

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report Hobsonville Tool Library

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

Midpoint Café

Circulation is 10,000 print copies.

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

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

November 2020



Greetings

Shall I buy it? Since Covid Lockdown, op shops have been inundated with quantities of goods as people have spent time clearing through their houses. If the donations are dirty or in poor condition, they cannot be sold and will likely go straight to a skip. There is a steady progress in our civilisation from raw materials to landfill. Lots of disposable income gets spent on throwaway items imported from overseas and destined for waste. There is pressure to buy presents for people they don't want and won't use, and there is continuous demand from advertising to replace what we have with a newer version, while deep down we know that the planet has finite resources.

Most of us have too much stuff. We accumulate and keep, making sure we have a spare (how many of those spare buttons on clothes have you ever used?), thinking that items will increase in value or may be useful in the future. We are living in smaller houses, but it is too hard to work out what to get rid of. As we get older our things become associated with meaningful memories while others just see them as stuff that needs to go. Perhaps we should look at spending our resources on events, experiences, entertainment, sport and enjoying food and drink rather than things.

Look through this month's Westerly to see how many opportunities there are locally to enjoy. There are plenty of group activities to join, many of them outdoors as we go into summer. Keep yourself active in the company of others. See how a local initiative has been recognised for its work in fighting food waste for the benefit of the community. Don't forget the companionship of dogs, find someone to look after your dog if necessary, and read about dog-safe workplaces. Gardening gets busier at this time of year, and after your hard work relax at one of the food outlets, or celebrate with a drink. Find professional support for your health if necessary.

Follow the encouraging trends in the property market report, and read the tips that may guide you, including how not to fall out with your neighbour over a fence. Help is at hand if you need help with your property. The Fire Brigade has advice for keeping safe, especially with fireworks.

Enjoy your community this month, we are all still playing a part in maintaining standards to keep Covid out of our environment.

John, editor



What's inside

- 3** People & Places
- 4** Community News
- 6** In brief: Updates
- 8** Tai Chi
- 10** House of Travel
- 11** Safer Communities
- 12** Free Ice Skating
- 14** Property News
- 16** Property Statistics
- 24** Hot Property
- 26** Central's Tips
- 28** Home & Garden
- 30** Tile Wright
- 32** Winding up a Trust
- 34** Pets
- 36** Food & Beverage
- 38** Health & Beauty
- 40** Nerve pain
- 42** Pure Allies
- 44** Area Columnists
- 46** Rates Rebate

ENQUIRIES / FEEDBACK:

John Williamson

P 021 028 54178

E jbw51red@googlemail.com

W www.thewesterly.co.nz

COVER PHOTO: Midpoint Cafe Hobsonville

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

Midpoint Café



If you haven't visited Midpoint Café in Hobsonville, then you're in for a treat. Focusing on great coffee, delicious food and exceptional service, our spacious café is the perfect spot for your brunch, lunch or takeaway coffee drop-in, seven days a week.

Our on-site team of chefs, pride themselves in curating delicious menu items and cabinet treats for our discerning guests.

Our café is a busy local hotspot with friendly staff and we are always excited to welcome visitors from further afield. We are a licensed venue with an inspirational selection of local and international wines at an affordable price-point.

Our dedicated pastry chef whips up some delicious daily treats such as cakes, crumbles, pastries and cabinet treats, and is renowned for dreaming up seasonal delights such as Plum and Coconut Panna Cotta Granola for the healthy yet sweet at heart.

Our menu favourites include 'Seasonal Nourish Bowl', with plant-based goodness, haloumi cheese with optional house-cured beetroot salmon, 'Market Fish', 'Salmon Eggs Benedict' featuring our popular house-cured salmon, 'Brioche French Toast' and 'Creamy Mushrooms'.

And, if you think our food tastes better than most that would be due to the incredible fresh and organic produce that arrives daily from our local suppliers.

You might also like to check out our sister café in Coatesville, Black Cottage Café.

From the team awarded "New Zealand Café of the Year" and Coatesville favourite, Black Cottage Café, comes Midpoint Café in Hobsonville. An extraordinary eatery focusing on great coffee and



delicious food.

Opening Hours: Mon - Sun: 7am-4pm. (kitchen closes 3pm, drinks & cabinet until 4pm).

Address: 102C Hobsonville Rd, Hobsonville, Auckland 0618.

Phone: 09 218 4455.

Email: hello@midpointcafe.co.nz.




Geoff Dobson
MEDIA

P 027 757 8251
 E geoffdobson2017@gmail.com

Graham McIntyre
 LICENSED SALESPERSON
 BRAND & TERRITORY OWNER



Mike Pero
 REAL ESTATE

P 09 412 9602
M 027 632 0421
F 09 412 9603
E graham.mcintyre@mikepero.com
www.mikepero.com

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

Community News

Are you looking for a special gift for a loved one?

Support local and give a creative and unique, artsy present by artist Anna Mollekin.

Be original this year and choose from the high-quality art prints, beautiful homeware and stylish clothing range. These are available for purchase on Anna Mollekin Art's online shop with free delivery New Zealand wide.

Anna is a contemporary New Zealand artist based in Hobsonville, Auckland. She works predominately in ink pen and digital mediums. "I am a proud Kiwi and am inspired by our beautiful country, exploring themes of New Zealand, beaches, flora and fauna."

Anna Mollekin Art proudly supports New Zealand businesses and print production, with all of her quality art products being printed here with love, on-demand in New Zealand.

Shop Anna Mollekin's art collections with ease online now: www.annamollekin.com

Instagram: www.instagram.com/annamollekinart

Facebook: www.facebook.com/annamollekinart



Hobsonville gets a tool library

Have you ever needed a gardening tool for a one-off job and reluctantly had to go out and buy it? Well now residents of Hobsonville can borrow that tool to do their gardening. Habitat Hobsonville have created a 'tool library' at the Engine Bay Nursery.



Many people have down-sized when they moved to Hobsonville Point and got rid of their garden tools. Other residents have a small garden but find it is not worthwhile for them to buy their own tools.

A tool library is just like a normal library except you take out tools not books. Tools can be signed out for a one week loan after paying a small deposit. It is expected that the library will expand as some residents are keen to donate tools they no longer need.

The Upper Harbour Local Board supported the development of a tool library and real estate company, Wallace and Stratton generously sponsored a new shed. The tools were purchased with support from the Mitre 10 MEGA Westgate store and Kaipatiki Project made a site available for the library at their nursery.

Habitat Hobsonville organises regular weeding and planting events and the tool library will ensure that all volunteers can participate with a range of high quality tools, gloves and safety wear to choose from. Habitat Hobsonville is a group of committed, community volunteers who are passionate about the environment and who are helping to restore the natural habitat through predator control, removal of noxious plants and planting of native trees.

If you are interested in volunteering or finding out more then get in touch with HH by email habitatobsonville@gmail.com. For details about loaning tools see the Habitat Hobsonville Face-book page.

The Good Friends group

Starting 3rd November 2020 Te Manawa is offering a space for our seniors to come together, have a cuppa, meet new people with similar interests and to socialise.

This free drop-in programme will be held every Tuesday morning 10.00am - 11.30am in our Hinengaro Room on level 2. Te Manawa will provide the tea and coffee and biscuits. 11 Kohuhu Lane, Massey.

For further information please email temanawa@aucklandcouncil.govt.nz or pop in and have a chat with one of the programming team.

Massey Community Patrol

The purpose of CPNZ is to empower communities to prevent crime and create safer environments through the utilisation of trained and equipped volunteer patrols.

With massive growth underway in the North West area bringing a new town centre at Westgate, 5500 new dwellings in the Hobsonville Point area and growth in the Marine Industry, volunteer patrollers will be rostered to work in pairs and will give as many hours as their schedule will allow. They have full backing from NZ Police (while remaining financially independent) and will in effect be the eyes and ears for Police gathering intelligence and reporting incidents.

"THE BEST TIME TO BUY WAS 20 YEARS AGO. THE SECOND BEST TIME IS NOW."

Call now with
DANIELLE DAVIES
021 208 1950
DANIELLE.D@BURMESTER.CO.NZ

Burmester REALTY

2.90%
Home Loan Interest Rate

Gym Zone
the home of Gym kids

NOW OPEN
PH 09 416 0003
gymzone.co.nz

4 WORKSPACE DRIVE, HOBSONVILLE

Gymnastics • Parkour • Tumbling & Trampoline
Preschool • Holiday Programmes • Free-Play
School Programmes • Birthday Parties

where movement begins

Community News

Massey/Westgate/West Harbour/Hobsonville/Hobsonville Point/Herald Island/Whenuapai and Greenhithe patrol (known as Massey Patrol) will be responsible primarily for our area covering areas tasked by Massey Police, patrolling neighbourhoods, particularly where there has been a spike in crime, major carparks and just providing high visibility within the community. Massey patrol will use Massey Community Police Station as their base. Patrols will cross borders when required, covering "hot spots" in other local areas or major events such as missing children/elderly.

All patrols are logged onto the Police DCC (District Command Centre) for safety purposes and have direct access to Police Communications.

All applicants are vetted by Police, put through training and every member must sign a declaration of confidentiality and a code of conduct. Massey patrol is affiliated to Community Patrol of NZ Charitable Trust.

Massey patrol is one of the newer patrols. We are seeking volunteers, sponsorship and funding.

We have reached our goal of owning our own sign written vehicles, thanks to TTCF - The Trust Community Foundation and West City Suzuki. A huge thankyou to both of them. We can now get on with the job we are trained to do.

We will continue fund raising for consumables such as petrol and to keep our growing member list in uniforms.

If you have further questions please contact us either on Facebook or at Massey Police station 09 832 4099.

Student Labour

Student Labour is a unique labour-hire service as it is founded by two university students & employs local students. Our services are focused on all things outdoors i.e. weeding, mulching, painting, digging and any other basic labour work our clients require. We are based and operate within the Auckland's North Shore and service the wider Auckland.



Student Labour's service was created to fill a gap in the market, we can complete jobs that larger more specialised companies - such as landscapers - are not willing to do while providing teams of workers that complete such tasks more efficiently than your local gardener.

Our student employees are your future doctors, lawyers and project managers. The work provided by the community enables them to develop key skills required for entering their post-university career.

Our team are polite, driven, young adults who are looking to make some extra money for their hard work. You - our customers - are the ones who can help them achieve their goals and develop their character while receiving the benefit of a quality labour service. To contact us please call 021 047 5981 or send us a message on our Facebook page "Student Labour Ltd".

The Front Yard Festival visits Radius Arran Court Rest Home

Despite the recent alert level restrictions on rest homes, Radius Arran Court staff and residents were very lucky to be able to enjoy live entertainment thanks to the actors at Te Pou Theatre, based in West Auckland. They organised a Front Yard Festival this year, which is a programme of four shows and two festivals featuring six actors, who travel to the audience and perform outdoors. The actors entertained Arran Court's residents, whose faces lit up with joy, with a 30-minute performance. The residents were singing, clapping and dancing along with the actors. The weather proved cooperative too - so the residents enjoyed some sun, whilst practising social distancing.



The staff at Arran Court always make sure there's plenty of entertainment happening for their residents, and they invite teachers and students from the local intermediate school, who regularly drop by to visit and perform musical concerts. If you are interested in hearing more about what Arran Court at 85 McLeod Road, Henderson, offers their residents you can call them on 09 838 9817.

NSS

Network Scaffolding Services

Stephen Allen
Director

// 021 0448 479 // admin@nss.net.nz // nss.net.nz

Tile Wright®

- Bathrooms
- Kitchens
- Splash Backs
- Waterproofing

Josh Wright
027 260 8225
Tilewright@outlook.com

In Brief Updates

Golf tours in New Zealand

Carolyn is the owner of helloworld Travel Hobsonville and is an avid golfer and member at Huapai Golf Club. She said that as we can't travel overseas at the moment, let's put together some escorted golf tours in New Zealand.



The first we are working on is for Christchurch, playing four courses and staying 5 nights. It isn't finalised yet but will be ready early next year and very reasonably priced. There will be another two tours for 2021 within New Zealand.

Looking ahead to 2nd September 2022 and we are working on an Avalon River Cruise with a golf theme. We will be travelling on the all-suite Avalon River Cruise ship for 15 nights from Budapest to Amsterdam playing 6 golf courses along the way. The best part of this is it is great for non-playing partners who can enjoy the included guided sightseeing offered and not feel like you are missing out while your partner is playing golf. Suitable for all levels of golfers, make sure you pre-register for this as we can only take 30 players. What could be better than golfing in Europe while enjoying a River Cruise?

If you would like more information on 09 416 1799 or email hobsonville@helloworld.co.nz. Follow us on Facebook www.facebook.com/helloworldhobsonville.

SeniorNet West Auckland

We are having our monthly Kelston meeting on Tuesday 17th November at the Kelston Community Centre, cnr Awaroa road

CRAIGWEIL HOUSE
WARMLY INVITES YOU TO...

COME VISIT OUR UNIQUE BOUTIQUE RURAL CARE FACILITY

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

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

★★★ No Premium Room Charges ★★★

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

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

Craigweil House
Home & Hospital
FEEL AT HOME WITH FAMILY

Kelston and our guest speaker will be Grant Stevens. He is a very popular guest of SeniorNet and will be speaking on computer scams among other IT topics. This is also our Christmas meeting so please come along and support our last meeting for the year. You do not have to be a member of SeniorNet to attend this meeting, so if you want to find out about what we do please don't hesitate to come along. Entry is by \$2 raffle ticket which could win you one of 3 prizes. The meeting starts at 10 am and a special morning tea will follow the guest speaker.

Our Help Days are still running on the 2nd and 4th Tuesday between 10 am and 11 am. We will stay longer if more help is required. We do charge \$5 if we are able to help you. Please bring the correct change as we do not keep money on the premises. These are held in our room at the Henderson RSA at 66/70 Rainside Avenue. Henderson.

Our last Help day for 2020 will be on Tuesday 8th December and the first one for 2021 will be Tuesday 26th January.

If you require any other information please ring our office on 09 837 7600 and leave a message. We will get back to you.

Promoting gardening and healthy eating

Triangle Park Community Teaching Garden. 385 Don Buck Road, Massey (next to the Massey Community Hub). Workshops: 10am-12noon Wednesdays & Saturdays - just come along!



Gardening is one of the most pleasurable activities one can have. What other activity provides hours of joy, exercise and puts food on the table? Many of us can remember our parents' or grandparents' wonderful gardens and the produce. The tastiest tomatoes, peas, huge cabbages, carrots and parsnips and the taste of sun ripened strawberries straight from the vine, simply delicious.

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

Sustinnoworx!
Sustainable Innovative Works

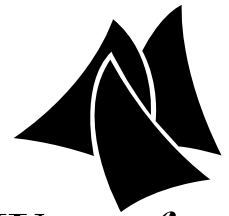
ALTERATION - UP-CYCLING - ECO FRIENDLY - PRE-LOVED

SHOP LOCAL, SHOP SUSTAINABLE, SUPPORT THE ENVIRONMENT
ALL PROFIT GOES TO SHAKTI WOMEN'S REFUGE

Tue - Fri 10 - 5 PM . Sat 10 to 4 PM . Sun 10 to 3 PM

[@Sustinnoworx](https://www.facebook.com/Sustinnoworx) sustinnoworx@shakti.org.nz

455 Swanson Road, Ranui - 7/104 Central Park Drive Henderson
www.sustinnoworx.co.nz



Waterford

On Hobsonville Point

Looking to retire in style?

