will do whatever it takes to protect your investment. If you would like to know more feel free to contact Mike James on 021 413 660 or mike.james@therentshop.co.nz.

Selling a property when you're splitting up

The end of a relationship is tough emotionally, it's often tough physically, and when it comes to the financials, well it's a whole new level of complexity. After sixteen years of working with couples moving through the process of splitting assets, often the biggest hurdle faced is the decision around the family home. This is in part because it forms a historical and physical bond around so many experiences and so many feelings. Therefore, it's natural to feel a burden of emotion around the decision. It is also natural for one party to entertain buying the other party out, or to consider retaining the property as a rental asset. In my experience couples that can understand the value in the property as early as possible can make better decisions. A registered valuation is highly recommended, but also get two independent property appraisals completed from reputable and AREINZ qualified real estate people. This delivers a complete picture of the property's value range, and a market overview considering the time and the costs to cash-up the property. Having all the facts early helps establish a position for both parties, it allows conversation around one stakeholder buying the other out, or to go to market. You will need representation from your own solicitors, however if you can discuss amicably the best way forward in broad terms the solicitors can mop-up the finer detail. Over the years I have pulled together a checklist for couples seeking clarity on the things to cover off when splitting up. If you would like this checklist please email graham.mcintyre@mikepero.com and for more information within this series on selling a property when you're splitting up, go to <https://graham-mcintyre.mikepero.com/blog/>. Contact Graham McIntyre AREINZ on 0800 900 700 or

027 632 0421. (Licensed REAA 2008).

In a de facto relationship without knowing it?

- Do you keep spare clothes in your partner's car or flat?
- Do you keep a spare toothbrush at your partner's house?
- Have you become extra cosy with a flatmate?
- Do friends and family think you're "together"?



Some of these might seem like trivial questions, but in the eyes of the law you could be in a de facto relationship, without even realising it. This means if you and your partner go your separate ways, or you pass away, your partner could be entitled to half of your property (or more to the point what you thought was "your" property but has now become "relationship property"). This can have major consequences not only for you, but for your family members, including any children who could lose their inheritance (despite what your Will may say).

Being in a de facto relationship isn't always black and white. You can find yourself in one without knowing it, as it can happen gradually. This makes it hard to determine when "dating" ended and a de facto relationship began. You might think one way, but the court may decide otherwise.

In deciding whether a de facto relationship existed, the Family Court considers each case on an individual basis, taking into account nine factors of the relationship, with a different emphasis on each. This includes:

1. Do you stay over or live together? (you could live apart but often stay the night at each other's house)
2. Is there sharing of money or financial dependency? (ie do you pay some of your partner's bills or groceries?)
3. Is there care/support of children? (which may be from previous relationships)
4. Do you own, use, buy or share property together (eg lending your car, sharing furniture, using or sharing chattels etc)
5. Is there commitment to a shared life? (this can be determined in many ways including booking events/holidays in advance, acquiring pets, financial/time/emotional commitments etc)
6. Is there a sexual relationship?
7. Are you viewed by others as a couple?

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1/547 Te Atatu Road
Te Atatu Peninsula

Property

8. Who performs the household duties?

9. How long have you been together?

Not all of these factors need to be happening in order to fall under the definition and to establish relationship property and a sharing of assets.

When a de facto relationship falls within the definition of the Property (Relationships) Act 1976 and lasts for at least three years, if the relationship ends (due to death or a break-up) there is a presumption of 50% sharing of property. Property can include the family home, savings accumulated during the relationship, kiwisaver/superannuation, joint bank accounts, assets/liabilities which were for mutual use and benefit (eg a car, furniture or credit cards) and assets acquired during the relationship etc. This can result in your partner making a claim against you (or your estate - despite what your Will might say).

If you think your relationship could fall into the de facto category (now or in the future) and you want some advice on to protect yourself, have a chat with us at ClearStone Legal. We can help you understand how you may be affected and suggest some options. Call us today on 09 973 5102.

A flood of issues to consider when buying property

Before buying a property, it is essential to conduct thorough research on the area's history of flooding. This can be done by checking with local councils to see if the property is situated in a flood-prone zone or if it has ever been affected by flooding in the past. It is also advisable to check with other residents in the area as to the likelihood and severity of this happening.

It is equally important to consider the type of flooding that may occur in the area. Some regions are more prone to river or coastal

flooding, while others may be at risk of flash floods caused by heavy rainfall. Understanding the type of flooding that may affect a property can help in making informed decisions about its suitability.

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

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

Finished building? Are you getting the right lending?

If you've recently completed a new build then no doubt you love your new home - but you're also most probably exhausted by the process. I've been in my own new build for ten months, so writing from experience.



The last thing you want to do is sit down and work out whether the lending structure that worked for you during the build is still the best one now you're done. It's tempting to just fix it you're lending and forget about it for a while.

This can be a good strategy for the short term, but when you've got some metal-capacity back I highly recommend you review the structure - maybe a couple of months before your next fixed rate is up.

Some key things to consider are:

- Now you're done, maybe you should be making use of offset facilities - if they are offered by your current bank, to save on interest.
- If your loan is in multiple parts, would it be best to get them aligned with each other to give you more flexibility?
- Now that we are hopefully nearing the peak of the interest rate cycle - have you got the right fixed rate strategy?
- And after all you've been through - are you still happy with your bank? Are they the best one for you?

If you'd like help reviewing your lending, I'm available free of charge;



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Property

and if you want to meet in person the coffee is on me.
 Scott Wombwell, Managing Director & Financial Advisor, Better Borrowing 020 4009 8944 www.betterborrowing.co.nz.

Tenancy – your rights and obligations

Most of us familiar with being either a landlord or a tenant will know about tenancy agreements. This is a written contract between the landlord and tenant. The idea is that this agreement acts as a safeguard for both the tenant and the landlord. However, even in good faith, there can be certain things written that are not clear or are ambiguous. And, sometimes, when there is a misunderstanding, these unclear parts can cause frustration or friction. When there is a dispute between a landlord and a tenant that cannot be resolved through talking together, either party can apply to the Tenancy Tribunal to help resolve it. A Tenancy Tribunal hearing takes place before an adjudicator (a person whose role is to hear both sides and make a final decision about your case).



A tenancy agreement must include certain minimum information as well as certain statements about the property and recently landlords now have to include statements under the healthy homes standards. Then there are other things that can be included but are not mandatory. For example, a landlord can add a condition about smoking in the property, the maximum amount of people that can live in a house, or keeping pets on the property. These statements or conditions are called clauses but this is where problems can begin. Some clauses written are not enforceable. So why is this?

The Residency Tenancies Act provides the guidelines for agreements but some of the rules are so broad it opens up a gateway of uncertainty. The following are examples of when clauses written in agreements can't be enforced because they are either unreasonable or they are in conflict with the Residential Tenancies Act.

"My tenancy agreement has a clause that states there will be an automatic \$250 deduction from the bond for cleaning at the end of the tenancy. Is this legal?" This is a great example of an unenforceable clause because your landlord cannot require professional cleaning at the end of the tenancy, nor make a deduction from the bond to pay for it. This is because the Residential Tenancies Act states that at the end of your tenancy, you have to leave the property in a reasonably clean and tidy state – and it is only if you fail to do this that the landlord can deduct bond money for cleaning.

"My tenancy agreement says that I will be charged a late fee if I don't pay my rent on time – can they do this?" Even if your tenancy agreement has a clause that says you will be charged interest or late fees for late payment this would not be enforceable in the Tenancy Tribunal. Your landlord has to follow a process, which may be making a repayment plan that you can afford. However, not paying rent on time does make you in breach of the Residential Tenancies Act and your tenancy agreement so it does need to be sorted somehow.

"My landlord disapproves of some of my friends and says I cannot invite them around. Can they do that?" A tenancy agreement clause saying you cannot have visitors without the landlord's permission would not be enforceable because it would be in breach of your right to quiet enjoyment of the property. What does 'quiet enjoyment' really mean? It means that tenants can enjoy living in a property and enjoy it without any interference or harassment by the landlord. However, it's important to remember that it works both ways. Tenants must also make sure they don't interfere with the peace, quiet and privacy of their neighbours and other tenants. This doesn't mean they can't make any noise, but it's about being reasonable.

When problems do arise it's a good idea to try and address these as soon as possible. Identifying issues early can make it easier to sort out and resolve. The best approach is to have a productive working relationship between both tenant and landlord. Tenants and landlords want the best and neither generally want problems. They can often resolve problems themselves without having to go to mediation or the Tenancy Tribunal. This approach will also be less stressful and less time-consuming.

If you want to find out more, the Citizens Advice Bureau has lots of information on its website cab.org.nz or pop in for a chat with a volunteer or give us a call. There is lots of other really good information on the internet too such as on the Tenancy Services website or Aratohu Tenant Advocacy website (tenant.aratohu.nz). Anyone who wants to ask for advice can contact the Citizens Advice Bureau Massey in Te Manawa, 11 Kohuhu Lane Monday to Friday 9am to 3pm on 09 833 5775 or 0800 367 222 or send an email on massey@cab.org.nz. Confidentiality is always assured.

