

# the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report  
The story of scouting

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

Source Café

Circulation is 10,000 print copies.

Editorial contributions are free from cost. Advertising starts at \$35 plus gst for a business card size.

Contact John Williamson on 021 028 54178 or [jbw51red@googlemail.com](mailto:jbw51red@googlemail.com)

November 2021





## Greetings

Telling the truth has a good moral ring to it. But in the Ricky Gervais film *The Invention of Lying*, in a society where everyone tells the truth without inhibitions the outcome is funny, embarrassing and offensive in turn. They say we hear lies 200 times a day, either lying to ourselves, or hearing the lies of others. Donald Trump spoke of Fake News to describe anything he didn't agree with, but increasingly we have to deal with sorting out statements on social media that may not have any basis in truth, and may be harmful.

We learn to lie from an early age, to protect us from harm, physical or psychological. Lying is a complex thing. We may lie when we say we are feeling fine, when we aren't, when we say we don't mind when we do, and this can lead to unresolved resentment and anger. We can lie to ourselves about who we are and what we want. We keep secrets from those we are close to. We might prefer to hear a lie than to be rejected. We may lie to avoid embarrassment, to avoid causing hurt, to gain an advantage. We almost expect that politicians and advertisers may be economical with the truth. Blunt truth can destroy relationships, while lying may lubricate social adhesion.

This however is true, that all our lives have been disrupted by Covid-19. Many of our regular contributors have been unable to submit details of their products or services because of the uncertainty. Please do what you can to assist them by shopping locally. Even the Toy Library has click & collect. Read about how volunteers at Massey Vinnies are providing support with their foodbank. With the planet's sustainability in the news this month, see how our kids are learning about the creative reuse of materials.

The Fire Brigade can tell you how to prepare the family for an emergency. Enjoy our usual suggestions for food, health and your pets. A new audiology practice opens this month. Check how the property market is going and what other related services are available. There are also ideas to help you emotional help in these times. Things are difficult, but try your best to do whatever you can this November.

John, editor



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# People & Places

## Source Café

The story told by Source Café is one of honesty. An honest offer, with a honest supply chain of ethically produced and true to origin foods, but more than that it is about delivering a café experience that is considered and genuine. Firstly we consider the menu and the presentation of the meal. Secondly we consider the feedback and customer engagement with friends and pets. Thirdly we encourage you to drop by for a take-out or a dine in when covid levels permit.

Behind every product is a story. Conveyed in every crisp, fresh and flavour-filled bite. The craft emphasised by the surface, stitch, and finish of each object. From food to furniture we celebrate the unique stories of our grocers and manufacturers of items and produce sourced through ethical and sustainable trade and the positive change this can have to the local communities. But when it all boils down to the broth, it's the menu that steals the show.

And if salivation on the menu isn't enough let us have a look-see through the google reviews and engagement.

Sebastian Joosten · 152 reviews

Nice little cozy spot to grab a good coffee. The food is not the cheapest but the quality is very good. Coffee is also very good. Friendly staff and lots of things to look at

Madale de Villiers · 65 reviews

Amazing cafe with great options. Love the sparking water and cold water on tap. The food is fresh and delish. Next time I will have to try the coffee that smelled amazing. Also the sweet selection looks yum. Will definitely be back. Friendly staff. I went back



yesterday and had this beautiful Strawberry and kiwi ice tea and my friend ordered the cold coconut brew.

J H · 349 reviews

Great coffee plenty seating, kind of out in the open which is good as you are away from bustles and hustles of the malls and shops. Friendly staff and great coffee. Plenty parking spaces. Thoughtful layout and decos. The food looks great too, will return to try them out next weekend. Really good coffee and highly recommended to give it a try.

Lana Ali 1 review

This place is great! Atmosphere is chill and cool. The drinks and foods were all tasty and worthwhile. Specially the Almond croissant that was freshly made. They offered the best coffee and showed the best attitude to its customers. This place is indeed perfect for studying and chilling out. Highly recommend this place

Peter Ehrlich 1 review

My wife, Sandy and I visited Source Cafe Westgate for the first time last Saturday and met the owner, Pav. We enjoyed a scone and a dessert slice and thoroughly enjoyed every bite! We checked out the unique menu and plan to go back for lunch in the near future. We highly recommend Source Cafe to everyone!



Andrey K · 149 reviews

Found this place by an accident while driving around, they had a very good selection of ready food. They have a play area for kids with few toys and very good sitting arrangement inside and outside. Was very happy with coffee which was made by different barristers but still tasted great every time

And so with Source Café passing the menu and the customer test it's just a matter of taking your favourite furry friends for a treat and talking about all your concerns and considerations. Rest assured they will listen for hours and hours. At Source café all your family members are welcome. Check out this beautiful blue-eyed boy that came to visit

1 Kawakawa Place (off Northside Drive) Westgate. Auckland  
Open 7 days a week - Monday to Friday from 7am till 3pm and Saturday to Sunday from 8am till 3pm.

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# Community News

## Find some time to play

"We don't stop playing because we grow old, we grow old because we stop playing". This quote by the great George Bernard Shaw rings very true in these challenging times. Many of us are unable to visit friends and family and enjoy our usual social lives. Now may be a good time to think about some activities that someone we love may enjoy in their alone time. Or maybe you are looking for some inspiration for yourself. It's quite nice to find some time and give yourself permission to play a bit. If you are interested in finding some engaging ideas to pass the time visit [www.mindjig.co.nz](http://www.mindjig.co.nz). Mindjig has a range of games, puzzles and activities to suit all ages and abilities. We also have great products for seniors and those living with dementia. Feel free to get in touch with Jonathan or Julie via email at [info@mindjig.co.nz](mailto:info@mindjig.co.nz) or call 09 600 3251 or call/text 022 480 3022.



## Message from Massey Police

We all love our mobile phones. They are a life-line these days containing business contacts, important reminders, precious and treasured photos, many of which are totally irreplaceable. Imagine the panic of losing it.

Some tips for keeping your phone safe and getting it back should you unfortunately lose it.

If handed into a Police station and not locked, it's easy.

However if your phone is locked, we don't have any magic formulas for unlocking it or locating you. Keep phoning it, we will keep it charged for a period, in the hope you are looking for it. It's amazing how many phones are destroyed because we can't find the owners.

The biggest tip for getting back a locked phone is prevention. Take a photo of your business card and set it as your wallpaper. While it's cute to have your kids or your puppy as your screensaver, your business card details could be the difference between being reunited with your phone or not. If you don't have a business card,



get creative. Make up a note, "if this phone is found - please call ..... (Put your nearest and dearest's contact phone number).

And finally, check if your phone has 'Medical Emergency Information'. This is different from Emergency which will allow you to call Emergency services on a locked phone bypassing the password. MEI does the same. You can fill this with info including your name, alternative contact number as well as vital medical info and it can be accessed over a lock down.

Massey Police Station, 390 Don Buck Road, Massey. 09 832 4099.

## House of Travel Hobsonville

With the government seemingly shutting the door on 2021 travel outside of NZ and the Cooks Islands the natural thing that happens next is we get inundated with 2022 bookings and clients rebooking 2021 itineraries into 2022. If you are planning to go away in 2022 now is the time to at least be thinking about it.

Just like in pre-Covid days planning and booking ahead still yields the best availability, options, and prices. We must also remember the majority of western countries are now travelling filling up flights, hotels, cruises and resorts. Most of our long-term bookings can be booked with small deposits and flexible terms.

We live, breathe and dream travel, so wherever's next on your must-visit list, you can bet at least one of our consultants has either been there, or sent someone there. And with our combined experience and knowledge behind you, you'll always be sure you're getting the absolute most out of every holiday.

We're with you every step of the way.

We know your down time is precious and we think everyone deserves the best holiday possible. That's why we promise that whatever curveballs get thrown your way, we'll help get them sorted for you.

Booking with us is so easy and convenient, whether you have time to pop in and see us in-store, over the phone or in exchange of emails. We are well set up to make the process as easy as possible, no matter where you are. Some of our clients are even overseas.

It's never been more complicated to leave NZ and return back. With online travel websites not offering accurate information or taking any responsibility for these requirements, booking travel on the internet or Googling the answers to border regulations is a massive risk to take, in an ever-changing environment. With the security of a physical store, experienced consultants, 100% Kiwi business owner



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# Community News

operated, TAANZ bonded and local, who better to be your travel agent wingman?

Your ideas + our knowledge = better holidays.

Please keep us in mind when planning and booking your next trip.

Buzz and the Team at House of Travel Hobsonville, 225 Hobsonville Point Road (Cnr Hobsonville Point Rd and De Havilland Rd) Hobsonville. Hobsonville@hotmail.co.nz 09 416 0700.

## Toy Library opens click and collect

It goes without saying, lockdown is hard. But, when you add two working-from-home parents/caregivers and little ones to the mix some days can feel almost impossible.

Never fear, the North West Toy Library is open to help.

The toy library which is located at Westgate, now operates a contactless click and collect system which sees members of the community order toys online, and collect the toys to



borrow during their chosen time slot. Toys can be borrowed for a maximum of two weeks, allowing a greater rotation through the community.

The toy library services 200 members within the community with almost 800 toys on offer to borrow.

If you want to become a member, please do so online via the link below (or check us out on Facebook for more information): <http://www.northwest.mibase.co.nz/>

## Albion+Co

With Christmas fast approaching it's time to start thinking about gifts for your friends and family. Normally the chore of Christmas shopping means hours of shopping, and finding a car park? Impossible! That's why this is the year for online shopping, and why not support small local businesses while you're at it.



Albion+Co is a small local business that takes the hassle out of gifting by providing unique and personalised gifts without breaking the bank. Established in 2020 we began with small personalised gifts and have now expanded to include gifts to suit all your gifting needs. From baby items and personalised sleepwear to custom gift boxes and glassware, we have something for everyone.

Are you looking for a top agent who can get the job done? Read this review...

When it came to choosing an agent I approached it as I would any other project - get the right people on the team and you end up with excellent results!

I interviewed many agents over a period of time who wanted me to list with them, but Graham was the only one who stood out. Graham put in consistent effort and communication upfront without applying any undue pressure. This was one of the key reasons that made my decision to choose him easier, as it was a very good indication of how he would work with potential buyers. On top of that, he has a wealth of real estate sales & marketing knowledge & experience, and in my opinion, he provides a lot more than the average agent.

Working together we came up with a shared vision, a solid plan, and a strong marketing drive. I was impressed with Grahams skills but most importantly I appreciated how he listened to my opinions and we made decisions as a team, this gave me confidence and built my trust, which reinforced I'd made the right choice.

