

# the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

## Property market report

## Kiss Me Honey Honey Kiss Me

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

## Sentinel Homes

Circulation is 10,000 print copies.

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

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November 2019





## Greetings

You may have read about the microbes we share our lives with (July Westerly page 38). Each one of us provides hospitality to 100 trillion microbes all over our bodies, inside and out, and their cells outnumber ours by ten to one. We are 10% Human, the title of a book by Alanna Collen (available through Auckland Libraries), who explains how important these microbes (about 4000 different species) are to our wellbe-ing.

Our microbes play a very vital part in keeping us healthy, helping to digest our food, regulating our im-mune system, protecting us from harmful bacteria and producing vitamins. Indeed, recent research indi-cates that imbalance in our 'microbiome' (the genetic material of all our microbes) is likely to be responsi-ble for many diseases of our time, obesity, allergies and many chronic conditions. Upsetting our microbes with poor diet and inappropriate use of antibiotics may have long-term effects, leading to inflammation and chronic disease. Our bodies expect a diet with lots of plants and a little meat, which is often the op-posite of the modern Western diet. So we take on the responsibility for our health by looking after the in-habitants of our inner selves, even though we can't see them.

Look through this month's Westerly to see what we can do for ourselves in our local area. Make sure you are well prepared for the risks from fireworks - see the Fire Brigade's advice, as well as being aware of local regulations. Could you find support with the Inner Wheel or a Friendship Club? Environmental awareness is so important these days. Read about a local initiative helping this. Children have the oppor-tunity locally to explore science awareness. The older generation is catered for with Grey Power and Sen-iorNet, and can you find this month's special offer for grandparents?

Have you visited the Catalina Bay Market recently? Read the background to the honey sales there. Be in the know for local property issues, or planning your new build. Find inspiration for your spring garden. Taking care of your physical health is so important and help is to hand if required, but don't forget that support is also available for other life stresses, or perhaps you may have the skills to volunteer to help in-dividuals in their time of need. There is so much happening in the community. Thanks to all our contributors, and enjoy finding how you can benefit from what's on offer.

John, editor



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COVER PHOTO: Stephanie Field - Sentinel Homes  
PRINT RUN: 10,000 copies, Treehouse Print  
EMAIL DATABASE: Sublime NZ

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

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

# People & Places

## Sentinel Homes



Stephanie Field is a leading Design and Build Consultant with Sentinel Homes. Almost two years ago she moved to the Westgate based North/West Sentinel Homes company after serving a successful career in Human Resources and people performance. Her role with Sentinel Homes sees her engaging with new home clients from the Huapai and Millwater showrooms on Wednesday to Sunday.

Sentinel Homes credits its success to its outstanding customer service and dedication to quality workmanship. These values form the cornerstone of the Sentinel Homes brand and along with proprietary systems & software this helps the company differentiate itself from its competitors.

Today Sentinel Homes has franchise locations throughout the Upper North Island with over 90 homes in construction at any one time with roughly the same amount in pre-construction. The company shows consistently high standards across different price brackets and are multiple award winners in the Registered Master Builders House of the Year awards.

Sentinel Homes has an active charter that delivers strong value delivery in the following areas. Integrity – New Zealand Trusts us (Honest, reliable and consistent). Quality – Master the fundamentals (Building, communication and service). Innovation – The courage to build the future first (Redefining the standard of excellence and value). People – A passion to improve the lives of people (Building community, inspiring connectedness). Sentinel Homes has a no surprises policy which drives a cohesive transparent process to support a client through the process of designing and building their

individual home.

Customer satisfaction is a key driver for the company with engagement and communication at the hub of all decisions and progression through the customer journey. The Sentinel new home consultants provide a balanced and experienced role in guiding and assisting clients to achieve agreed milestones. Certainly having consultants like Stephanie on board delivers an enjoyable process of creating a home from the land up in a fun engaged way.

Sentinel has a depth of testimonial support from clients which continues to highlight the passion that Sentinel staff and clients share for the design, build and styling process. Alongside improved technology this not only delivers an easy process that people can see the end result but delivers a product that clients absolutely love.



Customer engagement with the brand starts from the very first discussion to build understanding and empathy, managing the customer experience from start to finish. Sentinel supports NZ Hockey, the Parenting Place, and North Harbour Netball as part of their community engagement.

With people like Stephanie involved in the company you can be assured that staff have fun in their jobs and this certainly delivers a passion rub-off delivering a high customer facing engagement and a more individual experience in delivering a new house that you'll call – your individual home. More information on the team at Sentinel can be found at [www.sentinelhomes.co.nz](http://www.sentinelhomes.co.nz).

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# Community News

## The Mobile Car Specialists

Here are 4 tips to prevent surface scratches in your car's paint.

- 1) Never put it through automatic contact / bottle brush car wash machines
- 2) Instead use the 'two bucket hand wash system' - [www.mobilecarspecialists.com/wash-your-car.html](http://www.mobilecarspecialists.com/wash-your-car.html)
- 3) Always check for grit / solids before wiping down with a microfibre - one tiny invader can cause a lot of scratches
- 4) Regularly apply wax for protection, or have a ceramic coating applied which lasts for years

Our services include:

- Dent removal - small to large
- Yellow / foggy headlight restoration
- Ceramic coating paint protection
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We are a fully mobile operation, meaning we come to you to make your life easier.

Contact us on 0800 20 30 20 for a quote, or visit [www.TMCS.co.nz](http://www.TMCS.co.nz) to see our work and 5 star reviews.



## Mega ship cruising

Royal Caribbean - Ovation of the Seas. Last month I was lucky enough to travel on the Ovation of the Seas. Passenger capacity 4180 and with the staff it takes the numbers over 5000. Too many I hear you say, however you didn't know there were that many people onboard. Embarkation and disembarkation was seamless and easy.

The open wide corridors and public areas are spacious and bright and the décor and furnishings are modern. There is so much to do onboard that you would never be bored. There is a rock climbing wall, Flowrider (which is the surf simulator), North Star (the arm that takes you 300 feet above sea level for spectacular views), Rip Cord by iFly (the free falling simulator), roller skating & dodgems to name a few. The nice thing is that none of these cost you money, just a bit of time



booking on them that's all. There are also a large number of inside activities as well.

There are 8 complementary dining venues and another 8 specialty dining venues along with a multitude of bars and lounges to keep you entertained. You can even stop at the bionic bar and get the machine to make a drink for you. There is always the question about whether to get the drinks packages or not and some of our group did and others didn't. We found that the more sea days you have the better you utilised this. Also the questions around excursions with the ship or not is often debated, however when we made a stop at Maui and one of the ship excursions was late we all waited for them. If they had of done this trip themselves they would have had to get to the next port by themselves. If you just want to look around yourself that is fine just make sure you are back in time.

This ship will be down in our waters over the summer season and you should definitely make the trip to have a look at her or any of the many others that will be arriving into Auckland over this time.

The misconception when booking cruises through a travel agent is that this is going to cost you more. This is actually not the case and in fact we can provide you with more information and advice than you will ever get from a website, along with fitting in your flights at the correct timings around your cruise and adding in those all-important items like insurance, accommodation and sightseeing. We are the one stop shop for your all-inclusive cruise holiday and our staff here have been on many cruises throughout the world so we are well informed to help with everything from small to large ships worldwide. So pop in and see us at Helloworld Hobsonville (right next to Countdown on Hobsonville Road) and we will be happy to put together your dream holiday or cruise.

## Waitakere Volunteer Fire Brigade

The unsettled spring weather has certainly been a challenge to get out in the garden or enjoy our great parks network.

When the weather allows please check your driveway to make sure that it is clearly identified with a number/name and that a fire truck or ambulance can make access. Ideally it should be a clear 4 metres wide by 4 metres high.

Guy Fawkes is coming up so please remember these simple



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# Community News

safety messages, especially the looking after your pets: Look after your domestic pets by keeping them inside on the night.

When lighting fireworks, stay safe: Read and follow the instructions on fireworks before using them. Light in a wide-open area away from anything that could catch fire. Fireworks and alcohol/drugs are a dangerous combination. Always let an adult light the fireworks. Keep a bucket of water or a hose handy. Keep all unlit fireworks in their box or bag until you light them. Leave dud fireworks alone - trying to relight them is unsafe. Burns need to be cooled with water for 20 minutes. Keep safe, Denis Cooper - Deputy Chief, Waitakere Volunteer Fire Brigade.

## Pure Allies

Pure Allies are a small local boutique skin care company, that has been up and running for around 7 years.

Because we love our products as nourishing, beneficial and as fresh as possible, everything is lovingly hand crafted the old fashioned way, by request as per clients specific preference and needs. There are no preservatives added, other than pure essential oils, therefore you won't find us on the shop shelves.

We believe natural skin care should be available and affordable, and kind to our planet.

Christmas is fast approaching, we can make lovely gift packs for family and friends, and traditionally our affordability makes our products popular for secret Santa work gifts and teacher gifts.

Email your enquiries to [pureallies@gmail.com](mailto:pureallies@gmail.com) or check us out on Facebook Pure allies. Christmas orders need to be in by end of November.



designed to provide a range of goods meet the needs of families and individuals. It's run in partnership Countdown supermarkets, and makes it possible to donate fresh foods like cheese, meat and fruit and veges, along with personal care and cleaning products. Donations are uploaded to Countdown's online store, where they are delivered for free, on a no-profit basis. The platform automatically issues donation receipts along with emails notifying donors when their gift has been sent to their local foodbank.

Developed as a pilot in 2015, The Foodbank Project has so far raised more than \$1,400,000 in donations, and now supplies 18 Salvation Army foodbanks around New Zealand. To donate to The Foodbank Project go to [www.foodbank.org.nz](http://www.foodbank.org.nz).

## Treasured treasures

Do you see these shells on the beach? Did you know they are actually not shells? They are buoyancy chambers found in squid called Spirula spirula or Ram's Horn Shells, I am a sucker for them and my kids know it! Any time we are at the beach they instantly search for them to give to me, knowing how much I love them. So I decided to turn one into solid sterling silver. That way I can wear this pendant and be reminded of so many things. The beach, my happy place. Days at the beach with my kids. My kids' joy when they find one of these 'shells' and not to mention just how adorable that swirl is. Do you have a favourite shell, beach find or other item that you would like to wear to be reminded of special days, moments or memories? I'd love to help turn them into something to treasure forever. Email me at [jo@preciousimprint.co.nz](mailto:jo@preciousimprint.co.nz) to discuss the possibilities today.



## The Foodbank Project

The Foodbank Project - New Zealand's only online foodbank - is expanding as people around the country respond to the convenience of donating groceries to struggling families with the click of a button.



The Foodbank Project allows donors to choose from various bundles to donate to Salvation Army foodbanks. The bundles are

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# In Brief Updates

## Initiative launched to raise environmental awareness

One of New Zealand's largest used car retailers has launched a new initiative to replant more than half an acre of native forest this month.

The trees will be planted in a Northland reserve by the Native Forest Restoration Trust, a charitable organisation dedicated to protecting New Zealand's native forests and wetlands.

Daniel Buckley 2 Cheap Cars CEO says they expect to plant around 1,000 trees as a result of this initiative. Buckley says motorists should drive economically to reduce their impact on the environment.

"The trees we plant are all eco-sourced - grown from seeds collected locally and those used during this initiative will be planted near the Waipoua Forest - the home of New Zealand's largest known living Kauri tree Tane Mahuta," he says.

Buckley says the trees will be planted next year during the next planting season (Winter 2020) in the Professor W.R McGregor Reserve at Katui on the southern border of Waipoua Forest in Northland.

He says the company will plant one native tree for every vehicle purchased during the month of October.



## NZ kids online

Netsafe recently completed a study of New Zealand's children's internet access, online skills, practices and opportunities, Ng ā taiohi matihiko o Aotearoa - New Zealand Kids Online.

Most New Zealand children have frequent access to the internet, with 77% saying they can often or always go online. The most common places for children to access the internet are at home (96%) and at school (89%).

Children use multiple, preferably portable, digital devices to go online. Overall the most commonly used devices are laptop or notebook computers (76%), and smartphones (72%). However, among older children (15-17 years) smartphones are the most frequently used device (93%).

Most children said they are confident about their digital skills. However,



younger children (9-11 years) are less so than other age groups, particularly in regard to managing privacy.

Most children use the internet for entertainment, learning, and socialising, e.g. 90% watched video clips at least once a week. However, children are much less likely to go online for community engagement, civic participation and creative opportunities, e.g. 15% created and shared their own video or music. Social media is ubiquitous among children of all ages who use these tools primarily for socialising and entertainment. There are some gender differences regarding social interaction through social media. For more details go to [netsafe.org.nz](http://netsafe.org.nz).

## My Science Playroom

What joy and fun our science playroom bring to so many families who have curious children. Of course, if adults also become engaged in play and exploration then it is twice the fun. Meaningful conversations around flight, forces and strange or novelty events keep many involved for hours every day.



The last few months we have had many school children who visited from as far away as Hamilton to be engaged in our interactive 'learning through play science' experiences. Older children played first with the various displays and then decided which one they would like to present through video (using technology) to show to others and tell what it does, how it worked and how we see it applied in real life. That is what we hoped would happen and were pleased with the outcomes.

Our younger children who are regular visitors are amazing in their understanding and grasp of complex chemistry experiments and are very keen on exploring new and different ways to make potions that bubble and explode!

If you have not been to My Science Playroom yet (406 Great North Road Henderson), check out our website [www.scienceplayroom.co.nz](http://www.scienceplayroom.co.nz) and if you want to treat your family organise a group event. Lots of sensory play for littlies. Older students get involved in more challenging and complex play experiences.

## Henderson Falls Combined Friendship Club

"We want to encourage people to get off their backsides" says Trevor Swindells from the Papamoa Palms Friendship Club and that is why the, formerly Probus, Henderson Falls Combined Friendship Club was

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# In Brief Updates

formed. Friendship is our primary goal so we wanted to reflect that in our name. We are here to get retired people motivated and experience belonging to a club whose motto is "Fun, Fellowship & Friendship". There are approximately 250 friendship clubs around New Zealand under the non-profit head office of Friendship New Zealand Incorporated, FNZI, with each affiliated club running things their way. Most of us are living a lot longer, still retiring at 65, with many years ahead with which to enjoy life and get out and experience new exciting things. We have found that some people retire and think "what now?" and a lot of people do nothing and find themselves just sitting and vegetating. This is where our club comes in, we motivate people with our monthly meetings with interesting and informative speakers, who talk about the things relevant to our lives, go on day outings in a 50-seater coach, for example; trips to the Hamilton gardens, catered boat trips around Waiheke Island, boat trips up the beautiful Kaipara Harbour. One time we went for an over-night coach trip and stayed in Coromandel township and went to the Waterworks museum up there. We also go out to various places for lunch and 'Ryders' in Avondale, for a movie, with a delicious roast meal for lunch. These outings are affordable and the membership cost is minimal. The Club meets at the Henderson Bowling Club, Alderman Drive at 10am - 12 noon on the third Monday of each month. So let's get bums off seats, come along and give it ago.

Feel free to contact me, Fern Mackenzie, via email ([billfern@xtra.co.nz](mailto:billfern@xtra.co.nz)) or phone 0274 720 378 for any queries.

## Successful prosecutions for illegal dumpers

Mayor Phil Goff's crackdown on illegal dumping across the region is continuing to deliver results. The number of prosecutions has doubled in just over 18 months, coinciding with a steady decrease in the amount of waste dumped.