\$100 = Exposure for a month

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

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VIEWS OVER WEST HARBOUR MARINA - BRICK+WEATHERBOARD

3 2 2

By Negotiation

1 / 10 Bannings Way, Hobsonville
Viewing by appointment

A short walk to Hobsonville Shopping Centre, Transport links and flat roads to walk or cycle to Bomb Point, Cafés and Parks. Make the most of a perfect balance of old and new with this well presented 1990's two level brick and weatherboard home. Offering three bedrooms, two bathrooms (three w/c's), two lounges and formal dining with alfresco to the North and the East. Upstairs the master with walk in and en-suite overlooks the inner harbour and the eastern sunrises that will melt your day and invigorate your soul, with a generous rooms, storage and bathroom access. Double garage with internal access and additional off street parking. Set on around 500sqm (more or less) and a two level footprint of 220sqm (approx).



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX3639030

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Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX3636130

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AS NEW - IMMEDIATE POSSESSION AVAILABLE

5 2 3

By Negotiation

6A Mansion Court, West Harbour
By Negotiation

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

www.mikepero.com/RX3610153



Graham McIntyre
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www.mikepero.com

Testimonial

"I found Graham to be very professional and easy to work with. I have rated Graham as 'Excellent' and have no problem in recommending him to anybody looking to sell their home, he has a unique personality."

Rose

Get in the know with
Graham McIntyre

Brand and Territory Owner
Kumeu & Hobsonville



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VOLUNTEERS
HE RŌPŪ KOTAHI TĀTOU



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REAL ESTATE

Mike Pero



BUSINESS - TOWN CENTRE ZONE - HUAPAI

3 1 1

By Negotiation

8 Oraha Road, Huapai By Negotiation

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



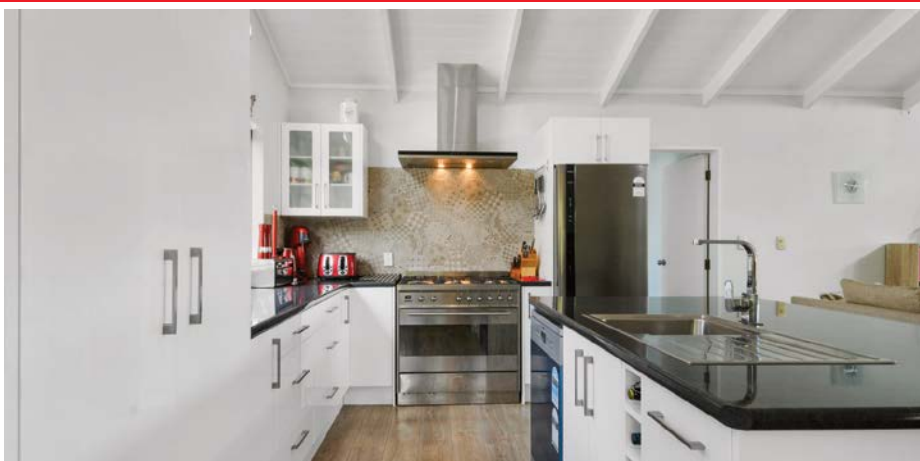
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GENEROUS SEMI-RURAL ON 1/2 ACRE

4 2 2

By Negotiation

15 Buttercup Place, Waimauku By Negotiation

Big home on a large site full of sunshine and the good life. Set in a semi-rural cul-de-sac location, and enjoying a sunny north slope with established trees, and independent pathways to the school, convenience shopping, parks, bowling, tennis and RSA clubs. This single level home with high cathedral ceilings will deliver a peaceful and enjoyable living style that will bring a smile to your lips and a twinkle to your eyes. A home that has three bedrooms and a fourth room that could be used for family, guests, study, office or a second lounge. With open plan kitchen-dining-lounge with uncompromised alfresco to North facing decking. Three bedrooms, laundry and bathroom all off a central corridor with the master enjoying a walk in and ensuite. A separate independent enjoying a double garage.



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www.mikepero.com/RX3627851

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STUNNING KIWIANA BUNGALOW ON 800SQM (APPROX). 3  1  1 

By Negotiation

24 Alice Street, Riverhead
By Negotiation

A beautifully presented and well maintained 1970's bungalow offering the very best of traditional Kiwi values and easy living. Created with care and matured with love this three bedroom, single bathroom bungalow offers the best of tradition, with all bedrooms, w/c, bathroom and laundry off a central corridor. North facing lounge and dining areas lead seamlessly onto sun soaked decking, leading onto generous lawn peppered with established trees and perfumed roses. Private deck off the master provides a retreat in the tempered autumn afternoons. A single garage and workshop and transportable sleepout/tiny house adds considerable value to a buyer wanting to create strong family memories in this historic Auckland settlement.

www.mikepero.com/RX3653642



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027 632 0421

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SIX CAR UNDERCOVER PARKING - BEAUTIFULLY KIWIANA 3  3  1 

By Negotiation

26 Vina Place, Massey
By Negotiation

That's not a typo, six under cover car parks, plus another three hard stand car parks plus parking on its own drive in a cul-de-sac location. If you like a car or nine and need a big footprint to keep your precious metal safe, this is a home that you'll fall in love with. A traditional weatherboard home, offering great bones, through three bedrooms and bathroom off the central corridor, laundry, kitchen-dining and formal lounge with a featured closed woodburner. Decking to the North East with conservatory and alfresco to the grassed yard, set on 812 sqm (more or less). A close distance to schools, convenience shopping, parks, transport links and motorway on-ramp. This property not only has convenience it is convenient. So many options, such a unique proposition.

www.mikepero.com/RX3640030



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graham.mcintyre@mikepero.com



CONVENIENT, CONTEMPORARY, COST EFFECTIVE, WITH PARKING

3 1

By Negotiation

41 Walter Merton Road, Hobsonville
By Negotiation

If you are looking for a home that has the pedigree of one of Auckland's leading builders and is located within Hobsonville Point, a short stroll to shops, Scott Point Primary School, walkways and parks, this is it. A beautifully crafted Universal Home, with all the trimmings that make the difference. A split living - ground level with kitchen-dining and lounge-alfresco mix. With the convenience of off street parking right at your door. Two toilets up and down and a laundry cupboard near the kitchen with clothes-line in good proximity. A world apart the courtyard is a full playground with all the extras. Upstairs has three bedrooms, ducted air conditioning and bathroom, with bath and a shower. Abundant storage and fine finishing, the home delivers more space than you'd expect.



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www.mikepero.com/RX3654191



FLAT LAND - BIG SHED - AQUAFER BORE

By Negotiation

Lot 2 / 337 Ararimu Valley Road, Helensville
By Negotiation

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

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

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



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www.mikepero.com/RX3570208



HOME, MINOR, STABLES, LAND OF PLENTY

5 2 2

By Negotiation

412 Taupaki Road, Kumeu
By Negotiation

Welcome to Equine Heaven, a property that delivers significant infrastructure to satisfy a buyer that wants to work, play and invest in their future. Set on 4.4 hectares (approx) of land and offering some significant lifestyle value. Large 5 bedroom home, with 2 bathrooms and 3 plus living areas. Double garage and extensive 3 bay shed. Independent minor dwelling with garage. Beautifully appointed in-ground pool. Seven paddocks. Arena, outside stables, inside stables, tak shed. Security gates, and good fencing. Extensive entertainers decking. Seldom available with so much on offer, we welcome buyer interest and feedback. Long settlement options are very much on the table to the right buyer.



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Testimonial

“Looking for results, choose Graham McIntyre! I feel confident in recommending Graham, he is a true gentleman with a friendly demeanour. Graham delivers proven results with integrity throughout the entire selling process. I couldn't be happier in my choice of working with Graham, an honest real estate agent who is driven to get best results for the client.”

Larry

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Hot Property



Contemporary, cost effective, with parking

If you are looking for a home that has the pedigree of one of Auckland's leading builders and is located within Hobsonville Point, a short stroll to shops, Scott Point Primary School, walkways and parks, this is it.

Testimony to the planned development in the area, Scott Point and Hobsonville Point are a testimony to infrastructure first and housing

development second. A further benefit is the parks and reserves that adorn the waterside community and an active residents association that canvasses for community engagement and improvements.

Within all this sits 41vWalter Merton Road, a beautifully crafted Universal Living home, with all the trimmings that make the difference. A split living - ground level with kitchen-dining and lounge-alfresco mix. With the convenience of off street parking right at your door. Two toilets up and down and a laundry cupboard near the kitchen with clothes-line in good proximity. A world apart the courtyard is a full playground with all the extras.

Upstairs has three bedrooms, ducted air conditioning and

Hot Property



bathroom, with bath and a shower. Abundant storage and fine finishing, the home delivers more space than you'd expect. So close to amenities, transport links and a home that has a lock-up-and-leave ability. So much home for so little money.

For more information on this property or a discussion on your next property change, call Graham McIntyre on 027 632 0421 or 0800 900 700 or graham.mcintyre@mikepero.com.