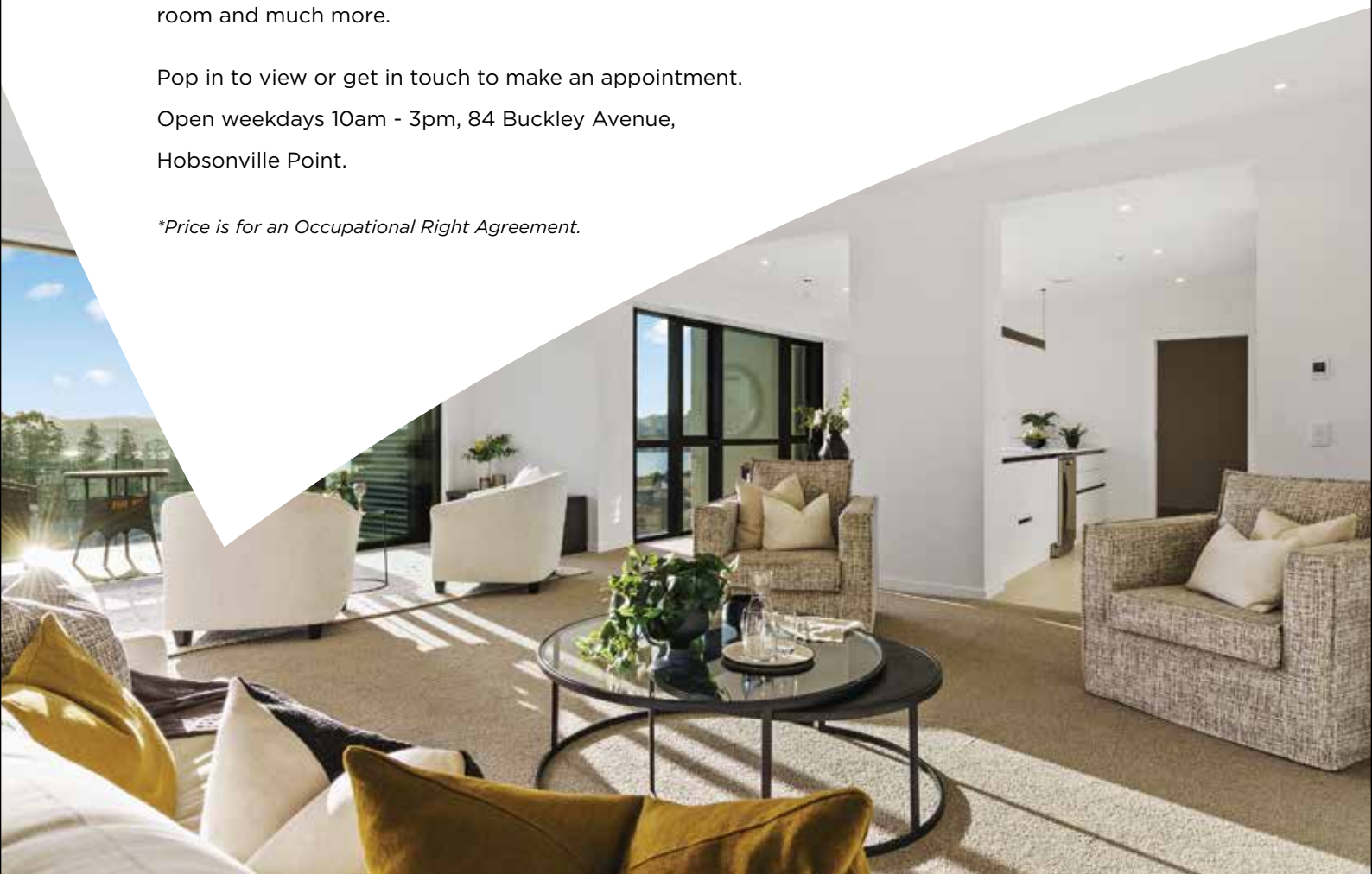
**Our beautifully appointed apartments are
selling now from \$725,000 - \$1,500,000.**

Waterford on Hobsonville Point is a hidden gem,
a premium lifestyle retirement village with style,
character and independent living.

The moment you move in, you'll enjoy the newly built
community lodge that boasts a range of contemporary
facilities, including an on-site cafe, library, wellness
room and much more.

Pop in to view or get in touch to make an appointment.
Open weekdays 10am - 3pm, 84 Buckley Avenue,
Hobsonville Point.

**Price is for an Occupational Right Agreement.*



Ranee Duff

P 09 930 3749

E ranee.duff@waterfordonhobsonville.co.nz

Village brought to you by

| classic *Life*

In Brief Updates

bees around. Come along, grow food and have fun.

We have an upcoming workshop, D.I.Y Bokashi, presented by The Compost Collective

Thursday 19th November 10am - 12pm.

Offers an introduction to composting with Bokashi buckets. Come and discover how easy it is! Bookings essential to claim your buckets. Bring a 2 cup container for a share of compost zing. Register online at WWW.compostcollective.org.nz/events-calendar/

Want to know more? Keep up to date with all events on Facebook- Triangle Park Community Teaching Garden, email us triangleparkgarden@gmail.com or just pop along to one of our weekly practical gardening workshops on Wednesdays & Saturdays.

Tai Chi for seniors

Tai Chi for seniors' (50+) sessions are to help participants of all abilities and fitness levels to learn in a fun and friendly way that improves their health, fitness, wellbeing, and inner balance, manages stress, and prevents falls.

This programme is held at Te Manawa every Tuesday 12 - 1pm (school term only) in Hinengaro room on level 2. Small cost of \$8.00 per person. For more information please contact Juliana directly arohataichi@gmail.co.nz or text 021905742, www.arohataichi.co.nz.

Flippin' Fun Trampoline Park

With the school holidays over Flippin' Fun's normal week day activities are back. Of course it's not just in normal bounce sessions when you can experience the benefits of trampolining. We have a range of skills and activity classes to suit you and your schedule. Check these out for Term 4.



Flip Fit Classes - with summer on the way it's time to start thinking about getting back that beach bod.

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

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

Little Flippers - a super fun toddler session for the 5 & unders - no older kids allowed.



**MURIWAI
GOLF LINKS**

Andrew Jackson
General Manager

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

Parties, End of School Year & Christmas functions - Flippin' Fun caters to all types of events and functions. They're enormous fun and hassle free. We are taking bookings now so view our party webpage or contact us directly to plan your bid event.

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

Summerset at Monterey Park

New development property release at Summerset at Monterey Park - Hobsonville.

Two and 3 bedroom villas will be available from August 2021, released now for presale. Enjoy retirement living with panoramic sea views. Summerset's brand new villas, apartments and serviced apartments offer the experience of luxury living in



the thriving Hobsonville community. Our homes are warm, modern, finished to the highest standard and are now available for you to make your own. At Summerset our range of indoor and outdoor facilities means you'll always have something to do, no matter what the weather. And, if you're keen to get involved, our on-site Activities Coordinator will make sure there's always a calendar of events and activities to keep you entertained. For our Village Café and in-house catering, White Tie offers contemporary food menus prepared on site with wholesome, seasonal, fresh, locally grown produce. Set on the water's edge with 270 degree views over the water and only a 20 minute drive to the CBD, Summerset at Monterey Park lets you enjoy the very best this unique location has to offer. Give Wendy a call on 09 951 8922 to book an appointment. 1 Squadron Drive, Hobsonville, Auckland.

Waitakere Grey Power

Waitakere Grey Power Association has been working through the Covid 19 alert levels. We had our General meeting on 24th September 2020 at the Te Atatu South Community Centre. Our guest speaker was Councillor Tracy Mullholland from the Whau ward of Auckland Council. Tracy is the liaison Councillor with the Seniors Advisory Panel. The new co-chair of the Seniors Advisory Panel is Gayle Marshall from Glen Eden. We had 27 people in attendance who stayed for light refreshments at the conclusion of the meeting.

FREE trial swimming lesson for new customers

Call us now to book:

Newmarket - (09) 529-0177

One Tree Hill - (09) 582-1111

Albany - (09) 414-5484

Hobsonville - (09) 666-0240



**Hilton Brown
SWIMMING**
Lessons for life

In Brief Updates

We invite members and friends to our General meeting on Thursday 3rd December 2020 being held at the Swanson RSA, 663 Swanson Rd. The cost per head for lunch is \$21. Could you please contact our Office phone 09 838 5207 Monday to Friday before 12.00pm, midday with number attending. Our Guest speakers will be from Fire and Emergency, advising us about fire safety in our homes and properties. Remember we are the largest advocacy organisation in the country for people over 50 years old. We are keen to get more members to join us and also to get extra volunteers to man our office. If you would like to join Waitakere Grey Power please contact our office, 09 838 5207 in the first instance.

Mate Marinovich, President, Waitakere Grey Power Association, 247 Edmonton Rd, Te Atatu South.

Light Up

Hospice West Auckland Lights up for Christmas with a sparkle. Bring your family and friends and join us at Hospice West Auckland for a very special Light Up Hospice this Christmas.



2020 has been a very big year for us all and Hospice West Auckland wants to bring the West Auckland community together to light up Hospice and share peace and reflection to the year that was 2020. We will have some special V.I.P. guests joining us while we prepare for the sun to set and the lights to light up the sky.

So bring along your friends and family and join us for this free event, we look forward to welcoming you. Friday 4 Dec 7.30pm to 8.30pm at 52 Beach Road, Te Atatu Peninsula, Auckland

For more info email Bella Davis: bellad@hwa.org.nz.

Fair Food

We featured the West Auckland based Fair Food Charitable Trust in our May and September issues. In October at the NZ Food Awards Fair Food won both the Massey University Supreme Winner NZ Food Heroes Award and the Greater Good NZ Award sponsored by Palmerston North City Council. They combined sustainability, business innovation, excellent teamwork and leadership, all



while caring for the vulnerable during the Covid-19 crisis. They successfully coordinated national food rescues, redistributed over 400,000 meals per month and scaled up their response to rescue on average 143 tonnes each month to provide food for over 20,000 people in need a week during the pandemic.

Established in 2012, Fair Food is Auckland's first food rescue charity. They collect good fit-to-eat food from primary producers & retailers that would otherwise go to landfill, and redistribute it free of charge to people who struggle to put food on the table. Food is rescued from business donors, growers, manufacturers, retailers, distributors, wholesalers and redistributed to the people who need it by partner social agencies, community groups, food banks, religious centres and educational facilities. Food donors put aside good surplus produce, meat, dairy and other food items that are still fit-to-eat and might simply be at its best before date or has damaged packaging.

Veronica Shale, Executive Director at Fair Food Charitable Trust, acknowledged her colleagues for "this critical unseen work in our local community and in pockets across New Zealand. Local food heroes each and every one of them."

Veronica also applauded the collective, collaborative mahi across West Auckland community groups and businesses - particularly EventBase, Toby's Seafood and Nola's Orchards who stepped in to help Fair Food respond to the epic amount of surplus food to be rescued from Covid-19 impacted businesses for the surging numbers facing food insecurity saying "these local West Auckland legends gave us their heads, hearts, hands and humour when New Zealanders needed it most. This is their award too".

Need a home for your organisation?

The Massey Birdwood Settlers Association is the ideal place for your organisation to call home.

For those groups that are active, Kung Fu, Aikido for example our hall is ideal. Or you could be a church group (Sunday afternoon) or a larger gathering during the week, like St Johns Massey Youth or Housie, or the Waitakere Cake Decorating club on a Saturday morning.

The hall can provide you with storage for an additional charge, electronic signage free of charge, listing on our website and Facebook page and for additional charge sign writing





NEW ZEALAND'S REAL ESTATE PROFESSIONALS



TERRY & JANET JONES
Lifestyle Residential & Developments

WALLACE & STRATTON REAL ESTATE GROUP

M: +64 27 4920 529
T: 0800 200 741
E: terryandjanet@wallacestratton.co.nz

the warehouse //
where everyone gets a bargain

The Warehouse Westgate
Fernhill Drive
Open 7 Days
8.30am-9pm

In Brief Updates

on the side of the building.

For smaller groups, such as our scrap booking classes, or groups up to 25, say Toastmasters or similar, then our highly spec room, carpeted and own toilet and kitchen facilities, the Den maybe the answer.

All our groups are generally long-term users, Housie having been in the hall for over 40 years.

For information re hire of the hall or den, contact John Riddell email masseybirdwood@gmail.com.

House of Travel Hobsonville

Like many of you, whilst we've been in lock-down we've been 'stay-dreaming' about all the amazing places we'll explore when it's safe to venture out - first at home, then across the ditch and later further afield.

As New Zealanders we're lucky that there's no better place to live or to explore, than the place we call home.

House of Travel is 100% Kiwi owned and operated and we're proud to have supported our local communities for over 30 years. We're locals too, so we know what Kiwis want in a New Zealand holiday.

We're in the process of creating Holidays@Home, a collection of our favourite New Zealand travel experiences, incredible deals and our owner operators will share their best kept hometown secrets and hidden gems. Whether it's skiing in the Southern Alps, star gazing from your private glass roofed skybed, hitting the road, kayaking the Abel Tasman, indulging in amazing gourmet experiences or something off the beaten track; New Zealand offers an abundance



Need something lifted or shifted?

Kumeu based Hiab hire. 7 days
26 metre reach



Call us for all your lifting requirements.
Phone A P George; 027 229 2919

of unique adventures and cultural experiences.

Whatever your perfect Holiday@Home is, we can make it happen. Now is the time to discover the best Aotearoa has to offer. If not now, when?

When travel is allowed to Australia and beyond please give us an opportunity to show you what a difference a locally owned, Kiwi travel company can make. #supportlocal.

Mike (Buzz) Thomson and the team at House of Travel Hobsonville. Phone 09 416 0700, email Hobsonville@hot.co.nz or visit us 225 Hobsonville Point Road, Hobsonville.

The Mobile Car Specialists

Let's cut to the chase... Making cars look awesome again is what we do! But we don't expect you to believe us without first checking out our reviews.



Here are just a couple of recent ones:

"Thank you Hayden, your customer service was outstanding and your finished product was above expectations. We will be using your service again." - Mel Simpson (Google review)

"Another fan here. Anton completed a job on my Kodiaq to perfection this morning. Highly impressed with the workmanship and the dents just vanished as quickly as they came on. Thanks Anton, keep up the good work buddy, cheers." - Jay Patel (Google review)

Our services include: Dent removal - small to large. High quality paint correction / cut and polish. Contaminant removal (metal grindings, paint overspray etc on the paint work). Ceramic coating paint protection. Yellow / foggy headlight restoration and signwriting removal. 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 to see our work and 5 star reviews.

\$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 20,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at editorial@thewesterly.co.nz.

Harcourts

Sonya Morris

Sales & Marketing Consultant

M 021 832 282 P 09 929 0543
sonya.morris@harcourts.co.nz

Cooper & Co Real Estate Ltd Licensed Agent REAA 2008

1 Wiseley Road
Hobsonville 0618

www.cooperandco.co.nz



Safer Communities



A great start to spring with nice dry weather which has allowed us all to get out into the garden and clean up after winter.

This is a great time to 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.

Fireworks are fun, but they can also be dangerous and pose a high fire risk, so please use them responsibly.

Fireworks can quickly cause devastating vegetation fires, particularly when conditions are dry and windy.

Remember these simple safety messages:

- 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, like dry grass or leaves
 - 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 Fire Officer

Waitakere Fire Brigade

Phone 09 810 9251



QUINOVIC

Experts in property care and return



Contact me for a FREE rental Appraisal!