"Illegal dumpers are getting the message that this sort of behaviour will not be tolerated," says Mayor Goff.

"Aucklanders are sick and tired of people damaging our environment and are reporting illegal dumping when they see it happen. Illegal dumpers are finding out that, with council enforcement staff's rapid response, they will get caught."

Auckland Council's Enforcement team has made strong progress in addressing littering and illegal dumping across the region.

"People just will not get away with littering or illegal dumping anymore," says Mayor Goff. "Aucklanders are doing a great job of supporting

council enforcement efforts. People are continuing to call the 0800 NO DUMP line and report incidents, which helps our staff act quickly to investigate and get unsightly waste off our streets and out of our parks, beaches, and waterways," he says.

## Free barn dance at Hobsonville Point

There will be a barn dance on Saturday 2 November from 6.45pm - 8.30pm at Sunderland Lounge (27 Hudson Bay Road, Hobsonville Point). FREE ENTRY. This will be a family night with an Irish Ceilidh Band. Includes nibbles and non-alcoholic beverages. BYO alcoholic beverage allowed, but please drink responsibly. Supported by Hobsonville Community Trust, Upper Harbour Board and Ryman Healthcare.



The Headquarters Building, Te Mahere, and Sunderland Lounge, Te Rere, are available for booking at [hobsonville.org.nz/community-facilities](http://hobsonville.org.nz/community-facilities).

## Seniornet West Auckland

Our last open meeting of the year will be on the 19th of November at the Kelston Community Centre, corner Awaroa Road, Kelston. It starts at 10am and our guest speaker will be Paul Johnstone. Paul has been running sales operations in the UK and Ireland for the last 6 years and

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prior to that managed various IT distribution businesses in N.Z. He will be speaking about "What is IOT (Internet of Things)" and how this could develop in the next 5 years. Put simply IOT is a network of internet connected objects able to exchange data. So do come along and find out what it's all about, and enjoy a special Christmas morning tea after. Entry by \$2 raffle ticket. All welcome and you do not need to be a member of SeniorNet.

We will be holding our usual HELP sessions on the 2nd and 4th Tuesdays of the month anytime between 10 am and 11 am during November and our last one for the year will be on 10th December; we do ask for a \$5 donation if we are able to help you. These are held along with any classes at the Henderson RSA, RAILSIDE AVENUE, Henderson, opposite the railway station. We will then take a break until February 2020.

SeniorNet is all about seniors helping seniors with computers so if you are new to SeniorNet and have something you want explained regarding your computer, laptop, iPad, tablet or phone, please ring June on 09 833 8186 to see if you need to do a workshop or be referred to one of our Help sessions. If you have any queries you can also ring our office phone 09 837 7600; please leave a message and we will get back to you.

## A historic treasure restored in Monterey Park

Clark Cottage, a historic category one building, has officially opened at Summerset at Monterey Park, Hobsonville.

The beautiful Italianate villa was built around 1909 as a love nest for Thomas Edwin Clark and his wife Margaret by his father Rice Owen Clark II, a 1800s' Hobsonville property owner and brickmaker.



The opening was celebrated with a garden party for Summerset residents and guests, complete with bubbles, high tea inspired treats and live music. The building was officially opened by village manager Carol Andrews and Mike and Anna Evans, the former owners of the land who are now residents at the village.

Clark Cottage came with purchase of the Monterey Park land bought by Summerset in 2012. As part of the land acquisition, Summerset agreed to restore and preserve this piece of West Auckland's history.

The restoration has seen the original features kept, such as the stained-glass windows and pastel pink art nouveau pressed tin ceiling. This stunning venue will be used by the residents for Summerset for clubs, events, and parties - and will even be available for weddings.

The renovation project has taken just over a year and involved

Summerset's own construction and design teams working with local renovators Wishbone Construction.

The Clark family was responsible for inventing and producing a range of ceramic building blocks made from local clay, and the cottage is built entirely from these bricks, with no two bricks the same. Each brick had to be removed for the structural renovation work, then put back in its original place.

## WACC at Te Manawa

West Auckland COGY Club had a meeting at Te Manawa, the library building in Westgate. We enjoyed exploring the building. I like this place. It's open for anyone, and we can use their free wifi. I see many people having meetings here instead of at cafes. Without the coffee machine and music, it's quiet and suits us much better for important meetings.



There are plenty of seats/desks/tables, in various shapes, from relaxing shape to studying-for-exam shapes. For more, search "kokocogy blog" or [kokocogy.wix.com/gocogy/blog-1/date/2019-10](http://kokocogy.wix.com/gocogy/blog-1/date/2019-10). COGY, the wheelchair for those who still believe.

## Kumeu Rotary Christmas parade Friday December 6

The countdown has begun to the Kumeu Rotary Christmas Parade on December 6, starting at the earlier time of 6.30pm.

This will allow more time for events at the Kumeu Showgrounds where the parade ends after starting at the Huapai Domain in Tapu Rd, organiser Dale Wallace says.



The showgrounds will host a big party with a variety of food trucks and music, parade entrants also able to set up tents or gazebos. People are welcome to join in the fun.

Kumeu Rotary and the Northwest District Business Association (Northwest Country) are major sponsors, but organisers are keen for hear from more sponsors, and floats are also sought for the parade.

### Special thanks

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

Countdown Westgate	Countdown Royal Heights
The Warehouse Westgate	Luckens Road Dairy
Mitre 10 Mega Westgate	Massey Leisure Centre
Countdown Hobsonville	Whenuapai Dairy
Countdown North West	Hobsonville Point Dairy
Mike Pero Hobsonville	Season's Market Massey



3C Matua Road, Huapai



# In Brief Updates

It's expected to have more than 40 floats and take about an hour to pass a given point along State Highway 16.

Traffic diversions will be in place during the parade.

Supporters include Craig Walker who provides Santa's float and Snoopy's plane, Atlas Concrete, and the Kumeu Volunteer Fire Brigade, while Traffic New Zealand helps with traffic management.

Participants include the Otahuhu Pipe Band and Kumeu Brass.

Contact Leslie via [kumeumasparade@gmail.com](mailto:kumeumasparade@gmail.com) or 021 334 401, or Dale at email [twal@xtra.co.nz](mailto:twal@xtra.co.nz), phone 0272 244 636.

## New Zealand businesses

Ninety-seven percent of businesses in New Zealand have fewer than 20 employees. Only half of these businesses will survive more than 5 years. Small business owners are doing it tough, often with high levels of stress, poor cash flow, and the owners are working long hours.

What can business owners do to improve both their business and their work/life balance? Taking time to work on your business instead of working in your business is a cliché, but it is necessary to drive the business forward and make improvements.

Make sure you understand what makes your business unique. What problems are you solving for your customers to entice them to buy from you? Can you define who makes a good customer for your business (profitable, pay on time, happy to refer you to others). Do you have a plan to get more of these customers?

What are the strengths and weaknesses of your business? What do your customers regularly complain about? Do you invoice your customers

on time and provide informative invoices that also have a payment due date? Do you regularly monitor the performance of your business?

Businesses that work with a trusted advisor have a much higher success rate. This may be your accountant, a mentor, or a business coach or consultant. Find someone who will take the time to understand you and your business, ask the tough questions, and hold you accountable to get things done.

Ann Gibbard is a Business Success Partner with Oxygen8 Consulting. For a free Business Diagnostic contact Ann at [ann@oxygen8.co.nz](mailto:ann@oxygen8.co.nz).

## Container return scheme

Marlborough District Council and Auckland Council have welcomed a funding announcement by Associate Minister of the Environment, Hon Eugenie Sage, for the design of a container return scheme (CRS) for New Zealand.

The two councils jointly applied for funding to the Waste Minimisation Fund to set up a project team and working group to co-design a CRS for New Zealand, with a final design due to be presented to the Government by August 2020.

An estimated 2 billion single-use beverage containers are sold in New Zealand every year and around half are not recycled.

Project Manager George Fietje said that, subject to Government approval, the scheme could be ready for implementation in 2022.

"Overseas results have shown that a much higher percentage of materials are recovered and recycled when a return scheme is in place, alongside kerbside recycling. It also keeps useful resources out of

# Massey Birdwood Settlers Association Inc.

Our hall is situated on the corner of Red Hills Road and Don Buck Road in Massey and is the home of:-

- Redhills Community Kindergarten - phone 09 833 6401.
- Massey Indoor Bowls – Wednesday nights from 7pm
- Massey Housie – Friday nights from 7pm
- Waitakere Cake Decorating Club – second Saturday of the month
- Aikido on Monday nights
- Hip Hop Dance classes – Tuesdays from 4pm to 6.30pm.
- Kung Fu on Thursday nights
- Scrap book classes in the Den first Friday of each month
- English Language Partners – weekdays during the School Term
- All Nations Church on Sunday
- Massey Birdwood Settlers Association (your local resident and residents and ratepayers' group)



For information about the hall and Massey you can contact our Secretary John Riddell on 09 833 6972, email - [masseybirdwood@gmail.com](mailto:masseybirdwood@gmail.com), check out our website [www.masseybirdwoodsettlers.org](http://www.masseybirdwoodsettlers.org) or our Facebook page [www.facebook.com/masseybirdwoodhall](http://www.facebook.com/masseybirdwoodhall).

# In Brief Updates

landfills and our environment, and creates new jobs and other benefits for local communities.

"Placing a value on containers means people 'return and earn' instead of disposing of containers, and councils receive a cleaner, less contaminated stream of recyclables.

"Many countries, states and provinces overseas have CRS schemes. In the past two years a number of Australian states have enacted legislation to join the long-running South Australia and Northern Territory schemes.

"The New Zealand project will deliver a CRS design that includes a cost benefit analysis to ensure the scheme's benefits outweigh the costs."

For further details, visit [Our Auckland](#).

## Lavender farm celebrates more success

Lavender Hill Farm gained two major awards at the New Zealand Lavender Growers Association Supreme Oil Awards.

The Riverhead farm is one of Auckland's largest lavender farms with two main fields in the Grosso (French Lavender) and Angustifolia Pacific Blue (English Lavender) varieties.

Angustifolia won gold and overall trophy for Best in New Zealand from its 2017 harvest.

Grosso got silver for Lavender Hill's 2019 harvest.

The NZLGA Supreme Oil Awards, this year hosted in Wellington, are held in high regard and attract both New Zealand-based and international lavender growers.

"We are incredibly proud to receive these awards," Lavender Hill owners Jason and Trish Delamore say. "Our organic, spray-free lavender oil is harvested by hand and produced right here on the farm. It's fantastic to see our hard work recognised at a national level."

Lavender Hill also produces its own olive oil and partners with New



Zealand-based suppliers to create an impressive range of products such as organic honey, Lavender Gin, Saffron Gin and hand-crafted Limoncello - the latter two recently winning silver at the NZ Spirits Awards.

All of Lavender Hill's boutique spirits have earned 93/100 and five stars from Wine Orbit.

Jason and Trish bought the lifestyle farm in 2015 and have worked hard to transform it into a world-class facility.

The farm is popular with visitors, particularly during summer when the lavender fields are in bloom. An olive and lemon grove also feature, along with five alpacas and a modern, four-bedroom holiday accommodation for short stays suited to wedding parties and others wanting to experience the best of Riverhead and the surrounding region. Visit [www.lavenderhill.co.nz](http://www.lavenderhill.co.nz) for more information.

## Creating Calm for Kids

The world seems to be charging ahead at an ever increasing pace. Life is getting busier, more stressful, expectations higher and to-do lists longer. How often do we take the time to slow down and breathe? Do our kids?



Creating Calm for Kids is a 10 week mindfulness and movement course devoted to providing a safe space for youth to take a step back from the stress and rush of everyday life. It's about using gentle movement and stretch, slowing down the body and creating calmness in the mind. It aims to teach children techniques to manage the pressures of everyday life, developing strength, resilience and confidence. It will draw on concepts such as mindfulness, meditation, diaphragmatic breathing, body awareness, and happiness practices.

Creating Calm for Kids is held at 124 Matua Road, Kumeu. For more information, please email Yolanda at [yolanda@kinetex.co.nz](mailto:yolanda@kinetex.co.nz).

## Waitakere Grey Power

Waitakere Grey Power Association is holding its final General Meeting for this year on Thursday 5th December 2019 at 10.00am at the Swanson RSA, 663 Swanson Rd, Henderson. Our Guest Speakers will be from St. John Northern Region who will talk about medical alarms and the St. John Supporter Scheme.

At 12.00 midday at the conclusion of our meeting, members and friends are invited to join our President and Committee for lunch at your own cost at Swanson RSA. We look forward to seeing you there and hope you can attend. Mate Marinovich President Waitakere Grey Power



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Luke Kemp  
 LL.B. (HON), DIP. TORT



# In Brief Updates

Association 247 Edmonton Rd Te Atatu South 0652 Auckland.

## What is Scouts?

As described by several Scout section members.

Scouts is a place where you get to experience new things, you get to hang out with friends and make new friends.

Scouts is a place of learning, you learn about fire safety, first aid skills, air craft spotting, kayaking, caving, camp fire cooking, hiking, navigating, sailing, sports, swimming, woodwork, bush craft and how to safely use gas cookers to list some of the activities we do.

We earn personal challenge badges for exploring and learning new and different ways. You learn new skills that you build on and eventually as you progress you get to teach these skills to the younger Scouts.

Scouts is a fun adventure for all youth (boys and girls) aged 11-14 years.

We learn all about knots, so we can build rafts, make rope ladders, bridges and many more cool things. We will then use these knots for all sorts of things for the rest of our lives.

We use many traditional things in Scouting, this include flag break at the



beginning of the evening and flag down at the end of the evening, and this has been like this for generations.

We wear a uniform and scarf, the scarf is unique to each group.

One of our highlights as a Scout is Jamboree, these are held every 3 years and are 10 days long. We are joined at Jamboree with Scouts from all over New Zealand and from overseas. During the last Jamboree, we did awesome things like flying in helicopters; we paddled paddle boards; did clay bird shooting, and a whole lot more

Are you interested in finding out more about Scouts? Then head to [www.scouts.org.nz](http://www.scouts.org.nz) or email me [zl.waitoru@zone.scouts.nz](mailto:zl.waitoru@zone.scouts.nz) Craig Paltridge. Waitoru Zone Leader.

## Personalised Santa sacks for Xmas

Spoil a loved one this Christmas with a personalised Santa sack. A perfect way to present a child's gift this Christmas, especially for those difficult to wrap presents. Made from thick cotton canvas with drawstring ties, these Santa sacks will be great for use for many years. Sacks are available in four festive designs with a selection of font options for printing your child's name. 50x70cm these large sacks will fit everything you require. Only \$24 each including personalisation. For more information and to order online visit our website - [bowring.co.nz/shop/product-category/santa-sacks/](http://bowring.co.nz/shop/product-category/santa-sacks/), email or visit us in store. Email [orders@bowring.co.nz](mailto:orders@bowring.co.nz), phone 09 412 9521. 10B Shamrock Drive, Kumeu.

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### Exclusive APT Cocktail Evening

Have you toured or cruised with APT before? Then this evening is for you. Join us as Anne Waterhouse from APT shares what's new in the wonderful world of river cruising. Discover amazing destinations such as Canada, Alaska and Japan, with fabulous specials available on the night. If you want to travel with APT in the future, we would love to see you there as well.