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Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HOBSONVILLE	1,160,000	207M2	148M2	1,050,000		800,000	473M2	110M2	840,000
	1,775,000	424M2	270M2	1,653,000		800,000	157M2	74M2	730,000
	1,200,000	174M2	169M2	1,151,000		1,100,000	606M2	92M2	670,000
	1,030,000	397M2	130M2	950,000		1,425,000	422M2	216M2	1,320,000
	1,660,000	775M2	220M2	1,264,300		1,250,000	546M2	220M2	1,100,000
	1,315,000	344M2	151M2	1,225,000		1,150,000	607M2	120M2	980,000
	1,040,000	131M2	154M2	1,045,000		1,300,000	878M2	170M2	960,000
	1,385,000	301M2	218M2	1,450,000		1,025,000	168M2	134M2	900,000
	1,010,000	153M2	125M2	945,000		960,000	401M2	144M2	920,000
	1,230,000	150M2	160M2	1,220,000		1,250,000	396M2	244M2	1,285,000
	1,010,000	392M2	100M2	850,000		910,000	214M2	97M2	860,000
	1,100,000	176M2	150M2	1,172,000		1,100,000	638M2	162M2	815,000
	1,075,000	149M2	171M2	1,170,000		1,000,000	159M2	158M2	900,000
	1,525,000	219M2	200M2	1,300,000		920,000	478M2	135M2	832,000
	1,675,000	300M2	275M2	1,630,000		1,150,000	675M2	210M2	1,039,000
MASSEY	830,000	175M2	97M2	855,000		875,000	362M2	130M2	778,000
	450,000	157M2	77M2	735,000		910,000	206M2	91M2	845,000
	450,000	198M2	79M2	755,000		1,525,000	845M2	310M2	1,210,000
	980,000	207M2	107M2	850,000		730,000	456M2	90M2	635,000
	1,000,000	577M2	181M2	1,106,000		900,000	240M2	106M2	960,000
	820,000	400M2	97M2	850,000		1,800,000	857M2	250M2	1,562,000
	1,150,000	668M2	81M2	750,000		1,075,000	660M2	169M2	958,000
	1,050,000	548M2	144M2	955,000	WEST HARBOUR	1,150,000	611M2	110M2	985,000
	920,000	478M2	135M2	853,000		1,175,000	450M2	237M2	965,000
	920,000	533M2	107M2	810,000		1,560,000	666M2	202M2	1,365,000
	920,000	903M2	102M2	849,000		1,750,000	670M2	240M2	1,582,000
	1,050,000	497M2	158M2	997,000		2,050,000	1023M2	330M2	1,980,000
	910,000	204M2	91M2	930,000		1,550,000	735M2	260M2	1,440,000
	850,000	351M2	101M2	795,000		1,390,000	674M2	200M2	1,250,000
	870,000	221M2	92M2	790,000		1,245,000	1097M2	180M2	1,080,000

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

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

2.95% up to \$490,000

(Not 4% that others may charge!)

1.95% on the balance

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

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Graham McIntyre
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nights are
getting cooler

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Oscillation 2.4kW

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Goldair

Metal Panel Heater 2.4kW
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Goldair

Outdoor Radiant Heater
With Wifi 2.4kW

SKU: 384599

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Meteor

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Black

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Big Smoke

Firepit / Fire Bowl Como
Black/Bronze

SKU: 337335

\$329



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SKU: 280591

\$2,429



Woodsman

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Fire Metallic Black

SKU: 229210

\$2,299



Masport

Rangitata Inbuilt ULEB
Masonry Wood Fire

SKU: 366966

\$3,049



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Home & Garden

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With over 6 years' experience in the industry, we pride ourselves on high quality workmanship.

We cover most of Auckland, have competitive prices and offer a workmanship warranty on all work. No job too small, we cover it all.

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



Whenuapai Floral and Garden Circle

We were all pleased to see Margaret back on deck after her recent illness. She reminded us of the importance of ALWAYS wearing a mask and gloves when dealing with potting mix. Two visitors joined us for our April meeting and there were six apologies, three of whom were dealing with Covid. Time for boosters and flu jabs ahead of winter, check with your GP first to get short term or long term coverage as funding has been pulled and most are given the free jab with only 3 months effect. For 9-12 months a cost of \$48 applies.

The trip to the movies is off with nothing appropriate available for viewing however plans go ahead for September to Matakana, October to Helensville & Riverhead and November to Bombay.

Our guest speaker was Mark Struthers from Nga Rakau Nurseries,

specialist wholesale growers of seedlings, with production nurseries located in Massey and Taupaki in Auckland. Nga Rakau Nurseries was founded by the Beaumont family in the 1930s, on the block of land at Mudgeways Rd in Massey which is still the home base. It began as an open ground nursery, growing pip and stone fruit, shelter, hedging and some tree species.

Today Nga Rakau is a specialist plug or cell-tray nursery with a diverse product range covering vegetables, flowering annuals, perennials, cut flower lines, herbs, native and revegetation species, and some forestry lines. After Covid complications, Nga Rakau Nurseries are growing more varieties than ever before as people try to make up for lost production time and many new gardeners have come to the fore.

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

Three interior home mistakes you don't need to make

As an interior designer, I'm often in people's homes, whether for an entire project or a one-off consultation. I often see the same mistakes made over again. Here are a few...



1. Rugs - If the sofa is barely on the rug or the rug is in front of the sofa, then it's not the correct size. Another mistake I see is a grouping of furniture with no rug. The furniture looks like it's floating in the space. Rugs are a critical layer and make a massive difference, bringing everything together away from the walls and giving the room structure and balance.

2. Matchy Matchy - In the 1950s and 60s, it was all about being matchy-matchy. Using the same wood finishes and fabrics in each space. Well, that was then. This is now. The last thing you want to do is create something that looks like it's been ordered from a catalogue. Mix the wood finishes up and let each piece showcase its character.

In terms of fabric, have at least four different fabrics in each space. Seek patterns that evoke a fond memory and make you happy. Muster the confidence and try to throw something discoordinate and unexpected into the mix, and you might be surprised just how much it enlivens the space.

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Home & Garden

3. Not Letting Go - If there is a piece that is not working, it's old fashioned, ugly, tired, it's just not right in that space, and you don't love it. It doesn't matter how much money you throw at or around it by purchasing new things for that room. That object is ALWAYS going to steal your thunder. Be tough, and say goodbye.

If it's a piece that reminds you of someone dear, replace it with something more suited to the space that pays homage to this person or memory. Or keep a small part of that object. You might be able to repurpose the handles, the legs or a portion of the fabric. I have loads of these goodies to share, so stay tuned and see you soon x

Your Local Interior Designer, Hayley Brown BDVA Int. (Hons)

Contact Hayley by heading over to www.loubrown.co.nz for your free 15-minute strategy session.

Functional layouts for your kitchen

Did you know Mitre 10 MEGA Westgate can design your kitchen?

Finding the best configuration to utilise your space.

The key to a great, workable kitchen is utilising the space you must give you maximum workbench, storage and circulation space.

The kitchen layout is the shape that is made by the arrangement of the benchtop, major appliances and storage areas. It's worth being meticulous, so measure the area you have to work with, draw the space to scale using gridded paper and sketch out the five fundamental layouts for most kitchens - the G, U, L, single and galley.

Look at how the different layouts affect functionality and provide you with optimal use of space - it should become obvious which layout will work the best. Kitchens are the hardest room in a house to design, so if you are having trouble don't hesitate to ask one of the in-store designers for some expert advice and help.

If you're taking out your old kitchen to renovate the space and install a new kitchen, this is the time to rip off your old plasterboard and install new wiring, pipe work and insulation.

When moving a sink to a new location in the room you will need a building permit, best to talk to your local council to get advice before starting. If you are swapping out a sink with a sink that is in the same position, you will not need a building permit.



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Once plasterboard is all removed it is imperative that a bit of time is set aside for straightening the studs and nogs to ensure a straight and flat wall finish.

For walls that are considerably wobbly it's a good idea to use 13mm plasterboard to iron out a few wrinkles.

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

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

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

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

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

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

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G.J. Gardner. **HOMES**



Home & Garden

Laser Plumbing and Roofing Whenuapai

It is officially the last month of autumn which means winter is almost here...and when it comes to winter, there are certain 'cold weather' preventative measures that will help maintain a healthy home, prevent leaks, avoid excess water loss and excessive bills.



Dripping & leaking taps - check all the taps in your house (inside and outside).

Running & leaking toilets - check that your toilet is flushing properly and listen for a 'running water' sound.

Drains - check for slow running water into shower drains, basins, and any outside drainage.

Hot Water Cylinders - check your HWC for any surface drips or leakages. This can go easily unnoticed if hot water cylinders are in a cupboard.

Gutters - check your gutters are clear of leaves and debris to prevent water build up. Overflowing gutters can cause roof leaks.

We have an experienced team of plumbers, roofers and drainlayers who can help with any of these issues. We offer no obligation quotes, so give us a call today.

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

Contact Laser Plumbing & Roofing Whenuapai today for all your service needs on 09 417 0110 or whenuapai@laserplumbing.co.nz

From plumbing through to roofing, drainage, gas, and pumps and drain unblocking, we can offer total solutions.

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

Blackout Electric

Blackout Electric is a local family owned and operated business, run by Sebastian Weaver, a registered Electrician with over 17 years' experience in the industry.



After completing his apprenticeship and spending a number of years working for electrical companies, learning the ins and outs of the industry, Seb decided it was time to go out on his own and build his own business from the ground up - since then, he hasn't looked back.

Nearly 3 years on we have four staff including a new apprentice who we just had start at the beginning of 2023. Aligning with supporting local, two of our staff are out of Kaipara College, which Blackout supports via their Gateway Programme. Seb is incredibly passionate about passing on his knowledge to others who want to be in the trade, and really enjoys seeing them succeed and become successful electricians themselves.

Since starting Blackout Electric, the support and loyalty we have experienced from locals is second to none. Customers who not only continue to use our service, but refer and recommend us to their own family and friends. This is a testament to the service we provide, and the reason we continue to grow as a business. Seb is highly experienced in delivering cost-effective, high quality workmanship - offering solutions, not problems. At Blackout Electric, we pride ourselves on exceeding client's expectations. We build a relationship with our customers that begins on the first day of contact, and only ends once they're fully satisfied with our work.