Once we were ready to proceed Graham swung into action and it was all go. Graham was always alongside me, communication was regular, easy, and we had many laughs along the way. Graham has lots of energy and enthusiasm which is infectious and he is way too humble to admit that under his lightheartedness is a very savvy & smart agent.

Overall it was a great shared journey and we got an outstanding result, far more than any other agent had been willing to commit to which is a testament to Graham's ability to deliver.

I have no hesitation in recommending Graham as the agent you should choose.

I am so grateful to him for what he did for my mother and I as it has set us up for the next phase of our lives - thank you Graham! **Deborah**



**Graham McIntyre**

027 632 0421 | 0800 900 700

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



# Community News

Another big part of our business consists of wedding items to add a personal touch to your special day. This includes gifts for your bridesmaid and groomsman, as well as personalised favour and signage. Weddings aren't all about the gifts, they're about the love shared. But it's always nice to thank the people that will be standing by your side through one of the most important days of life.

Not sure or already have something in mind and just need it personalised? Albion+Co also offers DIY Decals that you can apply to just about any surface and create your own personalised gifts.

ALBION+CO - visit [www.albionandco.com](http://www.albionandco.com), email [albionandco.nz@gmail.com](mailto:albionandco.nz@gmail.com).

## Backyard inflatable cinema

Want to spend a night with your family and friends under the stars? Backyard Flicks NZ has got you covered! We have giant Backyard inflatable movie screens that are sure to be the hit of the party! Our screens go up within seconds and all you have to do is plug them in. It could not get any easier. We have everything you



need to make your backyard experience memorable, from inflatable couches with blankets and pillows, Littles packages, air loungers and most importantly, popcorn machines!! As if that isn't enough, we also offer indoor and outdoor Sleepover packages so the kids will be sorted for the night catching up with their best friends and having the time of their lives. We have brand new exciting packages coming out so keep an eye out on our Facebook page [www.facebook.com/backyardflicksnz](http://www.facebook.com/backyardflicksnz) or head straight to our website [www.backyardflicksnz.co.nz](http://www.backyardflicksnz.co.nz) to secure your spot now!

## Art by Lucia

I'm a passionate artist, specialising in murals and customised art. Most of my artworks are commissioned pieces, which ensures a unique art piece for every client. My art has been featured in NZ Artist magazine, as well as having been selected to help spread awareness around railway safety on one of the Auckland Transport trains.



My clients range from schools and hospitals, to private homes. Using visual art to spread a message or tell a story, I use various art techniques to accomplish the end results - from digital art to on-site mural painting, to panels or canvas - whatever your budget or requirement, there is something in my skill set that can accommodate you and create a one-of-a-kind art piece.

Mural panels are great for beautifying outdoor spaces such as fences and can add color and interest to any space, whilst still being able to be moved around or taken off if required. All outdoor panels are created on specially treated wood panels and protected against the damaging UV rays of the sun and rain.

Some clients might want to relive a precious memory through their chosen art piece, and through visual story telling I am able to portray their experience with a custom art piece, including a portrait of themselves in the piece. To make a canvas piece more affordable I can create a digital art piece and have it custom printed on canvas to create a hangable art piece.

A new product I've been working on is custom made decorative surfboards - something unique and affordable to decorate your outdoor area or to be used indoors, these are created with the sand, sea and surf in mind, or made to order with names and favourite sea creatures.

The process of ordering a custom artwork is simple: Flick me an e-mail on [lucia.laubscher80@gmail.com](mailto:lucia.laubscher80@gmail.com) with what you have in mind and we can further discuss the details.

You can also reach me through my website [www.artbylucia.co.nz](http://www.artbylucia.co.nz) and follow me on Instagram [www.instagram.com/artbylucianz/](http://www.instagram.com/artbylucianz/) or Facebook: [www.facebook.com/ArtbyLuciaNZ](http://www.facebook.com/ArtbyLuciaNZ). My contact no. if you'd prefer to chat through your options are 027 468 4607.

## Aesthetic Finds NZ

During the lockdown, my 8 year old daughter and I collaborated with an activity on how to sell. She came up with an idea to have an online shop for mum and daughter, which we made into reality. My daughter named the business and has done some artworks as well on how we are launching it. And we finally made it. Monthly we sell live on Facebook and showcase our clothes. Please follow us at [www.facebook.com/aestheticfindsnz/](http://www.facebook.com/aestheticfindsnz/)

## Nicu Love Collection

The Nicu Love Collection was inspired by our second journey through NICU and SCBU as a way to give back. Proceeds from the tees will go towards the neonatal trust and Auckland city NICU. [www.alexandrarosek.co.nz/shop/nicucollection](http://www.alexandrarosek.co.nz/shop/nicucollection).

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# Your brand + your message = your success

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

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

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

In response to advertiser demand we offer the following options:

## **Business Card Advertising:**

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



## **Display Advertising:**

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



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

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

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



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

# In Brief Updates

## Helloworld Travel Hobsonville

Vaccinate travel, vaccinate travel, and vaccinate travel

If you want to travel once our borders open you are going to have to be vaccinated. Nearly every country/cruise and tour operator plus some airlines are mandating that if you want to travel you need to have been fully vaccinated. We would hate you to be declined the opportunity to travel if you aren't vaccinated.

We are expecting travel next year to be quarantine free for vaccinated travellers as long as you are travelling from a "Green country" which will enable you to travel freely and return to NZ without the expensive and troublesome MIQ which has been a disaster with so many NZers stuck overseas. We are unsure of the "green countries" yet and expect the Government to let us know closer to the end of the year.

Tasmania:

Join Carolyn on this exciting 10 day Tour of Tasmania. Starting and ending in Hobart to coincide with Air NZ direct flights we travel in a circle around Tasmania. Departing Auckland on the 24th March 22 we have two nights in Hobart, two nights in Cradle Mountain, two nights in Launceston and two nights in Freycinet National Park. There are a maximum of 19 participants able to travel so contact Carolyn or Lesley now to find out more. Click here for more information: <https://helloworld.co.nz/deal/16389/hello-tasmania-fully-escorted-by-carolyn>

Celebrity Cruises:

Popular Celebrity Cruises have announced their new sailings around NZ/Australia with the new Celebrity Edge, the first of the Edge class ships. They have just opened these sailings for sale so if you have cruised with Celebrity before you know how good they are, contact us for details of their new itineraries.

Please contact us on phone 09 416 1799 or email [hobsonville@helloworld.co.nz](mailto:hobsonville@helloworld.co.nz) we look forward to hearing from you.



meeting is held in the Henderson RSA 66-70 Railside Avenue, Henderson in the Poppy Restaurant, starting at 10am.

As there are two more Tuesdays in November we will do our best to try and get in a Help Day but this will depend on Covid Levels. Check our web site for up to date information.

Keep safe everyone, have a great Christmas and we look forward to 2022 and hopefully being able to once again help you with any questions you may have about your iPads, tablets, laptops and Smart Phones.

## Can you do it? Yes, you can

Another month has gone by and we are still in lockdown, who would have expected it to be so long. This lockdown seems to be pushing each one of us to the limit. How long it's going to continue for, we don't know.

Some of us may wonder how much longer can we cope with this and whether or not we will be able to see any light at the end of the tunnel.

Now is the time for us to pull out all the inner strength we have, to remain strong and calm in this situation. How can we do this?

To achieve this, you need to take care of yourself, make sure you are well rested, take supplements, and try to go outside and get some fresh air, maybe go to beach or park for a walk, of course following all Covid-19 protocols. But have you thought about learning Reiki, which can help you to cope with the pressures we are currently living under due to the Covid-19 restrictions. Reiki can bring balance into your life and it works on all levels of your being: physical, mental, emotional and spiritual. During the first level, you will learn all about self-healing. If you're not interested in learning Reiki, why not book a distant healing session to help you recharge.

At Astramana™ Healing Services, we are here to help you to remain in control of your life and give you that extra boost so you can do it! Remember you are not alone in these trying times.

Astramana™ Healing Services, was founded by International Hypnotist, Reiki Master-Teacher, clairvoyant & tarot reader Jason Mackenzie. Visit our website: [www.astramana.com](http://www.astramana.com) to see what we offer and how we can help you during these times, or email us at [astramana@gmail.com](mailto:astramana@gmail.com) with any questions or make an appointment or to attend a workshop. Please note due to Covid-19 restrictions, no in-person sessions, workshops or classes are being held, however, distant sessions are available. We look forward to working together



## Seniornet West Auckland

November is our last month for the year to hold classes and Help days. However we are going to try and have an Open Meeting on Tuesday 16th November when we will have a guest speaker and a special morning tea. We may be able to manage this at level 2. Please keep looking at our Web site [www.SeniorNet-west-auckland.org.nz](http://www.SeniorNet-west-auckland.org.nz) where you will find all our contact information. Our open

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# In Brief Updates

with you and helping you so that you can do it.

## The Mobile Car Specialists

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



1) Never put it through automatic contact / bottle brush car wash machines

2) Instead use the 'two bucket hand wash system' - <http://www.mobilecarspecialists.com/wash-your-car.html>

3) Always check for grit / solids before wiping down with a microfibre - one tiny invader can cause a lot of scratches

4) Regularly apply wax for protection, or have a ceramic coating applied which lasts for years

Our services include: Dent removal - small to large, Yellow / foggy headlight restoration, Ceramic coating paint protection, Signwriting removal, High quality paint correction / cut and polish, Contaminant removal (cement, metal grindings, sunscreen).

We are a fully mobile operation, meaning we come to you to make your life easier. Contact us on 0800 20 30 20 for a quote, or visit [www.TMCS.co.nz](http://www.TMCS.co.nz) to see our work and 5 star reviews.

## The Scott Point Sustainable Sports Park

The Scott Point Sustainable Sports Park is an Auckland Council initiative on a 16.4 hectare (40 acre) site bounded by Clark Road and Squadron Drive at the hub of the Hobsonville, Hobsonville Point and Scott Point communities.



Work is now under way and the park will be developed in stages over the coming years. The first stage includes developing two sports fields, a baseball diamond, carpark, shared paths, temporary toilets and changing facilities. The roads at Joshua Carder Drive extension and Craigs Way will also be constructed. First up is clearing the site and ecological activities involving lizard capture and relocation, transplanting native Epilobium plants (the critically endangered

native species found locally), tree felling and demolition of most of the old buildings onsite. The site will be blessed as soon as Covid-19 lockdown restrictions allow and then earthworks will start.

The significance of Scott Point is deeply held in the historic, traditional, cultural and spiritual relationships of mana whenua (Māori values) to the area. The land was previously used for horticultural and grazing activities. Many of the landscape features relating to this use are still present but will be removed to make way for the park. The ecology will be enhanced by re-vegetating the existing contaminated and hard infrastructure nursery area, replacing exotic plants with native vegetation and reducing the area covered by grassland. The sports field will be irrigated by rainwater collected in recycled plastic units placed under the field. Sustainability has been at the forefront of the design. Keep an eye on the Upper Harbour Local Board Facebook page for updates.