Brendon Stuckey

09 837 6000 - 0274 907 777

brendon@quinovic-wa.co.nz

FREE ICE SKATING

At Westgate Shopping Centre

OPEN DAILY

10 - 24 December | 11am to 6pm



Westgate Shopping Centre
Fred Taylor Drive, Westgate, Auckland



WESTGATE

SNOW GLOBE

OPEN DAILY

1 - 24 December
12pm to 5pm

**Visit Santa in his pop-up Snow Globe
at Westgate Shopping Centre!**

Step inside the six-metre walk-in snow globe to be transported into a winter wonderland!

FIND OUT MORE

www.westgate.kiwi

NZRPG MADE FOR NZ

Property

Property market report

Auckland house prices are hitting record highs, as sales rally post-lockdowns, supply of homes coming onto market lags, and people access low interest mortgages.

New Zealand's national record median of \$675,000 is up from \$580,000 a year ago and July's \$659,000, according to NZ Real Estate Institute

Auckland's median increased 16 per cent to \$950,000 up from \$819,000 at the same time last year and up from \$918,097 in July.

It seems to be the perfect storm. The combination of low interest rates, the removal of loan-to-value restrictions, the lack of listings, people's aspiration to have more space or a bigger backyard, catch-up post lockdown, the inability for people to spend on overseas travel, and first-time buyers' desire to get onto the market are all contributors.

Around the North Island the story remains the same:

Northland recorded a 16.6 per cent annual price rise to a median \$590,000, up from \$506,000.

Whangarei district hit a median price of \$610,000 and Bay of Plenty prices rose 11 per cent annually to a new median \$665,000.

Waikato prices jumped 16.7 per cent to \$628,000, up from \$538,000 at the same time last year, and the fourth record median price in a row.

Taranaki prices were up 15.3 per cent from \$391,000 to \$451,000.

Auctions were used in 16.1 per cent of sales throughout New Zealand in August, this was the highest percentage of auctions for August in four years.

Auckland sales actually lifted 2.2 per cent month on month, the strongest month for seasonally-adjusted since mid-2015.

"There are issues that will affect the New Zealand housing market, being; wage subsidies, interest rates, affected business's covid payments, supply of property to market and mortgage holiday schemes are all significant factors.

ASB Banks previous forecast for a 6 per cent fall in house prices was recently upgraded to a 3 per cent fall by March 2021, however this is dependent on all factors, and the real test is the volume of distressed sellers that absolutely need to sell to satisfy debt in 2021.

Let's have a look at sales in the last month:

Herald Island	\$2,425,000
Hobsonville	\$552,000 to \$1,450,000
Massey	\$605,000 to \$2,200,000
Swanson	\$745,000 to \$1,035,000
Waitakere	\$885,000 to \$1,400,000
West Harbour	\$720,000 to \$1,768,000

Westgate \$665,000 to \$941,000

Whenuapai \$778,000 to \$4,405,000

Whatever your situation, whether you are buying or selling, it pays to have a professional you can turn too. We provide at no cost to you a service to provide all relevant data to assist you buy and sell. In addition you will benefit from my 15 years of experience as a property professional. If you're thinking about buying or selling, need suggestions on legal or tax businesses that give solid cost effective advice, please call me on 0800 900 700 or email me on graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

Hot tips for vendors selling residential property

1. Vendor Warranties - by signing the agreement, vendors confirm they have: Not received any notice or demand and have no knowledge of any requisition or outstanding legal requirement. Not signed any consent or waiver that has not been passed onto the purchaser. No knowledge or notice of any fact which might result in proceedings being instituted by or against the vendor or the purchaser. Obtained permits or consents for work done to the property and the work has been signed off by Council.

2. Chattels Warranty - on settlement vendors agree to deliver all chattels listed in the agreement, and all plant, equipment, systems and devices serving the property (for e.g. security systems and air conditioning) in reasonable working order, but in all other respects, in their state as at the date of the agreement (fair wear and tear excepted). Chattels must be free of any PPSR security charges i.e. hire purchase, Q Card or finance securities registered must be removed from the PPSR and paid on settlement. Where, following a pre-settlement inspection, a purchaser asserts the chattels are not in reasonable working order, and/or are free of charges, then a purchaser can potentially seek either compensation, or a retention of settlement funds, until a vendor provides satisfactory chattels to the purchaser.

3. Tenants - vendors are obligated under the Tenancies Act 2019 to provide correct notice to a tenant. When selling a tenanted property, vendors must give tenants at least 42 days' written notice to vacate the property. Often times it is better to allow for 45 days' notice to ensure the vendor can provide vacant possession to the purchaser on settlement, and, for e.g., tenant rubbish is removed, and any repairs are completed prior to settlement date. Written notice to vacate should always be given immediately upon a purchaser declaring the contract as unconditional. Vendors must therefore ensure that the agreement allows 45 days from unconditional date

VODANOVICH
LAW

SALES & PURCHASE OF REAL ESTATE

RELATIONSHIP PROPERTY | BUSINESS STRUCTURES

POWERS OF ATTORNEY | WILLS & TRUSTS

COMPANY & EMPLOYMENT LAW

PLEASE CONTACT IVAN

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



GINAJANSEN
LAWYERS

Ph 0800 544 508

P. 09 869 5820 **M.** 021 544623

E. gina@ginajansen.co.nz

W. www.ginajansen.co.nz

A. 9C Moselle Ave, Henderson, Auckland 0610



PROPERTY • COMMERCIAL • TAX DEBT • TRUSTS & ESTATES

Property

to settlement date.

4. Tax - GST - If a property was purchased on or after 29 March 2018, and it is sold within 5 years, and it isn't the main home, then a vendor may be liable to pay tax on any gains made. Lawyers are legally required to hold back money from settlement funds to pay taxes if a vendor is deemed to be an "overseas person". If the property is a rental, and depreciation has been historically claimed, vendors may be liable for tax. Where a vendor is registered for GST and the property is a taxable activity, vendors must state on the front page of the agreement they are registered for GST. Vendors must also fully and accurately complete the GST information set out in Schedule 1 of the agreement. Incorrect completion of the GST provisions can dramatically affect tax and net settlement proceeds available to the vendor. As tax issues arising on the sale of a property can be complex and varied, vendors should always seek the advice of reputable chartered accountants before signing an agreement to avoid potential and costly tax liabilities. Gina Jansen Lawyers works closely with several reputable, highly experienced West Auckland chartered accountants. We can assist with referrals for clients needing reliable tax and accounting advice. Vendors should also insist that the contract is reviewed by a lawyer before signing it to ensure the contract is in the vendor's best interests. Contact the property team at Gina Jansen Lawyers if you want us to help. We only act in our client's best interests. Phone Gina Jansen Lawyers on 09 869 5820, or email us at gina@ginajansen.co.nz.

Using Kiwisaver to purchase first home

If you are a first home buyer and you have been in Kiwisaver for more than 3 years then you may qualify to withdraw funds from your Kiwisaver to help buy your first home. The first thing you need to know is that you must have a contract to purchase in place.

There are two scenarios: You need the funds to pay the Deposit to the Real Estate Agent; and/or You need the funds to pay the balance of the Purchase Price on Settlement Date.

In the first scenario you need to get moving on your application as soon as possible after your offer has been accepted. You will need to download an application pack from your Providers website and fill it out. Part of the application form is swearing a Statutory Declaration - you can do this in front of your Solicitor or a Justice of the Peace.

In the second scenario your solicitor can only send your application to your Kiwisaver Provider after your contract has become unconditional. In this case you could wait until you are unconditional to get your application organised. Just remember your Kiwisaver

Provider will usually need 10 business days to process the application so this needs to be organised about three weeks before settlement date.

ClearStone Legal incorporating Kumeu-Huapai Law Centre can assist you in buying your first home. Telephone 09 973 5102 if you have more questions about buying property or using your Kiwisaver.

Sharing the cost of your fence with your neighbour

The Fencing Notice - By Nathan Tetzlaff.

The Fencing Act 1978 provides that neighbours must each pay half the cost to do work on an adequate fence. This includes building a fence where there isn't one, replacing a damaged fence, or doing repairs. Neighbours can often agree on these matters without further assistance. Any agreement is enforceable and may be registered as a fencing covenant on the properties' titles.

Even if the neighbour has agreed, a fencing notice should then be handed to them (or be sent to them by registered post) and should include reference to: The boundary to be fenced; The type of fence proposed; Who and how the fence would be constructed; The estimate of costs; and When the work will be done.

The notice should also be clear that your neighbour has 21 days to serve a 'cross notice' or else they will be deemed to have accepted the terms in the fencing notice, including liability to pay the amount proposed.

Smith & Partners, phone 09 837 6844 or email nathan.tetzlaff@smithpartners.co.nz.

Graham McIntyre
LICENSED SALESPERSON
BRAND & TERRITORY OWNER





P 09 412 9602
M 027 632 0421
F 09 412 9603
E graham.mcintyre@mikepero.com
www.mikepero.com

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

KEMP BARRISTERS & SOLICITORS
Your local team of legal experts

Property Law
Litigation
Family & Relationship Law
Trust & Asset Protection
Wills & Estates
Commercial Law

info@kempsolicitors.co.nz
09 412 6000
25 Orahua Road, Kumeu



Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HERALD ISLAND	1,400,000	685M2	230M2	2,425,000		830,000	735M2	160M2	942,000
HOBSONVILLE	1,075,000	334M2	176M2	1,042,000		830,000	610M2	90M2	978,000
	1,330,000	349M2	264M2	1,460,000		760,000	416M2	123M2	910,000
	780,000	146M2	115M2	885,000		610,000	536M2	140M2	766,000
	680,000	94M2	81M2	750,000		770,000	616M2	110M2	925,000
	710,000	112M2	88M2	750,000		890,000	974M2	140M2	980,000
	1,350,000	355M2	285M2	1,335,000		740,000	612M2	180M2	875,000
	1,150,000	284M2	202M2	1,273,000		730,000	607M2	120M2	880,500
	1,375,000	394M2	274M2	1,385,000		750,000	865M2	160M2	955,000
	1,200,000	830M2	190M2	1,306,000		890,000	675M2	270M2	930,000
	1,150,000	301M2	224M2	1,330,000		860,000	602M2	160M2	980,000
	820,000	95M2	146M2	885,000		750,000	513M2	100M2	779,000
	965,000	277M2	169M2	995,000		740,000	594M2	100M2	788,000
	970,000	190M2	166M2	1,005,000		860,000	2174M2	200M2	935,500
	730,000	132M2	103M2	790,000		590,000	567M2	100M2	725,500
	1,370,000	351M2	236M2	1,315,000		620,000	1302M2	90M2	660,000
	705,000	124M2	82M2	740,000		690,000	918M2	110M2	803,500
	940,000	177M2	187M2	1,005,000		570,000	601M2	100M2	630,000
	760,000	121M2	103M2	850,000		780,000	675M2	180M2	605,000
	780,000	165M2	122M2	905,000		895,000	814M2	110M2	910,000
	730,000	127M2	109M2	784,000		600,000	454M2	110M2	710,100
	860,000	159M2	161M2	885,000		960,000	743M2	240M2	920,000
	1,050,000	259M2	219M2	1,215,000		810,000	212M2	200M2	940,000
	800,000	160M2	134M2	942,000		860,000	847M2	140M2	930,000
	850,000	150M2	160M2	990,000		890,000	555M2	150M2	790,000
	800,000	122M2	124M2	860,000		650,000	613M2	90M2	830,000
	1,030,000	453M2	170M2	1,112,000		650,000	855M2	80M2	765,000
	915,000	201M2	135M2	957,500		720,000	476M2	120M2	610,000
	1,250,000	569M2	119M2	1,220,000		780,000	1419M2	184M2	940,000
	700,000	132M2	105M2	775,000	WEST HARBOUR	870,000	948M2	150M2	1,075,000
	950,000	196M2	176M2	1,162,000		1,050,000	652M2	100M2	981,180
	940,000	200M2	177M2	1,012,000		990,000	960M2	80M2	1,000,000
MASSEY	795,000	607M2	100M2	865,000		860,000	672M2	100M2	911,000

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

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

2.95% Up to \$490,000 (Not 4% that others may charge!)

1.95% on the balance Plus \$490 admin fee. All fees and commissions + GST

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

Mike Pero | REAL ESTATE

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

Graham McIntyre
Brand & Territory Owner
027 632 0421



We're from over the fence, not from over the ditch.

Your Locally Owned and Operated Weber Stockists



Weber
Baby Q 1000 BBQ
Titanium (also available in black)
239457

\$399

BBQ Season is upon us

\$569 **Weber**
Q 2000 BBQ
Titanium (also available in black)
318399



Prepare in style with Weber



Weber
Q 3100 LP BBQ
Titanium (also available in black)
239459

\$949

\$19⁹⁵

Weber
Q Cleaner 500ml
219693



Weber
Premium
BBQ Covers

Starting from **\$34⁹⁵**

Weber
Half
Hot Plates



Starting from **\$69⁹⁵**

Mitre 10 MEGA Westgate & Henderson
Northside Drive & Lincoln Road
Monday to Friday: 7am - 7pm
Weekends: 8am - 6pm



MEGAWestgate
MEGAHenderson

MITRE 10
MEGA

**WESTGATE &
HENDERSON**



HIGH END CAPE CODE LUXURY

4 2 2

\$1,349,000

4 York Terrace, Riverhead Asking Price \$1,349,000

Water and esplanade views greet you every day in this near new single level executive home, offering an impressive, open styled entertainers kitchen, dining and lounge seamlessly integrated onto north east decking. Out of the wind, and tucked into a planted glade of shrubbery that delivers exceptional privacy but retains the sunshine and the inner Harbour panorama. Offering a delightful design and floor plan with all bedrooms, laundry, bathroom and guest w/c off a central corridor, while en-suite and walk-in off the master provides ease and convenience. Oversized double garage, boat and motor-home parking and security gates to keep pets and children in place. Extensive plantings, now matured, delivers excellent privacy from the road.

www.mikepero.com/RX2523006



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



SHOW ME THE MONEY - AFFORDABLE LIFESTYLE

4 1 1

Asking Price \$1,149,000

7 Kaipara Lake Road, South Head Asking Price \$1,149,000

Motivated Vendor seeking proactive buyer, keen to enjoy the good life. Set high with sea views and land on the exclusive Tupare Estate. This renovated four bedroom home offers easy living on one level. Open plan living with great indoor outdoor flow to decking overlooking the idelic Kaipara Harbour make this home more than a lifestyle option but a picture paradise. Tupare Estate delivers a range of high end facilities which are free from cost under the payment of a very modest annual fee. Home owners share an enviable number of community facilities, including a large hall which may be reserved for private functions, flood lit tennis court and a comprehensive equestrian facility which includes an arena, stables, wash bay, stock yards and a loading ramp.

www.mikepero.com/RX2039027



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



SUNSHINE MEETS ALFRESCO IN NEAR NEW LUXURY APARTMENT

3 2 2

By Negotiation

G07 / 57 Mapou Road, Hobsonville By Negotiation

For you, in the future, or as an investment with fantastic tenants in situ and keen to extend their stay. Big balcony, large ranch-slider into entertainers kitchen-dining and lounge. Luxury apartment living at its best. Near new this 3 bedroom apartment with two bathrooms, modern colours and clean lines, this apartment is an absolute rarity. The apartment offers easy care open plan entertainment living with the added benefit of being a complete lock-up and leave property. It has a secure basement parking with two tandem carparks. Up-spec kitchen with show-home form and function, and the simplicity of heat pump air control for all seasons. A short distance from Hobsonville Primary and Secondary Schools, Parks, café's and transport links.