We specialise in all forms of residential and commercial electrical work. Including new builds and renovations, alarm systems, CCTV and AV, and general maintenance - From something as simple as a new power point, to an entire house rewire, Blackout Electric is happy to help.

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

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Home & Garden

Slow draining or blocked drains?

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We have a wide range of drainage pumps in stock and knowledge to assist with major flooding issues and excess surface water.



Our services range from pump supply and installation, a high-tech hydro blasting machine for blocked drains, drainage trenching and more. Call KPL to discuss your drainage enquiry.

Autumn leaves landing on your roof? Roof, gutter to tank. Blocked gutters can cause water ingress in your ceiling, roof leaks, and gutter drooping. Decaying organic matter blocking your spouting and downpipes is a breeding ground for bacteria. Speak to our team about UV Filtration.

Does your rainwater collection system have a flush out point for maintenance? Flush out points are great for regular maintenance to clear and flush out debris and other obstructions that might be causing your gutters to block.

Call us today to arrange a gutter clean to ensure you are collecting sufficient rainwater and not letting it go to waste.

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Waimauku Garden Club

It was quieter on the bus trip home from an awesome, fun day out with the Waimauku Garden Club. We started out early enjoying the lovely autumn colours from the high coach seats as we drove across Coatesville to our first destination at Kings Plant Barn at Silverdale where we had a sumptuous morning tea at the cafe there with great service. The display of plants was top quality, so lush, and healthy would make you green with envy although there was such an array of colour. From there we headed north to the Protea Patch which specialises in the Proteaceae family of plants with such a vast variety to choose from. Attached to the Protea Patch is 'the secret garden' so charming and relaxing to roam around and spot some interesting sculptures, especially their new one from Morris & James, which was our next destination not far from there. Wow, what an amazing amount of talent in one place, some familiar designs and new ones too, such vibrant colours it's so hard to choose. Glazed pots of all shapes and sizes. We were ready for lunch, what a treat at the Nectar Cafe to be refuelled and refreshed with tasty nourishment for more adventure. On to Brick Bay, an exhibition of New Zealand contemporary artists. A dynamic exhibition of large-scale, sculptures set in a stunning natural environment of native bush wildlife and

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Home & Garden

ponds bursting with water lilies. A wonderful day was had by all. Monthly events we have lined up for the future include a floral art demo, a visit to Good from Scratch, visiting local gardens, going out to a conservation island and visiting an international garden of significance early next year. If you wish to join our club and join us on our monthly outings, feel free to contact any of us: Ann (021 035 7406), Diana (027 478 8928), Gail (021 344 070), Maree (027 496 3006), Moira (027 498 9154), Sandi (027 318 4514). We are also on Facebook: www.facebook.com/groups/358928941269802. Love to have you join us.

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.

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

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

NZ Biosecurity

After a summer of rain and storms we are now heading into a winter which may be just as wet and cause as many headaches. The cleanup has been exhausting for everyone and if you are feeling like it is all too much, NZ Biosecurity Services (NZBSL) can help you get your stream or pond clear before more rain comes. NZBSL has been helping flood-affected properties to clear debris from waterways, stockpile debris out of the floodplain for natural composting, or removing it from site for a total clearance. We can support you with flood debris removal or waterway clearance from plants that might be clogging the area.



We use hand tools and low weight vehicles to avoid damage to property and make sure the area is left safe and secure. If you are worried about your streams and want a friendly team member to come for a visit and take look, give us a call on 09 447 1998 or email us at administration@biosecurity.net.nz.

Kumeu Community Garden

At Kumeu Community Garden we are preparing for the winter, currently focusing on clearing the beds and planting hearty winter vegetables such as onion, butternut squash and kumara.

We are working in partnership with North West Food Bank and are hopeful we can contribute fresh, organic kai to those in our community who need a little extra support.

There is currently a supply of leafy greens such as kale and spinach, herbs such as basil and mint and lots of chokos, as well



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Home & Garden

as the odd giant marrow. If you volunteer, you are sure to go away with something good to add to the dinner table.

Volunteers at the Garden find a real sense of belonging in their community.

The Mental Health Foundation promotes five ways to wellbeing - Connect, Give, Take Notice, Keep Learning and Be Active - Volunteering at KCG ticks all those boxes. Connect to people and the whenua, give your time and your presence, take notice of the beautiful outdoors, keep learning new things about gardening and sustainability and be active by doing the mahi.

If you wish to join us or learn more contact us at kumeucommunitygarden@gmail.com or follow us on Facebook.

Start your new lifestyle with Signature Homes

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

Owners Dean and Amanda Pritchard bring unrivalled new home experience to West



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

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One of the many benefits of building with Signature Homes, is that all the nuts and bolts are taken care of so you can relax and be confident your build is in good hands from start to finish. On-time, on budget, with no nasty surprises, and New Zealand's most comprehensive building guarantees - including our fixed price guarantee.

Considering turnkey homes? In response to a challenging market, Signature Homes West & North-West Auckland are offering two incredible family homes available as turnkey build proposals.

Turnkey homes offer a convenient way to purchase a home with several advantages, including the ability to achieve the new build dream without any progress payments.

Once the deposit is paid, saving can continue with the balance expected upon completion of the home. With a turnkey, the price of the new home is known in advance, without any cost overruns.

Interested? Contact Signature Homes West & North-West Auckland to discover our turnkey options.

Time to be inspired - Looking for new home inspiration? Visit our Huapai Showhome to experience the difference, located at 190 Matua Road, Huapai. Open daily from 12pm-4pm.

Ready to start your new home journey? Contact Signature Homes West & North-West Auckland on 0800 020 600 today.



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Pets

Five things you might not know about your dog

Dogs are fascinating creatures with a lot of hidden quirks and abilities. While most dog owners know the basics of their pet's behaviour, there are many surprising things that you may not know about your furry friend. Here are five things that may surprise you about your dog.

1. Dogs have a sense of time

While they may not understand the concept of hours and minutes, dogs have a remarkable sense of time. They can anticipate when it's time for a walk, feeding, or other activities, and often get anxious or excited in anticipation.

2. They can see in the dark

Dogs have better night vision than humans and are able to see much better in low light conditions. This is due to a special layer in their eyes that reflects light and enhances their vision.

3. Dogs can sense emotions

Dogs are highly attuned to human emotions, and can often sense when we're feeling happy, sad, or anxious. They're also able to pick up on subtle changes in our behaviour, such as changes in body language or tone of voice.

4. They dream just like we do

Dogs have a sleep cycle that includes periods of rapid eye movement (REM) sleep, which is when most dreaming occurs. If you've ever



noticed your dog twitching or making noise while sleeping, it's likely that they're dreaming.

5. Dogs have a unique "thumbprint"

Just like humans have unique fingerprints, dogs have a unique nose print. This can be used to identify individual dogs in the same way that fingerprints are used to identify humans.

Your dog is an incredible creature with many surprising abilities and behaviours. Understanding these quirks can help deepen the bond between you and your best friend, and make you appreciate them even more.

K9 Heaven. Check them out on Facebook or Instagram - K9 Heaven.

Introducing Pet Patch

Your new go-to pet store for all your furry friend's needs! Our store is dedicated to providing high-quality pet products and personalized services to the local community.

At Pet Patch, we understand that every pet has unique needs and preferences. That's why we offer a wide range of premium pet food, toys, accessories, and grooming supplies to cater to the individual needs of your pets. We also stock a variety of products for different pets, including dogs, cats, birds, fish, and small animals.

Our team of experienced and knowledgeable staff is always on hand to offer expert advice and recommendations, ensuring that you find the perfect products for your pet. We pride ourselves on providing excellent customer service and building lasting relationships with our customers and their pets.

Visit our store today and discover our extensive range of high-quality pet products. We look forward to welcoming you and your furry friends to Pet Patch!

Cat lovers we need your help

The NZ Cat Foundation has a sanctuary based in Huapai which houses over 150 cats. We offer safe sanctuary for older, disadvantaged and un-homeable rescue cats where they can live out their lives in safety and comfort. We need regular volunteers to help with routine chores so our cats can enjoy happy, healthy, safe lives. We are looking for volunteers who are mature, have a sense of responsibility, are good team players and dedicated animal lovers. Helping at the sanctuary is a popular way to fulfil community service hours for Duke of Edinburgh, St



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Pets

John's, Scouts, Guides, church, university, animal sciences studies, etc. We are happy to sign off on your hours and provide any needed verification of your service. We rely heavily on volunteers on a daily basis and desperately need more.

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

Kanika Park Cat Retreat

Cat Flu - Feline Upper Respiratory Infection (URI)

Cat flu is like the common cold in people. The severity of cat flu varies. In some cases, it can be life-threatening, particularly in kittens, and adult cats with underlying illnesses

Symptoms of cat flu? Breathing problems, Coughing, Discharge from the eyes/nose, Fatigue, Fever, Loss of appetite, Sneezing, Ulcers of the mouth/eyes.

How do cats get cat flu? Cat flu is generally spread by direct contact between cats (saliva, tears, discharge from the eyes/nose). It can also be spread indirectly via contaminated food bowls, bedding, litter trays or human hands. After the flu many cats will remain life-long carriers of the virus but will show no, or minimal signs of illness Treatment - Although antibiotics can help with certain complications, there is currently no single cat flu treatment. Instead, cats with cat flu must be isolated from other cats until they are fully recovered.