Photo credit: WSP New Zealand Urban Design and Landscape Architecture.

## St Vincent de Paul Massey

St Vincent de Paul Massey is a 12-person strong volunteer foodbank who operate with huge support from St Paul's Parish, St Paul's primary school and Pak 'n' Save - Lincoln Road. With referrals for parcels coming from several organisations, this latest lockdown has seen parcel numbers jump well over 100%, with the need to open support direct to the community.



Last month saw food provided to hundreds of adults and children, with another jump expected this month. Operating solely on donations we're always aware of the need to be resourceful, so, one of our most exciting connections has been with the NZ Food network and Fair Food, who specialise in rescuing food that can't be sold but is good to eat, to help 'feed the need'.

The majority of our team fall into the vulnerable category in this



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pandemic, so we have had to make a few changes to protect our team whilst still being available to continue operating. This has added a little complexity to our mission but we carry on to do what we do best, with a bit of fun and laughter along the way. We're grateful to be a part of this wonderful community and to be able to carry out the mission of St Vincent de Paul providing support and promoting human dignity. As Aucklanders have been doing it tough for over 10 weeks, the St Vincent de Paul Conference-Massey are part of the effort to support some of the hardest hit. Follow us on Facebook St Vincent de Paul - Massey.

If you'd like to support your local St Vincent de Paul you can contact Marion Carrodus, President of The Massey Vinnies on [j.carrodus@outlook.com](mailto:j.carrodus@outlook.com). They are a registered charity so donations over \$5 are tax deductible. You can donate through your bank to the recipients' account name St Vincent de Paul Massey Conference. Their account number is 12-3020-0488828-00, and please put your name and email address as a reference.

## Fake news

Teaching kids about what's real and what's not, can be tricky but it's important tamariki understand that just because something is online doesn't mean it's true. Here's some advice to help you teach tamariki on how to spot fake news.



What is fake news?

Fake news is information that is either totally or in part inaccurate. It can appear anywhere and be created by anyone. Netsafe has more information available to help adults spot and identify fake news on

[netsafe.org.nz](https://netsafe.org.nz).

Why does it matter?

1. Kids may be confused or misled about what they see which could impact on their learning and wellbeing if they start to feel anxious about something.

2. Some fake news is either deliberately hateful or aimed at people in minority groups which can have offline consequences.

Netsafe's top tips for tamariki

1. Explain to your child what fake news is, how it's created and why they need the skills to determine what's fact and what's fake.

2. Teach your child to fact check - explain what sites are trustworthy, where you get information from and how you check the reliability of what you see.

3. Hone their critical thinking skills. Encourage them to ask themselves does this sound right? Is there another explanation for this information? Could this be a joke?

4. Encourage your child to read beyond a headline before they take something at face value or share it with other people.

5. Build digital literacy. Critical thinking skills are more relevant now. Teach children to be cautious, vigilant, and creative digital citizens.

## Newest (and cutest) residents in Hobsonville

If you've been to the beach lately and found it a bit crowded, you're not the only one. Some of New Zealand's native coastal birds find beaches crowded too and have moved to make their homes in the next best habitat they can find - empty building sites. This may seem risky for small birds like the tūturiwhatu



(New Zealand dotterel), but the sites tick many of their boxes for a home. They like flat surfaces with good lines of sight to watch for predators, lack of people, and sandy surfaces suitable for a 'scrape' in which to lay eggs. There are only about 2500 NZ dotterels left.

Residents in Hobsonville Point have been keeping an eye out for dotterels and working with developers to make sure they are safe and secure while nesting. Two eggs have recently hatched, and the little balls of fluff that are baby dotterels are running around

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looking for insects and worms to eat. They will take up to six weeks to fledge (grow flight feathers and leave the nest), and until that time are very vulnerable, even with their parents bravely chasing threats away. Domestic cats are one of their most dangerous predators, and everyone can help these little chicks survive by keeping pet cats in at night, and keeping dogs leashed while walking.

If you would like to join the team of 'dotterel minders' please email [habitathobsonville@gmail.com](mailto:habitathobsonville@gmail.com).

## School leavers

Now is a good time to think about the achievements of our school leavers. The end of this academic year has meant missing out on the usual celebrations of achievements marking to transition to further education or entering into training for the workplace. No leavers' dinners, no senior prize-giving or sports awards before the assembled school. The impact of cultural and language weeks will have been diluted by utilising social media rather than with the usual opportunities for group learning. It has become hard to maintain the motivation to prepare for exams, despite the best efforts of the teaching staff, when sharing experiences with friends face-to-face has previously been the best support for the individual. A shout-out to all our school leavers at this time in their careers.

## The Story of Scouting

Today there are more than 50 million Scouts, young people and adults, male and female, in over 200 countries and territories.



Scouts was first formed in 1907 By Robert Baden-Powell, it began as an experimental camp with just 20 boys.

The camp was a great success and proved to its organiser, Robert Baden-Powell that his training and methods appealed to young people and really worked. In January 1908, Baden-Powell published the first edition of "Scouting for Boys", and has since sold over 100 million copies, making it one of the bestselling books of all time.

Since then, over 500 million people have been Scouts, including prominent people in every field.

The first World Scout Jamboree took place in 1920 with 8,000 participants, and proved that young people from different nations could come together to share common interests and ideals. Since that first World Jamboree at Olympia in London, there have been 21

others at different locations. The last World Jamboree held in North America in 2019 was attended by 45,000 Scouts, that's more than the population of Te Atatū Peninsula, Te Atatu South and Henderson combined.

### The Early Scout Programme

Scouting began as a programme for boys 11 to 18 years of age. Yet almost immediately others also wanted to participate. The Girl Guides programme was started in 1910 by Baden-Powell who designated his sister Agnes to manage it. In 1915 Robert Baden-Powell became Chairman of the Girl Guides Association, and his wife Olave, whom he married in 1912, became the new Chief Guide in 1918.

Today in New Zealand, Guides and Scouts have a combined membership of approx. 25,000.

If you want to know more about Scouts, please visit [www.scouts.nz](http://www.scouts.nz), or email me: [zl.waitoru@zone.scouts.nz](mailto:zl.waitoru@zone.scouts.nz). Craig Paltridge Waitoru Zone Leader.

## Waitakere Grey Power

We hope all members and friends of Waitakere Grey Power are keeping well during these unprecedented Covid lockdowns; the current delta strain is more virulent. If you haven't had both your vaccine injections we recommend that you have them as the older we get with other health issues as well our immune systems are somewhat compromised. Stay in touch with your family and friends by landlines and mobile phones. Be very careful of scams currently in the form of unsolicited texts to mobile phones, do not keep them and delete them immediately.



The common ones are, you have a package waiting, download your photos, you have voicemail messages - just ignore and delete. Many of you may have been experiencing problems paying your bills because all retailers have been closed and so have the banks. We suggest that, when you can, you visit your bank and set up a payment method that you are comfortable with. Apart from setting up Direct Credits and Direct Debits, you can now do telephone banking and Internet or online banking. We will organise a speaker to speak to members from one of the banks next year, so keep an eye in our Newsletter. We will not be having any General meetings this year as a precaution to keep all of us safe in this unprecedented Covid environment. We do hope to have our pre-Christmas Lunch at Swanson RSA on Thursday 2nd December 2021 at 12.00pm (midday). Contact our Office on 09 838 5207 for further

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details on the Lunch. All members and friends are invited, if it is safe break out of your bubble and come and join us, you will be most welcome. Written by Mate Marinovich, President, Waitakere Grey Power Association, Office, 247 Edmonton Rd, Te Atatu South 0652 Auckland.

## Prowear

If you're looking to get your team or brand recognised, there is no better way to promote yourself than to look like a team. Prowear is locally based in West Auckland and are the specialists in all things custom. Think t-shirts, face masks, shop banners, singlets, hoodies, hats, gym gear, sports uniforms and everything in between. We have expertise in screen printing, sublimation and embroidery. Got some crazy idea and not sure where to take it? Speak to us and chances are, we can do it.



Whether you're a school, shop, race team, workshop, promotional guru, or just a business looking to get more brand awareness, we provide you with the best opportunity to get noticed with high quality custom designed gear that'll make you stand out from the competition. We've worked with some of the top teams, athletes, drivers and business, both in New Zealand and overseas and no order is too big or too small.

Visit our website today to see what we can do for you: [www.prowear.co.nz](http://www.prowear.co.nz), or send an email through to [kaz@prowear.co.nz](mailto:kaz@prowear.co.nz).

## Where is your business going?

If you were to visualise your business in 10 years' time what would it look like? How much revenue will it generate? How many staff will you have? How much profit will it be making?

Unfortunately, many business owners don't have a clear picture in mind of what they're aiming for - and if you're aiming for nothing, that's what you are likely to hit. Every business, big and small, needs direction and goals: that's the key to success.

To help our clients set goals for their businesses, we begin with visualisation. We analyse current financial performance and show our client how much profit and cash their business is currently making. Then we explore how much profit and cash they would like

to make in the future. From there we build a clear plan of how we are going to get there. And yes, that is "we", because as accountants we are there with our clients each step of the way, keeping them on track and helping to successfully navigate the unexpected.

If you'd like to know more about setting direction for your business and helping it to succeed, contact the friendly UHY Haines Norton Kumeu team on 09 412 9853 or email [kumeu@uhyhn.co.nz](mailto:kumeu@uhyhn.co.nz).

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## Children preparing for Christmas

Discoverers Church in Hobsonville Point is hosting a Children's Christmas craft event for children who want to make Christmas decorations for their homes.

The details are;

- Date: Sunday 19th December.
- Venue: Headquarters Building 214 Buckley Avenue, Hobsonville

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Point.

· Time: 3-00pm to 5-00pm.

Parents are welcome to attend with their children.

Enquiries to: Barry Jones 022 068 3873 [beejaynz05@gmail.com](mailto:beejaynz05@gmail.com).

## Keepsake bear

A bear with a story to tell...

Our lives are made up from thousands of micro-moments or stories. Some stories we want to hold onto, to relive the feeling of and cherish forever.

It may be the story of marrying your soulmate, bringing your babies home, their first day of school, your first school ball or snuggling into daddy's shirt.

Sometimes, when it's hard to let go, it pays to have something to hold on to.

One more lasting hug, reminding us of when we were able to do it in person.

On my 7th birthday, a gift arrived from my grandparents in England. The brown paper parcel, wrapped in string, was handed to me. With wide eyes I tentatively untied the string and unstuck the paper, being careful to preserve it, even though it was just brown paper. Beneath its brown paper exterior, after peeling back layers of tissue, cocooned inside was the most glorious golden teddy bear. My love affair with soft toys, tissue paper, brown paper, and string, began.