www.mikepero.com/RX2528743



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



EXTENSIVE SHOW HOME UPGRADES AND HOMELY FINISH

4 2 2

\$1,295,000

13 Podgora Avenue, Huapai Asking Price \$1,295,000

A generous four bedroom, two lounge home with two bathrooms and two separate w/c's, it delivers to the needs of a larger family or the buyer that wants space for multiple entertainment and office options. An excellent work from home property with room/office downstairs with guest w/c and easy access to kitchen and alfresco. Upstairs has three generous bedrooms and a second lounge/ retreat with ample space and awash with sunshine. Elevated views which extends to the planted tussocks of the reserve strip. Absolutely uncompromised alfresco from an elaborate open plan entertainers kitchen-dining-lounge seamlessly linking to covered decking enjoying sunshine late into the afternoon and yet sheltered well from the prevailing wind.

www.mikepero.com/RX2535431



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



NEAR NEW - DECEPTIVELY LARGE IN HOBSONVILLE 4  1  2 

By Negotiation

18 Pottery Crescent, Hobsonville
By Negotiation

Absolute corner site enjoying easy access and outstanding sunshine. This is a home that has been created out of a neutral colour pallet, clean design with an eye to convenient entertainers living. Set on 208 square meters and staged over two levels, this impressive 180sqm home delivers street appeal while an access lane delivers easy parking options. Open plan entertainers kitchen, dining and lounge opening onto north facing patio with clever planting and privacy screening. Single garage, laundry, storage and guest toilet completes the lower level. Upstairs has four generous bedrooms and two bathrooms off a central hallway. Centrally located in Hobsonville with a short stroll to shopping, restaurants, cafes, park and transport links while a short drive has you straight onto the Motorway.

www.mikepero.com/RX2535432



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



WHEEL CHAIR ACCESS PRIVATE AND SECURE - KUMEU 4  2  2 

By Negotiation

18 Josh Road, Huapai
By Negotiation

If you are seeking a better living environment with the ability to easily advance to a wheel chair friendly home, this is the one for you. Flat, single level and near new construction delivers an environment that is easy, accessible and warm. While the design has created options for office, two living rooms or lounge and media room. Open plan entertainers kitchen-dining that links seamlessly to westerly patio and all season low maintenance lawn and gardens showing plenty of colour and grace. The flow from double garage, separate laundry and wider hallway is specific for wheel chair access and is comfortable, open and light. Four generous rooms or three and a study, your choice, generous bathroom and with a large master with open, easy access ensuite, and shower cavity.

www.mikepero.com/RX2387002



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



LAND - RV \$550,000 - NO COVENANTS - VIEWS

\$575,000

56E Kaipara Coast Highway, Helensville
Asking Price \$575,000

A truly stunning 1.6 hectare lifestyle block offering a serviced flat building platform and outstanding views to the North West. It delivers a site that is perfect for an entertainers home with extended views and privacy. The site has easy and established driveway access and title is issued and ready. In addition to the two grassed paddocks the land has a small covenanted native bush area that supports extensive bird life and privacy. Grazing is suitable for small hoofed animals (sheep, goats, alpacas) and offers good planting options to ensure you get the most out of this amazing block. Motivated Vendor is happy to look at an extended settlement. Close to Helensville convenience shopping, schools, transport links and inner harbour access.

www.mikepero.com/RX2366714



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



PRIVATE OASIS - CENTRAL LOCATION - ALFRESCO LIVING 4 1 3

By Negotiation

117A New Windsor Road, New Windsor
By Negotiation

Seldom do you achieve the very best of privacy and tranquillity, mixed with a central location in New Windsor, so close to transport hubs, convenience shopping, schools and parks. The home was created with an eye for detail, an ear for the quiet life and the quality only achieved through meticulous project management and a no-compromises family invested build. A home that links glades of alfresco living and generous sunshine with an entertainers kitchen, dining and multiple lounges which wash with afternoon sun. A double garage, laundry and guest w/c provide easy access on the ground floor. Upstairs and into a light and beautiful atrium has access to four bedrooms and two bathrooms delivering a unique and truly mesmerising environment that will deliver peace and mindfulness.

www.mikepero.com/RX2528253



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



5 ACRES - MIXED ORCHARD WITH NATURAL SPRING 5 8 3

\$1,349,000

275A Rimmer Road, Helensville
Asking Price \$1,349,000

If you are seeking a good life, a mix of fresh greens and fresh fruits then you're starting with the right property. A five bedroom, three bathrooms, two lounge brick and tile home offering generous space with flow to north facing patio and grassed glade. A suntrap that is only in need of the homely touches and the desire to invite friends and family to enjoy. Up to eight car garaging, extensive shedding and strong room, the property has all the structure for a lifestyle buyer that wants to grow and plant and forage. A large variety of fruit bearing trees are in place while an additional paddock is ready to be planted or fenced for grazing. A natural spring feeds water to the property. A short drive to Helensville and Parakai for convenience shopping, inner harbour access and transport links.

www.mikepero.com/RX2529830



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



4 HECTARES - TRANQUIL DOWNS - TAUPAKI 5 2 3

\$2,500,000

369 Waitakere Road, Taupaki
Asking Price \$2,500,000

Country Living zoned and an absolutely beautifully presented home with options for equestrian adventures or extended lease options to the incumbent Red Hills Pony Club. The land is well contoured into home life with established gardens, enclosed pool, sheds, extended carport and peppered with native plantings it is a private, tranquil and gated estate. Five generous rooms with three bathrooms, large formal lounge and options for two lounges, study and more. For a large family looking for the good life or an extended family looking for space this is a home with traditional values, peace and tranquillity in spades and has flexibility in how it is lived in. Make space in your diary for space in your life for this incredible property, so close to everything and so calm and quiet.

www.mikepero.com/RX2510060



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



LAND WITH VIEWS, MULTIPLE BUILDING SITES - WAIMAUKU

\$759,000

Kiwitahi Road, Helensville Asking Price \$759,000

Hill top location, overlooking the Woodhill Valley over to the Tasman Ocean and up to the Kaipara Harbour. This truly spell binding, toe tapping and ear tingling opportunity to purchase the "full package" with over 2.9 hectares (7 acres) of rolling hill country delivering full fencing, good/ easy access. Includes a small parcel of covenanted bush which intersects with a small duck pond on the property. Delivering an ecological and naturalists playground. Title issued, no covenants affecting your plans on this north-west facing masterpiece. For additional support information please text or email me today, it's not going to be around for long, make your offer today. 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.

www.mikepero.com/RX2066456



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



10 ACRES - ELEVATED BRICK AND TILE

5 4 3

By Negotiation

1132 Peak Road, Helensville By Negotiation

First time on the market in 30 years, is this north facing brick and tile home, elevated with valley views. Offering a generous open plan living environment with central hallway to three rooms and linking to a self-sufficient guest wing. A collection of sheds and out-buildings including workers accommodation on the property allows for diversity for use and ample scope for storage. Fenced into six grazing paddocks with its own water supply and decorative ponds the paddocks have an easy care gravity irrigation system to the trough's. If you are seeking a family home with options for extended family of guests, this is a home you will want to view. Certainly a home that you be an active relaxer or a relaxer that is active. A short drive to convenience shopping in Waimauku and Helensville.

www.mikepero.com/RX2531138



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

Hot Property



Near new – deceptively large in Hobsonville

People that move to Hobsonville Point reflect their love for the parks, walks, cycle-ways and rich history that links seamlessly with local markets and strong community values. The area is a collaboration between Hobsonville Land Company and a wide range of house and commercial premise builders which allows development and infrastructure to be created together and support a lifestyle based on shared spaces and community engagement.

Absolute corner site enjoying easy access and outstanding sunshine.

This is a home that has been created out of a neutral colour pallet, clean design with an eye to convenient entertainers living.

Set on 208 square metres and staged over two levels, this impressive 180sqm home delivers street appeal while an access lane delivers easy parking options. Open plan entertainers kitchen, dining and lounge opening onto north facing patio with clever planting and privacy screening. Single garage, laundry, storage and guest toilet completes the lower level.

Upstairs has four generous bedrooms and two bathrooms off a central hallway. Clever use of colour and space will certainly have you understanding the value that this townhouse delivers.

Hot Property



Quiet, Homely but close to everything. A must see if you're looking for a property that has been transformed into the perfect home. A short distance from Hobsonville Primary and Secondary Schools, parks, café's and transport links. The area is safe, clean and enjoys fine dining and casual dining options within a pleasant walk. Transport links operate with quick access to motorway, bus hub and ferry services. It really is a community that is significantly different from any other with modern buildings and modern infrastructure, walkways, cycle ways, extensive parks and esplanade reserves.

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

Central's Tips

November 2020



The festive season's just around the corner and everything is starting to grow! Liquid feed the gardens, plant corn and pumpkins, stake up tomato and bean plants and tidy up the outdoors for summer.

Get ahead of the summer drought

Apply our drought fighter Aquaturf Max G to help water penetration and use mulch to help retain that precious water!



In the Edible Garden

- **Plant basil beneath tomato plants** – this combination is a gardening marriage made in heaven. Putting in a few marigolds alongside helps keep pests at bay too
- **Tie up climbing plants** including tall enough stakes for tomatoes and beans – summer edibles grow quickly and they can become a tangled mess if not trained up
- **Time to set the vegetables and fruit trees up for summer** – give them a deep water and layer pea straw or mulch around them
- **Liquid feed plants** fortnightly with **Aquaticus Organic Booster** to give plants a good dose of valuable nutrients
- If you have enough space, **sow seeds for corn and pumpkins**. Did you know that corn is better sown in blocks, rather than rows, to encourage cob production?
- **Pot up herbs** to take on holiday at Christmas time for some culinary oomph at the beach or camping ground
- **Derris dust cabbages and cauliflowers** to help prevent white butterfly caterpillars eating your garden bounty!

The rest of the Garden

- Our product for getting through the hot weather when soil dries out is **Aquaturf Max G**. Its formulation helps water penetrate to the roots of the grass or garden soil
- **Sweet peas and wisterias** put out tendrils that need to be secured; and the quick growing canes of rambling roses should be tied back as they grow
- **Paint, stain or scrub the outdoor furniture** – this gives the garden a clean, crisp look ready for the Christmas holidays

Lawns that are growing weeds

This is because the grass hasn't grown strongly enough, or bare patches provided a spot for them to grow. Spray with Broadsword (kills weeds, not grass), then re-sow with grass seed if necessary



Project for November

Perfect patios

Paving in time for the family to have Christmas dinner on the new patio? Our Central Landscapes team can help you with what you require to prepare the base, select the pavers and the right sand for the finishing work.

For all the materials you'll need for your paving project, visit www.centrallandscapes.co.nz





We dig mulch.

Set your garden up for the summer season.

Central Landscape Supplies Swanson has a great range of mulches, from trendy black wood chip to a natural forest floor look. Mulch locks in moisture and keeps the weeds down. And your plants look great too!



Central Landscape Supplies Swanson

09 833 4093 • swanson@centrallandscapes.co.nz

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

Home & Garden

Laser Plumbing and Roofing Whenuapai

Spring has sprung! This time of the year not only brings more sunshine and warmer weather, but is an ideal time to sort out some of the post winter jobs around the house.

After a long rainy, windy winter, your gutters and downspouts may be full of leaves and other debris. This is a perfect time to clean out your gutters and downpipes. This will help prevent leaks in your home.

Since water conservation is a high priority in Auckland at the moment, it's also a very good time to check your pipes, toilets and taps for water leaks.

Laser Whenuapai can help with any spring leaks you do find. Give us a call today. From basic tap washers right into full re-piping, re-roofing, drainage or gas systems, we are happy to help with any job...big or small.

We are also specialists in hot water systems, plumbing maintenance, repairs and installations, roofing and gutters. We offer CCTV and a state-of-the-art drainage unblocking service. In addition to these services, we have a 24 hour emergency plumber available for any plumbing emergencies - as we know these can come at any time.

Open five days a week from 7:30am-4:30pm, Laser Plumbing & Roofing Whenuapai is conveniently located at Unit 4, 3 Northside Drive, Whenuapai.

Contact us today on 09 417 0110 or whenuapai@laserplumbing.co.nz. Or visit our new and improved website at laserplumbingwhenuapai.co.nz for more information about our company and services.



Standard Iceberg roses and avocados

With spring underway, it is so nice to see the deciduous trees leafing up, along with the ever popular Standard Iceberg roses. Awa Nursery currently has a good stock of these stunning roses. These classics are looking great and are currently flowering beautifully, with their new spring leaves looking lush. Plant in a location that enjoys full sun. Early spring is the perfect time to apply a good slow release fertiliser to your existing plants ensuring bigger and healthy flowers. Regular dead heading will encourage more flower buds to develop.



If you love avocados, we have just received fresh stock of Hass, Reed, Bacon and Fuerte. A few tips to get the most out of your avocados:

It is important to water your trees during dry periods however, let them have a chance to dry out between waterings - if it hasn't rained, water every 3 or 4 days. Make sure your plants have good drainage. Weed an area 1 metre diameter around your trees, to prevent competition with the avocado tree roots. Remove all flowers for the first 18 months as these will compete for limited tree reserves. Herbicides such as roundup are not recommended as this stage anywhere near the root zone. Avocado feeder roots can be very close to the surface and even grow up into the mulch. You are best to prune more established trees if needed, in later winter/early spring. Phone Awa Nursery: 09 411 8712, email info@awanursery.co.nz or visit www.awanursery.co.nz.

Sustainable Landscapes

Just a thought about our gardens as summer is coming in a hurry, and if last summer is anything to go by, it was long, hot, and dry, and our precious gardens took a hammering. It's hard to watch our beautiful plants trees and ferns die from a lack of moisture, and for many, water restrictions came along.



The best way to protect our gardens, edible, or created for beauty, is to pile on the mulch, heaps of it. Mulch not only feeds our plants as it naturally breaks down, it holds in much needed moisture over those long hot weeks, enabling shallow rooted plants and trees a

HARDFELL

PROFESSIONAL ARBORISTS

**TREE PRUNING | REMOVALS
STUMP GRINDING**

CALL SHAUN - 0210720739

HARDFELL.CO.NZ

KANEAGE DRAINAGE

issues with drainage... the solution is kaneage

Kane Franklin
Registered and Certified Drainlayer

Phone: 0275 565733
Email: kaneage0@gmail.com

Home & Garden

greater chance of survival.

The best mulch to use, is aged mulch - mulch that has rotted down to a damp composted state, full of nutrients and worms. Piled on AT LEAST 100mm thick on your garden, it's the best protection against the summer dry. If you would like to purchase rotted mulch call me. Call Dave Milina, 0275 1962 19 sustainablelandscapes.co.nz, info@sustainablelandscapes.co.nz.

Five facts you should know about our Smart Collection

Modern, warm, and low maintenance, a Smart home promises everything you're looking for in a new build. Our designers have worked tirelessly to offer the market a home that is modest in its price, but generous in its quality, size, and style.



Fact 1: your home will be created using smart design: Affordability was paramount when designing our Smart Collection, and the combination of intelligent design with clever layouts means we can deliver modern homes for a great price.

Fact 2: there will be no budget blowouts: The benefits of selecting

a pre-designed plan from our Smart Collection means we can offer you fixed pricing upfront without any cost blowouts along the way.

Fact 3: your home will be built using high-quality materials: Built using only quality materials from leading NZ suppliers, they're also designed with simplicity and cost-efficiency in mind.