When: Tuesday 26 November at 6pm

Where: Please RSVP for venue details

RSVP: Email [hobsonville@helloworld.co.nz](mailto:hobsonville@helloworld.co.nz) or phone 09 416 1799 to reserve your place

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# Property

## Should you tell your kids about the family trust?

Telling them may undermine their enthusiasm to get qualifications and to seek well-paid work. However, from 2020 onwards, trustees are required by law to inform potential beneficiaries about what assets are in the trust and provide a copy of the trust deed. Importantly, most trusts formed during the lifetime of a parent are discretionary trusts. This means that a beneficiary cannot insist on receiving something from a trust. Rather, a trustee is only required to consider the potential beneficiaries for a distribution.

The change in law is based on the current policy view that beneficiaries of the trust are best placed to ensure that the trustees are good custodians of the assets held by them. This does not always rest easy with those of the older generation who have generated the wealth held by the trust and expect a first call on the trust wealth in priority to the next generation. Nonetheless, when the time arrives, most lawyers and accountants will have formulated a disclosure letter suitable to show that the trustees have complied with the new law.

Luke Kemp, Kemp Solicitors - phone 09 412 6000 or email [luke@kempsolicitors.co.nz](mailto:luke@kempsolicitors.co.nz).

## Property market report

We've seen the first signs of a pick-up in the past few months, although it's more been a case of the market stirring. The pace of house sales has clearly lifted from the snail pace of the past six months as the Capital Gains Tax back-down and falling mortgage rates have emboldened buyers. On our favoured 3 month/3month percentage change basis, NZ housing turnover is up around 2%. A turnaround in the fortunes of the Auckland market has been behind much of the turn in Nationwide activity. Monthly nation-wide house sales are now running around 8% above the recent March lows, with Auckland responsible for about 70% of this lift. A rapid recovery for sure, but we'd characterise it more as a return to normality.

There's been a couple of other developments that have confirmed to us the market has turned. First, houses are selling faster. Nation-wide days to sell a house have been falling for the past four months and now stand at 37.2 days.

Second, new listings have started to pick up (seasonally adjusted). Recall that inventory has been extraordinarily low this year as new listings have slowed to a trickle. But early signs of an increase in listings over the past month suggests sellers are becoming encouraged by the improvement in market conditions. This bodes well for further recovery in housing activity in coming months. Recent sales for the month:

Hobsonville Residential \$570,000 to \$1,318,888

Massey Residential	\$519,000 to \$1,460,000
Swanson Residential	\$761,000 to \$858,000
Swanson Lifestyle	\$1,065,000
Waitakere Residential	\$735,000 to \$748,150
Waitakere Lifestyle	\$1,050,000 to \$1,520,000
West Harbour Residential	\$345,000 to \$1,145,000
Whenuapai Residential	\$1,135,000 to \$1,185,000

To ensure you get the very best return on your property sale, ensure you have the best relationship possible with your chosen agent, agree on a focussed marketing plan and an audience profile coupled with a process that will deliver competition and commitment. Failure to understand that this is a very careful and considered market is a failure to complete a sale. I would recommend that you and I get together and have a chat about the advantages that a Mike Pero solution delivers in services and support to ensure the very best price is achieved in the very least amount of time. Call me today on 0800 900 700, text me on 0276 320 421 or email me at [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com). See more at [www.grahammcintyre.com](http://www.grahammcintyre.com) - Mike Pero Real Estate Ltd Licensed REAA (2008).

## Are you in a de facto relationship?

By Francine Cameron, Solicitor, ClearStone Legal

Do you sometimes stay the night at your girlfriend's flat? Have you got a spare toothbrush at your boyfriend's house? Have you become extra cosy with your flatmate? Do you take your "friend with benefits" to visit family?

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 (of any gender) go your separate ways, or on your death, your partner could be entitled to 50% of your property (or at least what you thought were your property, but has now become "relationship property"). This can affect not just you, but also a child/children particularly where there is a child/ren from a previous relationship by one or both partners.

In deciding whether there has been a de facto relationship, the Family Court will decide each case on an individual basis and take into account nine factors of the relationship. There are nine factors they will consider, and not all of these need to be happening in order to fall under the definition. The Court will place different emphasis on each - including:



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# Property

- How long have you been together?
- Do you live/stay together? (you could "live apart" but often stay overnight together)
- Is there a sexual relationship?
- Is there sharing of money or financial dependency?
- Do your own, use, buy or share property together (eg furniture, chattels, car etc)
- Is there commitment to a shared life?
- Is there care/support of children?
- Who performs household duties?
- Are you viewed by others as a couple?

You can find yourself in a de facto relationship without you knowing it, as it can gradually move that way, rather than suddenly come about because of a specific event such as officially moving in together or a wedding. It can sometimes be difficult to decide when "dating" ends and a de facto relationship begins.

In general, 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, joint bank accounts, kiwisaver/superannuation, income earned during the relationship, assets/liabilities which are mutual use & benefit (i.e. the family vehicle or credit cards) and assets acquired during the relationship etc.

If you think your relationship might fall into the de facto category, don't take your toothbrush back yet and don't stop cooking dinners for your girlfriend, instead have a chat with the friendly folk at ClearStone Legal (incorporating Kumeu-Huapai Law Centre) and they'll help you understand how this may apply to you and your options. Phone 09 973 5102 to discuss this further and to make an appointment.

## RTA amendments

I am going to continue from last month's column where I was detailing some of the recent changes of legislation affecting Landlords and Tenants, specifically RTA (Residential Tenancies Act) amendments bill #2, last month I covered the landlord's obligation to provide property insurance details to the tenancy, this month I will explain the other 2 changes from this piece of legislation.

Unlawful Dwellings - A few years back readers may recall a lot of media attention around the subject of unlawful dwellings, this was because tenancy tribunal suddenly



started taking jurisdiction over this matter by ordering a full refund of rents to be paid back to the tenancy. This started a landslide of cases and some disproportionate rulings were made regarding minor discrepancies to an otherwise compliant building, some of these cases were eventually appealed and won by landlords which rationalised the situation at Tenancy Tribunal considerably however the RTA simply did not have any content regarding unlawful dwellings.

The new RTA amendment has given the Tenancy Tribunal the mandate to rule on what is a legal dwelling and issue penalties deemed proportionate with the discretion, it also allows tenants to terminate a tenancy on the grounds of it being an illegal dwelling, of particular interest is that the tribunal can now order a landlord to make changes to the property which is a new level of power for the tribunal.

Our general advice on this matter is don't rent anything that is not consented as a separate dwelling, minor discrepancies should be fine assuming all work is up to a complaint standard, if you have an independent space that is a part of your own home (where you reside) then you can legally rent this space using as a flat sharing agreement NOT a tenancy agreement in which case any arising disputes would be heard by the Disputes Tribunal rather than Tenancy Tribunal.

Methamphetamine Standards - Due to the growth of larger scale importation of methamphetamine it is clear that smoking P is clearly on the rise but home based meth manufacture is almost non-existent, this clandestine lab activity was the thing that originally started the meth contamination scare in rental properties as meth manufacture involves a nasty cocktail of chemicals that is undeniably harmful in a home environment, anything we see these days is smoking related.

There is now some content in the RTA regarding meth testing and decontamination (including other illegal substances) however landlords are still awaiting the regulations to be written which the RTA amendments will be based on (12 to 18 months away at this stage). All other sectors in the property industry have adopted the newer Gluckman report level of 15MU, being the level up to which smoking related contamination is now considered harmless. For private landlords the MBIE agency, Tenancy Services currently refer to both the Gluckman level and the older NZ standard of 1.5MU with no guidance on which applies when renting a property.

Our general understanding is that landlords are not obligated to pre-tenancy test if there is no reason to suspect the presence of meth, if the property is tested and fails Gluckman's 15MU level then it should be decontaminated to meet the NZ standard of 1.5MU. If a private landlord finds a property has a presence of between 1.5 and 15MU then it is very unclear if you are legally allowed to rent it however it is well publicised that Housing New Zealand do rent properties in this range.

If anyone has any queries regarding this information, I am happy to be contacted directly by phone or email, Brendon Stuckey from Quinovic Property Management West Auckland, brendon@quinovic-wa.co.nz, 09 837 6000, 027 490 7777.

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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	1,150,000	300M2	219M2	1,160,000					
	1,250,000	366M2	247M2	1,150,000		570,000	605M2	80M2	519,000
	1,000,000	267M2	164M2	1,090,000		630,000	701M2	160M2	525,000
	1,225,000	323M2	241M2	1,070,000		660,000	507M2	110M2	624,830
	840,000	147M2	140M2	840,000		760,000	210M2	184M2	886,000
	1,175,000	322M2	226M2	1,042,000		730,000	703M2	170M2	805,000
	1,425,000	362M2	307M2	1,318,888		700,000	450M2	157M2	801,000
	1,350,000	354M2	259M2	1,300,000		580,000	610M2	130M2	605,000
	800,000	160M2	145M2	855,000		960,000	1067M2	220M2	780,000
	870,000	199M2	163M2	890,000		830,000	1151M2	149M2	822,000
	800,000	199M2	144M2	825,000		1,025,000	879M2	270M2	975,000
	930,000	187M2	199M2	950,000		810,000	613M2	150M2	825,000
	515,000	53M2	65M2	570,000		930,000	777M2	250M2	912,500
	1,000,000	335M2	138M2	1,000,000	SWANSON	1,010,000	1298M2	183M2	858,000
	1,200,000	300M2	240M2	1,035,000		805,000	1509M2	102M2	761,000
	1,200,000	319M2	231M2	1,090,000		1,075,000	4.07HA	334M2	1,065,000
	935,000	281M2	185M2	999,000	WAITAKERE	1,175,000	4.06HA	220M2	1,520,000
	1,250,000	416M2	190M2	1,111,000		920,000	1690M2	135M2	735,000
	620,000	0M2	84M2	650,000		755,000	812M2	132M2	748,150
	575,000	0M2	76M2	600,000		1,115,000	5HA	177M2	1,050,000
	595,000	0M2	79M2	600,000	WEST HARBOUR	930,000	852M2	120M2	345,000
	620,000	0M2	84M2	650,000		770,000	639M2	90M2	730,000
	675,000	0M2	89M2	650,000		870,000	674M2	150M2	850,000
MASSEY	840,000	413M2	148M2	865,000		880,000	670M2	110M2	771,000
	800,000	403M2	124M2	800,000		890,000	746M2	120M2	686,000
	1,325,000	9155M2	282M2	1,460,000		1,100,000	799M2	211M2	1,145,000
	830,000	450M2	148M2	800,000		1,225,000	725M2	180M2	1,050,000
	615,000	845M2	150M2	795,000		1,100,000	458M2	220M2	920,000
	720,000	503M2	153M2	716,000		990,000	373M2	213M2	748,000
	685,000	1169M2	190M2	780,000		880,000	492M2	110M2	795,000
	710,000	379M2	130M2	773,000		1,350,000	812M2	280M2	1,100,000
	790,000	878M2	140M2	710,000	WHENUAPAI	1,200,000	359M2	265M2	1,135,000
						1,295,000	1366M2	230M2	1,185,000

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

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## THE COMPLETE LIFESTYLE PACKAGE

4 1 1

Asking Price \$1,095,000

### 7 Kaipara Lake Road, South Head Asking Price \$1,095,000

Set high overlooking the exclusive Tupare Estate is this fully renovated four bedroom home. Open plan living with great indoor outdoor flow to a huge deck make this home an entertainers delight. The commanding view of the Kaipara Harbour is panoramic. The harbour can be accessed from the Tupare Estate's private boat ramp. This 4.17 acre property is divided into four paddocks of improved pasture, great soil. There are two paddocks with animal shelters and one with a three bay shed with a concrete floor and two roller doors, all paddocks have reticulated water from the estates bore. Tupare Estate home owners share an enviable number of community facilities, a large hall, tennis courts and a comprehensive equestrian facility; arena, stables wash bay, stock yards and a loading ramp.



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## GREENHITHE - FAMILY AND ENTERTAINERS HOME

4 2 2

By Negotiation

### 8 Archer Rayner Place, Greenhithe By Negotiation

Excellent design meets five star construction, this home offers the best of modern living with modern materials. Set on a North facing aspect, the home has a front to back split giving the open plan living environment almost a regal introduction from the entrance way. With study or guest room to the left and the balance of bedrooms and bathroom off a central hallway to the right. Entertainers kitchen with access on two sides to the alfresco patio and decking that dances in the sunshine for most of the day. Further an additional lounge area that connects to the kitchen's breakfast bar delivers a snug get away from the rest of the home. Situated a short distance from Greenhithe village, local school, parks and motorway access.



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## IN WITH THE NEW - BRAND NEW KUMEU

3 1 2

By Negotiation

### 36 Lumbarda Drive, Kumeu By Negotiation

All day sun, meets modern living in the heart and soul of Kumeu, offering easy access to shops, school, sports fields and fabulous west coast beaches. Kumeu is known as the gateway to some of the best recreational areas in Auckland and if you are wanting the convenience and ease of living within easy reach of bike-parks, black sand beaches and bush walks it is a haven of opportunity. This brand new Golstruct home offers all the convenience of modern living, offering open plan entertaining with alfresco to the North West, ensuring unlimited sunshine and alfresco patio at the days end. Full landscaping and a parcel of lawn to afford convenience and greenery. Three generous rooms, including master with ensuite and a garage. Short walk to Huapai Primary School, Shops, Park, and transport links.

[www.mikepero.com/RX2066147](http://www.mikepero.com/RX2066147)



**Graham McIntyre**  
027 632 0421

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



## FRESHLY FORMED - NEW IN KUMEU

4 1 2

By Negotiation

### 40 Lumbarda Drive, Kumeu By Negotiation

Sunshine, sublime open plan living and simple elegance is all on offer here. Looking for a quality build offering four bedrooms, two bathrooms and garage for toys, tools or home gym, this is the new home for you. Newly finished and offered for sale as surplus to requirements, this Golstruct home delivers a cool, open plan entertainers living environment coupled with wide sliders opening to North West patio and lawn area. Not only is the home designed for function, it has the ability to isolate quiet zones (bedrooms) from conversation zones (kitchen, dining, lounge and patio) effortlessly and using bathroom and ensuite/walk-in as sound barriers. A twist on convention but with very sensible outcomes. A short walk from primary school, park, convenience shopping, and transport links.

[www.mikepero.com/RX2066146](http://www.mikepero.com/RX2066146)



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## VIEWS TO THE TASMAN SEA - WAIMAUKU

4 2 2

By Negotiation

### 94 Hinau Road, Waimauku By Negotiation

Set on almost 1.5 acres of gentle sloping land with a bush framed vista to the Tasman Sea. This 1980's period build offering a delightful upstairs/downstairs home within a glade of gardens and native plantings, out of the wind and positioned to mingle with the Tuis and Wood Pigeons. Good space upstairs with three rooms and open plan living, linking alfresco to the east and west while downstairs has a bathroom, bedroom plus living area, double garage and workshop. Not short on space and offering some cosmetic uplift opportunity for you to apply your personal touch of colour and style. All the foundations for an extended family or having friends or guests stay over. In close proximity to beautiful coastal walkways, Waimauku Primary School, Parks and West Coast Beaches.