Phone 027 550 1406, email info@kanikapark.nz, www.kanikapark.nz



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Hip, Joint & Flex supplements have been specifically developed to provide targeted support to the joints, hip mobility and connective tissue.

In addition to the two key ingredients commonly used in joint supplements; Glucosamine and Chondroitin, the capsules also include MSM and Natural Vitamin E for superior joint care.

Hip, Joint & Flex supplements are suitable for dogs from 2 months old. Each supplement comes in an easy-to-use capsule which can be given to your dog whole, or pulled apart, emptied and mixed into your dog's food or water. Contains 60 capsules.

You can find them in your local PETstock, Indepet stores, Pet Central (South Island) and independently owned retailers or contact us directly at sales@jdcgroup.co.nz

To receive a 25% discount contact us directly and quote "Animology Hip, Joint & Flex" in the subject.

A passion for people, pets and portraits

Picaboo Pictures is the place to be for all your professional portrait photography wants and needs. We offer a wide range of high-end photo shoots including family, newborn, baby, pet and commercial portraits, both in our home studio in Massey or on location in the wider Auckland region. We love sharing our passion for crafting beautiful imagery and are willing to go the extra-mile for our clients to offer a creative professional touch to business imagery, personal portraits or family memories. At Picaboo Pictures we strive to make you, your family or your pet feel comfortable by working closely with you to ensure we capture the very best moments and the perfect shots to cherish forever.



Our head photographer has years of experience in both the photography and graphic design industry and we offer a range of affordable packages to suit all budgets. We love nothing more than capturing everyday people in a way they have never seen themselves before. We don't just TAKE pictures at Picaboo Pictures, we CREATE them.

Have a look at our website www.picaboopictures.com or e-mail us your enquiries or questions via contact@picaboopictures.com. We would love to capture you in our next shoot.

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Animology Hip, Joint & Flex dog supplements have been developed to improve the overall condition, health and flexibility of your dog

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Food & Beverages

Mother's Day special - 14th May

We are running a special, one off Mother's Day 'Taste of the Farm' this Sunday the 14th May. Bring your mum for a morning of demonstrations with Mike, tours of our beautiful gardens and all finished off with a glass of bubbly and a light lunch.

Head over to our website to learn more and buy tickets.

www.goodfromscratch.co.nz



Soljans

Spoil mum this Mother's Day with a brunch set menu and a complementary glass of bubbles on arrival.

This menu is only available for Mother's Day, at \$55 a person.

Book now to avoid missing out.

Available until 11:00am, 14th May 2023.

We look forward to having you with us.



Sweet Bells Cakes Limited

Sweet Bells Cakes Limited is a registered home-based company located in Kumeu, Auckland. We do all occasions cakes which include Weddings, Milestones/celebrations, Polynesian themed and children's cakes.



We specialise in creating high quality delicious custom-made modern cakes which are uniquely designed and handcrafted into its finest details. Our cakes are not just stunning centrepieces but are delicious to taste that something everyone can experience as

part of the celebration.

Finally, Sweet Bells motivation is to go above and beyond not only meeting customers desires and satisfactions but to make their occasion unforgettable which brings great fulfilment to our company.

Don Buck Honey

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



Snifter Macarons (Spearmint & Spirulina)

With hints of the old time favourite lolly, the snifter, these have a crunchy spearmint outer, a chewy spearmint inner and a solid spearmint infused chocolate centre - delicious! The spirulina was used as a colourant, although you can taste a hint of its flavour too.



Macarons are easy to make but are time-consuming and they can also be easy to mess up. Don't try to make them on a humid day. Freeze-dried fruit powder and ground and sifted herbal teas make the flavour

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Food & Beverages

combinations endless. They can be filled with any kind of chocolate that is also flavoured with fruit or tea powder or essence or can be filled with butter cream icing. Macarons keep well and make great gifts plus they can also be frozen.

As the method of this recipe is very long and detailed, you can find it on our website under our recipes section. This recipe is from Will Torrent's 2013 book entitled 'Patisserie at Home' and uses the Italian meringue method. The ingredients listed below are for a full batch and I divided the batch in half to make two different flavours.

Other flavour combinations tested were: raspberry, blackcurrant and rose water, coffee with ground hazelnuts added to the macaron mixture in place of some of the ground almond, passionfruit, mango, chocolate, and raspberry on its own. The two most stunning were the raspberry and the passionfruit both filled with dark chocolate.

Macaron Ingredients: 175g ground almonds, 175g icing sugar, 60g egg whites plus 100g egg whites, 200g caster sugar, 1 tablespoon plus 1 teaspoon spearmint tea ground and sifted, 1 teaspoon spirulina, 1 teaspoon spearmint essence, plus flavouring for the other half of the mixture e.g.: 2 tablespoons freeze dried raspberry powder plus ½ teaspoon vanilla essence.

Ganache Ingredients: To fill both flavours you will need two bowls each containing 100g dark chocolate, 30ml cream, 1 tablespoon butter. Once incorporated into a ganache then add 1 teaspoon spearmint essence to one bowl and 1 tablespoon freeze dried raspberry powder to the other bowl.

See the recipes section of our website for the full recipe along with

the detailed method.

To purchase Certified Organic Spearmint Tea, visit our website www.NewZealandHerbalBrew.co.nz.

Westbrook Winery

Summer time at Westbrook Winery is simply stunning.

The grapevines are covered in intensely-green leaves and the small-but-perfectly-formed bunches of grapes hint at the delicious wine to come.

The vines and their precious cargo are safely tucked up under the netting so now we just need the sunshine to work its magic and ripen the fruit. Lots of sunshine equals a spectacular vintage.

There are many great places to sit and enjoy the view of the vineyard, from beside the pond under a big broolly, or on a leafy terrace, open deck or covered patio.

The Cellar Door has been busier than ever, and the team is enjoying hosting groups of all sizes for family gatherings, celebrations and catch-ups with friends.

Planning a visit? Bookings are highly recommended for weekends and public holidays. Book online www.westbrook.co.nz/book-now or call the friendly Cellar Door team on 09 411 9924.

Testimonial

"Smooth and low stress. Graham was great – there was no unnecessary pressure on us as buyers. He was supportive, knowledgeable, and willing to provide advice throughout our extended buying process."

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The menopause!

Excuse the exclamation mark after "The Menopause!" but it seems to be a very big issue to an important section of our population. The menopause commonly affects women in their early 50s (but can be earlier or later), causing a variety of symptoms that rob women of some of the joy of life. Symptoms like brain fog also rob society of the full benefits these wise matriarchs could be providing.

My approach to a smooth menopause involves a stepwise approach. First, I like to suggest optimising diet and lifestyle to reduce any underlying inflammation and stress on the body. The next step is to use some supplements to assist with specific disruptive symptoms. For example, sage can help immensely with hot flushes. Magnesium

can help generally with tension that may disrupt mood or sleep. There are many products on the market now that contain a variety of nutrients to support a range of symptoms that are common during menopause. For example, Harmony or Clinicians Menopause balance can be a nice place to start.

The liver is important in hormone balance. So, some liver support would make sense. I wrote specifically about liver a few months ago.

If these steps don't give sufficient relief, then it is time to look to support estrogen levels. This is because most menopausal symptoms are related to the decline of natural estrogen levels. Black cohosh is a herb that can support estrogen levels.

If you have exhausted all these steps, then the next step is to ask your doctor to prescribe hormone replacement therapy. Your doctor will discuss all the benefits and risks. For most women the benefits far outweigh the risks. But to minimise the risks, oestrogen should be bio-identical and taken through the skin. Oestrogen patches are a great way to do this. Oestrogen should be supported with natural progesterone. We now have a great fully-funded natural progesterone capsule that your doctor can prescribe called Utrogestan. Getting the balance of the dosage right takes a bit of trial and error for some women but the benefits are usually felt straight away.

Getting our wise women back to feeling their best will have huge benefits for all of us (even a mere male like me).

In recent years we have seen a world-wide shortage in the availability of hormone-replacement therapy. But bear with us as we do our best to keep our supplies flowing.

If you want to have a chat about natural hormone support for the menopause, then call in and chat to our health coaches at Massey Unichem Pharmacy. Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.

Hobsonville Physiotherapy

Meet the team - Here at Hobsonville Physiotherapy we have been welcomed into your community and we want you to know a little more about the physiotherapists who look after you. Here's a little something from Ash.

"In the weekends and summer nights you'll commonly find me on a bike riding various trails with my mates. I first got into mountain biking in Whistler at the bike park there. I was initially hesitant but after my first day I fell in love with the sport, immediately I went and bought a downhill bike. Since being back in NZ



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I've loved riding the different terrain we have to offer, but I am still getting used to the pedaling uphill part. I'm always learning and trying to improve, but I can never get over the feeling of conquering a steep technical section or landing a jump that previously scared the daylight out of me. I love exploring all the different bike parks around, so if anyone has an off the beaten track recommendation, let me know."

Opening hours: Monday - Friday: 7am - 6.30pm, Saturday: 9am - 1pm and Sunday: Closed.

Contact - 09 416 4455 or physio@hobsonvillephysio.co.nz.

Blue Highlights

We have just received all our stock of clocks and delicious range of blue colour based homeware.

SUNGLASSES - from the best in the world - Maui Jim. These are all polarised lenses, made in the USA.

Very popular for those that need their prescription in their sunnies. We have a wide range in MJs and in cyclists's glasses - that we can put your prescription in.

Come and browse at Hobsonville Optometrists - 413A Hobsonville Road, open Monday to Saturday.