Fact 4: your home will reflect your personality: There is no such thing as a cookie-cutter Signature Home. You will be able to personalise your home by deciding on everything from flooring to tiles, fixtures, fittings, and kitchen and bathroom colours. Even better is the fact that every Signature Homes customer receives one-on-one time with an interior designer to fine-tune your ideas and make your home uniquely yours.

Fact 5: your home will be healthy: The quality of new homes with modern building and material technologies ensure you can count on a warm, dry home for many years to come.

Modest yet stylish perfectly sums up our stunning Smart Collection, explore our favourite plans here: www.signature.co.nz/smart-collection

View our range of House & Land Packages online or in the Kumeu office. Call our team at Signature homes West Auckland to discuss your option; obligation free 0800 020 600 www.signature.co.nz/west.

Time for your lawn to thrive

Do you like to wander around the garden in those long summer evenings, enjoying the feeling of lush grass under your feet? Do you

House & Land Packages



Country Living, Turn Key!

\$1,165,000

House 181m² | Section 629m² | 3 | 2 | 1 | 1 | 2



Wood Valley Wonderland!

\$1,185,000

House 186m² | Section 18510m² | 3 | 2.5 | 2 | 2



Tick The Boxes In Huapai

\$890,000

House 144m² | Section 357m² | 3 | 2 | 1 | 1



Architectural Kiwitahi Haven

Price By Negotiation

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

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

Contact Dean Pritchard for more information
027 471 1886 | 0800 020 600 | deanpritchard@signature.co.nz

Signature
HOMES[®]
EST. 1983
YOUR HOME. YOUR WAY.

Home & Garden

or your kids love have bbq's, games of badminton or cricket, maybe a bit of back-lawn camping over the holidays, or just general running around on the grass? Have a look at your lawn. Will it be ready? Do you have thistles? What about Onehunga weed prickles? They can really spoil your enjoyment of your lawn. Is the grass looking good or do you have dandelions, daisies and other weeds popping up? What about the grass itself? Have you let it go a bit over the last few months - maybe it needs a bit of a pick-me-up.

Now's the time to take action for a beautiful summer lawn. Start now and those annoying thistles and weeds can be gone and your lawn look and feel lush and beautiful when you want to be out and about on it.

Start with a targeted flat weed spray to kill those weeds (but not the grass), and then maybe a de-thatch to remove excess thatch, a little grass seed in any holes where the weeds were and then fertilise the whole lawn to promote healthy regrowth. Then arm yourself with some Onehunga weed spray and you can spray out that annoying pest before the little yellow flowers and then prickles start to appear. These straightforward treatments along with regular mowing (little and often) will see your lawn thrive and be that enjoyable resource we all love to muck about on in our summer evenings.

Gary Turton - Franchisor, Jim's Mowing (NZ North).

SPS Plumbing Services Limited

Hi I'm Scott, the owner/operator of SPS Plumbing Services Limited.

I pride myself on high quality workmanship at a fair and affordable price. I am a Certifying plumber with 15 years' experience.

I do not charge a call out fee, have a very competitive hourly rate and also offer free quotes. I am based in Orewa and will work in the greater Auckland area.

I cover most aspects of plumbing and treat every job as if I was working on my own home. I strive for customer satisfaction and believe in getting it right first time.

ECHO
DRAINAGE
LTD

Doug Graham
REGISTERED DRAINLAYER
Telephone 021 416 420

78 Puriri Road, Whenuapai, Auckland 0618

Done Right. First Time. Guaranteed

ECHO Providing a quality professional
DRAINAGE service in Drainage to the
entire Auckland region

- Commercial Drainage • Domestic Drainage • Septic Tanks
 - Basement Leaks • Waterproofing • Hydro Jetting
 - CCTV Camera (fault finding/locating) • Earthworks
 - Tip Sites • Digger Hire • Tip Truck Hire

Watercare
An Auckland Council Organisation
WATERCARE APPROVED

WWW.ECHODRAINAGELTD.COM

My services include: Hot water cylinders, new builds, bathroom renovations, plumbing maintenance, kitchens, toilets, spouting, water mains, burst pipes plus dishwasher and washing machine installation.

SPS Plumbing Services Limited - Scott Sutherland, Certifying Plumber. Phone 0274 300 251 or visit www.nocowboys.co.nz/businesses/sps-plumbing-services.

Tile Wright

Tile Wright specialises in all things tiling; we provide high quality services including Auckland Council approved water proofing, bathrooms, kitchens and splash backs.

With over 5 years' experience in the industry, we pride ourselves on high quality workmanship. We cover most of Auckland, have competitive prices and offer a workmanship warranty on all work.

Wanting to give your kitchen or bathroom a new lease of life? No job too small, we cover it all.

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



Solarcraft - Solar Glossary - What are photovoltaics? (PV)

- Photovoltaics are the conversion of light into electricity
- The PV phenomenon is derived from a study of physics, photochemistry and electrochemistry
- Electricity is achieved by using semiconducting materials (within a solar panel) that exhibit the PV effect
- Solar panels generate electricity directly from the sun through to an inverter...
- An inverter is like the heart of a solar system, 'inverting' the panel/sun's energy from DC (Direct Current) to AC (Alternating Current), so you can use that energy in your home!
- Once installed, a PV system generates no pollution and no



SOLARCRAFT

Residential & Commercial

SOLAR POWER SYSTEMS
On-the-Grid - Hybrid (Battery Back-up) - Off-Grid

Design & Installation Home & Business Automation
Solar Kits Solar Generators Energy Management

Ph 0508 272 389

info@solarcraft.co.nz www.solarcraft.co.nz

Home & Garden

greenhouse gas emissions

- As technology becomes more advanced, there is a greater reduction in the cost of PV
- Forecasts say that PV could be the most common renewable energy system installed by the mid 2020's
- A PV system may be ground-mounted, rooftop mounted, wall mounted or floating (see pic of 1 x megawatt, NZ's first-floating system, on Albany's waste-water lake). *Installed by Vector!

ANY Solar questions? Contact us on: info@solarcraft.co.nz or phone us any time! PH: 0508 272389 W: www.solarcraft.co.nz.

Experience the difference an expert makes

It is well understood that trees contribute to the health and beauty of our environment and our properties; they can enhance property value and our sense of place. Well-placed trees reduce energy-use costs by shading during the hot months, while also improving air and water quality. But not all trees are created equal, some are faster growing, some are shorter lived, some may be strong while others are brittle.



Proper pruning ensures trees a long, healthy life and reduces the risk of branch failure.

A skilled arborist, along with specialised equipment, can accomplish even the most difficult tree pruning and removals. Working safely around your landscaping, house, power lines, and other valuable features to get the job done quickly and safely. Make sure you have a highly trained, skilled, qualified and insured arborist to carry out your work so the job is done right.

Contact Shaun Hardman 021 072 0739 hardfell.co.nz Hardfell Ltd.

Trueform Spas

Trueform Spas - your best choice of New Zealand made spa pools, manufactured right here at our Helensville factory.

Life is different for us all, so choosing the right spa pool to compliment the way you live is essential to gaining the most out of it, every day. And with 17 different spa pools to choose from, we'll have the perfect pool for your requirements.



Whether you're looking to sit back and quietly recharge mind, body and soul with a loved one in the 2 person Malibu, or bring the whole family together in the large 7 person Relaxer pool for company and conversation - there's a Trueform spa pool specific to your wants and needs. Find your spa pool style in the Trueform family.

Pampas

Pampas is taking a foothold in the North West, especially as we have windy and hot summers. This South American import, also known as cutty grass, is often confused with our native toetoe and grown in gardens.

The soft and fluffy seed heads are being chosen by florists to add to floral displays, also adding to the distribution of the seeds of this nasty plant.

Keep an eye out for this plant in your garden; they thrive in hot, dry, poor soils and will be found on ridge lines, road sides and railway corridors as the seeds float in the breeze. There are also a large population of pampas in Parakai along the stop banks.



It's Getting

Chilly

And we have FIREWOOD

PICKUP OR DELIVERY

OPEN
7 DAYS

948 State Highway 16, Waimauku: Call 09 411 9604: www.wyatts.net.nz

Home & Garden

Pampas is easy to get rid of, and we can also do it in a way that means it is not a fire hazard, with instant results. Call us now on 09 447 1998.

Tile and grout cleaning and re-colouring

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



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

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

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

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

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

I've been a franchisee of The Pro Group for 5+ years and we're well established with proven results. Contact me for a free quote: Mark Bowers 027 477 2231 - Email mark.b@theprogroup.co.nz.

Winding up a trust

Most trusts were set up to last for 80 years or less. That is, at the end of the trust's life, the trust assets are distributed to the final beneficiaries. Final beneficiaries are usually the children of the trust maker (settlers). This usually means the final beneficiaries must be consulted if you intend to wind up a trust before time. For present purposes many settlers are winding up of the trusts to avoid some of the reporting and other obligations that will come in with the new trusts act in January 2021. Alternatively, it is also open for the settlers to modify the trust deed to exclude remote beneficiaries

and to favour the final beneficiaries. Postponing a decision on these matters can be problematic especially if someone or a charity has become aware they are a beneficiary of a trust. Either way, these are things which call for specialist legal help in order to achieve the best result. Kemp Barristers & Solicitors, email us at info@kempsolicitors.co.nz or call us on 09 412 6000.

At Western ITM our yards in your back yard

Western ITM isn't a big corporate, We're part of a group of 94 independently owned and operated stores in towns around New Zealand.

When you shop at Western ITM, you're not just buying building supplies. You're also helping to support your local community; your local rugby club, those school fundraisers, and the families that work with us.

Currently all three of our stores have Premium Fence Posts at the HOT price of just \$18ea incl gst! These are 1.8mtr x 140mm, H4 treated. Stocks are limited, so get in quick to avoid disappointment.

If you have a project or plans you would like priced, then contact our friendly and experienced Sales Team today... Email: kumeu@westernitm.co.nz or phone 09 412 8148.

Western ITM. Locals Supporting Locals. 3 Auckland Stores - Open Mon-Sat Whenuapai | Kumeu | Swanson. www.westernitm.co.nz.

Why choose G.J.'s

At G.J. Gardner Homes Rodney West, we promise to make your new home building experience a pleasure. Your only surprises will be happy ones.

Your G.J. Gardner Homes franchise is an independent, locally owned and operated business, making them part of your community and providing you with direct access to the owner of the business responsible for building your home.

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

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

To provide peace of mind, a fixed price contract is offered at the start of the build journey with all prices locked in ensuring there are no surprises, allowing you to move forward in confidence with the certainty of no price changes.

Have an idea on paper but not sure where to start? Our New Home

HEALTHY WATER SOLUTIONS

Improving your water quality

- WATER TANK CLEANING - full & empty tanks
- WATER TANK REPAIRS & RESURFACING
- WATER PUMP SERVICE & SALES
- FILTRATION FOR TANKS & HOUSE SUPPLY



Ph: 021 420 936
joe.hall@healthywatersolutions.co.nz
www.healthywatersolutions.co.nz

Safe Trusted Plumbers

Action
ALLTRADES™
PLUMBING GAS & DRAINAGE

0508 326 769

- ▶ PPE on all jobs
- ▶ Restricted contact
- ▶ High hygiene Standards
- ▶ Sanitising all equipment regularly

Local Business

actionalltrades.co.nz

Home & Garden

Consultants and onsite Architects can turn your sketch into reality and have it priced all in the space of a very short timeframe. Our designers have consistently been at the forefront of developing living concepts that cater for modern lifestyles and New Zealand's unique environment.

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

Our thoroughness is just one of many reasons why year after year, more people build with G.J. Gardner Homes than any other builder. So give the team at G.J.'s Rodney West a call today on 09 412 5371, they can't wait to start your exciting build journey!

West Haven Tide Chart

Date	High	Low	High	Low	High
Sun 01 Nov	-	02:29	08:53	14:47	21:07
Mon 02 Nov	-	03:06	09:29	15:23	21:45
Tue 03 Nov	-	03:42	10:05	15:59	22:22
Wed 04 Nov	-	04:18	10:41	16:37	23:00
Thu 05 Nov	-	04:56	11:18	17:17	23:40
Fri 06 Nov	-	05:35	11:58	18:00	-
Sat 07 Nov	00:22	06:16	12:43	18:48	-
Sun 08 Nov	01:08	07:03	13:33	19:41	-
Mon 09 Nov	01:59	07:57	14:28	20:38	-

Tue 10 Nov	02:56	08:59	15:28	21:39	-
Wed 11 Nov	03:59	10:04	16:29	22:40	-
Thu 12 Nov	05:04	11:08	17:28	23:39	-
Fri 13 Nov	06:06	12:07	18:25	-	-
Sat 14 Nov	-	00:36	07:05	13:02	19:21
Sun 15 Nov	-	01:30	07:59	13:55	20:15
Mon 16 Nov	-	02:23	08:51	14:47	21:08
Tue 17 Nov	-	03:14	09:42	15:38	22:01
Wed 18 Nov	-	04:04	10:32	16:30	22:53
Thu 19 Nov	-	04:53	11:23	17:22	23:44
Fri 20 Nov	-	05:42	12:14	18:16	-
Sat 21 Nov	00:36	06:33	13:07	19:12	-
Sun 22 Nov	01:28	07:27	14:02	20:08	-
Mon 23 Nov	02:23	08:25	14:58	21:05	-
Tue 24 Nov	03:20	09:27	15:54	22:02	-
Wed 25 Nov	04:19	10:29	16:48	22:55	-
Thu 26 Nov	05:17	11:25	17:40	23:46	-
Fri 27 Nov	06:11	12:14	18:28	-	-
Sat 28 Nov	-	00:33	06:59	12:58	19:13
Sun 29 Nov	-	01:17	07:43	13:39	19:55
Mon 30 Nov	-	01:57	08:24	14:18	20:37

Source: LINZ.

We're locals like you



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

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



09 412 5371 gjgardner.co.nz

G.J. Gardner. HOMES

Pets

Pup Runner in Hobsonville Point

Pup Runner in Hobsonville Point will take your dog on an adventure that is catered to you and your best friend's needs. Walks include time for sprinting and running to burn all that pent-up energy, time for sniffing and socialising at the local dog park (subject to your choice of timeframe), and the bonus of ongoing training. Lea (Pup Runner founder) is crazy about dogs, to the point that her family and friends feel a teeny bit left out...She understands how difficult it can be when those heart-melting puppy eyes are begging for an excursion, but you're just too tired and busy to take him out...and he tugs so much, and the stroller, and the time...we get it, you feel terrible, and really wish that you could give your pup' what he deserves. Feel bad no more. Pup' Runner will make sure your pup' comes back lazy and ready to cuddle (or hey, if you have to go away for more than a while, Lea will make sure your pup won't be sulking in a corner when you come home). Check out her website <https://puprunner.wordpress.com> to get more info, book a walk or pup' sitting session!



Dog&Co

As a specialist in pet photography, many of the sessions I do are for elderly or unwell pets. There is nothing more valuable than capturing special moments and memories of your pet through photographic art, especially when they are in their golden years. I just love capturing the different aspects of their personality, their quirks, and cutest qualities, the things that their family loves most about them...and even the cheeky rascal aspects of their character that might drive their family crazy. These are all the memories we want to last forever.



A photoshoot I recently did was for Pennylane (pictured). She is a real gem, but is starting to feel her age. We had the best evening at Bethells finding gorgeous photo opportunities and letting Penny have a fabulous time. The experience and memories of the photo

session itself is almost as valuable as the resulting photos (which turned out beautifully).

I also offer the option of doing a photo session in your own home so that your beloved pet can be comfortable in their own environment. Whatever your pet requires to be happy and relaxed during a photo shoot, we'll make it happen.