[www.mikepero.com/RX2066197](http://www.mikepero.com/RX2066197)



**Graham McIntyre**  
027 632 0421

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



## BEAUTIFUL CHARACTER BUNGALOW - WAITAKERE TOWNSHIP

3 2 1

By Negotiation

### 94 McEntee Road, Waitakere By Negotiation

Original in so many ways, but presented to a meticulously high standard. Built at a time when tradesmen were tradesmen and wallpaper was a statement, this is a classic bungalow, a best of the best example of how things were made to last beyond a lifetime. Since the 1960's this land and home has been crafted and loved, and cherished and has certainly met the needs of family. Three generous bedrooms, one bathroom, separate kitchen, separate dining, separate lounge and separate laundry area. You will appreciate this property for its character, its pedigree and longevity. An independent double garage and large fully fenced section completes this offering which is honest and substantial. Close to Waitakere Primary School, RSA, Convenience Store and transport links to Swanson Train Station.

[www.mikepero.com/RX2071416](http://www.mikepero.com/RX2071416)



**Graham McIntyre**  
027 632 0421

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## WILLIS BOND STUNNER WITH WATER VIEWS

4 2 2

By Negotiation

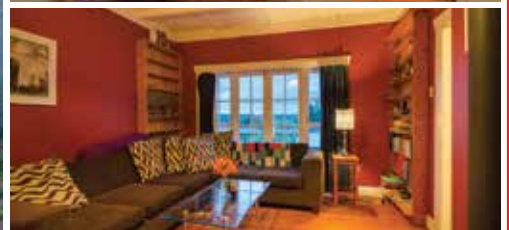
### 105 Buckley Avenue, Hobsonville Point By Negotiation

Located in the sought after Sunderland precinct, is this spacious Willis Bond sun and light filled home enjoying amazing water views across the Inner Harbour. Less than a year old, this beautiful home features luxury coastal living with four big bedrooms, master with walk in robe and ensuite, entertainers kitchen, open plan living and double internal garaging. A superior build with peace of mind warranties and the enduring quality of solid brick construction. Join the vibrant Hobsonville Point community with restaurants, cafes, Farmers market, Bomb Point, the Te Ara Manawa coastal walkway, great schools and transport links including the ferry on your doorstep. Call Cherry now to view.

[www.mikepero.com/RX2071867](http://www.mikepero.com/RX2071867)



**Cherry Kingsley-Smith**  
021 888 824  
cherry@mikepero.com



## NORTHWEST ASPECT - COUNTRY COTTAGE IN HELENSVILLE

2 2 1

By Negotiation

### 203 Mangakura Road, Helensville By Negotiation

Nestled in a quiet glade overlooking most of it's 1.5 hectares is this very private country cottage. Offering a feel of ambience, a touch of nostalgia and a tranquil place of relaxing contemplation. If you are seeking land and home that oozes personality and character, this is one that will feature high on your list. Motivated owner and lots of little projects to enjoy, come and feast your eyes on this great delight. The CV on this property is \$1,075,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX2066202](http://www.mikepero.com/RX2066202)



**Graham McIntyre**  
027 632 0421  
graham.mcintyre@mikepero.com





**TWO BEDROOM HOME IN HEARTLAND HOBSONVILLE** 2 1 1

By Negotiation

**291 Hobsonville Road, Hobsonville**  
By Negotiation

A flat fully fenced section with a very tidy, refurbished two bedroom home. If you're looking for an easy care, pet friendly home with flat easy access to convenience shopping, and amenities this brick and weatherboard home delivers a world of convenience. Offering two generous bedrooms, central bathroom and single garage. An open plan kitchen, dining, living that steps out to a north facing patio delivering generous sun and established planting in a private setting. The Owner is set for departure overseas and asks for your immediate interest in this exclusive fee-simple titled home.



**Graham McIntyre**  
027 632 0421

graham.mcintyre@mikepero.com

[www.mikepero.com/RX2077529](http://www.mikepero.com/RX2077529)

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



**BEST APARTMENT LIVING HOBSONVILLE POINT** 2 2 2

Asking Price \$669,000

**204B / 160 Hobsonville Point Road, Hobsonville**  
Asking Price \$669,000

You will find amazing value in this exceptionally well appointed apartment. Whether you want a secure lock and leave lifestyle or the simplicity and convenience of Hobsonville Point life, this property certainly delivers. Open plan modern spacious living includes a complete appliance package. Two bedrooms, main bathroom, master with ensuite and walk in robe complete the design. Take the opportunity now to secure a great investment or your new home in the vibrant Hobsonville Point community with easy access to great schools, cafes, restaurants, shops, Bomb Point reserve and the magnificent Te Manawa coastal walkway.



**Cherry Kingsley-Smith**  
021 888 824

cherry@mikepero.com

[www.mikepero.com/RX2075126](http://www.mikepero.com/RX2075126)

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



## THE PERFECT LIFESTYLE PROPERTY

4 2 2

By Negotiation

### 535 Peak Road, Kaukapakapa By Negotiation

This property enjoys north facing panoramic views of the surrounding countryside. A spacious 252 m2 four large bedroom home provides plenty of room. A large open plan kitchen with breakfast bar opens out to the dining area and the lounge, there is also a large media/family room which opens out on to the two level deck. This house has great indoor/outdoor flow, there is a spa pool inset into the lower deck. This home is complimented with a high quality renovated kitchen with marble benchtops and a modern bathroom and ensuite. There is a well appointed sleepout for when guests come to stay and a large double garage which includes a workshop. There is plenty of grazing on this 3.1 ha property (7.66 acres) with four paddocks a set of yards and a loading ramp.

[www.mikepero.com/RX1803721](http://www.mikepero.com/RX1803721)



**Lyndsay Kerr**  
027 554 4240

[lyndsay.kerr@mikepero.com](mailto:lyndsay.kerr@mikepero.com)



## AFFORDABLE LIVING IN RIVERHEAD - ENTERTAINERS HOME

3 1

By Negotiation

### 1014 Coatesville-Riverhead Highway, Riverhead By Negotiation

Owners motivated to move onto new project and welcomes your interest. A beautifully finished and landscaped contemporary bungalow. Offering a very modern open plan living out to sunny North facing decking to melt away the autumn shades. An altogether picturesque country cottage entrance entices you through the door to an open plan integrated kitchen, dining and lounge, with good flow to decking North and South. The home boasts three generous bedrooms and comfortable bathroom off the central hallway with ample storage all on one level. If you're a mature downsizer or a growing family you'll find plenty to be impressed by. A hop, skip and dawdle to Riverhead School, Hall, Cafés, Restaurants, Parks, Inner Harbour and walks. Brand spanking new CCC.

[www.mikepero.com/RX1814073](http://www.mikepero.com/RX1814073)



**Graham McIntyre**  
027 632 0421

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)





## 813SQM SECTION

By Negotiation

### 8 Drovers Way, Riverhead

By Negotiation

Flat, easy access, section in desirable Deacon Point. Take the time to appreciate the value attributed to the unique section within a short stroll to reserves, coastal walkways and the changing tidal patterns of the inner Waitamata harbour. Buy the section as is, or work with our building partner; Maddren Homes, a highly skilled team of multi-award winning Master Builders.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1835033](http://www.mikepero.com/RX1835033)



## 428SQM SECTION

By Negotiation

### 11 Papa Orchard Drive, Kumeu

By Negotiation

This beautiful Maddren Homes package has been designed to deliver convenient, easy living. Buy the section as is, or work with our building partner Maddren Homes, a highly skilled team of multi-award winning Designer and Master Builders.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1835017](http://www.mikepero.com/RX1835017)



## 472SQM SECTION

By Negotiation

### 38 Vinistra Drive, Kumeu

By Negotiation

Flat, easy access, section in Kumeu. Take the time to appreciate the value attributed to the unique section within a short stroll to sports park, Beer spot, convenience shopping, restaurants and cafes. Buy the section as is, or work with our building partner; Maddren Homes, a highly skilled team of multi-award winning Master Builders, priding themselves on quality, service and excellent outcomes.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1834904](http://www.mikepero.com/RX1834904)



## 451SQM SECTION

By Negotiation

### 42 Jane Maree Road, Kumeu

By Negotiation

Blank canvas to build in Kumeu. Take the time to appreciate the value attributed to this unique section within a short stroll to sports park, Beer spot, convenience shopping, restaurants and cafes. Buy the section as is, or work with our building partner; Maddren Homes, a highly skilled team of multi-award winning Master Builders, priding themselves on quality, service and excellent outcomes.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1835003](http://www.mikepero.com/RX1835003)



# Hobsonville Point

## Kiss Me Honey Honey Kiss Me

*This month Sue Heggie our story writer and Leanne Silver our resident photographer talk to Terry and Karlene Shaw-Toomey to learn more about their journey to the Hobsonville Catalina Bay Market. They were privileged to learn more about the process of honey-making and the importance of bees in all our lives. I am your local real estate specialist and delighted to sponsor this page. For a free no obligation appraisal of your home, contact Cherry Kingsley-Smith on 021 888 824 or cherry@mikepero.com.*



### How did this hive of industry all begin?

Back in 1994 Karlene stopped working in the print/advertising industry to have their first son Graydon, she then took 10 years off to raise their three boys and develop a landscaping business, Earthbound Landscaping. They both started Earthbound Honey in 2006 after a serious leg injury left Terry unable to continue his work in the print industry.



### How did the business turn into full-time love affair?

After many years as a hobbyist beekeeper, it was a fairly easy decision for Terry to swap his long hours and commute to the city

for a work-from-home, passion driven lifestyle. Although starting a home-based business has been extremely difficult, he says, they both have always fought hard to make things work. "We didn't really have a back-up plan as failure wasn't an option for us." Eventually, Karlene started loving the bees too, and gave up her landscaping work to join forces with Terry. Their honey was sold to friends initially, but it's now stocked all over the country. Mostly they have repeat customers - even those based overseas. "People seem to track us down," says Karlene.

### Are the whole family busy bees?

Their boys now have wives and children, and all have helped in the business from a young age, honey harvesting, moving hives, packing honey and helping with market stalls. Now, the couple's eldest, Graydon, works full-time on Earthbound Honey and his wife, Kyra, helps with the marketing when she has time.



### What range of products do you have?

Terry and Karlene are continually innovating. Due to the fickle nature of the honey seasons they have created a range of different honey vinegars, called honeygars. With their excess beeswax, Karlene has developed a range of handmade balms, body crèmes, facial moisturisers, soaps and sustainable beeswax food wraps. Incidentally, I had a go at making these myself and in the process ruined the iron, got beeswax stuck over everything and ended up with a few limp little wraps. I strongly suggest you pay the small purchase price for Karlene's vibrant, pretty ones. Pair them with a bee's wax candle and some honey and vanilla lip balm from Earthbound's The Forgotten Garden range and there's some Christmas shopping done right there. Have you a bearded or tattooed hard-to-buy for person on your list? Try the hair wax, tattoo balm, and beard wax from the Hipster range. What about a teen relative? The Sea Buckthorn facial moisturiser for oilier skin could be a winner. All products are chemical, paraben and preservative free.

Earthbound also stock, exquisitely handcrafted Svord professional chefs' knives, Santoku kitchen knives and peasant knives. It's great to see locals supporting locals in this way.

# Hobsonville Point

## What stings about this business?

Varroa has made keeping bees happy and healthy a very labour intensive process, good quality treatments are expensive and the Varroa can create pathogens in the hive that can weaken the colonies.



## What about the sweet nectar of caring for bees?

Firstly, they find working in nature with the bees definitely gives them a better perspective on their lives, they learn the rhythm of the seasons by default and seem to be more in tune with the cycle of nature. Secondly, the farmers markets as they get to meet so many customers and talk to them about the wonderful little insects that we all rely on.



## Honey, nature's salve?

The nectar the bees collect from the manuka flowers is already medicinal but the process the bees go through to turn the nectar into honey is truly amazing. All raw and natural honeys produce hydrogen peroxide, but manuka honey has a special non-peroxide

activity making it even more anti-bacterial and anti-microbial. Scientists around the world are studying manuka honey and finding that this honey inhibits many nasty bacteria and infections. They have also discovered through customer feedback that the MG rated manuka honey helps with irritable bowel, burns, stomach ulcers, acne, eczema, mouth ulcers and more.

Terry and Karlene very knowledgeable about their products so if you want some advice it's there for the asking and served with a smile.



## What's in the hive in the future?

They are always thinking of new projects, something they have always wanted to try making is Mead. (watch this space). Terry and Karlene are also developing workshops to introduce all ages to beekeeping. "Looking after bees is a hit and miss thing unless you have good practical knowledge," says Terry. They have developed their first practical programme that will help those who are thinking of becoming a beekeeper or novices beekeepers look after their bees more effectively.

It would be very exciting to have some hives here at the Point and discussions have been started around this idea. It would be great to contribute even in a small way, to support the vital work of bees.

There are hints that Earthbound Honey may even collaborate with Little Creatures to produce a new beer. Now that would be something to cheer about! [www.facebook.com/earthboundhoney](http://www.facebook.com/earthboundhoney),

## Your feedback and ideas are welcome:

Story Writer - Sue Heggie, [heggies@xtra.co.nz](mailto:heggies@xtra.co.nz)

Photographer - Leanne Silver, [leanne@argent.me](mailto:leanne@argent.me), Argent photography on Facebook, [instagram@argent\\_photography](https://www.instagram.com/argent_photography)

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# Hot Property



## Stunning Coastal Living

Located in the sought after Sunderland precinct of Hobsonville Point is this gorgeous and spacious Willis Bond four bedroom sun and light filled home, enjoying water views across the Inner Harbour. Less than a year old, this beautiful home features a superior build with quality fittings and appliances throughout and the enduring qualities of a solid brick construction.

Ground floor offers spacious modern living with high stud ceilings and magnificent polished concrete floors. Entertainers will be delighted by the well-appointed kitchen, stone benches, designer lighting and Fisher

and Paykel appliances. With a North West aspect the open plan dining and living flows seamlessly through wide glass sliders to the sun soaked front patio and garden. Ease of living is provided by side by side internal double garaging and a powder room.

First floor beckons with a wide stairwell leading to four spacious bedrooms. Wake up to the famous Buckley Ave palms and views over the water from the gorgeous master bedroom with its own deck and luxurious walk in wardrobe and ensuite.

The second bedroom currently doubles as a top floor lounge with the same glorious outlook and deck access. Two more light and spacious double bedrooms complete the first floor design with a large central



# Hot Property



bathroom and study nook.

Join the vibrant community that is Hobsonville Point with just a short stroll to Catalina cafe for your morning coffee.

Nearby is the magnificent Te Ara Manawa coastal Walkway, Bomb Point reserve, Farmers markets, great cafes and restaurants including Little Creatures brewery, Fabric cafe and Siamese Doll. In zone for great schools and close to all transport links including the ferry.

For viewing and more information, contact Cherry now on 021 888 824 or [cherry@mikepero.com](mailto:cherry@mikepero.com) - Mike Pero Real Estate Ltd Licensed REAA (2008).



# Home & Garden

## Laser Plumbing and Roofing

We are lucky to have a new Maintenance Plumber join our team here at Laser! Welcome Paul! Paul is a registered plumber with many years of plumbing experience under this belt. He is experienced in all aspects of plumbing maintenance and is super friendly and efficient!

Laser Plumbing & Roofing Whenuapai is your local plumbing company based in Whenuapai. We are committed to servicing our local community families and businesses with great service at reasonable rates. We are specialists in hot water systems, roofing and gutters, plumbing maintenance, repairs and installations and all drainage solutions. We offer a state of art 24 hour drain un-blocking service and 24 hour plumbing service for those untimely emergencies....as we know these can come at any time!

And of course you will always receive our 'Totally Dependable' service, guaranteed.