While most refer to this time of forced quarantine and isolation as "lock-down", I prefer to use the Māori word "whakahoki mai", which means to restore. This time has been a pure gift and I have used it to restore my energy and rediscover my creativity.

"Ātaahua" is the Maori word for 'beautiful'. Each doll and bear are carefully and beautifully handcrafted, using only quality fabrics. My desire is to preserve precious moments, to carry the memory of a departed loved one, or cement the relationship between parent and child by using an article of clothing that represents that special person. No two bears will ever be the same, because we are all unique and our stories different.

The delight these bring is tangible and people are often moved to tears when receiving their precious bears. They mean everything to people and I LOVE being the temporary custodian bringing to life a memory, treasured for a lifetime, and beyond.

Recipe: Take one item of clothing, a blanket, sheet or other cloth.



Share your story with Ataahua Dolls and we will capture the memory for you in a designer bear.

## Western Lock Services

The Team at Western Lock Services are a Family owned and operated local business, servicing most of Auckland.



We are located in the Royal Heights Shopping Centre in Massey, offering a walk in service as well as an onsite mobile workshop providing multiple services.

We pride ourselves on personalised service and outstanding results on projects as small as a simple lock change right through to large-scale domestic or commercial jobs.

We service and repair locks, supply and install new locks and hardware, cut and replace lost keys, install window latches, restrictor stays and window and door hinges. We also offer sliding door servicing and roller replacements.

To enquire please send us an email to [info@westernlock.co.nz](mailto:info@westernlock.co.nz) or phone 09 8327602.

## Quinde Handicrafts

Quinde Handicrafts is a local family store. We are a brother, a sister and a brother-in-law pursuing the dream of transcending distances through a responsible and inclusive trade. As a family, we negotiate with families, we establish alliances with fathers, mothers, young entrepreneurs and community associations of artisans.



We encourage the creation of sustainable sources of income for Ecuadorian artisans, while honoring a heritage enriched with tradition.

Quinde Handicrafts had its first steps done late 2019, when we import our first collection of toquilla straw hats from Montecristi, Ecuador. Although these well-known hats are called Panama Hats, what not everybody knows is the fact that they are made entirely

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in Ecuador by the hands of expert artisans. This is the tradition we aim to resurge and keep for the next generations, as an intangible cultural heritage of humanity (see more at UNESCO website: <https://bit.ly/2Zdis0o>).

In 2021 we launched our cotton dresses girls line, in partnership with the Association of Embroidering Women of Zuleta, a small community located in the Ecuadorian Andes. The women of Zuleta have preserved this wonderful tradition for more than 120 years. We aim to conserve the tradition by sharing their handmade work in New Zealand.

We also offer lovely handmade jewelry, earrings and bracelets of mullo, as well as handbags made of recycled fabrics and jute, entirely made by hand.

Our passion is to share with the world what belongs to all of us. If you want to have a look at our products please visit our website [www.quindehandicrafts.com](http://www.quindehandicrafts.com), and social media: Facebook - Quinde Handicrafts & Instagram - Quinde.Handicrafts. We have special offers and products on sale.

## Creative Upcycling online classes

Covid has scuppered many plans and businesses, but most recently our kids have had their first school holidays in lockdown. It has been hard enough to have to spend the bulk of the term at home learning online without losing the joy of the holidays. Adults too are getting itchy feet and want to continue our interactive life.

The ReCreators ordinarily deliver in person DIY skills-based classes around the creative reuse of materials. This enables people to develop design thinking and skills for reimagining waste into value - saving money through fun making. Covid has put the kibosh on these classes.



Like many businesses, The ReCreators pivoted by going online and delivering a different type of class. The staff (some of whom are creative technophobes) have had to learn the ins and outs of managing Zoom, a multitude of participants and how to practically show (with a different camera angles) how to make the sustainable crafts. The ReCreators have successfully pivoted and embraced the technical challenge beautifully.

Kids and their whānau from all over the Auckland region who were interested in crafting have joined The ReCreators online for a huge variety of classes. The quirkiest class held so far has been 'Make a Fart Molecule' as part of the Auckland Climate Festival which made the TVNZ Breakfast shoutout. The class discussed Methane (CH<sub>4</sub>) with kids. Kids made their fart molecule using cardboard and the slot technique. This class was the perfect combination of fun, laughter and scientific knowledge. Other classes held included Make a Loom & Weave, Twig Crafts, Cardboard Animals and Junk Creativity. Adults also got their crafting fix: learning macrame, doing mindful dot art online, learning the four stages of wooden furniture restoration and learning about power tools for their DIY projects.

A number Auckland Council local boards have supported these sessions as they are enabling communities to learn sustainable living techniques. The ReCreators acknowledge the digital inequality in some communities and are currently putting DIY craft kits and packs together for groups who do not have access to the internet. If you would like to volunteer, or have materials to donate (brown bags, jars, newspaper, t-shirts, craft supplies) please get in touch by emailing [ger@therecreators.co.nz](mailto:ger@therecreators.co.nz).

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# Safer Communities



Welcome to Spring!

It's a good idea to talk to your children about fire safety, how to avoid starting fires, and what to do if there's a fire in your home.

Children as young as five can learn what to do in a fire emergency. This is lifelong learning that they will take into adulthood. Children also need to understand that fire can be dangerous.

Talking about what to do in an emergency

If a fire starts in a room, a person has about 3 minutes to get out before the

room is engulfed in smoke or flames that will kill them.

Teach your children to get out and stay out if there's a fire. If they see a fire or hear a smoke alarm, tell them to:

- Get out of the house FAST (using your escape plan)
- Shout "Fire Fire Fire!"
- Go to the safe meeting place that you have practiced going to with your children

## Talking about fire

When talking about fire, children might ask about people dying in fire emergencies. You should provide truthful answers without making the child afraid.

You can tell your child about firefighters and how they rescue people in fires. However, sometimes firefighters might not arrive in time to rescue everyone. A fire can also be burning so fiercely that it's not possible to rescue people.

That's why it's so important to have

smoke alarms and an escape plan to know what to do in a fire. Remember, get out, stay out.

With the start of daylight savings don't forget to test your smoke alarm by pressing the button to sound the alarm. Remember you can't smell smoke while you are asleep.

Keep safe,



Denis Cooper

Deputy Chief Fire Officer

Waitakere Fire Brigade

Phone 09 810 9251

## Feeling taxed by investment challenges?

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# Property

## Property market report

Activity levels and prices impacted by lockdown

Median prices for residential property across New Zealand increased by 25.5% from \$677,400 in August 2020 to a record \$850,000 in August 2021, according to the latest data from the Real Estate Institute of New Zealand (REINZ). Auckland again underpinned the strength in the New Zealand median, hitting a record median house price in August of \$1,200,000 - up 26.4% from \$949,500 in August 2020. This growth was reflected throughout the region with 5 out of 7 districts reaching new record median prices - Rodney District (\$1,280,000), Manukau City (\$1,157,000), Waitakere City (\$1,120,000), Franklin District (\$950,000) and Papakura District (\$940,000).

House prices have once again risen across the country, with every region seeing a year-on-year increase from August 2020. This latest lockdown has not dampened demand for, or confidence in, the housing market as we saw in early 2020.

Auckland has seen another record median price, the ninth record in the last 12 months - this growth is spread across the region with five of the seven districts reaching new record median prices in August.

While value is up, volume is down, with the number of residential properties sold in August across New Zealand decreased by 26.5% when

compared to the same time last year (from 7,828 to 5,753) - this was the fewest properties sold for an August month since 2014. In Auckland, the number of properties sold in August decreased by 12.8% year-on-year (from 2,689 to 2,346).

With a scarcity of properties available to purchase in this market and the previous limitations of level 4 and level 3 lockdowns, the market is set for a crazy ride of low stock numbers and insatiable demand, so don't hold out for bargains in the next six months, it's the fast and the furious out there.

Let's look at the local sales:

Hobsonville	\$680,000 to \$2,500,000
Massey	\$820,000 to \$1,500,000
Swanson	\$1,283,000 to \$3,450,000
West Harbour	\$1,220,000 to \$1,650,000
Waitakere	\$1,250,000 to \$3,100,000
Westgate	\$1,360,000
Whenuapai	\$910,000

The conversations we are having with all our clients at present is to secure the property you want before you sell, its proving a lot harder to buy than to sell. Use an agent that can navigate both the purchase and the sale, and get your ducks in a row before you get underway. Give me a call today on 0800 900 700 for more information. After 16 years of making people my priority in real estate, you will benefit

from unparalleled experience, care and commitment. It costs no more to use a more experienced customer focused agent that puts you, front and centre.

Graham McIntyre phone 027 632 0421 email graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

## Interest deductibility rules for property investors

Tax Deductions for interest expenses on rental properties will be restricted from 1 October 2021. This would mean that if you acquire a residential investment property on or after 27 March 2021 interest will not be tax deductible from the income you earn on your investment. The interest deductibility for residential investment properties acquired before 27 March 2021 will gradually be phased out between 1 October 2021 and 31 March 2025.

However, new builds will be exempt from these interest deductibility rules. For instance, if the property got its code compliance certificate on or after 27 March 2020 the interest will be deductible for up to 20 years from the time that the code compliance certificate is issued. The exemption will apply to both the initial purchaser of the property as well as any subsequent owner within the 20 year period.

For people looking to buy property as an investment, these may be important factors to consider. We recommend that before buying or selling a property that you obtain advice from a property lawyer. For more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

## How to react to rising mortgage rates?

Mortgage rates have been at historic lows for a while now, it's almost felt like a 'new normal', but rates are starting to climb again. Take any three economists and you'll get at least seven different opinions on how high and how quickly rates will rise; but almost universally the consensus is they will increase. Now's the time to ensure our mortgages are structured to best manage the risks.

If you're worried about future payments, there may be a number of things you can do. For instance, back when rates were falling lots of people tried to break their fixed term loans but found the break costs were too high. Strangely enough, it may be a good time to break some fixed term loans now. Depending on your situation, break costs might be low or even zero which could allow you to lock

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# Property

in a longer fixed term rate to give you more certainty.

If you're looking to get new lending - or a top up to do all the renovations you've been planning over lockdown - it may be prudent to get in before the rates get much higher. If you know you can afford it, but your current lender can't offer you any extra lending, it may be that there is another provider with policies better suited to you.

If you'd like a free no-obligation chat about your lending, give us a call - and if we're out of lockdown, the coffee is on me.

Scott Wombwell, Managing Director & Financial Advisor, Better Borrowing - 020 4009 8944 | [www.betterborrowing.co.nz](http://www.betterborrowing.co.nz).