I can't stress enough how special it is to have quality photos of your pets. They are our family after all. If you are wanting some photographic art of your own pets, don't hesitate to contact me for a chat. I travel all over Auckland as a specialist in on-location photography and would love to meet you and your furry family members! Website: www.dogandco.nz Email: kirsty@dogandco.nz.

SPCA Doggy Daycare

They're man's best friend, giving us love and loyalty without boundaries. So it's only fitting that dogs be given the care they need during the hours we're unable to provide it ourselves.



SPCA Doggy Daycare in Hobsonville is the first of its kind for New Zealand's beloved heritage organisation. Opening its doors in July 2019, the facility is purpose-built to house a day care service alongside a new SPCA adoptions centre; the second centre in Auckland together with Māngere.

The dog day care industry is thriving, but SPCA understands the nervousness owners can feel in handing furry friends over to strangers. The mission is to provide locals with a trusted option that ensures high standards and meaningful experiences.

SPCA Doggy Daycare is not just a place where dogs can be babysat while owners are at work, it guarantees engaging enrichment activities, socialisation and exercise throughout the day. The daily routine includes both high and low energy activities, so whether your pooch has a penchant for snoozing or loves doing zoomies all day, they are sure to be catered for.

Alongside the modern facility, passionate staff are thoroughly trained in robust and safe processes for the dogs in their care. The generous staff to pup ratio means dogs get the attention they crave.

The Hobsonville community is growing quickly and SPCA is very excited to be part of it, building strong relationships with local dog owners, and their precious pups.

Graham McIntyre

LICENSED SALESPERSON
BRAND & TERRITORY OWNER

Mike Pero
REAL ESTATE



P 09 412 9602
M 027 632 0421
F 09 412 9603
E graham.mcintyre@mikepero.com
www.mikepero.com

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



RYAN JACKSON

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

P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland

Pets

All future profit that comes from the SPCA Doggy Daycare will directly support the amazing work SPCA are doing around the country. Enquire at www.spcan.z/daycare or give the team a call on 09 869 6700.

The Dog Safe Workplace – a unique business

The Dog Safe Workplace works with companies to reduce the risk of dog bites when their workers have to enter onto properties where dogs may be present.

My name is Joanna Clough and I am the Director of The Dog Safe Workplace. I became interested in education around dog bites in 2005 when a dog attacked a young girl in an Auckland Park. The incident left her scarred, the owner prosecuted and the dog was euthanised. Everything about the incident was upsetting and for years I wondered what I could do to make a difference.

In 2014 the opportunity arose and we started researching dog bite numbers, locations, age groups, sex, cost both financial and psychological. In 2005 ACC reported 4,250 dog bites, by 2018 it had increased to over 14,000.

We spoke to companies where dog bites have become a huge Health & Safety risk and many were struggling to understand how to combat the issue. Most organisations that train about dog behaviour are dog trainers. We put together a team of adult educators, canine behaviourists and dog trainers to develop a course that explains why dogs do what they do.

We then looked at what the customer required, what their staff do when they are entering properties. Are they going into the house or just the yard? What are they carrying with them? How long are they going to be on the property? What are they doing while they are on the property? Is it a delivery or will they be there for a prolonged period of time? When we have all of the information we then customise the course to suit their requirements.

We offer the training either Face-2-Face or online. The online course has a series of questions that must be answered correctly and once completed they receive a certificate.

Its comprehensive and covers a multitude of topics including; warning signs - both obvious and subtle, Increased agitation, pre-entrance signs of dog activity, recognising a potentially dangerous situation, the do's and do not's of interaction and how to remove themselves in the safest manner.

The most important thing is that it makes a difference. Mark Benson from Wells Instrument & Electrical one of our first clients has stated

"We have seen a dramatic decrease in dog bites in the past two years".

As a dog lover and owner everything we are doing is a win-win. The owners, the companies and the dogs themselves all win when we understand canine body language. So here are a few tips and myth busters that you may NOT be aware of.

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

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

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

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

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

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

Please contact me if you have any questions or if you know of an organisation that could use our assistance. jo@dogsafeworkplace.com, www.dogsafeworkplace.com or phone 027 737244.



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

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

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

WESTGATE 831 0272 : MOBILE 021 121 8570

WATER TANK CLEANING & REPAIRS

& Solid Plastering

Call **027 410 8404**

Food & Beverages

Soljans Estate

Celebrate your wedding and reception in the beautiful surrounds of our lush vineyard setting. Soljans Estate Winery presents you with a unique combination of stunning facilities and a wealth of experience as a successful wedding venue. With a range of packages to choose from, our new pop up weddings give you the opportunity to have a beautiful wedding day, with the organising done for you! We have the main aspects covered - photographer, cake, flowers - even down to the seating plan! With options to tailor your wedding to suit you, this is a great option for those couples who are looking for a more intimate, stress free wedding day. Get in contact at weddings@soljans.co.nz, or give us a call on 09 412 5858.



Hallertau

Faced with a large volume of spoiled beer Hallertau Brewery have applied some kiwi ingenuity and Bavarian tradition to the problem.

On the cusp of Level 4 lockdown in March 2020 Hallertau contacted all their trade customers and advised them on the best practice for storage of their kegs and offering to replace compromised stock. An extended lockdown meant that already tapped kegs or those not suitably stored were not up to saleable standard.

With over 2000 litres of returned bad beer and a spirit still handily already located on site (Thanks Thomson Whisky), Hallertau's head brewer Steve Plowman decided to make the best of a bad situation. The beer was distilled and the spirit was captured from the beer. This very traditional of making Bierschnapps has been a long tradition in Bavaria.

Steve has taken the resulting Bierschnapps and blended it back with a high abv version of the popular Hallertau cider to create Hallertau Apple Bierschnapps. The resulting tippie retains some beer character, a peppery spiciness and rounded out a Granny Smith tang.



As a companion piece Hallertau have brewed a 2.47% Berliner Weisse - this traditional sour ale can be reinforced with the addition of a 30ml shot of Bierschnapps to elevate the flavour and alcohol level.

500ml Hallertau Apple Bierschnapps abv 30% has an initial production run of 100 bottles. Available from Hallertau Riverhead, Karangahape, Clevedon and via the Hallertau website.

Westbrook Winery

At Westbrook Winery, there is loads of space for wine-lovers to enjoy their favourite wine while socially distancing themselves appropriately! With twenty acres of park-like grounds to enjoy, there is room for everyone, whether you like to sit in comfort on the covered patio, enjoy the fresh air on the wooden deck, sit at a picnic table by the pond or lie on a blanket under the trees.



Located 'just up the road' at 215 Ararimu Valley Road, Westbrook produces multi-award-winning Chardonnays, Pinot Gris, Sauvignon Blanc, and Riesling as well as the stunning Méthode Traditionelle Blanc, Malbec, Syrah, Orama Port, Pinot Noir and, their famous Crackling Rosé - plenty of great reasons to 'shop local' right there! Book in for a relaxed and informative wine-tasting or wine-and-cheese-tasting experience and stay on for a glass of your favourite Westbrook wine and a platter or cheeseboard. Bookings are highly recommended. Call the friendly Cellar Door team on 09 411 9924, email info@westbrook.co.nz or visit the website www.westbrook.co.nz for more information.

Summer at Allely Estate

Our gardens are looking amazing, which is perfect timing because summer is when events at Allely Estate really hit full swing. As well as gorgeous weddings each weekend, we also have other celebrations already booked...a 60th birthday lunch, a 21st birthday party, a 50th wedding anniversary and numerous Christmas parties. We love seeing what personal twists people put on their celebrations



Graham McIntyre
LICENSED SALESPERSON
BRAND & TERRITORY OWNER

P 09 412 9602
M 027 632 0421
F 09 412 9603
E graham.mcintyre@mikepero.com
www.mikepero.com

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

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

BORIĆ Food Market

1404 Coatesville - Riverhead Highway, Auckland
www.boricfoodmarket.co.nz

Food & Beverages

- how about a gourmet BBQ, a long lunch under the trees, a bouncy castle for the kids or a musician playing live for your guests? It's so rewarding for us to see our expansive gardens being used well, with people milling around outside socialising, sitting under the trees, or taking photos in front of our manicured hedging and fountain. If you're looking for somewhere special for your next celebration or team building event, please feel free to call us to look at our venue - we'd love to help. www.allelyestate.co.nz.

Peko Peko

We are finally on the way to get our alcohol licence this month. We are hoping to be fully licensed premises by the end of month. Please keep checking our Facebook or Instagram page for this exciting update. As usual, we are open for lunch and dinner both dine in and takeaway options. Located on 102C Hobsonville Rd. 09 416 1197.



Create your own herbal tea blend for Christmas gifts

Have you ever wanted to learn how to blend herbal teas either for yourself or as gifts? Well now you can and from the comfort of your home, starting with the herbs and spices in your kitchen cupboard.

The world of herbal tea flavours is endless. There are many varieties of herbs available in New Zealand, including our wonderful native plants, all with their own unique flavours - some sweet, some savoury, some bitter, some earthy. Combining them to create a unique tea blend can be very rewarding once you have mastered it. The good news is that these skills are easy to learn and are transferable to many facets of food and beverages, including teas that can be served hot or cold, herbal syrups for use



in fresh soda drinks or for desserts, herbal tinctures or bitters for use in cocktails, and fresh herb teas which are vibrant and unique.

With 24/7 online access, the Herbal Tea Blending Masterclass can be completed in your own time. Modules include video instruction, lesson handouts and worksheets - everything you need to know about blending herbal teas, understanding their flavour profiles, learning to taste both single herbs and blended teas, simple herbal tea blending guides to get you started, herbal safety, herbal syrups and tinctures, wild crafting best practice guide, meal pairing and understanding your palate. Created by The Herbalist and New Zealand Herbal Brew co-founder and Naturopath, Rebecca Stenbeck, you can find more detailed information at <https://www.herbalteablending.com/order> with introductory pricing of NZ\$99.00 for 12 months access.

Jenna-Maree Cakery

Our Cakery in Hobsonville has a cabinet full of delicious sweet treats. Here you will find our popular cabinet cakes which are ready to go; cupcakes, macarons, slices, cookies, fudge, scones and donuts.



Our specialty areas are our custom made celebration cakes, wedding cakes and for corporate events. From our 7-Tiered Cakes down to our 4" Baby Cakes, each one is made from scratch in our kitchen with only natural ingredients. All our fillings, like our popular salted caramel sauce, lemon curd and raspberry coulis are all house made. We are passionate about bringing these two things together because what is better than a cake that not only looks amazing but also has the flavours of nature to back it up.

We have an extensive range available within our online shop to make it even easier for our customers to order. Here you will find many of our offerings such as custom cakes, cabinet cakes, cupcakes, donuts, cheesecakes and macarons and they are all available with just 24 hours' notice. You can then just pop in store to collect it on your chosen date and time.

Visit our website www.jennamareecakes.co.nz online shop to place your order online or pop instore anytime to discuss options. We look forward to seeing you soon.

Jenna-Maree Cakery - 102c Hobsonville Road, Hobsonville. www.jennamareecakes.co.nz.

Kumeu Produce Market

Produce Retail & Wholesale Specialist

p. (09) 412 9998
f. (09) 412 9398
407 State Highway 16 Kumeu
PO Box 104100 Lincoln North





FreshChoice Waimauku
A-2 Waimauku Retail Centre
5-19 Factory Road
Waimauku, Auckland
Phone: (09) 411 7890/411 9495
Fax: (09) 411 8050
Mobile: 021 048 3355
Email: waimauku.fc@xtra.co.nz



Health & Beauty

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 09 831 0202 or make an appointment to see one of our therapeutically endorsed optometrists via our website: www.westopt.nz.

Balance training for seniors

It's never too late to start - but you certainly don't want to leave it too late.

Falls are the number one cause of injury in those aged over 65 years, and their consequences can be devastating. Fractures, injuries, hospitalisations, not to mention the loss of confidence and independence that comes with it.



Have you had a close call recently? Are you at risk of a fall?

Come join our balance and stability classes at Waterford Village (84 Buckley Avenue, Hobsonville) every Wednesday at 1.30pm (\$8 per session). The classes are based in and around a chair to allow you to work at your own pace.

Contact Yolanda (clinical exercise physiologist) on 021 251 6102 or yolanda@kinetex.co.nz for enquiries.

Top Notch Bodyworks

Neuromuscular Therapy (NMT) and Therapeutic Massage can help with common injuries, long standing tightness and tension issues, headaches & migraines, jaw pain, neck pain, whiplash, shoulder injuries, sciatica, tendinopathies, plantar fascia, swelling, pain and inflammation.



Neuromuscular Therapy (NMT)
Therapeutic Massage

If you have any conditions such as asthma, heart or lung issues, osteoporosis, arthritis, diabetes or hormonal issues to name a few, our therapists can work with you safely for your massage therapy needs.

Our NMTs at Top Notch Bodyworks know what is safe to treat and what is not. They also know how to modify your treatment such as putting you in positions that work for you or adjusting pressure and techniques to your comfort.

In these sessions, you get to know what is going on and why this is occurring. Followed by a treatment to improve your issue. At the end of the session you will also get to understand what you can do with take home advice.

If you or anyone you know would benefit from this type of massage therapy session.

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

Massey Physiotherapy

Benefits of exercise for chronic pain:

- Flexibility: Maintain flexibility and movement
- Cardiovascular: Important for cardiovascular health
- Strength: Builds and keeps muscle tone
- Mood: Improves mood and general wellbeing
- Pain Management: Helps control pain

Fraser Dental

- Dental Exams, X-rays, • Payment Plans & Southern Fillings Cross Affiliated
- Dental Hygienists • Dental Implants
- Teeth Whitening • Sleep Dentistry
- Orthodontics • Cosmetic Dentistry

Free
Dental For
Teens (Year 9
to 18 yrs)

www.fraserdental.co.nz (09) 416 5050
1 Wiseley Road, Hobsonville

Shoe Talk™

we talk shoes



Mens and Womens Footwear that fits the Kiwi foot, including wide widths! Every-thing from flats to heels, sandals to casual styles, even wide-calf boots. Stockists of the uber-comfortable Propét Walking Shoes and the fashionable Walking Cradles range. Specialist footwear is also available and footwear for troublesome feet issues too!

Shoe Talk Ltd: 401A Great North Road, Henderson, Ph: 09 835 9936
1/32 Clyde Road, Browns Bay Ph: 09 479 7807.
www.shoetalk.co.nz

Health & Beauty

Take Control: Take back control of your life and reduce your fear
Take control of your pain, phone Massey Physiotherapy on 09 832 3619.

Adult braces

Are you one of the many adults who would love to have straight teeth but worry that you are too old for braces? Actually you are never too old. About 15% of our orthodontics patients are adults. A great smile plays a big part in self-esteem and self-confidence at any age, transforming you both physically and emotionally. In fact, the biggest complaint that most of our adult orthodontics patients have is that they wish they had started treatment years earlier.

With so many technological and aesthetic developments in orthodontics, there's never been a better time to begin treatment. Depending on your specific needs, you can choose from traditional metal braces, coloured braces, white/ceramic braces which are natural tooth-brackets or Invisalign clear aligners which move your teeth incrementally and are virtually invisible.

Braces will easily fit in with your current lifestyle as you will still be able to socialise, dine out, and give presentations - everything you would normally do. Book a consultation today with Fraser Dental at 1 Wiseley Road, Hobsonville on 09 416 5050 and start your journey to the smile you have always wanted.