Contact us today! We are open five days a week from 7am-4:30pm and are located at Unit 4, 3 Northside Drive, Whenuapai. Phone 09 417 0110 or visit our website [whenuapai.laserplumbing.co.nz](http://whenuapai.laserplumbing.co.nz) for more information.



## Spring

If you are considering overhauling your landscape, adding new features, changing up the planting or installing new hardscapes, spring is a great time to complete this work. It allows enough time for the work to be finished prior to the holiday period and to enjoy the new landscape come summer.



Whether in pots, planters or beds, plants should be refreshed or changed up in the spring with new season plants and flowers. New trees and shrubs can also revitalise your landscape. Buds that bloom during the spring can bring different colours to your space at this time.

Wyatt Landscaping Supplies are your local, family owned supplier of all landscaping supplies. We can help with hard landscaping components, decorative products, soils, planting mixes, lawn seed, fertilisers, mulch, bark products and more. Feel free to contact the staff at your local branch at your convenience. Wyatt Landscape Supplies phone 09 411 9604 or

948 State Highway 16, Waimauku.

## Solarcraft - SEANZ solar resources for you

Solarcraft are members of the Sustainable Energy Association New Zealand (SEANZ). A "peak organisation who lead the energy independence vision...". Representing "all stakeholders from business to end-users of solar, batteries, home and building energy management systems and consumer-centric energy technology..."

Basically, they are our sustainable-electricity-best-practice-buddies, with excellent resources available to those who are 'solar curious' too. Here's a couple that we rate highly:

1) SEANZ CALCULATOR - Punch in some details and current power bill data and you can calculate (approx.) what size of solar system your home would require. This can be found on our website [www.solarcraft.co.nz](http://www.solarcraft.co.nz) and only takes a few minutes.

2) THE REAL NUMBERS - CASE STUDIES - SEANZ recently gathered data from 21 x homes living with solar. This is a great read and well worth going over to help you learn more about renewable energy... [www.seanz.org.nz/residential\\_case\\_studies](http://www.seanz.org.nz/residential_case_studies)

ANY Solar questions? Contact us anytime! PH: 0508 272389 W: [www.solarcraft.co.nz](http://www.solarcraft.co.nz).



## Why do you need to service your wastewater system?

Like dental appointments, car services and mole checks, it's really important that you regularly service your wastewater system. With all of these things, it can be tempting to ignore them because they're out of sight/out of mind... but the problem is you don't know what is festering beneath the surface, until it



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# Home & Garden

becomes a problem. The longer you leave it, the bigger the potential problem!

Here are the main reasons why it's important to service your system regularly:

1. To protect the health of your family by keeping things sanitary and hygienic
2. To look after your wastewater system so it lasts longer
3. To make sure your pump and air blower or aerator are running properly and energy efficiently i.e. not contributing to soaring power bills
4. To ensure you're looking after the environment, both within and beyond your property by having the field checked regularly
5. To prevent problems before they blow out and become expensive

In fact, it's so important that the Auckland Council has launched a new Water Quality Compliance Programme which will see them ask property owners to provide their inspection and maintenance records to council. It's their aim to make property owners understand their responsibilities related to onsite wastewater systems and to increase their awareness of their potential impact on water quality. HydroVac is proud to be working on the pilot scheme with the Auckland Council - please see our website for more details on this and what it means for you: [www.hydrovac.co.nz](http://www.hydrovac.co.nz).

## Caring for your Japanese maple

Awa Nursery has some stunning specimen size Acer palmatum (Japanese maples) in stock. Beautiful stunning reds and greens are such an eye catcher in the garden, and these are no exception. The Japanese maples are very versatile and adaptable trees. They thrive in most soils and climatic conditions. Care



and attention at planting time is key to a healthy maple. Japanese maples have a shallow fibrous root system. Be sure to apply a mulch around the tree to help retain moisture. Your planting site must be reasonably well-drained to avoid waterlogging. Your maple will thrive if they are planted in a location where they get sunlight during the day, a small amount of shade in the afternoon, and are sheltered from the wind. Sunlight enables the deep rich colours in the foliage. Major pruning should be done in the dormant season after all the leaves have fallen off. Corrective pruning can be done at any time of the year except between late winter and early spring when the tree is devoting all of its energy into the development of new foliage. Many Japanese maples are well suited to growing in containers. It is important the tree is planted in a mix that drains well to prevent waterlogging of the roots. Looking after a maple is surprisingly easy. Some care and attention at planting time will result in a low maintenance tree for years to come - Japanese maples

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can live for up to 150 years. Come and visit us at Awa Nursery and see for yourself these beautiful specimen Japanese maples.

Awa Nursery - phone 09 411 8712.

## Palmers Westgate

This month offers garden abundance as spring moves in to summer. The days are getting longer which gives gardeners more time to enjoy their home patch.



In the edible garden, plant your favourite summer vegetables such as corn, celery, cucumbers, eggplant and tomatoes. By planting basil next to your tomatoes, you'll improve the flavour of both plants. Passionfruit plants are now available in store too!

Hibiscus are in store and are looking stunning. Add to your garden for a cool tropical vibe. Swan plants are also available, add to your garden to attract butterflies.

Open 7 days, 8.30am - 5.30pm.

Phone 09 810 8385 | [www.palmers.co.nz](http://www.palmers.co.nz).

## Waimauku Garden Club

A full bus, a great day, and off to The Red Shed for a much needed coffee, tea, scone and muffin. A quick look at the garden and a toilet stop before heading to Karaka to Greenock Garden owned by Ian Fergusson and Kevin Hunt.

Ian welcomed us to their home and garden. The garden will be in full bloom as I write this but it was still a beautiful place. Also the wisteria will



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# Home & Garden

be out on the front fence now.

The kauri kit-set home with Welsh slate roof and handmade brick chimneys was framed by orchard trees, shrubs, established trees with bulbs and old fashioned spring flowers around at the foot of the tree trunks. It took your breath away.

This home was built in 1850 and came from Herne Bay to Karaka in 1993 to the Fergusson Farm. Then the restoration began.

Wait till you see inside. It felt homely and warm. Three rooms downstairs had fireplaces and they were all going. The kitchen is yet to be started but they have plans. I know if you were to arrange a visit there, you would not be disappointed.

From here we went to Waiuku to The Kentish Pub where we had good service and an enjoyable lunch catering to all our dietary requirements.

Across the road was the Museum, well worth a look. It's very well done.

Coming Up: Nov 21, Red Boat Trip/Picnic Lunch, to the bottom end of Waiheke Island.

Dec 19: Christmas Lunch at the Muriwai Golf Club.

Contacts: Althea 021 123 6448, Bette 021 145 1854, Diana 027 478 8928, Jan 021 108 7925 Judith 027 272 9994 Veronica 027 755 4645.

## Flower arranging – Christmas theme

Sunday 24th November 0930am – 1130am. Have you ever wanted to create your own Christmas wreath or a beautiful table setting for that special lunch or dinner but not sure where to start or how to go about it? Then this 2 hour workshop will be ideal to get you on your way (as well as impress family and friends).

Bea Stumple, an expert local florist, will be presenting this event.

Bea qualified as the top student in NZ when she completed her NZ Professional Floristry examinations 26 years ago and is one of only 16 people to have received the Ethel Black Award (a top accolade in the floristry world). She is also a registered examiner and accomplished tutor - so Bea knows her stuff.

She plans to stroll around the gardens with attendees selecting appropriate plants and flowers and then show you how to arrange them to best effect.

Bea will be explaining: Appropriate plants and flowers that work well together, various arrangement techniques and concepts, how to make your creations last longer and tools and materials required.

After the workshop maybe spend more time in the gardens which has a beautiful 1km nature trail meandering through the idyllic Kaipara countryside.\*

There is also a kid's play area as well as our cute little coffee shop on site plus of course the Plant Centre for you to browse through.

Our knowledgeable and friendly staff will also be on hand to help with any garden related questions.

\* Trail not suitable for wheelchairs or walking frames.

1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa.  
Tickets: \$15 per person. To Book: info@kaiparacoast.co.nz or 09 420 5655.

## The plaster master

This month's Tradie of the month is Joe Tahitahi, who has been working with Troake for over 5 years. Maddren contract Troake to take care of the installation and plastering of walls and ceilings, providing a flawless top quality finish.

Joe has proven himself time and time again to be the plaster master, providing quality workmanship with a great attitude. He is always very accommodating, dropping everything to help us out when required at short notice. Good on you Joe, we hope you enjoy your voucher from our proud sponsor Western ITM.



## Selling a house with asbestos?

As many of you know, real estate agents are required by law to disclose any details of the property that may affect a buyer's decision to purchase. The presence of asbestos can fall within this category, so it's imperative you disclose to your estate agent the possibility of your home containing asbestos.

Asbestos was heavily used in Muriwai from the 1950s-80s as a strong and durable building material to survive the wild West Coast. You can still see many baches containing fibrolite in the neighbourhood. Some asbestos materials are weathered, in poor condition and in need of repair and will incur extra costs when the time comes for removal and disposal. Residential asbestos removal can range from \$4,000 - \$30,000 depending on the product type, weight and extent, and can take 1 day to 2 weeks! This is why it's best to identify ACMs before listing, as





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### Steven Baxter

Painter & Decorator  
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# Central's Tips

## November 2019



It's starting to warm up and everything is growing! Get your summer vegetables ready by putting mulch or pea straw down to help them in the dryer months ahead, get the weeds under control and rejuvenate outdoor areas with a waterblast, scrub and paint.



### Feed the Bees

Plant bee-friendly plants like echiums and lavender to attract bees and get them to help pollinate your vegetables and fruit trees. Plus they look great in your garden.

### In the Veggie Patch

- **Attracting bees** – plant bee-friendly flowers such as echiums, lavenders and salvia in or near the vegetable garden. Most edible plants need bees for pollination, so get them hanging out in your garden
- **Plant basil and beans:** these are crops that tend to perform better if you wait until now. Because they are tender, they like the warmth of summer
- **Time to set the vegetables and fruit trees up for summer** – give them a deep water or, after a shower of rain, layer pea straw or mulch around them.



### Plant beans

Tender crops like beans like to be planted in warmer weather so now's the perfect time. Plus don't forget to put in some stakes so they can start climbing straight away.

### The rest of the Garden

- Our product for getting through the hot weather, in spaces where the soil gets dry, is **Aquaturf Max G**. It has a great formulation to help water penetrate to the roots of the grass or garden soil
- **Get on top of weeds** threatening the rest of the garden – particularly the vine types ones such as convolvulus and Cape ivy that choke desirable garden plants
- **Waterblast paths and paved areas;** paint or scrub the outdoor furniture – this gives the garden a clean, crisp look
- **Lawns that are growing weeds** – this is because the grass hasn't grown strongly enough. Bare areas provided a space for them to seed into. Spray with Broadsword (kills weeds, not grass), then re-sow with seed if necessary
- **Fertilise citrus trees and other fruiting trees** to encourage the growth of the crop they will be carrying, now the blossom is over
- **Sow sunflowers** for bright colours in the garden.

## Project for November

### Mulch Mulch Mulch!

Spreading mulch around plants is a great way to help them through the dry season. Plus, mulch inhibits weeds growing through the garden and it looks great.

Grab a trailer-load or get a truck-load of Mulch today. Central has many mulch options to suit the garden and the budget.





# We dig Garden Mix.

Our Living Earth Garden Mix is perfect for growing all types of plants in your garden this summer. Come and talk to the friendly team at Central Landscape Supplies Swanson about your garden project today.



Visit your local yard: **Central Landscape Supplies Swanson**  
**Open Hours:** Monday - Friday: 7am - 5pm, Saturday: 8am - 4pm, Sunday: 9am - 4pm  
[www.centrallandscapes.co.nz](http://www.centrallandscapes.co.nz) • 09 833 4093 • 598 Swanson Road, Swanson



# Build New

## Make a date. Get to know your local builder

Building new can be both an exciting and a daunting time, especially if it has not gone well for you before or you are new to the process.

There is no shortage of new build offers and incentives from a fridge to Rugby World Cup tickets! Not to mention the abundance of information, anecdotes and advice out there.

You don't know me. I am just another person in a local magazine to you, pushing around information on my Design & Build process.

And if the TV programme Catfish or the various dating apps are anything to go by, people are not always honest about who they are or what they do!

So I would like to make it easy for you and invite you to spend 30mins with me. A Free, no obligation, planning Session to help you with your new build project.

The value and experience I have gained over the last 17 years of my career has allowed me to develop the kinds of approaches and systems



that provides a quality and reliable way to build new.

I won't offer Rugby World Cup tickets. But I will offer my time and access to the systems and people I work with.

I will show you how to take your new building project forward in the most positive way.

So if you feel this is for you, let's get together. I will be the one who looks just like my profile picture. Book a Free Planning Session. Call Scott 0274 063 684.

## Signature bathroom trends

The bathroom is one of the busiest rooms in the house, but it can also be the most neglected in terms of style and design. With that in mind these are the trends to watch out for in 2019/ 2020 to spruce up your bathroom

Tap into the trends - Bold, sophisticated and unapologetic, black tapware is set to become a design classic, or add a stylish and practical touch with a matte finish like brushed nickel. Heavy metals are coming up in the ranks.

Weathered brass finishes look stunning against white tiles or boldly



# Country Lifestyle in Huapai

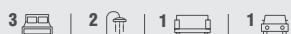
House & Land Packages available



**Textural Wonderland**  
\$890,000

**Huapai Triangle**

Home: 146m<sup>2</sup> | Section: 370m<sup>2</sup>



**Architectural Statement**  
\$1,090,000

**Kauri Grove**

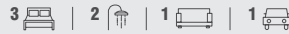
Home: 170m<sup>2</sup> | Section: 692m<sup>2</sup>



**Brand New with 10% Deposit!**  
\$899,000

**Huapai Triangle**

Home: 140m<sup>2</sup> | Section: 361m<sup>2</sup>



**Yours with 10% Deposit**  
\$879,500

**Huapai Triangle**

Home: 145m<sup>2</sup> | Section: 356m<sup>2</sup>



Contact Dean Pritchard for more information

027 471 1886 | 0800 020 600

deanpritchard@signature.co.nz

*Signature*  
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# Build New

coloured walls. Add drama to pastel walls and cabinetry with darker silvers, like pewter feature in Plumbing World's latest design forecast. "Look out for tapware with colour accents – chrome with black, black with rose gold or white trim".

Tile it up - Stacked square tiles are taking over from subway tiles as the go-to look. Feature wallpaper can make a bold statement, especially in toilets and powder rooms, and simple painted or panelled walls are budget-friendly options.

"Basic whites and pale greys are always beautiful, but your bathroom can also be a place for colour romantic reds, breezy blues, enigmatic greys – your bathroom colours set the tone of your day-to-day life," says Plumbing World.

Be bold with your basin - Vessel-style basins can be the hero of the bathroom in their own right, especially if you are short on space. Industrial sinks are an emerging bathroom trend as are coloured concrete styles.

Plumbing World pro tip | A vintage cabinet with a mounted vessel basin works well in an older home, or for a more contemporary look, pair a stunning two-tone black and white cabinet with a countertop basin.

Squeeze in more storage

The vanity is usually the centre piece of a small bathroom that doesn't fit a standalone bath, so look for a vanity option that not only looks amazing and has character, but is practical enough to provide ample bench space and storage. "Two-tone vanities are very popular, with different cabinet and drawer colours in woodgrain and coloured finishes" says Plumbing World.

Mirror, mirror on the wall - Plumbing World pro tip | Round and oversized mirrors are popular right now, and can also help make your space feel larger and grander.