Feijoa wisdom Part 2

In one corner of my garden, there stands a lone feijoa tree that started fruiting before my other two paired feijoa trees.

On the ground I found these small, sour feijoas that tasted like lemons.

So, what did I do with these little fruits that were inedible on their own?

I shelled them out into 2 kg of feijoa flesh, combined that with an equal bit of sugar, some mashing and boiling, and behold, golden sweet feijoa jam, that tastes great as a spread and even better in a



cup of cold water as a summer drink.

So, when life gives you sour feijoas, make jam.

Same as in our health.

When we get diagnosed with some health problem or another, we need to at least put in a bit of effort into getting our lives better.

Instead of sitting there tasting the sour side of bad health, we should actively seek to make our days sweeter.

This might be:

- 1) regular doctor follow ups (pick a GP you like and trust)
- 2) diligently taking medications (not so hard in this day and age with handpone alarms)
- 3) doing regular blood tests to monitor what's going on inside (these are mostly free) or
- 4) simply working a bit harder on diet and lifestyle changes that may improve how you feel (you can ask your GP or practice nurse for help with these).

Having an illness is not so bad as long as you have a good plan to deal with it.

And if that plan works, then life becomes all that much sweeter and better.

Enjoy the feijoas this year!


Dr Frederick Goh - Royal Heights Shopping Centre, Shop 12, 138 Royal Road, Massey, Auckland 0614. Tel: 09-393-6313. www.rhdoctors.nz

Why you need to start looking after your heart now

According to the Ministry of Health one of the leading causes of death in women in NZ is heart disease. Apparently more than 50 women a week will die from some form of heart disease.

Oestrogen helps to keep our blood vessels flexible and healthy, decreases inflammation, helps to control cholesterol and fat levels in our blood and reduces fatty plaques





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building up and blocking our blood vessels. When oestrogen drops then the risk of cholesterol rising and those plaques developing increase which in turn increases blood pressure and the risk of heart disease and strokes. When the blood vessels harden and narrow then not enough blood and oxygen can get to our organs and brain. After menopause, women are at a much higher risk of heart disease and stroke because of this.

One in 100 women experience premature menopause (before the age of 40). It puts them at a much higher risk of premature heart and circulatory diseases, as well as osteoporosis (a condition that weakens bones) so assessment and treatment is really important. The general view is that this is when Menopausal Hormone Therapy may be crucial.

What is clear is that focusing on diet and lifestyle prior to menopause during the perimenopausal years is a huge window of opportunity to prevent the blood vessels from becoming unhealthy. In my blog on my website I have listed about 13 things that you can do including exercising, managing stress, eating a Mediterranean style diet with lots of colourful plants, fish, herbs and spices, cutting back on alcohol and ultra-processed foods and getting regular dentist checks. I am running 7 Day challenges on managing menopause - go to <https://sarah-brenchley.com/links> to find out more information or follow me on Facebook.

Hobsonville Chiropractic Centre

We are offering FREE spinal checks in May 2023 to those of you who have not been to our clinic before, to determine if Chiropractic is the best option for you. With the added option to book in a full initial consultation at this spinal check. Get your spine checked to learn how we can help you to function at your best.

Hobsonville Chiropractic Centre, 295 Hobsonville Road, Phone 09 416 7589. Open late nights and Saturday mornings.

What is special about a pair of prescription glasses from For Eyes?

1. Molly or Matthew calculates the lenses with precision. Eyes can be long sighted, short-sighted or have astigmatism. You might need extra help to focus up close, or prisms or a tint to stop headaches.

2. The lenses are customised. Progressive designs have a reading corridor, there are new 'no-line' bifocals and young folk on screens all day benefit from anti-fatigue designs. Or do you just want a comfy pair of reading glasses for curling up with a book?

3. The frame selection for your new glasses is curated by Molly and Anna from around the world. Plain or coloured, fine or chunky; titanium, stainless steel, acetate, choosing can be the hard part!

4. Anna takes measurements using camera sensors to detect how the new frame sits on your face: the tilt, the curve, the distance to your eyes. All of these are input into the lens design to maximise clarity and comfort.

5. We choose the lens treatments: Photochromic darken in the sun, multicoated are virtually reflection-free (and some additionally blue-blocking) and high-index lenses are extra slim and extra tough.

Look good, see better with Rx spectacles from For Eyes in the Kumeu Village: 90 Main Rd Kumeu, ph 09 412 8172.



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Pregnancy Massage at NorthWest Physio + with Nicky

Pregnancy is an exciting and transformative time in a woman's life, but it can also come with a lot of physical discomfort and stress. That's where pregnancy massage comes in - a specialised form of massage that can help alleviate many of the common discomforts of pregnancy, such as back pain, swelling, and fatigue. And if you're in the Kumeu area, one great place to experience the benefits of pregnancy massage is at NorthWest Physio +, with experienced massage therapist Nicky Spence.

One of the biggest benefits of pregnancy massage is its ability to

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ease back pain, a common complaint among pregnant women due to the extra weight they're carrying and the changes in their posture. Nicky is skilled at using various massage techniques to relieve tension and pressure in the back muscles, providing much-needed relief for her clients.

Another common issue during pregnancy is swelling, particularly in the feet and ankles. Pregnancy massage can help improve circulation and reduce fluid buildup in these areas, promoting overall comfort and wellness. Nicky is adept at using gentle, rhythmic strokes and light pressure to encourage lymphatic drainage and reduce swelling.

Fatigue is also a common symptom of pregnancy, especially in the first and third trimesters. Massage can help combat this by promoting relaxation and improving sleep quality. Nicky is mindful of her clients' comfort and uses a variety of positions and pillows to ensure they feel completely at ease during their massage.

Of course, pregnancy massage isn't just about physical benefits - it can also be a great way to relax and connect with your growing baby. Nicky creates a soothing atmosphere and takes the time to listen to her clients' needs and concerns, providing a safe and nurturing space for them to unwind and feel supported.

Overall, if you're pregnant and looking for a way to alleviate discomfort and promote relaxation and wellness, pregnancy massage with Nicky Spence at NorthWest Physio + in Kumeu is a great option. With her expertise and compassionate approach, you'll leave feeling refreshed, rejuvenated, and ready to tackle whatever comes your way during this exciting time in your life. Call 09 412 2945 or book online at www.northwestphysioplus.co.nz.

Mummy issues

We hear the term Daddy issues but what about Mummy issues? When Mother's Day comes around it's not always a pleasant day for people due to the relationship they had with their mother as a child or as they grew up.

If Mum was unkind, critical, judgmental, controlling or overly protective, pampering and loving this can cause issues that will show up in our close relationships.

Some ways Mummy issues can show up in your relationships include:



- Being clingy, demanding and needy - worried your partner won't be there when you need them
- Find it hard to connect and become distant and detached - you're afraid of getting hurt so close off to protect yourself
- Avoid romantic relationships - they seem too difficult to cope with and you lack belief in your ability to maintain a relationship
- High expectations - expecting to be pampered and looked after by your partner like Mummy did
- Lack of trust - your primary caregiver let you down so you expect others to let you down too

To overcome Mummy issues, you can accept that you might never get what you want and need from your mother, build emotional support networks in your friends and especially women around you, find mentors to guide you, address your past through therapy or self-development and be gentle, loving and patient with yourself as you heal.

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Engaging workers



A common question arises from our clients concerning the differences between the old health and safety legislation - Health and Safety in Employment Act 1992 and the new Act - Health and Safety At Work Act - 2015 (HSAW)?

Whilst the Acts are similar there are three main changes:

1. Coverage - all organisations and workers are included - employees, contractors, trainees and volunteers.
2. Enforcement - The Government appointed Regulator - WorkSafe NZ has a duty to encourage, educate and enforce compliance with the new legislation and if necessary, the powers to prosecute.
3. Involvement - Part 2 Health and Safety duties - Section 36(1) (9a) of the HSAW and Part 3 Worker engagement, participation and representation clearly outline the PCBU's primary duty of care and the duty to engage with workers.

The first two changes involving "Coverage" and "Enforcement" are quite clear and understandable. The third change of "Involvement" requiring engagement with workers appears to be confusing and a step not always seen as necessary and/or taken easily.

It has been seen by some organisations as a relinquishing of management control yet when fully utilised, it empowers all workers to actively contribute to the health and safety of the working environment.

So, what is required?

A safe working environment or lack of one, affects and impacts everyone's safety and wellbeing. Whilst the Person Conducting a Business or undertaking (PCBU) has a primary duty of care, all workers have a responsibility to take reasonable care for his or her own health and safety and ensure that his or her acts or omissions do not adversely affect the health and safety of other persons.

In short, we all have "skin in the game" and a vested interest in the avoidance of harm.

It is also accepted that the workers actually doing the work often know more about the risks, know where the hazards are and what changes occur during the work process - whether it is a machine, a vehicle, a warehouse or a construction site.

The Regulator - WorkSafe NZ understands this and consider engagement and involvement of workers in such matters as health & safety meetings (toolbox meetings), reporting of potential hazards and risk assessment, crucial to the effective management of health

and safety.

It is a priority at every WorkSafe NZ workplace inspection and is always closely examined by the inspector and a critical question at the worker interview.

If the work of a business or undertaking is carried out by less than 20 workers and is not within the scope of any high-risk sector, then a PCBU is not required to initiate the election of one or more health and safety representatives.

However, there is a clear duty to have engagement with workers and open participation practices.