Returning to exercise after pregnancy

Exercise can help you recover after childbirth, make you stronger and improve mood. Even if you're tired and not feeling motivated, there's plenty you can do to get your body moving. But no two pregnancies are the same. How soon you're ready to start exercising depends on your individual circumstances - so always check with a health professional first.

Regular exercise after you've had a baby will strengthen and tone your muscles, help you recover from labour, and raise your energy levels so you feel less tired. It may help you to also lose weight and become fitter. One way of incorporating exercise into your day is to walk with the baby in the pram, if they like it.

Exercise is good for your mental wellbeing. It can relieve stress and

help prevent postnatal depression. You are also more likely to get outside and meet people. Always remember caring for a newborn can be hard work, and you might not have the energy or time to work out as regularly as you'd like. Do the best you can - even 10 minutes is better than nothing.

How your body changes after pregnancy

When you feel ready to exercise (usually 6-12 weeks post birth), it's very important to not to overdo it. Even if you're feeling great after having your baby, your body will have gone through big changes and needs time to recover.

Labour and birth can cause physical problems including back pain and a leaky bladder, both of which can be made worse by vigorous exercise. Pregnancy hormones can affect your joints and ligaments for up to 6 months after the birth, putting you at greater risk of injury.

Your pelvic floor - the muscles and ligaments that support the bladder, uterus and bowel - can be weakened after pregnancy.

Regular exercises will help to strengthen your pelvic floor. But you should take care not to do more damage by exercising too vigorously too soon. Be careful of using heavy weights or doing high-impact exercise, as this can increase your chance of prolapse (when an organ, such as the uterus, drops down).

How quickly you return to exercise depends on how fit you were before you had the baby, and what happened during the labour.

The following exercises are suitable in the days after you have your baby:

Pelvic floor exercises" Sit and lean slightly forward with a straight back. Squeeze and lift the muscles around your vagina as if you are trying to stop a wee. Hold as you count to 8; relax for 8 seconds. If you can't hold for 8, just hold as long as you can. Repeat about 8 to 12 times.

Other exercises that are safe after pregnancy include: walking, swimming and aqua aerobics (once the bleeding has stopped), yoga, Pilates, light weight training (body weight only) and cycling.

We would recommend getting a full checkup and rehabilitation

HOBSONVILLE Call 09 390 4184
PODIATRY or 022 044 1741

hobsonvillepodiatry.co.nz



Level 1, 124 Hobsonville Rd, Hobsonville, Auckland 0618

DT DENTURE CLINIC
DENTURE SERVICES AND REPAIRS

Attention Denture Wearers Expert Treatment, Individual Needs

We offer:

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



*Make a booking to discuss your
FREE treatment plan.*



Made in NZ with imported materials

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

Health & Beauty

program from a health professional after birth and then again prior to starting any form of vigorous activity such as heavy weights or running. Caitlin from Unity Studios (<https://unitystudios.co.nz/>) is an amazing physio who can take you on a step by step guide back to full health post pregnancy.

Hobsonville physiotherapy - Emma Mackie phone 09 416 4455 or email emma@hobsonvillephysio.co.nz.

Gorgeous necklaces and bracelets!

Hobsonville Optometrists - Glasses And Gifts At 413 Hobsonville Road.

Drop in to see our new range of jewellery and our delivery of gifts for the every occasion. We have plenty to tempt you for an early Christmas shop from leather goods, to glassware.

We are open every day except Sunday and would love you to come and browse anytime.



Nerve pain - my natural prescription

Nerve pain is difficult to treat with conventional pain killers. Paracetamol and anti-inflammatories like Nurofen or Voltaren don't seem to reduce nerve pain. Even serious opioid pain killers like codeine, tramadol and morphine do not provide relief. For this reason, doctors will often try anti-depressant medicines like amitriptyline, or anti-epileptics such as gabapentin. While these medicines can be helpful, they have side effects that might be problematic. So what else can you do?

Lipoic Acid: Lipoic acid can be very helpful to reduce nerve pain. I have seen good results quite quickly in patients in my clinic with conditions like quadriplegia, Multiple Sclerosis, Fibromyalgia and diabetes. Lipoic acid is part of the B-vitamin family. It is commonly prescribed by doctors in Germany for nerve pain, but in NZ it is not well known. It is quite safe to take in dosages from 200mg up to 600mg/day and can be purchased without a prescription.

B-Vitamins: The B-vitamins are essential for nerve function, especially vitamin B12. I will always recommend people who get Shingles take high doses of vitamin B12 to protect their nerves. This is important because nerve pain after a shingles infection can be

very debilitating.

Magnesium: Magnesium has been shown to be helpful in alleviating nerve pain in some patients. Hardly surprising when you consider magnesium is essential for the functioning of the brain. As an aside, some studies have shown that paracetamol is far more effective for reducing headaches when it is given with magnesium.

Mindfulness: I attended a pain lecture recently where it was suggested that pain can be a sign from the brain that something needs to change in your life rather than a sign that there is damage in your body. Now you may think that I'm getting a bit "woo-woo" here, but there is now good science to back up the link between the brain and the body. If you need more convincing, I suggest you watch the movie "The Connection" by Shannon Harvey. It explains the mind-body connection very well.

My prescription for nerve pain is lipoic acid, magnesium, a B-complex combined with meditation, yoga and slow breathing techniques. Martin Harris. 396 Don Buck Road, Massey. 09 833 7235.

Are you ready to take control of changes in your life?

We are living in a time of constant change, most recently Covid-19 has been the biggest change we have ever experienced in a long time, not only are we affected by outside changes, we experience changes in our own personal lives. Some of us may have lost a job, been diagnosed with a medical condition, loved one has died or even a pet who has passed etc, we often see change as a negative thing. However, change can be a positive experience such as job promotion, lotto win, getting married, new house, having a baby.




Did you know, there are opportunities for us to make changes for ourselves and take control of the changes in our lives?

At Astramana™ Healing Services we have a philosophy that, "Together we can bring growth and change"

By working together we can help you change any negative beliefs you may have about change and turn it around to be positive experience. Just as the leaves transform and change colour in autumn, we can make changes in our lives that will enhance and give us a fulfilled and meaningful life, this is something that we all desire.

Are you ready to take control and make changes in your life?



**HOBSONVILLE
OPTOMETRISTS**
Glasses & Gifts

Frank G Snell B.Sc., B. Optom
Optometrist

Unit A, 413 Hobsonville Road, Hobsonville 0618
Ph: 09 4163937. E: hobsonville@eyeteam.co.nz



Zash Hair

HAIR BY CARLA
77 Waitakere Road, Waitakere, Auckland 0614
Phone: 021 814 663 zashhair 

Health & Beauty

Changes that you may wish to make maybe: weight loss, letting go of a fear or a phobia, coping with an illness, stop smoking, talking about the passing of a loved one, coping with stress or even letting go of the past, whatever change you want to make, together we can support and motivate you to make the change.

Astramana™ Healing Services, was founded by International Hypnotist, Reiki Master-Teacher, clairvoyant & tarot reader Jason Mackenzie. Visit our website: www.astramana.com to see what we offer or email us at astramana@gmail.com with any questions or make an appointment or to attend a workshop. We look forward to working together so you can see the positive in change.

Hear 4U Limited

Hear 4U Limited is a truly unique audiology service available only to people living in West and Northwest Auckland. Full audiology services are provided in your own home. That's right, the service comes to you. Lisa Greene started this service after working for more than 20 years in the clinic environment as a qualified audiologist. She wanted to deliver a more personal level of hearing care, and ease the travel burden on clients and their families. "I love seeing people in their real worlds rather than in a clinic," she says. "I get a much clearer appreciation of their needs and can provide on-the-spot assistance with other things to help their hearing, for example, their telephone volume settings. Clients seem more relaxed and open. It just feels like the right way to provide hearing services."

This service is also available to people living in care facilities. First visits are Free.

For more information visit www.hear4u.nz or you can contact Lisa at 0800 119 510, or email lisa@hear4u.co.nz.



A different way of looking at health

True health is more than just how you are 'feeling'. I like the concept of health being a journey. There is a battle between life's stressors pushing our health down and our body's internal resistance pushing it back up. Over time, if we aren't looking after our body the stressors begin to win and our health suffers.

If you want to improve your health, we can do two things; firstly we

Norwest Podiatry Clinic

General foot care	Ingrown toe nails
Painful corns and callouses	Warts or verrucae
Painful feet, Orthotics	ACC registered

Call 412 77 40 or Book online
www.NorwestPodiatry.co.nz

321 Main road Huapai, 0810 (inside The Doctors Huapai)

can reduce the stressors we are exposed to and secondly we can improve how our body is working. This could be; improving your diet, getting adequate rest, moving your body regularly etc.

The best place to start is to pick something small and change it. Remember, "Small consistent changes are the key to staggering long-term results".

To find out more visit our website and blog, www.elevatechiropractic.co.nz or call 09 413 5312.

Yoga is for every body - find a class for you

Contrary to what many people may believe, yoga is for every body. We practise yoga to enhance our self-awareness, find peace in the present moment, build resiliency and inner strength; skills we can develop on a yoga mat and use in everyday life.

There are many different styles of yoga; if you are interested in challenging your strength and flexibility, then you may be interested in faster-paced vinyasa classes. Or, move a bit slower and explore poses with more time in a gentle hatha class or chair yoga. Perhaps you'd like to completely unwind from your day? Try a restorative yoga class which guides you through reclining and seated poses with the support of blankets and soft bolsters. If you're brand new, keep a look out for beginner's yoga courses which will introduce you to the practice and get you more comfortable in a class setting.

Kanuka Yoga Space is Hobsonville's neighbourly yoga studio, at



Westgate 
MEDICAL CENTRE

Westgate Shopping Centre, Maki street

**Urgent Care
Clinic**

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

**For all urgent medical
and trauma needs**

Xray, Pharmacy, Physio on site

833-3134

www.wgmc.co.nz

Health & Beauty

102C Hobsonville Road. They offer 20+ classes a week, including yoga for beginners. Visit kanukayoga.co.nz to explore the teachers and class styles from home. There is even an online-only option to consider. Check out their studio Intro Offer - \$30 for 10 days unlimited yoga. [instagram.com/kanukayoga](https://www.instagram.com/kanukayoga) [facebook.com/kanukayoga](https://www.facebook.com/kanukayoga) Ph: 027 6KANUKA 027 652 6852.

What do you do when your back "went out"

What should you do when your back has "gone" or a neck/joint pain suddenly occurs? If your pain is very bad the best thing to do is seek professional help from a health practitioner. Go to the A&E if the pain is serious and you suspect you broke or torn something.



If "it is not that bad" or there is no help within an easy reach you can try to help yourself.

Stop an activity that caused the problem (lifting, doing sport etc.), change your posture and try to do some stretching without causing pain. Don't try to "work it through" hoping that "it will go".

In cases of significant sprains and bruises apply a cold (ice) pack, anti-inflammatory ointments or homeopathic Arnika in the first few hours.

Do some simple relaxation techniques: lie or sit down, relax all your muscles, making them feel heavy, slowly breath in and out several times (do not do this if you think you might have a broken rib).

Try simple stretches. In cases of significant injury rest for a day or two, no sport or strenuous exercises.

KUMEU GYM 24 SEVEN

YOUR FITNESS EVOLUTION

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



Providing fitness in Kumeu for 30 years

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

For more information go to our web site www.familyosteo.com or come for a treatment session to Family Osteopathic Clinic, 39 Hobsonville Road, West Harbour, phone 09 416 0097.

Pure Allies

Well, it's pretty hard to look into the future, so as I write this, I really can't tell what the weather's going to be doing when this comes to your letterbox. I wanted to write about and promote our sunscreens, but it's freezing right now.



Yesterday was roasting hot and I was wearing sunscreen. Vanilla flavour. We had to make up a batch as we had this sudden fabulous weather, customers suddenly realised that last year's dribble in the bottom of the tube was no longer going to be as effective. So please get in touch if you would like some natural, effective sunscreens, as from now on I think we all need to make sure our supplies are fresh and available.

Also I think we'll also be needing insect balms on the ready. Pure Allies does a lovely natural effective bug repellent. pureallies@gmail.com or check us out on FB. Pure Allies NZ.

Giving the gift of brighter colours

One in 12 NZ males is colour-blind. Pohutakawa flowers fail to impress; pink and purple are a mystery, and sometimes socks don't match. Sound like someone you know? Here's an idea for a great Christmas gift for that special someone.

At For Eyes we don't just test for colour-blindness, we diagnose the type and severity and have specialist lenses that give new and brighter colours for the first time. We work out the best corrective and the wearer trials them outdoors ... colour-blind people love the experience because it gives a great understanding of how others see colour and what 'normal colour vision' actually is.

Buy a gift voucher for a colour vision assessment for \$100, and if your recipient buys colour-correcting lenses, we'll apply the gift voucher to that purchase as well. That's \$200 of value.

Phone 09 412 8172 or visit For Eyes in the Kumeu Village.

Kumeu  Chiropractic

adjust • adapt • thrive

Dr. Chris McMaster • Dr. Nolene McMaster & Associates

 412 5536

www.kumeuchiropractic.co.nz

8 Shamrock Drive, Kumeu

Your brand + your message = your success

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

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

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

In response to advertiser demand we offer the following options:

Business Card Advertising:

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



Display Advertising:

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



Front Cover and Inside Page:

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

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



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

Area Columnists

Struggling with business cashflow? Try AIM

The Accounting Income Method (AIM) for provisional tax could be a good option if you are a small business struggling with managing cashflow. AIM is available to individuals and companies with an annual turnover under \$5 million, and particularly suits businesses which are new, growing, have irregular/seasonal income, or income which has reduced significantly since last year and is hard to estimate. Given the current economic climate, many businesses have taken a financial hit. Predicting your income and managing your cashflow has become increasingly difficult. With AIM you pay your provisional tax in line with your GST cycle, so the payments are much more manageable. And they are based on your true tax position rather than historical profits. So in times when you are not making money you do not necessarily pay any taxes - and you pay tax in those periods when you are making good profits.

To find out more about AIM for your business please contact Mark Foster and the friendly UHY Haines Norton Kumeu team on 09 412 9853 or email kumeu@uhyhn.co.nz.

Indian cultural day at the Henrikwest Care Group

The Henrikwest Care Group facilities Craigweil House, The Beachfront Home and Hospital, and Catherine Lodge each recently had "India Day," a day celebrating Indian culture. Complete with Indian cuisine, costume, music and choreographed dance performances, each home competed to win awards and prizes.



"Our residents were amazed with shows, music and all the colourful costumes reflecting different regions of India. Some residents wore saris and learned steps of Indian dances!"

At Craigweil House, over six staff collaborated on a group dance in the Bhangrā style, a popular type of dance and music originating from the Punjab area of northern India. Even facility Manager David Halewood got in there with a surprise performance front and centre of a trio dance, delighting the residents of Craigweil House.

The India Day celebrations were held around the date of the Indian

Day of Independence. The Henrikwest Care Group facilities celebrate various cultural days throughout the year for the enjoyment of residents and staff. In the past we have been transported all around the world from Egypt to the Philippines. However, this year's India Day was different introducing the fierce competition between the facilities.

The award for the best solo performance had to go to Dipika (Health Care Assistant) at The Beachfront Home and Hospital. Her dance was described as "splendid" and "captivating." Dipika said, "On Independence Day, dancing for my country was an immensely proud moment. The Indian song 'Desh mera Rangeel' indicates that is a colourful country in which every state has their own costumes, culture, languages and religion [...] Unity in diversity is the strength of India."