We are proud to work with the best suppliers in the country to ensure we are delivering you uncompromised design, service and quality when building your home.

Plumbing World is one of our valued partners and they have recently launched a new Lookbook 'By Design', which you can check out here <http://docs.plumbingworld.co.nz/flipbooks/LookBook/2019-2020/>

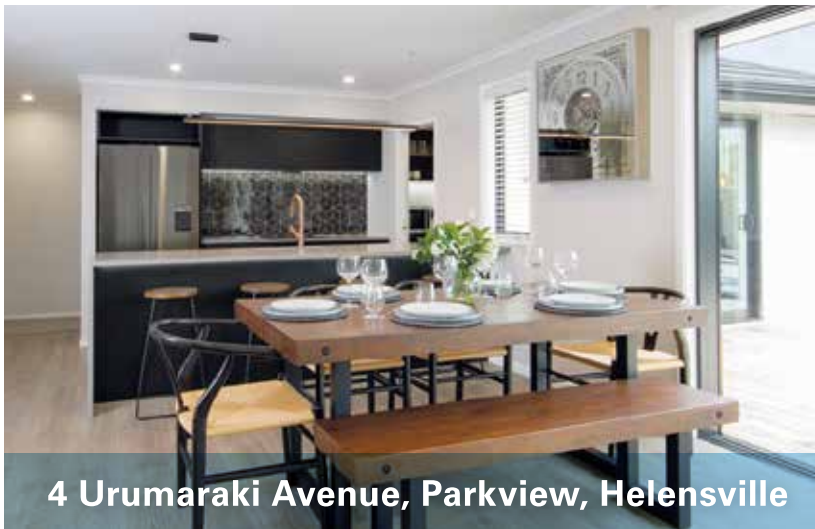
## Pitch perfect suburban elegance

Step into the future of urban family living. Sleek, striking Wainui Cove is the perfect balance of opposites.

The four-bedroom, two living room showhome has striking street appeal with its black mono pitched pavilions offset by ivory coloured weatherboard pods. Stylish cedar eyebrows frame the exterior and draw you into the vast central living space with high raking ceilings.

The elegant floor to ceiling glazed entry invites you into a spacious layout with separate private and public areas. A second lounge offers a private haven, opening out to a tranquil north facing rear deck shared with the master and surrounded by lush foliage. Clean lines, hidden details and perfect finishes, Wainui Cove has it all and more.

Open to view Wednesday to Sunday / 11am to 4pm. 186 Wainui Road, Millwater. [www.maddrenhomes.co.nz](http://www.maddrenhomes.co.nz).



4 Urumaraki Avenue, Parkview, Helensville



6 Urumaraki Avenue, Parkview, Helensville

## TWO EXCITING SHOWHOMES

If you're thinking of building and looking for ideas and inspiration then make this your first step.

Open Tuesday – Sunday  
12pm – 4pm

09 412 5371 [gjjardner.co.nz](http://gjjardner.co.nz)

G.J. Gardner. **HOMES**



# Pets

## Dog and Co

Are you wanting some gorgeous portraits of your pets to put up on the wall, or is it time to update your family photos? Feel free to get in touch with Kirsty from Dog&Co. Photography to organise a photoshoot at one of the gorgeous locations that Auckland has to offer! More info on website: [www.dogandco.nz](http://www.dogandco.nz).



## Country Bumpkins – dog day-care with a difference

At Country Bumpkins we are all about exercise and we think we have a special place to do just that. Our property has over 50 acres of private forest to run, play, roll and sniff amongst undergrowth and trees. All teams exercise 100% off-leash, which for many of our customers living in city suburbs, such areas can be difficult to find. Our dogs get the opportunity to regularly enjoy the simple pleasure of being free



in a safe environment. We also pick up and drop off and can use Garmin GPS collars (these are not electric shock collars) if needed. As one of our customers put it "My dog loves going to Country Bumpkins. She's collected from home, goes on an amazing dog adventure, and gets dropped back home. She waits for the van every Tuesday." If you think your dog would like this type of adventure, give us a call on 027 571 1672 or check us out on Facebook @countrybumpkinsnz.

## Kanika Park Cat Retreat

Ways to de-clutter while doing some good - article from Moderncat.com

Are your cupboards crowded with stuff you don't need, from extra towels to perfectly nice toys your cat simply didn't take to? Why not take stock of the excess and create some room in your life - all while doing some good? Most shelters and rescue groups are delighted to receive gently used donations

Items commonly needed by animal shelters; toys, blankets, kennels and crates, newspaper. Beds, towels, food and treats, leashes and collars, laundry detergent and office supplies.

You can view this article and others on our Facebook page [www.facebook.com/kanikapark](http://www.facebook.com/kanikapark)

We are on Instagram: [kanika\\_park](https://www.instagram.com/kanika_park)

Check out our website [www.kanikapark.nz](http://www.kanikapark.nz) or email us [info@kanikapark.nz](mailto:info@kanikapark.nz). You can also contact us by phone 09 411 5326 | 027 550 1406.





## MAKING MAGIC MOMENTS



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09 412 1000

248 Main Road, Kumeu, Auckland



## Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai. Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats. Donations appreciated at [www.thenzcatfoundation.org.nz](http://www.thenzcatfoundation.org.nz). Phone 09 412 2636 or 021 929 999 for further information.



**Lyndsay Kerr**  
LICENSED SALESPERSON

**Mike Pero**  
REAL ESTATE



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**AH** 09 411 7854  
**M** 027 554 4240  
**F** 09 412 9603  
**E** [lyndsay.kerr@mikepero.com](mailto:lyndsay.kerr@mikepero.com)  
[www.mikepero.com](http://www.mikepero.com)

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

# Your brand + your message = your success

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

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

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

In response to advertiser demand we offer the following options:

## **Business Card Advertising:**

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



## **Display Advertising:**

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



## **Front Cover and Inside Page:**

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



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



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



# Food & Beverages

## Wanting to get in before the Christmas rush?

Why not consider a gift pack of gourmet chutneys? The NoShortcuts range of artisan chutney, pickle, relish and jam is a real treat for foodies and your only challenge will be deciding which ones to choose.

All are handmade - just like mum made, chockful of natural, fresh ingredients and have no artificial flavours, colours or preservatives added.

These gift packs are also perfect as that seasonal 'thank you' for your team mates, staff or suppliers - and don't forget it's always handy to have NoShortcuts on hand in your own pantry, to liven up some home cooking, or to serve as part of an antipasto platter when unexpected guests pop in.

To find out more, make your selection or purchase, go to [www.noshortcuts.co.nz](http://www.noshortcuts.co.nz). These specialty gift packs are available from just \$20.00.



## Homemade herbal tea spritzers for summer

They taste better than a soft drink and are a healthier option... most herbal teas can be consumed either hot or cold and many make refreshing drinks when served over ice and with sparkling water on a hot day. Try this delicious Hibiscus Spritzer recipe this summer:



**Ingredients:** 1 tablespoon Hibiscus Flower tea (available from our online store), 250ml boiled water, 1 tablespoon (approx.) maple syrup, 500ml sparkling water and ice. Garnishes can include slices of citrus and a sprig of mint or some fresh berries with rose petals.

**Method:** Add the Hibiscus tea to a heat-proof jug then add the boiled water. Allow to steep for 5 minutes. Strain and allow the tea to cool. Once cooled, add the sparkling water and maple syrup (to your taste). Stir and serve in highball glasses over ice with a garnish.

**Kumeu Produce Market**

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New Zealand Herbal Brew offers a range of Certified Organic herbal teas which can be purchased from our online store [www.NewZealandHerbalBrew.co.nz](http://www.NewZealandHerbalBrew.co.nz) and are available in reusable glass jars. Our jars are great to refill with nuts, seeds, dried fruits or spices, or even to keep screws or buttons!

## The Hunting Lodge

Join The Hunting Lodge Executive Chef Des Harris for a celebration of local Kaipara & Rodney food producers. Meet the makers and growers behind each of the locally sourced foods and hear their stories while enjoying a delicious four course menu.

These artisanal food producers include Kaipara lamb & Kaipara oysters, Whangaripo Buffalo Co & Massimo's Italian cheeses, Mincher Gardens, Rydenberry Blueberries, John Tuckers Honey and of course The Hunting Lodge Chefs and Gardeners who grow & make their food on site.

With a four-course menu with drinks for only \$130pp, this will truly be a unique dining experience at The Hunting Lodge. Weather permitting, they will host you al fresco under the stars amongst the vines which will truly bring to life and honour the locally sourced/pasture to plate experience.

Plus, for any friends who live in town they can add on return transport from the Auckland CBD Viaduct for \$20pp to make the experience easy & hassle-free.



## Book Allely Estate for your next special celebration

It's spring and our gardens are starting to shine again, with new growth and lots of flowers and buds appearing. We've got a busy season ahead, with plenty of weddings booked, but did you know we also host lots of private functions? Milestone birthdays (21sts, 30ths, 50ths, 60ths and the like), engagement parties, wedding anniversaries, family reunions, corporate parties and more - we love being a part of these special events. One of the main benefits of booking with us is that we have a dedicated (and free) events planner who helps organise everything from the menu to the venue set-up. Speaking



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

**BORIĆ** Food Market

1404 Coatesville - Riverhead Highway, Auckland  
[www.boricfoodmarket.co.nz](http://www.boricfoodmarket.co.nz)

# Food & Beverages

of menus, we've just released our 2019/2020 menu and it's amazing - our chefs here really are talented at what they do. Guests always leave raving about our food. If you've got a special occasion coming up, check out Allely Estate - we can host your guests in our beautiful gardens, historic renovated villa or permanent marquee. Plenty of options to suit all kinds of celebrations and budgets! [www.allelyestate.co.nz](http://www.allelyestate.co.nz).

## Peko Peko

We have been enjoying having our customers dine in since we opened in August. Here at our new Peko Peko, we have about 20 seats for you and your family / friends to enjoy our food. Please check our Facebook page for menu and trading hours etc. We are looking forward to having you soon at 6/102c Hobsonville Rd, Hobsonville 09 416 1197.



## Westbrook

Westbrook is delighted to announce that we have partnered with Trio Events to bring you the soon-to-be-famous Westbrook Christmas Vintner's Feast. Bring the work team, family and friends, and join us at our beautiful property for a delicious wine-matched feast to celebrate the end of 2019. Just a few dates are available and seating is limited so bookings are essential. Lunch will be served on the recently refurbished patio daily from 1.30pm. There are awesome add-ons available such as a glass of divine Westbrook wine on arrival, canapes to start, a cheeseboard to finish...or a guided wine-tasting



of six current-release wines so you can choose one will go best with your lunch. Don't miss out! Contact the friendly Cellar Door team today on 09 411 9924, email [info@westbrook.co.nz](mailto:info@westbrook.co.nz) or visit the web page for more information [www.westbrook.co.nz/news-detail/vintner-s-christmas-feast](http://www.westbrook.co.nz/news-detail/vintner-s-christmas-feast).

## Just Jess Cake Co

Just Jess Cake Co is a local, home based A grade cakery that makes beautiful and delicious cakes, as well as fluffy donuts and custom stamped cookies. To add something special to your Christmas event, summer party or your wedding get in touch with Jess today. Website: [www.justjess.co.nz](http://www.justjess.co.nz) Instagram: @justjesscakeco Facebook: Just Jess Cake Co. Email: [justjessnz@gmail.com](mailto:justjessnz@gmail.com).



## Café Botannix Westgate

Café Botannix Westgate offers a relaxing setting to meet with family and friends.

Café Botannix is child friendly, with a dedicated play area and a new kid's menu. Featuring some new favourites such as grilled chicken, delicious hokey pokey pancakes and spaghetti and meatballs, there's something to impress even the pickiest eater.



The pastries and sweet treats you see filling the cabinets are all homemade and are available to eat in or takeaway.

Café Botannix offers the finest blend of coffee and serve breakfast through to afternoon tea.

## Locals Helping Locals

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**Mike Pero | REAL ESTATE**

*Cherry Kingsley-Smith*

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# Food & Beverages

Open 7 days from 8.30am. Phone 09 810 8385 | [www.palmers.co.nz/cafe-botannix](http://www.palmers.co.nz/cafe-botannix).

## Cartel Food Co. has its eye on national burrito domination

Cartel Food Co., the brand behind New Zealand's only frozen burrito, has announced that from early October, its products will be available at Countdown supermarkets nationwide.

Founded by Melissa and Jason Phillips, Cartel Food Co. was born out of a desire to offer high-quality frozen Mexican food. The pair noticed that - despite a huge increase in Mexican restaurants in New Zealand, along with hot sauces, spices, tortillas and other ingredients - there was no convenient, authentic frozen Mexican food. They decided to create a range of frozen burritos that were quick and easy to prepare but also tasted great.

Since its launch in 2015, Cartel Food Co. has achieved 550% growth in sales revenue. In the past four years, they have sold 500,000 burritos.

Melissa Philips, co-founder of Cartel Food Co. said:

"We're thrilled that Cartel Food Co. burritos are now available at Countdown supermarkets - it is such an exciting step forward for the brand. A number of our customers have been waiting for us to be available at their local Countdown, so it's a great feeling to be able to give that to them. It will be easier than ever for Mexican food fans - or those simply wanting to try a satisfying meal or snack that's not a pie - to find a tasty, authentic, and easy to prepare burrito."



There are currently five burritos in the Cartel Food Co. range: Poblano Chilli Pulled Pork, Smokey Chipotle Chilli Shredded Beef, Chilli & Lime Shredded Chicken, Beans & Cheese and their 100% vegan burrito, Black Bean, Roasted Corn and Chilli Lime Tofu.

Designed to be deliciously authentic, the burritos are handmade, hand rolled and contain only the highest quality ingredients. They contain no artificial flavours or colours, just good ingredients cooked with care. The beef is braised with chipotle, prunes and orange juice. The chicken is roasted in lime juice and chilli. The refried beans are made from pinto beans, jalapeños, onions and garlic.

Quick and easy to cook, all they require is 2.5 minutes in the microwave, and then a brief crisp up in a pan.

Along with the launch into Countdown, Cartel Food Co. burritos are available at most North Island and Christchurch New Worlds, Farro Fresh and Moore Wilsons, as well as Fresh Choice and Pak 'N Save.

For more information on Cartel Food Co., the people and the products, visit [cartelfood.com](http://cartelfood.com), or follow the brand on Facebook or Instagram.

## Is it a city if it doesn't have its own beer?

Hallertau serves up 09 - The Beer of Auckland

Hallertau firmly believes a city isn't a real city unless it has a beer and an airport. It helps if you have some kind of a football team, or a cathedral, but at the very least a city needs its own beer.

This week, Hallertau Brewery proudly reveals 09 - The Beer of Auckland.

Erupting from the Hallertau tanks with a super approachable and fresh flavour, 09 will flow all over Tāmaki Makaurau.

In a convenient nine-pack, it's best enjoyed in Auckland's sub-tropical conditions with friends, after work, on a beach or in a boat.

Hallertau Captain of Beer Steve Plowman says like snapper fishing and volcano hopping, the 09 is only available in the Auckland region.

"People are flocking here to drink our beer because you can't get it south of the Bombays or north of the Brynderwyns. This brew has an emphasis on freshness with a spot of civic pride.

"Inspired by a time when Kiwis held tight to a regional affiliation to a beer, we have high hopes that this delicious beer will be embraced and adopted as Auckland's own," said Steve.