## Property Titles

The New Zealand property system offers indefeasible title which means you have a right or title in property that cannot be made void, defeated or cancelled by any past event, error or omission in the title. There are different types of Title. The best form of Title is a Fee Simple Title and you can use the land as you please (provided you comply with Council Bylaws). The title for town houses and apartment buildings are Strata or Unit Titles. These can deal with as few as two units or a complex of apartments in a multi-level building. A Unit Title is ruled by the Body Corporate which establishes their own set of rules for occupants to abide by, and charges a levy for the building maintenance, insurance and administration costs. A Leasehold Title is a right to occupy for which rent is paid and you lease the property.

Another common form of title are fee simple cross-leases which are a hybrid of the fee-simple title and the leasehold title. You own two interests in the property. Firstly a share of the fee simple title in common with the other cross leaseholders; and a leasehold interest in the particular area and building that you occupy.

The rights of each owner depend not on settled legal rules, but on the terms of the particular lease. The lease is of only the original building site. In the building is altered/extended a new flats plan needs to be deposited and new leases registered otherwise an owner has no lease of any addition - horizontal or vertical - provided they are fully attached and fully enclosed. When the owner comes to sell, the existence of such additions are a defect in title. This can only be remedied by the expensive process of cancelling the lease and replacing it by a lease that includes the addition. A lack of general awareness that this is the legal position leads quite innocent vendors and purchasers into trouble.



ClearStone Legal incorporating Kumeu-Huapai Law Centre can assist you in buying or selling residential property, and updating your flats plan. Telephone Debra Barron at ClearStone legal on 09 973 5102 if you have more questions.

## 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](mailto:nathan.tetzlaff@smithpartners.co.nz)



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# Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HOBSONVILLE	1,150,000	200M2	190M2	1,355,000		920,000	743M2	187M2	1,210,000
	990,000	224M2	168M2	1,295,000		840,000	736M2	94M2	1,320,000
	1,475,000	325M2	308M2	1,880,000		570,000	623M2	90M2	1,180,000
	1,350,000	310M2	301M2	1,790,000		740,000	818M2	90M2	1,500,000
	700,000	99M2	99M2	902,000		1,125,000	1991M2	382M2	1,280,000
	1,310,000	1465M2	267M2	2,400,000		790,000	581M2	80M2	1,400,000
	930,000	193M2	140M2	1,200,000		690,000	643M2	130M2	1,085,000
	970,000	248M2	207M2	1,360,000		610,000	590M2	80M2	865,000
	1,400,000	365M2	292M2	1,840,000		840,000	723M2	100M2	1,600,000
	500,000	0M2	63M2	680,000		580,000	623M2	120M2	1,050,000
	640,000	0M2	63M2	720,000		840,000	614M2	180M2	1,300,000
	1,050,000	269M2	188M2	1,385,000		810,000	210M2	181M2	1,135,000
	1,100,000	239M2	238M2	1,252,500		920,000	461M2	181M2	1,100,000
	930,000	156M2	206M2	1,320,000		590,000	660M2	100M2	1,380,000
	1,375,000	332M2	272M2	1,660,000		830,000	1262M2	240M2	1,050,000
	920,000	159M2	198M2	1,280,000		650,000	115M2	82M2	820,000
	1,289,000	99M2	202M2	1,289,000	SWANSON	450,000	466M2	210M2	1,335,000
	870,000	165M2	139M2	1,202,888		1,100,000	454M2	257M2	1,350,500
	1,275,000	450M2	221M2	1,660,000		2,125,000	6.3HA	480M2	3,450,000
	1,500,000	388M2	247M2	2,500,000		1,975,000	10.34HA	170M2	2,160,000
	1,240,000	829M2	210M2	1,900,000		970,000	459M2	183M2	1,318,888
	1,300,000	337M2	282M2	1,780,000		860,000	359M2	180M2	1,283,000
	1,075,000	276M2	209M2	2,110,000	WAITAKERE	1,200,000	4HA	258M2	1,250,000
	1,250,000	321M2	269M2	1,680,000		1,500,000	1HA	363M2	3,100,000
	1,280,000	306M2	257M2	1,550,000	WEST HARBOUR	1,030,000	616M2	200M2	1,562,000
	930,000	231M2	158M2	1,255,000		1,100,000	1011M2	115M2	1,230,000
	800,000	0M2	130M2	915,000		755,000	603M2	84M2	1,400,000
	1,225,000	342M2	218M2	1,650,000		790,000	719M2	84M2	1,592,000
	895,000	210M2	172M2	1,330,000		960,000	825M2	130M2	1,502,000
MASSEY	760,000	607M2	111M2	1,030,000		810,000	262M2	190M2	1,220,000
	690,000	643M2	130M2	1,025,000		840,000	817M2	190M2	1,650,000
	890,000	484M2	165M2	1,090,000	WESTGATE	900,000	470M2	134M2	1,360,000
	780,000	921M2	120M2	1,195,000	WHENUAPAI	720,000	157M2	87M2	910,000
	760,000	607M2	111M2	1,100,000					

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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.

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

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3 2 1

**By Negotiation**

**3 Waru Nui Court, Orewa**  
By Negotiation

Cul-de-sac living near Orewa Inlet walkways offering a beautifully presented, fully refurbished, brick, one level home. Seldom available, this is a home that delivers the very best of easy care gardens, open plan, kitchen/dining/living and alfresco space which can be open to sheltered patios to the south, east and north, enjoying the peppering of colour and the low shrubbery to attract extensive bird life. Well crafted, the home is low maintenance, easy care while the option to garden for fresh vegetables or colour is ready for you. The property is fully fenced and secure. Three generous bedrooms, separate bathroom and toilet with large integrated double garage and workbench compliments this home that will provide options for relaxation rather than work.

[www.mikepero.com/RX3035535](http://www.mikepero.com/RX3035535)



**Graham McIntyre**  
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**VIEWS, NORTH FACING, HOME WITH INCOME OPTIONS**

5 10 3

**By Negotiation**

**14 Peters Lane, Taupaki**  
By Negotiation

Big home, with a little home, double garaging on both buildings and four-bay shed with high stud. So much on offer here that will make you excited about the prospect of a very large five bedroom, two living area, three bathroom home. Also delivering an office and extra-large rumpus/ games room with extensive alfresco to patio and decking facing North to get the most sunshine and ambient light. An elegant horseshoe drive with oversized double garage ensures you'll never need to reverse your car again. Extensive easy care garden and shrubbery delivers the perfect backdrop for privacy, and peacefulness. A separate two bedroom home with open plan kitchen/dining and living with double garaging also North facing with generous decking is located to the West.

[www.mikepero.com/RX3042415](http://www.mikepero.com/RX3042415)



**Graham McIntyre**  
027 632 0421

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**MIXED URBAN - 856SQM - DEVELOPMENT**

3 1 1

**By Negotiation**

**97 Bruce McLaren Road, Henderson**  
By Negotiation

Set on a large 856sqm section, flat with easy access to services and the option to supersize by buying next door. A quiet location with easy access to large lawn and traditional home and single garage. The home is a 1980's three bedroom, one bathroom home enjoying open plan living onto covered decking. All the bedrooms and bathroom off the central hallway and separate laundry area. An independent single lock up garage and open spacious back yard. A development opinion from Cato Bolam planners is available as is a rental assessment from Quinovic Property Management. The property is a short distance from three level urban duplex activity, Bruce McLaren primary school and Henderson train station and mall. An excellent site to consider development or holding.



**Graham McIntyre**  
027 632 0421

graham.mcintyre@mikepero.com

[www.mikepero.com/RX3045505](http://www.mikepero.com/RX3045505)

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#1 Agent- thank you!

Graham was amazing. From our first open home all the way to handing the keys over.

Graham was professional, and charismatic. He went above and beyond to ensure we were both looked after and had all information needed in order to make our purchase. Knowledgeable about the industry and market, Graham provided insight into not only the home but also the neighborhood we were purchasing into. He is an absolute asset to the Mike Pero team. **Dipti & Neelash**

**Graham McIntyre**

027 632 0421 | 0800 900 700

graham.mcintyre@mikepero.com





LARGE LAND LOT, EASY SERVICE ACCESS, MIXED URBAN 3 1 1

By Negotiation

**99 Bruce McLaren Road, Henderson**  
By Negotiation

Nicely presented home on a flat 906sqm property with easy access to services and options to buy the neighbouring property also. If you are seeking a multi-building development in Henderson on a flat site this may be the property for you. (subject to resource and building consent) The property has an opinion from Cato Bolam Planners in respect to development potential that we are happy to provide, in this mixed urban environment with brand new multi-level duplex living a few doors down. The home is a simple three bedroom, one bathroom home, offering generous open plan living leading out onto a wrap-around decking to the north west. Flat and usable lawn frames the home while full fencing keeps everything in or out. An independent single garage at the front of the property.

[www.mikepero.com/RX3044103](http://www.mikepero.com/RX3044103)



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## COUNTRYSIDE VIEWS WITH INCOME OPPORTUNITIES

6 6 3

By Negotiation

### 911 Old North Road, Waimauku By Negotiation

The property is available for purchase however is tenanted with any settlement incorporating the tenancy term or negotiating terms that may suit the Tenant. Set on one of the highest points in Waimauku with commanding views to the North and the South East / West. A near new, quality, commercial-style two-story, build with high-end features, well insulated and double glazing. Downstairs offers a sunny open plan lounge, spacious modern kitchen and dining flowing out onto a large covered patio (with a set-in BBQ) and lawn area. It has the master bedroom (with en-suite and walk-in wardrobe), which opens out onto another courtyard area with a fire pit and concrete dining table, two further bedrooms, separate bathroom, two toilets and the laundry. Internal access to the extensive six-car carpeted garage.

[www.mikepero.com/RX2769416](http://www.mikepero.com/RX2769416)



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"I would like to thank Graham for his assistance in working with us when selling our home. We interviewed several agents and picked Graham because we appreciated his down to earth personality, positive attitude towards our property and his promise to keep us informed at every step and to explain his recommendations in terms of the best way to achieve a good result from the sale of our largest asset.

I was very impressed with Graham's approach and positivity and the result was that we sold the property within a few days of listing and achieved a very satisfactory price. Graham was very easy to deal with, he brought his own brand of humour and made the whole transaction easy and almost enjoyable. I would certainly recommend Graham as a friendly and professional agent and one of the best that we have used in a number of sales over the years."

David

**Graham McIntyre**

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





# Hot Property



**Boundaries are indicative**

## Views, North Facing, Home with Income Options

Big home, with a little home, double garaging on both buildings and four-bay shed with high stud.