The team at Catherine Lodge were recognised for their extravagant decor which brought the grandeur of India right into the rest home. Colourful mandala art, stylised elephants and rich fabrics were draped on the walls creating a festive atmosphere.

Although, with such passionate efforts, it was difficult to pick an overall winner, this year the team at Craigweil House were the champions. The participation on the day made staff and residents feel involved, have fun, and share a laugh - truly great efforts all around.

Photo - Dipika, winner of the Best Solo Dance, speaking about the significance of celebrating India's Independence Day at The Beachfront Home and Hospital.

Emergency Planning

The COVID-19 pandemic has highlighted the measures that need to be taken in the event of an emergency, in this case a quite specific type of emergency.

Hopefully, the situation is now improving, and we are now starting to move back towards more normal operating conditions on site.

This is a good time to undertake a review of what potential emergencies could occur within your business and what plans there are in place to deal with those emergencies.

Examples of emergencies include: Fire, Medical Chemical spills, Earthquake, Volcanic eruption, Floods, etc.

An Emergency Plan needs to be developed for the site with specific procedures and actions that will be taken if an emergency does occur.

It is too late to start thinking about it once the emergency has occurred.

A Site Schematic is one of the key elements of an Emergency Plan as it shows people on site the locations of emergency alarms, exits, equipment, etc and, just as importantly, provides very useful information to the emergency services when they arrive on site.

Friendly Legal Experts

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

smith AND PARTNERS L A W Y E R S

293 Lincoln Road
Henderson, Auckland
PH: 09 836 0939
smithpartners.co.nz

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

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

Area Columnists

It is much easier to talk to a drawing than trying to describe the site verbally. Fire Fighting equipment

Fire Extinguishers, Hose Reel, Fire Blankets, Fire Hydrants, etc. Emergency Warning systems. Fire Call Points, Emergency alarm warnings systems - horns, Emergency Alarms, etc. First Aid. First Aid Kits, Safety Showers and/or Eye Wash Stations, Sick Bays, defibrillators, etc. Fire Alarm Panels, Sprinkler Valve Houses, Emergency Control Centre, etc. Fire Exits and Egress Routes, Assembly Points, alternative Assembly Points, Places of Safety in the building, etc. Hazards on Site. Hazardous Substances, Dangerous Goods Stores, Bulk Tanks, Confined Spaces, Automatic Fire Suppression systems, etc. Electrical. Electrical Switch Boards, Transformers, Isolation switches or valves for electrical, gas, solvent lines, etc. Spill Kits, clean up material and equipment, etc. Other Emergency equipment. Gas Detectors, SCBA, Confined Space Rescue equipment, HAZMAT suits, etc. Entry and Exit points to the site. Any other useful information. Spray Booths, Process lines, High Voltage equipment, Trade Waste and Stormwater drains, Hazardous Atmosphere Zones, etc.

A Site Schematic must be developed for each floor in a building as well as the overall site. This may require several drawings.

The Site Schematic does not have to be exactly to scale provided it is reasonably representative of the site.

For further information you can contact John Riddell by emailing securo4@securo.co.nz or check out our website - <https://www.securo.co.nz>.

Netsafe

Netsafe's recent research of over 200 NZ children aged 9-17 years of age showed some worrying trends about online contacts. Nearly four in 10 New Zealand kids have had contact online with someone they didn't know, and one in 10 have met someone they first knew online. Older kids were more likely to have had contact online with someone they have not met in person rather than young children. Only 23 percent of 9 to 11-year olds and 38 percent of 12 to 14-year olds had interacted with someone new online, while 54 percent of 15 to 17-year olds had made contact. Some kids met people face-to-face that they first got to know online. Most respondents reported feeling happy (63 percent) after meeting an online contact and 25 percent were ambivalent about the meeting. Interestingly more boys reported having had online contact with someone they didn't know compared to girls.



Almost half of teenagers have been exposed to potentially harmful online content - including self-harm and suicide material. A quarter of children have been bothered or upset by something that happened online in the last year. Teenagers are accessing self-harm material (20 percent) and some are even digesting "how-to-suicide guides" (17 percent). Fifteen percent searched information on "ways to be very thin". Participants were questioned about who they turn to for help in the wake of an upsetting online incident. An overwhelming 69 percent chose a parent, 37 percent a friend and 17 percent a sibling. Eleven percent of children elected to speak with no one. For more details go to Research under Our work at [netsafe.org.nz](https://www.netsafe.org.nz).

Three-point plan to Conquer COVID in as little as 30 days

During this election campaign the Outdoors Party have become increasingly concerned about the level of censorship being exercised, particularly around the debate on COVID-19; and the flip flops from the World Health Organisation that now states that lockdowns are not the best way of handling the pandemic, when a recent study from Scotland suggests they may actually prolong the epidemic.

To address this problem, and to have a productive and open appraisal of all the evidence from around the world, the ODP propose that a COVID Panel be convened, with experts from diverse fields of public health, as well as a wide cross-section of the community, and including dissenting voices, to formulate the best way forward, because the government has painted New Zealand into a corner, with the only way out being through a vaccine that may never materialise.

None of the present parties in government have a plan B, despite Winston Peters acknowledging that after 40 years there is still no vaccine for HIV-AIDS, another RNA virus. Not only are coronaviruses notoriously difficult to produce vaccines for, but in the case of COVID, the most vulnerable group, the elderly, generally do not have an effective response to any vaccine.

Dr Simon Thornley, and other experts do have a COVID Plan B, and thousands of infectious disease epidemiologists and public health scientists from all around the world have signed The Great Barrington Declaration recommending an approach they call 'focused protection' with the goal being to minimise mortality and social harm until herd immunity is achieved.

The Outdoors Party 3-point plan to conquer COVID goes one step further by proposing to mobilise an army of helpers to boost the immune systems of the whole team of 5 million, starting with those working in high risk areas, such as the border, and those most

NOR-WEST & KUMEU GLASS SERVICES

Specialists in Windscreens & Glazing

46 Main Road
Kumeu
PO Box 626
Kumeu 0841

Darren Hakesley



Phone: 412 9914
420 7818
038 1499
Fax: 412 7875
Mobile: 0274 966 596
nwkgs@xtra.co.nz

sustainable
LANDSCAPES



rock retainer walls | entranceways | ground shaping & digger work

Dave Milina

E: info@sustainablelandscapes.co.nz

M: 0275 196 219 | O: 09 414 4503

www.sustainablelandscapes.co.nz



Area Columnists

vulnerable, being the elderly and immuno-compromised, while the COVID Panel consider the options and deliver their considered conclusions within 30 days. Not only would the Outdoors Party require the Ministry of Health to provide suitable supplementation of vitamins, and minerals such as zinc, and advice for other measures to enhance people's resistance to infections, but they would also lift the GST of all organic produce, to make these natural immune-boosters more accessible and affordable to every New Zealander.

The COVID Panel may well come up with what Gary Moller calls in his Great Escape Plan, the 'careful Swedish model', with the intention to gently waft COVID-19 into and through New Zealand, among the fit and healthy, to build increasing viral resistance and achieve good herd immunity, as Sweden now appears to enjoy. 'This would be best done through the summer months when the transmission of viruses is seasonally low and weak', he says.

Moller goes on further with a battle-plan the Outdoors Party claims makes perfect sense:

'The way we strengthen our immune system, other than feeding and equipping it, is to exercise it and to exercise it constantly. We do this by exposing our bodies to everyday bugs including minor infectious diseases like the common cold, soil, animals and even seasonal influenza. One caveat: we expose ourselves to these when we are fit and well, not when we are stressed and run down.'

Sweden's chief epidemiologist, Dr Anders Tegnell, courageously stuck to his guns, despite mounting criticism, to follow a similar plan, which looks promising, and, in light of this apparent success, it is hard to understand why Helen Clark has not included Sweden in the comparison of the responses of eight different countries to the pandemic. This underscores the need for an independent COVID Panel to assess the data dispassionately, even if it does result in a criticism of the way NZ has handled the crisis.

According to the Outdoors Party, the strategy of supplementation and public education is in itself a no-brainer. After a month of boosting the populations resistance to infections, the country would be ready for a roll out of a careful Swedish model, if the COVID Panel found that to be the favoured option, and, if nothing else the increase in health would potentially save billions of dollars in reduced sickness, without any downside.

Jane Goodall has claimed we have brought COVID on ourselves by disrespecting nature. The third part of the plan to conquer COVID looks at long term provisions to minimise the risks of any future epidemics. Here the Outdoors Party have a raft of policies that recognise that our best interests as human beings are served when we align ourselves with Nature. They call for the adoption of organic regenerative agriculture: localism rather than globalism to empower rural communities and to have integrative health centres where people have a choice of therapies, free of the stranglehold the pharmaceutical industry presently exerts, as evidenced by the continued suppression of treatments for the coronavirus.

Co-leader, Sue Grey, standing for the Outdoors Party in Nelson, says

that the first step would be to immediately repeal the COVID-19 Public Health Response Act since it violates our Bill of Rights.

The full policy may be found through the Outdoors Party website under their policies for Thriving Communities.

www.outdoorsparty.co.nz

Or directly on the page 'Conquering COVID' at:

www.STOP366.wordpress.com.

Adults enjoy paint by numbers

If you are looking for a way to express your creativity through an enjoyable hobby, a paint by numbers canvas may be something to consider. Not only are these great fun, but at the end of your efforts you'll have a beautiful piece of art. Painting is an amazingly easy way to switch into a calmer and more relaxed state of



mind, some compare it to meditation. By cultivating patience and focusing on small details you'll not only increase your attention span and concentration, but also keep your cognitive abilities and motor coordination tuned up. Best of all the completion of the picture provides a great sense of achievement and who doesn't want that? These are also a great gift idea. But if you know someone who may enjoy these benefits but memory and/or health issues would make these too difficult, another option is painting with water. Aquapaints give a lovely balance of creative touch, sense of achievement and pure joy for people with mid to late stage dementia. Visit www.mindjig.co.nz or email Julie or Jonathan at info@mindjig.co.nz, Phone 09 600 3251, Phone or Text 022 480 3022.

Rates Rebate

The Citizens Advice Bureau Massey located at Te Manawa wants to remind low income homeowners to apply for a Rates Rebate. In these unusual times - with many people facing hardship this is one way you may be able to be helped.

The Rates Rebate is a subsidy of up to \$640, so it is well worth checking whether you are eligible.

Apart from having a low income, you need to be paying the rates on the home you live in. That means you can't get a rates rebate on a home you are renting out. Also your name has to be on the Certificate of Title as the ratepayer.

There is an easy online calculator you can use on the govt.nz website,

We've seen you right
for over 40 years

Western ITM
Locals Supporting Locals

WESTERN
ITM

WHENUAPAI | KUMEU | SWANSON www.westernitm.co.nz



**Henderson
Reeves**

creating smart legal solutions

P 09 281 3723 F 09 438 6420

E auckland@hendersonreeves.co.nz

PO Box 217, Waimauku 0881

www.hendersonreevesauckland.co.nz

Area Columnists

that will tell you whether you are eligible and also how much of a subsidy you can get. If you can't get online, give us a call and we can help you with that.

If you're eligible, you need to apply for the subsidy every year from your local council, after you receive your annual rates bill and before 30 June. The council needs to know what your income and rates were for the period 1 July this year through to 30 June next year. You can download an application form from the gov.tz website or ask for a printed form from your local council.

The CAB has the forms or you can get them online

Your application does need to be witnessed by an authorised person- like an authorised council officer or a Justice of the Peace.

You do need to be aware that if your home is in a family trust, or your name is not on the rates bill, then you will need to take an extra step of getting yourself registered as the ratepayer on the Certificate of Title. You will probably need the help of a lawyer to do this.

If you're not sure what to do, just give us a call on 09 833 5775 or send us an email massey@cab.org.nz. You can also call the nationwide freephone 0800 367 222. We're available to help you through all Covid-19 alert levels.

Sustainable investment breaks drought for car dealer

Outshining the opposition is what it's all about for car dealers. The all new Tristram Volkswagen West Auckland Dealership has gone to 'great heights' to do so.

Their new giant-sized, German hi-tech car wash is the only one of its kind in the area and able to accommodate three metre-plus high vehicles/vans. It is also one of only a handful able to keep operating during Auckland's water-use restrictions.

That's because when Tristram Volkswagen decided to invest in the state-of-the-art car wash earlier this year, they also decided to install multiple rainwater storage tanks - a decision that Tristram West's Richard Francis says has been a game changer. "We're not only saving plenty of time with this WashTec machine, we're also saving plenty of water. Investing in the rainwater supply tanks has meant we've been able to keep providing for our customers in an environmentally friendly way while many others are unable to due to Auckland's water shortage and subsequent water-use restrictions."

Francis says when you couple the rainwater supply with the machine's built-in spin recycler that recycles 80% of the water used



in each wash cycle, you've got a very impressive set-up, and one that's playing its part in helping the dealership step closer to a more sustainable future. For Tristram Volkswagen West it's certainly proved a great time and money saver.

Washing one of the many three metre-plus high vans in the Volkswagen fleet would normally take staff more than 45 minutes - the WashTec produces a spick and span result in less than 10 minutes. "This investment has already started to pay off for us, and I'm sure it will continue to do so in the future," says Francis. "Rain or shine."

The risk of complacency

I have recently returned from a trip to Christchurch. Almost no one was wearing a mask. Very few people were scanning the QR code using the Covid Tracer app.

Complacency contributed to the extent of the Auckland Cluster. With Auckland now being back in Level 1 we run the risk of again being complacent. This virus is tricky. High levels of complacency will most likely lead to further scaling of the Alert levels.

Complacency is also a business risk. Sales might be good. We might have one customer that is providing a significant proportion of our revenue. We might have a great supplier.

If we are not continually striving for growth, improved and innovative products/services, and securing our supply chain and good staff, we will fall behind our competitors, or a single bump might unravel us.

We might lose our biggest customer. Our best supplier may go into liquidation. Our competitor may come up with a better product that we cannot quickly get to market. A key employee may leave.

We must continually assess and manage our risk and not be complacent. This applies to both our personal and our business lives.

Take care out there.

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

\$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 20,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at editorial@thewesterly.co.nz.

LIST WITH US & WE COULD SAVE YOU THOUSANDS...

- Lower fees, 2.95%* up to \$490,000
- Superior marketing with a FREE TV AND MAGAZINE advertisement
- Clear and consistent communication

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

Mike Pero | REAL ESTATE

EARTH MOVING CONTRACTOR

BOLER
CONSTRUCTION LTD

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

Steve PH 0274 971 154
A/H : 411 7177
E: bolercorstruction@xtra.co.nz
www.bolercorstruction.co.nz
Reg Drainlayer: Over 20 yrs Experience

NEW STAGE RELEASE

In Hobsonville

DON'T MISS YOUR CHANCE TO SECURE THE APARTMENT OF YOUR CHOICE



We are excited to announce a new release of apartment plans at our Hobsonville Village. Enjoy a brand new home and leave the maintenance to us. For a fixed weekly fee of \$129 we'll take care of the window cleaning, lawn mowing, gardens, and the rates!

Leaving you with more time to enjoy the amenities at the village or to get out and enjoy all that Hobsonville has to offer with cafes, coastal walkways and more.

- Elevated views out to West Harbour waterways
- Spacious two and three-bedroom layouts
- Designer kitchens and fully tiled bathrooms
- Underground internal access garaging
- Priced from \$770,000

Call Rosalind or Carolyn for more details
or visit our sales office, open 7 days a week.

HOBSONVILLE RETIREMENT VILLAGE

3 Scott Road, Hobsonville, 09 416 0750

rymanhealthcare.co.nz