Available in a 9 x 330ml box of 'Auckland blue' hues, 09 is RRP\$ 28.95 and is available exclusively in October from Farro Fresh and Hallertau Brewery



*A little business doing a big job*

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# Food & Beverages

- and then across the '09' region from November.

Alc: 4.5%. [www.hallertau.co.nz](http://www.hallertau.co.nz).

## Soljans Estate Winery

With summer around the corner, Soljans Estate Winery has prepared a fresh summer menu to accommodate the sun-drenched days amongst the vineyard setting. Head Chef Paul Reid has produced a range of meals to match all types of hunger. Along with our fresh café menu, we have also put together some mouthwatering event menus that will have everyone talking. From an exciting alternate drop set menu to our lush buffets with a list of delectable add ons, there is something to keep everyone satisfied. The café menu starts from 10am weekdays and on weekends we provide a luscious breakfast menu serving from 9am with our lunch menu following from 11.30am. It is the perfect way to start a long summer day. Call the café on 09 412 2680 to book your table now.



## Cafes and restaurants

There are a number of cafes and restaurants in the area.

The sector employs a lot of staff and the vast majority of the workers are

part time, work late nights and over the weekend and there is a high staff turnover. Health and safety inductions and training is often overlooked and rushed.

The Health and Safety at Work Act 2015 (HSWA), places a responsibility on every business to ensure, so far as is reasonably practicable, the health and safety of workers, and others are not put at risk by the work of the business. The others can be, customers, visitors, children and young people, or the general public.

You must always eliminate the risk where you're reasonably able to. Where you're not reasonably able to, then you need to consider what you can do to minimise the risk.

Have you ever stopped to think, if you work in one, what the risks are in the cafe or restaurant that you work in or what they might be?

Examples might be cuts from sharp knives in the kitchen, broken glass or crockery. Burns is another from carrying hot objects, or hot surfaces, or chemicals. Lifting and carrying is another and don't forget the items above head height may cause you to put your back out when stretch to reach for it.

Bullying is another, both from the boss, fellow workers or customers. Violence is another factor that can lead to mental and physical issues.

All of the above are real risks and the business manager should be ensuring that you're aware of the risks and the steps that can be taken to minimise or eliminate them. Have you been led through your companies risk register or trained in how to use or handle a sharp knife. Have you been made aware of how to handle an irate customer?

For further information on health and safety contact John Riddell from Securo by email [securo4@securo.co.nz](mailto:securo4@securo.co.nz) or visit our website [www.securo.co.nz](http://www.securo.co.nz).

## NEW SUMMER MENU

*Starts Labour Weekend*



**SOLJANS**  
ESTATE WINERY

### CHICKEN BREAST

On a risotto cake with crisp beans, snow pea shoots and romesco sauce

### BUFFALO MOZZARELLA SALAD

With orange, beetroot, mung beans, carrots and rocket tossed in a lemon & olive oil dressing

### FROSÉ

Soljans delicious Rosé wine blended with Kumeu ripe strawberries and ice for the perfect summer cocktail

For reservations,  
call 09-412 2680  
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# Health & Beauty

## Knee giving way?

As we get older we start feeling a bit unsteady on our legs, often it feels like one of our knees is about to give way. Or it feels a bit wobbly. Could it be arthritis creeping in? Or may be a cartilage (meniscal) injury? Or, God forbid, a sign of a stroke? Yes, it could be all that. It can also be a simple mechanical stiffness in the joint or muscle imbalance in the knee or ankle, or even in the pelvis. How one would know? It definitely needs an expert opinion to distinguish between them. In case of simple mechanical problem osteopathic manual adjustment can bring good relief and together with further exercise routine the problem should get sorted. In other cases further investigations and interventions might be necessary. At Family Osteopathic clinic we can assess your "leg giving way" problem and either offer osteopathic treatment or suggest where to go next. You can see us at 39 Hobsonville Road. Phone 09 416 0097.



## Mindfulness can help your rehab

A new study of injured athletes carried out by the University of Kent, UK, found they can benefit from using mindfulness as part of the sport rehabilitation process to improve their pain tolerance and awareness.

The research could have major implications in the treatment of sporting injuries at all levels.

Every year there are 29.7 million injuries among athletes in the UK. These have both psychological and physiological effects on athletes and for some it may mean the end of a career in sport.

To understand if mindfulness could play a part in the rehabilitation process of athletes who had severe injuries, preventing their participation in sport for more than three months, they participated in a study of which there were 2 groups. Both groups followed their normal physiotherapy treatment but, in addition, the intervention group practiced mindfulness meditation in one 90-min session per week for eight weeks.

Results demonstrated an increase in pain tolerance for the intervention group and an increase in mindful awareness for injured athletes. Moreover, there was a promising change in positive mood for both groups. Regarding the Stress/Anxiety scores, findings showed a notable decrease across sessions.

Sport injuries are a considerable public health concern. The impact of the injured athlete extends beyond the individual. Although it may impact on

their seasonal and potential career performance, it additionally impacts upon the clubs and organisations for whom they perform. Furthermore, it leads to a greater general burden on the health service.

There are many free mindfulness apps that can be downloaded to your phone for you to try out and add into your weekly routine.

Emma Steel - MPhty (sports) Physiotherapy, Hobsonville Physiotherapy. Phone 021 265 6516 or email emackie.physio@gmail.com.

## Oh no! Ho! Ho! Ho!

Christmas at Hobsonville Optometrists Glasses and Gifts

Once again that time of year has arrived and we are stocked up with an excellent selection of 'different' gifts and decorations. We have a wide range of unique items to suit every taste and budget - but everything is tasteful and delightful.

We are most proud of our men's gift selection and our Secret Santa suggestions.

Drop in any time Monday to Friday 9am to 5.30pm and Saturday from 9am.

PS New Maui Jim sunglasses have arrived.



## Shoe Talk's tips on how to fit shoes

• Try both shoes on, you really want to have the footwear on both feet as it will feel different and sit differently on each foot. Also have you ever tried on a high heel when you had a sneaker on the other foot and then done the "bob-hop" around the shop?

• Buy the shoes that fit your larger foot. You can always make a shoe fit better with heel grips and insoles.

• I love high heels but ladies if you are going to be walking a long distance, wear a pair of flats or sneakers and change over at your destination.



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# Health & Beauty

- There needs to be room for your toes, they should not feel cramped and in sports shoes you should be able to wiggle them up and down and side to side.
- Try to select footwear that is shaped like your foot, if you have bunions, select footwear that has a nice supple or soft leather upper, so that it will stretch over this area.
- Your heel should fit comfortably in the shoe with a minimum amount of slipping - the shoes should not ride up and down excessively on your heel when you walk.
- Buy shoes with padded insoles and good out soles. These take the impact away from your joints.
- Your foot bed should not be wider than the shoe, there should be no spill out, spill over, or ballet flats that do not cover the tops of your feet at all.

If you are selecting footwear and the ones you "love" don't fit correctly and the ones you "like" do, buy the ones you "like" your feet will "love" you forever.

Shoe Talk - 401A Great North Road, Henderson. Phone 09 835 9936 or email [info@twinklefeet.co.nz](mailto:info@twinklefeet.co.nz).

## Club Physical

Just as Arnold Schwarzenegger (71) shows here, resistance training becomes all the more vital as you age.



At the age of 81 a curious Phyllis Brown limped in through the doors of our West Auckland Club with the aid of a walking stick. She joined and quickly became a regular at the club. Less than one month later Phyllis proudly informed the team that she no longer needed that stick!

One of the impacts of aging is that your bone density will lessen each year along with your muscle and 'balance'. This makes you susceptible to 'falls'. And when you do fall, the biggest risk is that you can break your hip. That could have a dramatic impact on the length of your life.

If YOU wish to retain the peak of health I urge you to follow the Club Physical recommendation of 2-3 sessions of resistance training each week.

## Hobsonville Podiatry

The team at Hobsonville Podiatry are often asked, what is Foot Mobilisation Therapy (FMT)? FMT is a hands on technique used to treat the joints of the foot and ankle. During FMT the joints of the feet are

gently guided through their normal range of motion to aid the body in creating physiological changes to the alignment of your foot. FMT helps to gently release connective tissue tightness and restrictions. While also restoring joint function and range of motion to the foot and ankle which will improve the quality of movement in your joints. FMT also stimulates proprioceptors (nerve endings) which affect how muscles 'fire'. In essence, muscles get 'retrained' to improve stability and balance. FMT can be used as an adjunct therapy to treat a wide variety of injuries such as; ankle sprains, heel pain, Achilles tendinopathy, sore arches and foot cramps. Head to [www.hobsonvillepodiatry.co.nz](http://www.hobsonvillepodiatry.co.nz) and book an appointment with one of our Podiatrists and see if FMT is the treatment for you.

## Taking care of yourself

I know lots of people who feel guilty if they do something for themselves. The "busiest person in the world" badge is highly sought after it seems. Right now, I am guilty of not putting myself first. I am writing this article on a sunny Sunday morning, which would be perfect for a surf or doing some gardening. I have been skipping meals during the week trying to meet deadlines too. Its dumb, but its human nature. And I'm guilty.

Eating well: But what does that mean?

It is accepted that good nutrition is vital for good health. But there is a great deal of misunderstanding about what good nutrition is. We know what is really good (e.g. broccoli) and really bad (e.g. soft drinks). But the bits in the middle often cause confusion. Are eggs healthy? What about milk? Fruit juice? Red meat?

Some people need to take supplements to support their diet. So which ones are good and which ones are bad? What is the appropriate healthy dosage of supplements? Which brands are good quality?

And if you take prescription medicines from your doctor, what foods and supplements should you be avoiding? Are there any supplements that will make your prescription medicines work better, or reduce side effects?

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# Health & Beauty

Converting "too hard" into "easy peasey":

There is a lot of contradictory information on Dr Google. If you want some help to know what is right for you, then see the pharmacist health coaches at Massey Unichem Pharmacy. The team can review your diet, supplements and medicines to come up with a simple "paint-by-numbers" plan to get you on the road to great health.

Magic Shortcut: FourHealth Green

You should eat well, exercise gently and take appropriate supplements. But in case you find that too daunting, there is one supplement that I would recommend that can mop up a lot of the damage from a busy lifestyle. This is FourHealth Green. It is a potent antioxidant, anti-inflammatory and supporter of detoxification pathways in the body. If you only do one thing to look after yourself for the remainder of 2019, maybe it should be FourHealth Green.

I think I'll give it a go. Martin Harris 396 Don Buck Road, Massey.

## Not catching enough zzz's?

This can affect your eyes...

We are sure you all know that the amount of sleep you get every night has a huge impact on how you feel, your body's health and your ability to perform at your best during the day. Something you may not know, is that your eye health is also greatly affected by the amount of sleep you get.



If you aren't getting a full night of sleep, you can eventually develop issues with your eyes, which may result in symptoms such as pain, light sensitivity, redness or blurred vision. Involuntary eye spasms (known as myokymia) are a common indicator of lack of sleep. Over time, lack of sleep can lead to red bloodshot eyes due to eye strain or dry eye, which is when your eyes aren't getting the lubrication they need to stay healthy.

Furthermore, if you already suffer from dry eyes, a lack of sleep can often amplify the symptoms of dry eye syndrome, causing redness, discomfort and irritation.

In order to keep your eyes healthy and fight against the symptoms of dry eye, it's vital that you get adequate sleep. Making sure you get between 6 - 8 hours of sleep each night will help your eyes to replenish and recover from a long day's work.

If you are still suffering from dry eye symptoms, even after a good night's sleep, our Dry Eye Treatment package here at Westgate Optometrists may be just what you need! For more information phone us on (09) 8310202 or make an appointment to see one of our therapeutically endorsed optometrists via our website: [www.westopt.nz](http://www.westopt.nz).

## Hurt yourself? Try some peace and love

If you have hurt yourself, you will probably think of the acronym RICE (rest, ice, compression, elevation). Recently there has been a new acronym suggested that better fits with current research, it is PEACE & LOVE. It helps cover the acute stage of an injury (PEACE) and also management once the initial acute phase has ended (LOVE).



Here is what the acronym stands for: PEACE (Protection, Elevation, Avoid anti-inflammatories, Compression, Education) LOVE (Load, Optimism, Vascularization, Exercise).

I don't have space to explain what they all mean, but if you are interested, head over to our blog ([www.elevatechiropractic.co.nz/blog](http://www.elevatechiropractic.co.nz/blog)) to find out more information. Your body will thank you for it.

Elevate Chiropractic, Shop 1, 10 Greenhithe Road // Phone 09 413 5312.

## Grandparents in the spotlight

Sitting in a café the other day, I was intrigued by grandparents caring for their tiny grandson.

I estimated he was about a year old. They came in and ordered coffee and sat down outside although it was quite chilly out there. I wondered if they felt more comfortable outside because they had food for the boy and didn't want that to be seen.

What interested me was how organised they were, they had the routine down. Pushchair, nappy bag, snackbox, drinking cup.

The boy was happy - although not hungry.

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# Health & Beauty

What touched me was how tired and thin the grandparents looked. I wondered whether this was their fulltime job, caring for the boy whilst his parents worked- or whether they were some of the many grandparents in NZ (and around the world), who find themselves fulltime carers for grandchildren whose parents aren't on the scene.

Parenting as a young adult is one thing, doing it 40-50 years later is quite a different kettle of fish. I wanted to buy them a treat - I even looked at the cookies and cakes on sale but none of them were right somehow, not enough. It takes a village to raise a child but there was nothing I could buy that would say, "You're doing a great job, thank you for what you do."

What I would like to do is offer grandparents who would like to treat themselves to self-care, a 50% discount in November.

Sally specialises in coaching women of all ages, and her clinic, Brave & Blissful, is based above the Massey Pharmacy, 396, Don Buck Road, Massey. 021 131 6656.

## Do you wake in the night feeling as though you are choking?

As a general practitioner, I regularly see patients with a common condition known as 'sleep apnoea'. Sleep apnoea is when an individual temporarily stops breathing whilst asleep. It may only be for a few seconds, but can happen multiple times throughout the night. After an apnoeic attack, the patient usually wakes and starts to breathe again. People with this condition often wake with a start, and feel like they have been choking in their sleep. Snoring is not the main symptom of sleep apnoea but many patients who have sleep apnoea also snore. It should be noted however, that not all patients who snore suffer from sleep apnoea.

The two most common patient groups are those who are overweight (most commonly men who are middle aged and above) and children with very large tonsils. In this article I will focus on the older age group.

Sleep apnoea causes patients several problems. They often suffer from very poor sleep quality. Due to multiple wake-ups at night they can easily fall asleep during the day. They can feel groggy and sometimes suffer from poor concentration and headaches. Probably most importantly, car accidents have occurred due to sufferers falling asleep whilst driving.

If your GP suspects you have this condition, they will usually refer you to a specialist, who will complete a sleep study which can be used to make a formal diagnosis. If you think you have sleep apnoea and are at risk of having an accident, please inform your doctor immediately. They will recommend you stop driving.

Management of sleep apnoea can range from advice on weight loss, to a machine which aids ventilation during the night, this is called a CPAP machine (continuous positive airways pressure). It can be daunting having to use this, but most patients feel a lot better once treatment has

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been commenced. So if you or your partner suspect you have sleep apnoea, it is imperative you go to see your doctor. Dr Isabelle Duck is a GP at Silverdale Medical.

## Your amazing eyes



Eyes are one of the most fascinating and complex parts of the body. Eye health facts from Molly and Matthew about your amazing eyes...