So much on offer here that will make you excited about the prospect of a very large five bedroom, two living area, three bathroom home. Also delivering an office and extra-large rumpus/ games room with extensive alfresco to patio and decking facing North to get the

most sunshine and ambient light. An elegant horseshoe drive with oversized double garage ensures you'll never need to reverse your car again. Extensive easy care garden and shrubbery delivers the perfect backdrop for privacy, and peacefulness.

A separate two bedroom home with open plan kitchen/dining and living with double garaging also North facing with generous decking is located to the West.

To add to the offer, a separate drive through to a four bay, high stud shed, and a private flat-metalled area, for parking or storage.

At almost 2.5 acres the property is large enough to deliver ultimate privacy but small enough that your days are not consumed by land



# Hot Property



management.

A quiet and secure cul-de-sac location, with extensive north facing views over valleys and native groves, this home will take your breath away and with the possible income options of work from home, or renting space, the accountant will have a look of glee. A short drive to Taupaki Primary School, convenience shopping at Kumeu or Northwest Mall and easy access to SH16 via Taupaki Road. For more information on this property or a discussion on your next property change, call Graham McIntyre on 027 632 0421 or 0800 900 700 or [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) - Mike Pero Real Estate Ltd Licensed REAA (2008).





# Central's Tips

November 2021



Time to plant melons, pumpkin and corn, beans and salad greens.

It's also time to stake up tomatoes, cucumbers and beans and add some summer colour by planting flowers into your garden and in hanging baskets.

## Spring harvests

Harvest spinach, spring onions, lettuce and broccoli. Strawberries are ripening too so keep an eye on those. Use bird netting to make sure you eat them before the birds do!



## The fruit and vegetable garden

- **If there's room, sow corn and plant out melons and pumpkins in well composted soil.** Plant a climbing bean at the base of each corn plant, the plant acts as support for the beans and they grow happily together. Try planting pumpkins in the same area as a groundcover
- **It's time to sow French or runner beans** – if you don't have a large frame for them to climb on get dwarf varieties and grow on bamboo hoops or small teepees.
- **Plant basil beneath tomato plants** – it's a gardening marriage made in heaven. Putting in a few marigolds alongside helps keep pests at bay too
- **Keep a regime of liquid feeding and watering going during this growth period.** Placing pea straw around plants in the vegetable garden helps limit evaporation
- **Stake, tie up or train climbing plants along wires.** Tomatoes, cucumbers, beans and zucchini can be grown like this, and it aids production in a small space
- **Keep those summer salads** going by planting salad greens such as lettuce, mesclun, radish and spring onions frequently

## The ornamental garden

- **Hanging baskets are easy:** place a plastic saucer in the base of the basket to help hold water, fill with good potting mix and pop in the summer flowering plants. Liquid feed after planting and hang in a sheltered, sunny spot, watering and feeding regularly
- **Plant hostas, astilbes, clivias, renga renga lilies and pulmonarias** in shady areas of the garden, to brighten dark areas. Keep the slug bait around them while they establish
- **After flowering keep an eye on the foliage of kowhai trees** – this is the time when the voracious kowhai caterpillar starts munching. Spraying with a control (organic or chemical) will help keep the leaves in place
- **Drought proof plants for pots** – Geraniums, pelargoniums and succulents need very little watering to survive, perhaps once a week at most. Just plenty of sun.
- **Petunias are star performers for summer colour.** Plant in a sunny position in the garden or grow in pots or hanging baskets

## Project for November

### Drought-proofing gardens

Central Landscapes has a wide range of great mulches (all from recycled products or by-products of timber processing), that will lock in moisture at the roots of plants. Apply blood and bone before spreading mulch to give a nitrogen boost to the soil.

To view all of our mulch options visit [www.centrallandscapes.co.nz](http://www.centrallandscapes.co.nz)







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# Home & Garden

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## Woolly nightshade

Woolly nightshade is a spreading, capsicum-smelling shrub or small tree growing up to 10m tall, with all parts covered in dusty hairs, and whitish, branching, soft-woody stems. It was originally from South America. Velvety, oval, grey green leaves are whitish underneath with prominent 'ears' at the base which clasp the stem. It is usually quite easy to spot as it is paler than surrounding plants. Dense clusters of mauve to purple flowers with yellow



anthers are visible year-round and are followed by clusters of round berries that ripen from hard green to soft, dull yellow.

It is a nasty weed and spreads quickly, forming dense stands which crowd out other plants. Even though the berries are poisonous to people, kererū and other birds can safely eat them, spreading seeds over large areas through their droppings. Each plant produces thousands of seeds, which also fall and grow around parent plants. The dust from the leaves and stems can irritate the skin, eyes, nose, and throat. Woolly nightshade grows in a large range of areas locally, including gullies, roadsides, farms, and wasteland, all well as urban areas - anywhere that birds visit. For more detailed information about woolly nightshade and how to control its spread see [weedbusters.org.nz](http://weedbusters.org.nz) or [www.tiakitamakimakaurau.nz/](http://www.tiakitamakimakaurau.nz/)

Photo credit - Carolyn Lewis

## Abseiling Support

Every now and then you have a tricky piece of work on a steep or slippery site that you need a contractor to help with. If you have work out the back of your farm that requires some weed control on a steep cliff face or very rough terrain, you might want to consider calling in some abseilers to support

you. At NZ Biosecurity Services we have a team of our pest control specialists that can help with those extra tricky sites. We can use our ropes to make sure we get rid of those hard-to-reach weeds, or even plant onto steep hills where you feel unsafe. And all of this is undertaken at good rates. Give us a call at 09 447 1998.



## Tips for a great lawn over Christmas

Spring has arrived and with it the grass has taken off - it's thick and lush. When freshly cut it's a pleasure to walk over. To be sure it is ready for the summer use, there are a few things you can do. Have a look at your lawn. Do you have any 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



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# Home & Garden

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.

If it's got away on you and is looking ready for the hay baler. It'll take several good mows to get it back under control - don't cut too much off the first time as you will remove all the green leaf and the plant will suffer due to a limited ability to feed itself, and it'll look brown and stalky. Use 3 or 4 mows in a short period of time to progressively lower the height and the grass will adjust to the new height. Then remember the lawn golden rule - little and often.

If you or your kids love to have bbq's, games of badminton or cricket, a bit of back-lawn camping, or just general running around on the grass, then these straightforward treatments and mowing tips will see your lawn thrive and be that ready for you to enjoy through your summer.

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

## New answer to clean and safe water

Safe H2O's water purification and water tank cleaning service is turning the traditional model of cleaning water tanks on its head.

As CEO Hamish Grey explains, "Traditionally when cleaning a water tank you empty the tank, muck it out and then refill the tank.

Safe H2O's innovative process cleans both the water and the tank. It vacuums the sediment from the tank and then filters the water



through three levels of filtration ending in nano-filtration. This removes anything larger than 0.001 microns and renders the water safe of anything detrimental to your health. The purified water is returned to the tank ready for use.

The Safe H2O process of treating both the tank and the water in the tank is unique in ensuring the retained water is both clean and safe to drink for the whole household.

As Grey says, "After vacuuming the water it looks clean to the naked eye. However, there are always solids in solution that can't be seen and need to be safely removed through the filtration process. At the end of this process customers are left with both a clean tank and water fit for immediate use - and all this without having to purchase replacement water."

The feedback from customers has been fantastic. As recent customer Peter Seers puts it, "Awesome service. Arrived on time, water is perfect... no smell or taste, just clean water. Tanks are spotless and way better than I expected."

Water is a precious commodity and increasingly so as we experience the impact of climate change. In six months of operation in and around Auckland, Safe H2O has saved over 9 million litres of water using their process as opposed to the traditional tank cleaning method. And they look forward to building on this in the months and years ahead.

Hamish says, "With the Safe H2O process retaining your water it makes cleaning your tanks and water when they are full, an excellent option. This presents a great opportunity to prepare for the drier months ahead over summer by getting your tanks and water ready now."

## Waimauku Garden Club

I'm sure you're all missing our 3rd Thursday of the month garden trips. I know I am.

"Friendship is like a beautiful garden..."

The more you put into it the more it grows".

It can be so important for people to have a day out.

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# Home & Garden

socialising, a chance to dress up, enjoy a coffee and catch-up. Our trips help to provide this to our members. It's so good for our soul and wellbeing.

Our October trip to Mangaturoto had to be cancelled but we are looking forward to a trip to Lavender Hill on Thursday 18 November.

On the 23 December, Botanical Gardens, Puriri Garden, Ardmore Cafe and McNicol Homestead, Clevedon.

I'll leave you with this from a tapestry of my Mum's. "The Glory of the Garden lies in more than meets the eye" Kipling.

Contact: Ann 021 035 7406, Diana 027 478 8928, Donna 021 233 0974, Judith 027 272 9994, Moira 027 498 9152. See you on the 3rd Thursday of the month.

## Need a plumber? We're here to help

Our return to lockdown has certainly brought about some uncertainty and challenges, with many people now having to work from home. With many hours spent inside the house, you may have noticed dripping toilets and taps that need attention. Whatever the problem, our team of experienced maintenance plumbers have a solution. Give us a call today and talk to Sam -our incredible Office Manager - who not only looks after our busy office, but also our maintenance plumbers too.

Meet Dave and Jonny - our Maintenance Plumbers

Dave and Jonny are our super experienced maintenance plumbers and can assist with all your plumbing needs.

With many years of experience, both Dave and Jonny are very



thorough and meticulous, and never leave any mess behind. You can rely on Dave, Jonny and any of our Laser Plumbing staff to offer complete plumbing solutions.

If you have problems with blocked or leaking toilets and drains, hot water systems, leaking taps or burst pipes, or want to discuss new installations, refurbishments or gas installation, one of our great team of plumbers, like Dave and Jonny, can assist with this and much more.

Laser Whenuapai are also your local specialists in hot water systems, roofing and gutters, and all drainage services. We offer a state-of-the-art drain un-blocking service as well as an on call plumber - available 24 hours, 7 days a week for any plumbing emergencies.

Give us a call or send us an email today on 09 417 0110 or [whenuapai@laserplumbing.co.nz](mailto:whenuapai@laserplumbing.co.nz). We are open five days a week from 7:30am - 4:30pm and are conveniently located at Unit 4, 3 Northside Drive, Whenuapai. For more information, visit our website - [whenuapai.laserplumbing.co.nz](http://whenuapai.laserplumbing.co.nz).

## Western ITM is your local

With over 40 years of experience, we take pride in supplying a quality range of hardware and building materials to assist in completing your building project to the highest possible standard. Our locally owned and operated network of three Auckland stores ensures we can provide our products and services with prompt delivery to your site.

Our Kumeu store also specialises in the stock and supply of lifestyle block and farm supplies including a comprehensive range of portable electric fencing systems with leading brands such as Strainrite and Gallagher. We carry wooden and galvanised farm gates in a range of sizes and stock a complete range of fencing and gate hardware.