Securo New Zealand actively supports and encourages all clients to incorporate engagement and involvement of workers in health and safety management practices. Securo can also advise on hazard management and provide access to specialist health professionals for health monitoring services.

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

Goodwill towards others is a precious treasure

Do you want a rewarding volunteer role where you can make a difference to people's lives?

Consider volunteering for Citizens Advice Bureau Massey- Te Pou Whakawhirinaki o Aotearoa. We have a team of wonderful volunteers based at Te Manawa the Library and Community Facility at Northwest. We work together to deliver our service of information, advice and support to people who contact us for help.

"I love learning something every time I am on duty" Quote from Paul a volunteer at CAB Massey

Clients can come to the CAB with an enquiry about anything. Some of the most frequent areas of enquiry include: rental housing, employment issues, consumer law and immigration.

We work with clients by listening carefully to their stories, and researching their rights and responsibilities and the services available to them. We explain the information so that our clients understand their options and make their own decisions. The feedback we get from CAB volunteers is that they find providing the CAB service rewarding and purposeful.

"I like putting a smile on people's faces. I can help people and it is rewarding to see what our advice can achieve for someone. I learn more every day. The whole experience is rewarding." Quote from Heather a volunteer at CAB Massey

Most volunteers give about 4 hours every week to work as part of a team delivering the service to our clients. This can be helping clients



Pete Sinton
Managing Director

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on the phone, by email or live chat, or face to face when people visit the CAB. Some volunteers take on a support role for example reception duties, if this is available in their CAB.

"I have met so many people of all different walks of life volunteering at the CAB that I feel enriched." Quote from Noel a team member at CAB Massey

Volunteers often also help out with other aspects of running the bureau - for example in publicity, training, social media or governance. There are lots of opportunities to contribute existing skills, and to develop new ones.

"I meet some very interesting people and feel energized after assisting them" Quote from Lyn a Volunteer at CAB Massey

To make sure all volunteers are supported to be effective in their role, we provide a programme of learning and development. This includes an induction period and mentoring programme, as well as ongoing learning opportunities and peer support. A key area of learning, especially for new volunteers, is how to use the CAB website to research information for clients.

"CAB feels like the right fit. I enjoy the company of the other volunteers and their guidance" Quote from Marion a volunteer at CAB Massey

Our volunteers come from all walks of life and range in age from young adult to 80+. We are always happy to hear from anyone who is interested in finding out more about volunteering at the CAB.

"I thought after 45 years of work I knew it all, but I found out I don't!" Quote from Paul a volunteer at CAB Massey

If this sounds like it would suit you contact Barbara massey@cab.org.nz or call on 09 833 5775, or you could call in and see us at Te Manawa 11 Kohuhu Lane Northwest.

Understanding your customers

If you didn't have customers, your business would not exist. How well do you understand who your customer is, what they value when buying from you, and which customers should you be targeting?

First of all, what problems are you solving for your customer? Are you doing a job that they would otherwise have to do themselves? Are you eliminating a problem, such as not enough time, money, or resources? Are you helping them to achieve some gain, such as greater brand awareness, or better knowledge to make important decisions?

Next, who are your best customers? Typically they are the ones that we make the most money on, give us repeat business and referrals, and are nice to work with. Do you have a strategy to find more of those customers?

Conversely who shouldn't you be working with. Those that make you groan when you have to work with them, make the least money (or are costing you money), complain about price and typically pay late. Do you have a strategy in place to avoid these customers, or to move these customer on?

Once you understand your best customers a bit more, you can create a customer avatar so that your company is clear on who you are going to target. Understanding your target market allows you to be precise in your marketing.

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

Take a life changing journey into your life between lives?

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



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

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

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

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you will we can find the answers to some of your most inner deep questions. Each session is conducted by Jason Mackenzie an Internationally trained Hypnotist and Life Between Lives Facilitator who would be honoured to take you on this amazing journey. You will be taken slowly and safely into a very deep state of hypnosis as you are prepared to go onto your journey and as you come back into the present time and place, you should have answers to some of those questions.

Astramana™ Healing Services, was founded by international hypnotist, Past Life Regression and Life Between Lives Facilitator, clairvoyant, tarot reader and Reiki Master-Teacher Jason Mackenzie. Check out our website: www.astramana.com or email astramana@gmail.com or call us on 021 027 70836 with any questions or to book a Life Between Lives Regression session or any other service that we offer. Remember we offer a mobile service and we will come to you. We look forward to facilitating your journey back in time.

Waitakere Greypower Association

In March Waitakere Greypower Association held a well-attended General Members Meeting at the Te Atatu South Community Centre. Our Guest Speaker was Carolyn Cooper, the first Aged Care Commissioner who was appointed by the Governor General and started in March 2022. Greypower Federation had lobbied Parliament for this appointment for nearly eight years along with Age Concern and some other interested parties. Carolyn advocates for quality of health and disability services on behalf of older people and the Health and Disability Commissioner's Office deals with complaints relating to lack of care in public hospitals, rest-homes and their associated hospitals or abuse of elderly people in these facilities. If anyone knows of lack of care to an elderly friend or relative please don't hesitate to contact Carolyn's office. The Retirement Villages Act of 2003 is about to be reviewed and Waitakere Greypower Association will be making submissions in due course. I have just visited Hon. Michael Wood on transport and related issues and he stated that the transport concessions on the Gold card will remain intact. He was told that there have been many bus cancellations of late but the problem has been the shortage of bus drivers. I reported the number of annoyed bus passengers out West. Hopefully the situation will slowly change. The Minister has met the ferry operators over various operational



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matters upsetting passengers. So it has been a very busy time. If you are not a member and you weren't aware of our advocacy this article gives you some insight into what we do. Why not contact our Office on 09 838 5207 Monday to Friday 9.00 am to 12.00 pm and come and join and become a member of Waitakere Greypower. This costs only \$25 single and \$35 for a couple. Mate Marinovich, President Waitakere Greypower Association Office 247 Edmonton Rd Te Atatu South Auckland. Phone 09 838 5207.

Food scraps collection

Auckland Council's food scraps collection service, one of the largest of its kind in Australasia, is rolling out to about 500,000 households over the coming months.



The service will help reduce the amount of organic waste going to landfill by converting food scraps (rukenga kai) into a renewable resource. It will also reduce greenhouse gas emissions. Once the service is up and running across Auckland, it is estimated to collect around 40,000 tonnes of food scraps per year. This diversion from landfill and carbon emissions savings is equivalent to taking 10,000 medium-sized cars off the road annually.

Food scraps currently make up 45 per cent in weight of rubbish collected from the kerbside, equating to approximately 100,000 tonnes of food scraps going to landfill each year. By residents using the food scraps collection, there is the potential to prevent large amounts of waste going to landfill and reduce greenhouse gas emissions.

Many people believe that food decomposes in a landfill, so it's okay to put it in your bin. The reality is that landfills are designed to store waste, not to break it down. Home composting is still the preferred option to treat food scraps. However, not all Aucklanders can compost and not all food scraps can be easily composted.

This is where the collection comes in. It will stretch across urban Tāmaki Makaurau and take food scraps that can't be composted or go in a worm farm, including dairy products, meat scraps, citrus peels and bones. Through this collection service, instead of wasting our food scraps, we can process them to make renewable energy and fertiliser to grow more food sustainably.

Some of the vehicles used for the collections will be electric vehicles (EVs) - a new option for waste collection in Aotearoa - with the aim to eventually use more EVs as they become easier to obtain in New Zealand.

After the food scraps are collected by the trucks, they will be consolidated at a facility in Papakura. The scraps will then be trucked

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to the Ecogas food processing plant in Reporoa, the biggest organics processing plant in the country, which is centrally located in the North Island and will also process food scraps from other cities and commercial companies. Search "Food scraps collections" at aucklandcouncil.govt.nz.

Distance families: Navigating the U.S. tipping culture

A challenging aspect of visiting America is knowing how to tip. The American tipping culture is unique - foreign to the rest of the world.

As Kiwis we worry we won't have the right change and some of us need our glasses to read banknote values. Many nations, including our own have multicoloured bills making recognition easier. I try to land in the U.S. with a fist full of single bills so I am somewhat prepared, but they're not so easy to source here. It was a relief on my last visit to find much is digitised now and you can tip with a tap on an iPad.

However, the questions remains... how much, when and where? Google "CNN how much to tip" for a guide and online test.

In reverse, it is hard for Americans when they travel overseas. Their urge to tip, as per normal, is in-built. One of my first pieces of advice to Americans visiting NZ is there is no need to tip. The difference between America and most other Western countries is that the workers are paid a minimum or living wage. For sure a local waiter appreciates any loose change left on the table and the odd restaurant includes a service fee in their final bill or a glass jar near the cash register - but it's not the norm. I wouldn't dream of tipping my hairdresser but I'll probably give her a bottle of wine at Christmas.

If you're travelling to the States soon, be sure to check out this useful online tool.

Helen Ellis, M.A. is a researcher, author, anthropologist, veteran of Distance Grandparenting and Founder of DistanceFamilies.com. She is the author of Being a Distance Grandparent and Being a Distance Son or Daughter, the first books of a three part intergenerational Book Series highlighting the 'how it is' of Distance Families. She will publish Being a Distance Grandchild in 2024. Please visit the SHOP page at DistanceFamilies.com.



Healthy Families

Community strength and resilience are being highlighted after the recent extreme weather events devastated communities across Te Ika a Maui (The North Island). Like many of the afflicted hāpori (communities), the collective mahi of community champions and organisations has been critical in the recovery efforts in West Auckland.