1. During an eye examination, health conditions including diabetes and high blood pressure can be detected.
2. Diabetes is the leading cause of blindness in under-50 year-olds in NZ. (Macular degeneration is the leading cause of vision loss in seniors).
3. Research has found that a tie tied too tightly can increase the risk of glaucoma in men
4. The cornea is the only tissue in the human body that doesn't contain blood vessels.
5. Eyes heal quickly. With proper care, it takes only about 48 hours to repair a minor corneal scratch.
6. We have all have unseen, harmless microscopic creatures living in our eyelashes.

Look after your eyes with a comprehensive examination at For Eyes in the Kumeu Village, phone 09 412 8172.

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# Area Columnists

## Renewing connections

Mike Lowe has fond memories of Kumeu when he worked at the former particle board factory in Access Rd in the 1970s – now the Kumeu Film Studios.

He was operations manager at the factory when it was run by timber and joinery merchants Henderson and Pollard along with New Zealand Forest Products, the plant opening in about 1972-73.

Mike was there for five years, leaving around 1977 and says about 300 people worked in the factory then.

He used to commute daily from Pakuranga, and in the days before the motorway system was built says it once took him about 39 minutes to get home, starting work about 8am and finishing at 6pm.

"Kumeu was a wonderful place and I knew so many people who lived in the area then," Mike tells the NorWest Heritage Society.

Retiring to Ormiston and now 82, Mike has only been back to this area about three times since his departure from the factory, but he's keen to renew old acquaintances.

An engineer, Mike was responsible for the plant's running. He says he never saw any financial reports but believes the factory was very profitable, running 24/7. He even helped deliver particle board to select customers on his way home.

One highlight of his career was adjourning to the back room at San Marino vineyards (now Kumeu River) with Mate Brajkovich and some of the factory staff for drinks – a regular Friday evening occurrence.

Mike's relations with the factory's near neighbour Nic Nobilo senior of Nobilo Wines were less cordial.

"Nic was dead against us, often complaining about our 'pollution'. But I told him it was steam - moisture from the driers - and I said we were giving his vineyard free irrigation."

Complaints about noise came from another neighbour. "Harold complained about saws going one night and I told him he could sleep now as I had the saws turned off – but they weren't even going at the time – and he thanked me the next day," Mike recalls.

While many disliked the idea of a factory in the then rural Kumeu area, Mike says it provided many people with good incomes as a result.

He says product demand nose-dived during an economic downturn in the late 1970s and the general manager at the time asked him to resign, promptly dismissing about 40 staff the next day.

"It was sad to see such a good team demolished like that," Mike says.

He went on to build boats and one of his former shift supervisors got a job with him at East Tamaki.



Mike later wrote a book about his life and experiences, mainly for his family – something he suggests everyone should do.

He's now president of the University of the Third Age (U3A) in Ormiston and keeps good health.

Returning to the former factory once, Mike says he was stopped at the entrance by security guards but was allowed to view a plaque on site which includes the names of directors who worked there.

Anyone keen to get back in touch with Mike can email [mike.lowe@xtra.co.nz](mailto:mike.lowe@xtra.co.nz) to learn more, and he hopes to return as a guest speaker for the NorWest Heritage Society.

## Mad Fit raises funds for Heart Kids

Jamie Best's dad died at 41 from a heart attack when she was just 13.

The Taupaki fitness trainer is determined to help prevent other families suffer similar tragedy.

"It's been tough without him, and one of the reasons I love training mums and dads is to prevent this from hopefully ever happening to anyone else," says Jamie who established Mad Fit – Mad standing for 'mums and dads'.

Often keen to help others (Jamie also designs active wear for women to build self-esteem after eight years in the police working with domestic violence victims), it's a case of what goes around comes around.

Jamie began a random Givealittle page for The Block NZ's popular Team Orange (Ethan Ordish and Sam Whatarangi), "because they just seemed like top Kiwi blokes", which got to \$36,000.

As a thank-you, Sam, left, and Ethan (pictured with trainers Rachel and Jamie) came to Jamie's Mad Fit class at the Taupaki Hall and she thought it would make a good fundraiser for another cause.

"Sam said they would love to fundraise for Heart Kids Waikato, which literally couldn't have been a better charity for me to want to help out after losing my dad.

"We raised over \$500 which will go direct to Heart Kids."

Jamie says donations came from businesses such as Central Landscape & Garden Supplies Swanson, Westgate Beauty Therapy, NumberWorks'nWords Henderson and Source Cafe Whenuapai.

Mad Fit mums also came along and got involved in fun challenges,



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# Area Columnists

including some hobby horse racing, to raise funds and awareness of the charity.

## Folk festival nears 50th milestone

Nearly 200 performers from across the world are set to help make the Auckland Folk Festival on January 25-27 the biggest and most diverse in its 47-year history.

More than 3000 visitors including campers are expected at the Kumeu Showgrounds for the annual event which features a range of concerts, dances, workshops, and kids' activities at five covered venues.

In keeping with its family approach, the 2020 festival features an expanded kids' programme, with several of the most accomplished acts in New Zealand today, and workshops and activities that will include things like instrument making and music performance.

The festival also continues its tradition of announcing the winner of the 2020 Tui award for Best Folk album with the three finalists playing on the Sunday night before the award is presented.

Headlining the overseas acts is two-time Grammy Award winner Tim O'Brien, a folk legend in America, appearing with partner Jan Fabricius. Other international highlights include Quebecois five-piece folk band Rosier (Canada), Celtic band Keeva (Ireland/NZ), the Pauline Scanlon Band (Ireland), and English folk band Faustus.

Twenty years after his last appearance at the Auckland festival Irish folk singers Andy Irvine will also be back.

Other performers include Canadians Scott Cook and Gordie Tentrees along with New Zealand and US based Tattletale Saints.

The festival was created by the folk and traditional music and dance clubs of Auckland in the 1970s.

For the past 25 years, the festival has been based at the Kumeu Showgrounds over the three days of the Auckland Anniversary weekend, starting on the Friday evening and finishing with sessions and ceilidhs early Monday morning.

Saturday and Sunday evenings feature concerts by the principal artists on the main stage.

The festival blends internationally renowned acts with up and coming local bands.

A series of music and dance workshops given by local and international tutors feature, along with Blackboard concerts and Come-all-ye's



providing a stage for performers young and old, Auckland Folk Festival president Nigel Robertson says.

A food and craft village offers a range of ethnic foods and wares, including musical instruments and clothing.

Tickets from Eventfinda. Visit [www.aucklandfolkfestival.co.nz/](http://www.aucklandfolkfestival.co.nz/) for more information.

## Inner Wheel NZ

Inner Wheel District NZ291 held their first successful interest meeting at Hobsonville Point in October, and have planned a follow up meeting on Tuesday 19 November 7.30pm at The Headquarters, 214 Buckley Avenue, Hobsonville Point.

We are women in action, working together to make a difference and improve lives"



Come along and find out how you too can be part of one of the world's largest women's organizations in the world, make new friends and be involved in many of the charitable events they fundraise for both locally and internationally.

The group's first event is a pre loved fashion sale being held from 10.00am on Saturday 2 November in the Catalina Room, The Headquarters, with all monies raised going to New Horizons Womens Charity - contributing to an education degree for women.

For further information email: [nz291membership@gmail.com](mailto:nz291membership@gmail.com).

## Mutton Birds at Waimauku festival

The Mutton Birds reunite after eight years to perform at the North West Wine, Beer and Food Festival at The Hunting Lodge grounds on Saturday February 15.

They'll be joined by The Black Seeds of Wellington and local Milly Tabak and the Miltones.

"It's a huge thrill to be taking flight with the Mutton Birds again next



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# Area Columnists

summer," The Mutton Birds frontman Don McGlashan says.

The festival showcases the best of North West Country flavours with offerings from local vineyards, breweries and restaurants.

The event will feature a new tasting area, and visitors are welcome to bring a picnic.

North West Country manager Phelan Pirrie says the festival has become one of the most anticipated events in the region.

"The festival gets more popular every year, and with the 2020 line-up I think we'll sell out even quicker than last year. We're looking forward to showcasing the best of the North West Country has to offer to people from around the greater Auckland region."

The festival will host an expanded feature a kids' zone.

Discounted and limited early bird tickets (\$65) are on sale from Eventfinda, with return bus tickets from Auckland City, Muriwai Beach, Helensville, Kumeu and Riverhead also available.

Free parking is offered on the day.

Children under 15 are just \$5 when pre-registered with a parent or legal guardian.

General admission tickets are \$75, return bus tickets \$20.50 and service fees apply.

In the event of rain the festival will be held on Sunday February 16.

## Song, wine and slavery

A fundraising concert with a difference is planned at St Chad's Anglican-Methodist Church in Huapai on Sunday November 3, 3pm.

Well-known Auckland singers The Three Mezzos, along with pianist Warwick Gibbs, wanted to put on a fundraising concert for the church.



"However, we felt that we had done very well with our own fundraising and decided the profits should go to a deserving charity instead," church council chairman Colin Newel says.

The problem was 'which charity?' the answer provided by TVNZ's Country Calendar on which Colin and wife Carolyn saw a programme on 27seconds winery in Waipara, North Canterbury.

The winery, which sources its grapes from Terrace Edge and Greystone wineries, takes its name from the fact that world-wide every 27 seconds someone is sold into slavery.

All the winery's profits go to the non-government organisation and charity Hagar International to help victims of modern-day slavery, particularly

supporting survivors from Cambodia, Vietnam and Afghanistan.

"We decided to have the concert as a fundraiser for Hagar and to include a glass of 27seconds wine within the \$20 ticket price," Colin says.

"Carolyn and I were privileged to meet Joanne Hand, the North Island manager of Hagar New Zealand, along with two young men from Cambodia," Colin says.

"Longdy lived in Cambodia but at age three contracted polio and, as he was unable to walk, at the age of five he was sold to be a beggar in Thailand.

"When the police found him he was originally thrown into jail but, later on, having been returned home he was sold a second time at the age of eight.

"Now in his late 20s he works for Hagar helping as a counsellor for those who have been rescued in his home country.

"It is staggering to us that this hideous trade exists in the 21st Century and we are keen to raise as much as we can to fight the trade in human beings."

Tickets for the St Chad's concert are available from Colin on 02102 499 925 or email [saintchadshuapai@gmail.com](mailto:saintchadshuapai@gmail.com) for more information.

## Family support

The breakdown of families and relationships is one where help and support can be found at the Helensville Citizens Advice Bureau.

Whether this involves parenting orders or custody, issues with finance or marriage problems, our volunteers have informed, listening ears.

Our services include providing the correct and current information from our own reputable national resources.

Most importantly, we can quickly assess whether our clients need to be referred to experts, see one of our Justices of the Peace or book into our budget clinic.

We also refer clients to free lawyers including Te Ha in Helensville and CAB Massey.

Brochures, pamphlets and tourist information is also available when you pop into our office at 27 Commercial Rd.

Our friendly and well-trained volunteers are the secret to success and helped us win a highly commended award at the North West Business Awards.



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 8 Shamrock Drive, Kumeu

# Area Columnists

We are always seeking more volunteers to join our crew and you will receive thorough training.

Contact 09 420 7162, email [helensville@cab.org.nz](mailto:helensville@cab.org.nz) or visit our website on [www.cab.org.nz](http://www.cab.org.nz) for more information.

## Corey's record runs

Salt flat motorcycle racer Corey Bertelsen has set new records at Bonneville in the US.

The Salt Brothers Racing (NZ) team member, clocked more than 270kmh on his GSXR 750 bike in Utah in the M-AG 750 modified gas without aerodynamic modifications class.

That established a new Federation Internationale de Motocyclisme (FIM) world land speed record, Corey's first under the FIM regulations.



He has now set more than 10 land speed records at the Speed Week and related events at Bonneville, adding two AMA records in the process and ending the 2019 season with six new land speed records.

Wet weather affected the start of racing at Bonneville, making racing conditions tricky. Brother and teammate Mike Bertlesen was in the US for the largely washed out Speed Week prior to the world record trials.

He had returned home but Corey stayed on to get their best result on the last day of racing.

Corey now has 21 land speed records, 12 world records and nine AMA records. And that's unlikely to be end of it yet.

## Victim Support

Suzy was punched during an altercation at a bar, initially she was fine, but over the coming days she found she was anxious and felt unsafe in certain social situations. Suzy needed Victim Support.

Victims of crime and trauma need safety, healing justice and restitution. We strive to ensure victims are supported to have these needs met through skilled Support Workers (Volunteers) from across our community.

Victims are referred to our free service either through the Police, themselves or others. Victim Support Workers are predominantly volunteers. They are regular people from all walks of life who are professionally trained by Victim Support. And, once out working in the community they are supported, coached and mentored by their local

Service Co coordinator.

We offer emotional and practical support to people who have suffered serious crime and trauma and, in some circumstances, financial assistance for them and their families.

People who volunteer to be Support Workers often have full time jobs and other interests. As a Volunteer Support Worker you will be expected to be on the roster for crisis call outs or crisis telephone calls once a week, with these there may be follow up work which you can schedule to fit in at a time that suits you.

Volunteer Support Workers are assigned to their local office and are managed by the local Service Co-coordinator. Volunteer Support Workers also need to be willing to travel to victim locations and to the local office for ongoing training.

Providing support to victims is wherever or however it is required. For front-line Community Support Workers this can be a crisis call out, over the phone, people's homes or workplaces, at a crime scene, court, hospital, at the police station or a neutral venue of choice.

Our referrals come through our national Contact Service 24/7, 365 days a year. The Contact Service is in Wellington. They manage victim referrals and monitor Volunteer Support Worker safety while in the field.

These are a couple of testimonials from our Volunteer Support Workers "My name is Samantha, I have been a Support Worker for just over six months, I have worked with a number of victims during this time and have found the experience very rewarding. It has been a positive time for me, initially I was really worried about what to do but the training and support has been amazing, and I have felt very confident in each situation"

"My name is Margaret; I have been a Volunteer Support Worker with Victim Support for nearly two years. I'm grateful for the lessons about compassion and judgement, for the chance to walk with so many as they navigate heartbreak and upheaval and for the inspiration and learning that comes from being part of a team dedicating to helping others when they need it most."

Rodney/Hibiscus Coast victim Support is now looking to recruit new volunteers.

Please direct your expression of interest to attend and any questions you may have to Sarah on 027 265 9895 during office hours.

More information regarding Volunteering with Victim Support can be found on our website at [www.victimsupport.org.nz/volunteer](http://www.victimsupport.org.nz/volunteer).

## \$85 = Exposure for a month

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at [jbw51red@googlemail.com](mailto:jbw51red@googlemail.com).



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WILL YOUR FOUR DIGIT CODE UNLOCK THE MANSHEDED?  
SPEND \$40 OR MORE TO BE IN TO WIN. FIND OUT MIDDAY, SAT 9TH NOVEMBER.



# LADIES NIGHT

MITRE 10  
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WESTGATE

Get the girls together for a fabulous night out at Mitre 10 MEGA Westgate!!

**Wednesday 13th November, 2019**

**7.00 - 9.30pm**

**Mitre 10 MEGA Westgate,  
Northside Drive**

Get the chance to pick up expert tips from our huge range of suppliers, plus gain some hands on experience building your own planter box portable herb planter.

**BUILD YOUR OWN  
PLANTER BOX or HERB PLANTER**  
For a Gold Coin donation to the  
SAVING HOPE Foundation

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