All our timber yards carry an extensive range of timber products including framing, retaining, posts, poles and fencing timber. We can supply just a few lengths for a small project or in bulk to greater commercial operations.

Whether you are a large commercial operation, thinking of building or renovating the family home or doing a weekend project our Sales Team has the knowledge and experience to see your job through from start to finish.

Do you have a project or plans you would like priced? Then contact our experienced Sales Team today! Email: [kumeu@westernitm.co.nz](mailto:kumeu@westernitm.co.nz) or phone 09 412 8148.

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# Home & Garden

## What to expect when building with Signature Homes

Whether you're building a simple starter home or the ultimate abode, new home construction contains many unknowns and can be overwhelming—especially if you're unsure where to start. We'll help you better understand the steps in building a house with Signature Homes. From shopping for the lot of your dreams to move-in day, read on to learn about the major steps you'll encounter while building a home.



1. Get in touch: Once you have an idea of what you want, it's time to get in touch with our team. Your first point of contact our New Home Consultant. They are there for the sole purpose of helping you make your dream home a reality, so don't be afraid to tell them everything you have in mind. Remember: this is all about you, and we're here to listen.

2. Design & build or house & land package: The key decision you will make at this point is whether to use one of our pre designed House & Land Packages, or create your home from scratch with our Design & Build service. There are advantages to both methods. If

you are unsure, your New Home Consultant will provide you with all the info you will need to make this decision.

3. Estimate & design work: We believe strongly that building companies have a responsibility to provide their clients with a quote that is based on facts, not guesswork. As part of the work we carry out to provide you with a comprehensive quote and ensure you get everything you want in your new home, the Signature Homes design team will consult with you at this time to finalise important details regarding design, claddings, colours, fixtures and fittings. We have expert Interior Designers on hand to provide assistance.

4. Fixed price quote: Once the detailed price and design work has been completed, the fixed-price quote, specifications and final drawings will be presented to you for sign-off. These documents will include detail about exactly what your new home investment will be, along with a comprehensive list of everything that will be included.

5. The green light: Once you have given us final permission to proceed, we will then get council approval to build, and construction can commence on your new home.

6. Construction: Prior to construction commencing, our clients participate in a pre-construction meeting, where they meet the Project Manager and other key participants in the creation of their new home. At their request, our clients are also invited to attend site meetings at various stages of construction, and our Project Managers maintain regular contact throughout to report on progress.

7. Your home. Your way: Once the home is completed and the council is happy that the home has been built as per the building consent, we can give you the keys to your brand new Signature Home. Enjoy!

# Thinking of building?



We're a **full-service** design & build company with in-house architects to bring your dream home to life

### Make it your own

Whether you have an idea of your dream home planned out or you're just starting your building journey, our team of experts will help you create a space that's perfectly in tune with your lifestyle.



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# Home & Garden

Call our team at Signature homes West Auckland to discuss your option; obligation free 0800 020 600 [www.signature.co.nz/page/westdesignbuild](http://www.signature.co.nz/page/westdesignbuild).

## Time for a switchboard upgrade?

Is it time to upgrade your electrical switchboard?

Electrical switchboards - while they're usually out of sight, out of mind, hidden in a cupboard or tucked away in your laundry, they play an important role in your home - switchboards are the 'control panel' for your home's electrical system.

Our homes are now running more appliances than ever before, and older switchboards are not designed to handle the high-wattage loads of homes today. This can cause problems like overheating and the danger of fires or electrical accidents.

From computers, air conditioning units, and home theatre systems, to kitchen appliances, spa pools, and stereos, it's essential that your switchboard can handle the amount of electricity required by your household.

Here is a simple list of common signs that indicate you need a switchboard upgrade:

1. Appliances short-circuiting: Older switchboards have a tendency to 'trip' or short-circuit when they are overloaded. This is a mechanism designed to protect the circuit from overheating and resulting in an electrical fire.



2. Flickering lights: While flickering lights may be caused by loose lightbulbs that need to be tightened, they can also be due to loose wiring in an old or damaged switchboard.

3. An overcrowded appearance: If your switchboard's wiring looks overcrowded, it probably needs upgrading. This is particularly important if you plan on introducing additional devices to your home such as spa pools or air conditioning units. These require dedicated circuits to power them and prevent your switchboard from overloading.

4. Your Switchboard still has fuses: Ceramic fuses are outdated and are a sign that your electrical system is at risk. While they function the same as a modern-type circuit breaker (shutting power off in the event of short circuit or overload), they cannot do it at the same speed - And the faster the power is terminated, the less damage will be done.

An upgrade of your switchboard is not a big investment for the sake of your family's safety.

Give the team at Blackout Electric a call and we'll talk you through the options best suited to your home.

## Quality Water Supplies

Quality Water Supplies is Family run household water Delivery Company that is based in Waimauku.

We have been delivering water to Kumeu, Waimauku, Muriwai, Riverhead, and Taupaki and surrounding areas for over 20 years. We specialise in household and commercial water deliveries, pool fills and new build fills.

We source our water from our own water source at our base in Waimauku.

We deliver Deep Spring Water which is different to what a majority of other local water carriers deliver.

The water is naturally filtered through layers of Sandstone as it works its way down to the Aquifer. We then draw it out and deliver it to you.

With summer on its way, are you prepared for the possibility that you may require a water tank top up at some stage?

1) Collection. Is your collection working as well as it could be? Is your spouting clean and free of debris? Are your downpipes in good condition, free of cracks or breaks and are they connected to your water tank correctly? If your collection is not working efficiently you will probably miss out on some of the important summer rain.

2) Storage. Is your water tank in good condition? Concrete water tanks can develop cracks over time which lead to loss of water. Check your outlet for leaks also. How clean is the inside of your



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# Home & Garden

tank? If you require a tank top up the water delivery can stir up sediment on the bottom of your tank. Prefilters can be added to prevent sediment and debris entering your tank. We also work with some great tank cleaners who can do either a full clean or vacuum the bottom of your tank.

3) Monitoring. Do you have an easy way to check your water tank level? Options vary from tank level indicators to a ladder placed beside your tank to make checking easier.

4) Ordering Water. Order water well in advance. It is better to book in advance than run out of water and face the possibility of a several day - week wait for a delivery. A lot of our customers like to work in the top half of the tank so when it gets down towards half full they book in a load for delivery.

So if you would like to make a booking or want a bit of advice please give us a call on 09 411 8116 or send us a text on 027 345 3805.

## Westhaven Tide Chart

Date	High	Low	High	Low	High
Mon 01 Nov	04:38	10:44	17:05	23:15	-
Tue 02 Nov	05:38	11:41	17:59	-	-
Wed 03 Nov	-	00:08	06:35	12:34	18:50
Thu 04 Nov	-	01:00	07:27	13:24	19:41
Fri 05 Nov	-	01:50	08:18	14:13	20:32
Sat 06 Nov	-	02:40	09:08	15:03	21:24
Sun 07 Nov	-	03:29	09:57	15:53	22:15
Mon 08 Nov	-	04:19	10:47	16:45	23:08
Tue 09 Nov	-	05:09	11:39	17:40	-
Wed 10 Nov	00:02	06:01	12:33	18:37	-
Thu 11 Nov	00:57	06:56	13:31	19:37	-
Fri 12 Nov	01:54	07:55	14:31	20:38	-
Sat 13 Nov	02:54	09:00	15:32	21:40	-
Sun 14 Nov	03:57	10:07	16:31	22:39	-
Mon 15 Nov	04:59	11:09	17:27	23:35	-
Tue 16 Nov	05:58	12:04	18:19	-	-
Wed 17 Nov	-	00:25	06:51	12:53	19:07
Thu 18 Nov	-	01:12	07:38	13:36	19:52
Fri 19 Nov	-	01:55	08:21	14:17	20:35
Sat 20 Nov	-	02:35	09:01	14:55	21:16
Sun 21 Nov	-	03:13	09:38	15:33	21:55
Mon 22 Nov	-	03:50	10:15	16:11	22:33
Tue 23 Nov	-	04:27	10:52	16:50	23:12
Wed 24 Nov	-	05:04	11:30	17:31	23:52

Thu 25 Nov	-	05:44	12:10	18:15	-
Fri 26 Nov	00:33	06:25	12:54	19:01	-
Sat 27 Nov	01:18	07:12	13:42	19:51	-
Sun 28 Nov	02:07	08:04	14:34	20:45	-
Mon 29 Nov	03:01	09:03	15:29	21:40	-
Tue 30 Nov	04:01	10:05	16:25	22:37	-

Source: MetOcean Solutions.

## Rhododendrons at Awa Nursery

Awa Nursery currently has a good range of Rhododendrons and the variety of colours is fantastic. There are many an avid Rhododendron gardener out there and we thought we would pop a few growing hints for those who would like to add some of these to their garden. A Rhododendron bush is very attractive, especially when in full bloom and hard not to miss in the landscape. We have large and small varieties in stock to suit any garden situation.



Rhododendrons do well with direct light for at least part of the day and prefer dappled shade rather than excessive shade. Protection from the wind is also preferred. Ideally soil should be well-drained, humus-rich, and acidic (pH4.5-6). The Rhododendron has shallow root systems and needs moist soil and mulch to keep them from drying out. Be sure not to pile the mulch right up to the trunks though. The mulch will help in keeping the soil moist and cool, provides nourishment, and limits weed growth. Prune your Rhododendron after it has bloomed to shape your plant and remove any damaged branches. Pop onto our web site and view the varieties or call in and see us at Awa Nursery and pick up your favourite coloured Rhododendron.

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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](mailto:editorial@thewesterly.co.nz).

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# Pets

## Dog&Co

During these times of lockdowns and uncertainty, we tend to shift what our true priorities are in life. No more sweating the small stuff, our focus shifts. We remember that what truly matters is our health and our family, and that includes our pets. I know personally that my dogs have



kept me in good spirits during this latest Covid scare. They get me up in the morning, they love unconditionally, and they are happily oblivious to the weird times we are facing as a society. They mean everything to me and I'm sure if you are a pet owner you can relate to that! I'm so lucky that as a pet photographer I get to meet so many incredible pets, and see the special bonds that they share with their families. That's why I think it is so special to create forever keepsakes of our pets. What better time than now to book in a photoshoot to update those family photos, and get your pets involved. Or even just a solo portrait session of your pet. I reckon they deserve a spot up on that gallery wall at your home. If this sounds like something you would be interested in, I would love to hear from you. We can create a pet photography experience unique to you either in the studio, or on-location at the beach, forest or a park. Visit my website or flick me an email any time.