To aid in the community response, West Auckland Together (WAT) secured funding from Foundation North and JR McKenzie Trust to support community groups at the forefront of West Auckland relief efforts.

MPHS (McLaren Park Henderson South) Community Hub, Waitemata Community Law Centre (WaiLaw), Hoani Waititi Marae, and local iwi Te Kawerau a Maki, all received relief funding, WAT Community Coordinator, Karyn Hill, explains.

"We reached out to our community partners to try and meet the immediate needs of the whānau that were affected."

MPHS community hub became a Civil Defence Evacuation Centre after St Leonards Primary School returned to regular business. The hub temporarily housed whānau and supported those requiring advice and aid from agencies.

The initial clean-up efforts also uncovered a need for legal support around renter's rights and insurance. Waitemata Community Law Centre, a local service in Henderson which provides free legal advice and information, came on board to support those whānau, setting up a mobile service unit to reach families without power or internet access and whose devices were damaged in the floods.

Hoani Waititi Marae's funding went towards supplying essential personal hygiene products and flooding remediation work for the damaged kaumātua flats. Te Kawerau a Maki received funding to support the return to education packs, resources, kai, clothing, and household items identified as a priority for their whānau members.

Collaborating with community partners was essential at this time



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and meant that the funds could go directly to groups helping people in immediate need.

Shirts promote breast cancer awareness

Waimauku-based Smashing Promotions designed and donated 70 polo shirts along with etched glassware to commemorate the union of two sister teams promoting breast cancer awareness internationally.



Mark Adcock of Smashing Promotions, pictured centre, visited the Pink Crusaders (USA and Canada) and Pink Dragons (Auckland) at Lake Karapiro in the Waikato, the two teams in the international waka ama competition represented by their captains Nancy Martin and Liz Horne respectively.

Pink Dragons member Caroline Crann works for local firm HydroVac, an esteemed client of Smashing Promotions for many years.

Mark says he was rapt with the opportunity to contribute to such a positive worthwhile cause.

Meanwhile, another Smashing Promotions initiative gaining popularity, especially with the recent spate of break-ins, is the SAFE. shop.net.nz female self-defence course.

Women can upskill themselves and learn how to escape holds.

The women-only course run by all female instructors has sessions on May 21, June 25, and July 16 for \$10 a ticket for a six-hour course that Mark says could save your life.

"Empower you and your loved ones today," says Mark, adding a big thanks to Kumeu Cricket and West Coast Rangers for the use of their clubrooms.

Smashing Promotions also thanks its growing local client base that enables it to provide ongoing positive community initiatives.

"We have room for more discerning Smashing customers," says Mark.

"We can possibly find a sponsor who wants to be involved in showcasing their brand alongside yours, growing their goodwill and enabling your initiative."

If you have a worthwhile community initiative email mark@smashingpromotions.nz with your requirements.

Shai Navot

As a nation, we pride ourselves on our sense of fairness and on caring for our communities. It should not be controversial for me to say then, that everyone deserves a genuine shot at having a good life. Yet the reality is, a growing number of Kiwis are struggling every year, and our young people are affected the most.

The Red-Blue-seesaw has seen Government and Opposition parties focus on Band-Aids and winning the next election, rather than on improving the lives of the next generation.

They distract us with meaningless slogans and sound bites like "tough on crime", that don't address the underlying problems of society.

It's no wonder life is getting harder.

I don't know about you, but I am sick of hearing politicians promote discredited crime policies, or tinker with benefit conditions, when they have absolutely no plan to address inequality, poverty or homelessness. It's not good enough, and we as a country deserve better.

We need fresh thinking, smart ideas and political courage to deliver fairer and more sustainable outcomes. The Opportunities Party's Teal Card is part of our plan for real change; a way to invest in our young people, ensure financial equity, climate resilience and healthier outcomes for all our children - with a savings boost, fully-funded healthcare, and fully-funded public transport. This is how we can give young people a fair start in life.

It's time for something new. The status quo has got to go.

Shai Navot shai.navot@top.org.nz www.top.org.nz/tealcard

Shai Navot is a practising lawyer, a former crown prosecutor, and is The Opportunities Party's candidate for Upper Harbour.

Authorised by H Cargo 90 Crawford Street Dunedin.



Anna Atkinson - Upper Harbour Local Board

Kia Ora. It's my firm belief that future planning is one of the key roles of council. We have again and again seen the impacts of poor planning. Impacts ranging from building in flood zones to allowing development on both sides of Hobsonville Road then deciding the road may need widening. We really need to make sure that the

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communities we build are future-proofed.

On some fronts there is more forward planning happening (eg the Supporting Growth North West is working out where we need transport corridors, road widening etc - work that should have been done a long time ago). However, there are other aspects of planning that are just so rushed, they seem the opposite to good planning. The first is the intensification rules forced upon us by central government that has mandated that Auckland Council allow practically any section to have three houses of up to three stories. Following the devastating floods, the council has asked the government for a 12-month delay in implementing these new changes as they will just result in more properties built in flood-prone areas. We really need to take a good hard look at how and where we build. Another issue going against good planning in Whenuapai is applications for development under the Covid 19 Fast Track legislation. This is being used by developers seeking to avoid the standard RMA hearing process. Most are out of sync with the anticipated timing and are being done in advance of infrastructure provision. We also don't collect enough development contributions, thus there are more costs on ratepayers in the long term. Whenuapai simply doesn't have the infrastructure for all these piecemeal applications and currently there are no funded plans for rectifying that.

I'm really hoping and pushing for some changes, as we only get one chance to get this right. These views are my own and not the Upper Harbour Local Board. Anna Atkinson (Chairperson).

Countdown

Countdown has revealed that the traditional hot cross bun has continued to be New Zealand's go-to at Easter bun. Countdown sells over two million packets of hot cross buns over the Easter season, using the equivalent of 28 transport trucks of flour and two transport trucks of sultanas to make the festive treats. This year, shoppers continue to choose more of the traditional bun while also embracing some popular collaborations. This year Countdown teamed up with Cadbury to create Countdown Hot Cross Buns with Cadbury Caramilk and also Hot Cross Buns with Cadbury Mocha, and the collab proved incredibly popular.

This year, Countdown again donated 5c to KidsCan from each packet sold of its Traditional Hot Cross Bun range. "We're again proud to support KidsCan's Early Childhood Programme during the Easter season and to help our most vulnerable Kiwi kids with



food, clothing and other essentials in the lead up to winter. Last year, thanks to Countdown shoppers, we were able to donate \$100,000 to KidsCan, and it looks like we'll be able to do that again this year." says Pieter de Wet, Commercial Director for Fresh at Countdown.

Last year Countdown achieved a number of key outcomes which continue to support its journey towards its 2025 sustainability goals and commitments including donating \$7.4 million of food and funds to those in need, removing 58.3 tonnes of saturated fat, sugar, and salt from Own Brand products, and diverting 73% of waste from landfill.

Back to the basics in education

By Cameron Brewer

We recently hosted a well-attended public meeting with Opposition Education spokesperson Erica Stanford. Locals are really concerned about the falling standards of achievement and ongoing truancy.

Erica has launched National's 'Teaching the Basics Brilliantly' policy. It will ensure all kids have the knowledge and skills they need in reading, writing, maths, and science to set them up for success.

Achievement has been declining for 30 years. One reason is that the New Zealand curriculum is far too loose. Under National, the curriculum will set out the non-negotiable set of knowledge and skills children will need to be taught each year.

A National-led Government will require all primary and intermediate schools to spend an average of an hour a day on reading, an hour a day on writing, and an hour a day on maths. National will also standardise assessment across schools.

Under National, parents will know if their kids are doing well or, more importantly, if they're falling behind. It's not acceptable to allow children to fall behind without anyone noticing. That will change under National.

PS: Opposition Police spokesperson Mark Mitchell is coming to Massey. We're hosting a public meeting at 6.00pm on Monday, 15 May at the Birdwood Settlers Hall, 2 Red Hills Road. If you're concerned about crime, please join us.

Cameron Brewer is a North West resident and National's candidate for Upper Harbour.



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2 Clark Road, Hobsonville, Auckland

EARTH MOVING CONTRACTOR

BOLER

CONSTRUCTION LTD



Driveways, All Drainage, Site Cuts,
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Reg Drainlayer: Over 20 yrs Experience

Helping you make the right move

When it comes to selling your home, Graham McIntyre has the expertise, the team and a commission structure to deliver the best results.

- ✓ An inclusive agent with 17 years' industry experience
- ✓ Incredible market knowledge and a strong network of buyers
- ✓ Extensive sales and marketing background to best showcase your home

Exceptional customer experience

Graham works alongside you to individualise the selling process to suit your needs. He provides timely and honest communication expected from a top-performing agent with the Mike Pero brand.

Personalised marketing

Your property will be promoted to the highest standard with an individual sales plan. This could include national TV, magazine, social media and digital marketing campaigns for maximum exposure.

Commission promise

A transparent, considered fee structure means you could pay a much lower commission compared to other national brands. Your savings can range from \$1,000 to \$9,000 on a sale at Auckland's median sales value*.

"Personable and amazing agent! Graham is knowledgeable, patient and happy to answer any questions. His communication is fantastic; he kept me updated and made the selling process very smooth. I highly recommend him."

Angie 



Kumeu/Hobsonville

Graham McIntyre AREINZ

Licensed Salesperson

027 632 0421

graham.mcintyre@mikepero.com