Website: [www.dogandco.nz](http://www.dogandco.nz) Email: [kirsty@dogandco.nz](mailto:kirsty@dogandco.nz) Instagram: [@dogandco.photography](https://www.instagram.com/dogandco.photography).

## What's your animal friend trying to tell you?

One question I always ask in animal communication sessions is 'what would you like your person to know?' Their answers are many and varied from the everyday to the deeply touching. Rupert shared that the black saddle blanket was itchy, Amigo knew their person was grieving and wanted to support them and Britta shared that the float smelt of death (turned out it was true...). Dear Badger wanted his person to know he liked the little brown things that come in the rustley bag (dog treats) and Archer wanted Annie to stop pretending to be



tough - he wanted to explore life with the quiet, tender, curious and self-accepting 'real' Annie.

There are many reasons for having a session, such as, getting clarity on where it hurts and why, insight into 'why do you do that?', getting suggestions for what would make your lives together even better or what are their preferences regarding a whole range of topics e.g. food, favourite places to go, preferred company etc. All questions show your beloved animal that you care about their well-being, value their point of view and are open to suggestions.

People can be apprehensive about what their animal might say. Sometimes animals answer all your questions generously, other times they hijack the session with their own agenda and priorities. "I thought that was the case but didn't trust myself and wanted a second opinion" is a phrase I hear often. No animal has expressed disappointment or ill-will towards people, fear yes, but not judgement. Animals are more interested in sharing what will enrich both your lives.

All Animal Communications are done remotely, via a photo and insights are shared via a recorded Zoom call so you can re-listen as often as you wish. Please contact Suze Kenington at [facebook.com/AnimalsInYourHeart](https://www.facebook.com/AnimalsInYourHeart) or [AnimalsInYourHeart.com](http://AnimalsInYourHeart.com).

## Kanika Park Cat Retreat

The cat (*Felis catus*) is a domestic species of small carnivorous mammal. It is the only domesticated species in the family Felidae and is often referred to as the domestic cat to distinguish it from the wild members of the family. A cat can either be a house cat, a farm cat or a feral cat; the latter ranges freely and avoids human contact. Domestic cats are valued by humans for companionship and their ability to hunt rodents. About 60 cat breeds are recognised by various cat registries



The cat is similar in anatomy to the other felid species: it has a strong flexible body, quick reflexes, sharp teeth and retractable claws adapted to killing small prey. Its night vision and sense of smell are well developed. Cat communication includes vocalisations like meowing, purring, trilling, hissing, growling and grunting as well as cat-specific body language. A predator that is most active at dawn and dusk (crepuscular), the cat is a solitary hunter but a social species. It can hear sounds too faint or too high in frequency for human ears, such as those made by mice and other small mammals.

**Graham McIntyre**  
LICENSED SALESPERSON  
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# Pets

It secretes and perceives pheromones.

Kanika Park Cat Retreat

P: 027 550 1406 | E: info@kanikapark.nz | W: kanikapark.nz.

## Lockdown blues

Again it looks like we are going to be stuck here for a while. So here are a few tips to help keep you, your family and delivery persons coming to your home safe.



In lockdown 2020 reports from the UK showed a huge 400% increase in dog bites. Many of our dogs are used to us being out during the day so when we are all stuck at home, the kids are bored and as working parents we are trying to get our usual amount of work done as well, we may see some behavioural changes in our pets. Where once our dogs had been happy and comfortable around family members some may start to move away, many may become more attention seeking and because of our stress levels and uncertainty our dogs can pick up on our feelings and change as well. Just like us our dogs like to have time alone and if we don't give our dogs space we may see some aggressive behavioural changes.

Please remind your children that if your dog moves away and is

trying to rest, leave it alone. Give them comparisons such as if they are watching their favourite TV programme and someone keeps interrupting them or annoying them how does it make them feel.

Tips for all:

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 shows that the dog is engaging with something in its environment. They could be engaging in a positive or negative way. The Dog Safe Workplace has videos of aggressive dogs with their tails wagging.

Rolling on its back - again many of us think this is because they want their belly rubbed. Again not 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 want you to play with them. Not always true. They may want you to play with them. Though this is not always the case 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. Also there may be certain rules that need to be followed or commands given when playing with that particular dog.

Please pass these tips onto your staff and for more information contact The Dog Safe Workplace on 0508 DOG SAFE or email jo@dogsafeworkplace.com.



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# Food & Beverages

## 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 - 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](http://www.allelyestate.co.nz).



## Cookery School Farm shop opens

Michael and Bee Van de Elzen, founders of the Good from Scratch Cookery School, are excited to announce the opening of their online farm shop. Their shelves are fully stocked with jams, rubs, spices, coatings, salts and preserves, hand made by the Van de Elzen's and ready to ship. Not only are most of the vegetables and citrus grown on the farm, the delicious products are also cured, smoked, produced and blended in the Good from Scratch kitchen right here Muriwai. The Farm Store also stocks Mike's cookbooks as well as tools of the trade and favoured cooking equipment used by the school every day, like smokers.



With items like Mike's Awesome rub to make that BBQ dish that much tastier, tea tree smoked salts for a little smoky goodness over your fish or the farm's very own smoked preserved lemons, there is something for everyone, whether you're looking for something a little different or are an adventurous foodie who is looking for something that will challenge your taste buds.

Packed onsite and shipped all over the country, they make perfect Christmas gifts and if you're after something more, you can also add in a cooking class gift card for loved ones to experience a day on the farm with the Van de Elzens themselves!

Go to [www.goodfromscratch.co.nz](http://www.goodfromscratch.co.nz) for more details and to view the unique range of products.

## Peko Peko

Thank you for your continuing support through the hard times. We have been opening for takeaway since Level 3 started and we are so grateful to have amazing support from the community. We are open as usual as much as we can on any level. Please check our Facebook and Instagram posts for latest updates. @pekopekonz You can check our takeaway menu and call for pick up. 09 416 1197 [www.pekopekojapanese.nz](http://www.pekopekojapanese.nz).



## Westbrook Winery

Spring at Westbrook Winery has been typically tempestuous, a thrilling rollercoaster ride of sunshine, longer days, wind, and rain. It has kept our team on its toes! Spring of course also means that Christmas is right around the corner. We would like to make it easy for you to find that perfect gift for your hard-working staff and suppliers or valued clients. We have put together some of our most popular wines just for you, including some multi-award winners, in one handy flyer and order form. We can wrap them in tissue, pop them in a stylish box, and have them delivered to wherever you want them to go, or you can collect them from our beautiful Ararimu Valley Vineyard in Waimauku. Call us on 09 411 9923 or email [info@westbrook.co.nz](mailto:info@westbrook.co.nz) and ask for the Westbrook Gifts for Wine-Lovers Flyer and the team will help you get Christmas sorted - stress-free!



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# Food & Beverages

## Grapefruit IPA 7%

The annual release of this Hallertau seasonal favourite featuring fruit from our neighbouring Boric orchard. A very large aromatic citrus and hop aroma, very lean on the malt with layers of hoppy tanginess. A gentle clean bitterness accentuated by the grapefruit addition with just a hint of warming booze at the end. Available in 1L Keeper bottle format and on tap from Hallertau. Visit the Hallertau online store [www.hallertau.co.nz](http://www.hallertau.co.nz).



## Hibiscus and Rose Tea Jelly Tip ice creams

A perfect recipe for those warmer summer days that are on their way to us.

The flavour from the hibiscus flowers and rose buds in the jelly part of this ice cream are really quite stunning and delicious. You could use any tea flavours you like to make the jelly, or even use wine, cider or kombucha along with tea.



Jelly ingredients: 3/4 cup water, 1 T rose buds (heaped), 1 T hibiscus flowers (heaped), 2 T maple syrup, 2 1/2 teaspoons cornflour to thicken the mixture.

Ice cream ingredients: 175g frozen banana (approximately 2 medium bananas), 162g (approx.) frozen pineapple juice (take 1 tin of pineapple pieces, strain the juice off and freeze in ice cube trays, use all of the frozen juice), 2/3 cup coconut cream, 80g pineapple pieces, 1 T icing sugar (this makes an excess of ice cream which can be frozen for future use or made into a daiquiri by adding some Bacardi).

Chocolate coating ingredients: 2T dark cocoa, 2T maple syrup, 4 T coconut oil, (or for a richer and thicker coating, try Whitakers 72% dark chocolate instead).

Method - jelly: 1) Make the tea by adding the boiled water to the hibiscus and rose buds in a heat proof jug. 2) Stir and allow to steep

for 5-10 minutes, then strain and add the tea to a small pot, along with the maple syrup and bring to a boil. 3) In a small dish, add 2 teaspoons (approximately) of cold water to the corn flour and mix well. 4) Turn the heat down on the stove and stirring the tea vigorously, slowly pour in the corn flour mixture. 5) Keep stirring until the mixture becomes clear and thickens. 6) Remove from the heat and allow to cool to a luke-warm temperature. 7) Divide the mixture between four ice block moulds and freeze while you make the ice cream.

Method - ice cream: 1) Add all of the ingredients to a high-speed blender and on a low setting, carefully blend everything until it is well combined. You'll need to use the tamper to push the mixture down into the blades as it will become very thick. 2) Spoon the mixture on top of the jelly mixture in the ice block moulds. 3) Add your ice block stick to each ice cream at this point. 4) Return to the freezer and freeze for several hours or until hard.

Method - chocolate coating: 1) Melt the coconut oil, then add the maple syrup and cocoa powder. Mix well. 2) Have a baking tray lined with tin foil ready to go so you can place the coated ice creams on there. (Due to the tricky nature of the chocolate coating and the melting ice cream, you may have to keep the tray in the freezer and 'ferry' each newly coated ice cream to the freezer). 3) Run the ice block moulds under hot water to loosen them, and carefully pry them out as you need them. 4) Spoon the chocolate coating over the ice cream until it is well covered. 5) Freeze until ready to eat.

Notes: If the jelly tip falls off the ice cream when you attempt to chocolate coat it, simply sit it back on top of the ice cream and gently push it together. The chocolate will help to hold it in place.

Certified Organic Hibiscus Flowers and Rose Bud Teas are available from our website: [www.NewZealandHerbalBrew.co.nz](http://www.NewZealandHerbalBrew.co.nz).

## Jesters Westgate

What's worse than being stuck in lockdown for over a month? Being stuck in lockdown without our delicious pies!

Never fear. Jesters Westgate is here and open from alert Level 3. We have opened our store for contactless orders at the door. This will include our full range of pies and frozen take home packs.

There are also many ways to order for contactless pick up or delivery. You can order through: Uber Eats, Menu Log or [www.jesters-pies.co.nz](http://www.jesters-pies.co.nz) - online ordering or phone 09 832 6060 the store to place an order

Has your team been working hard throughout Level 3 & 4? Or do you feel like celebrating opening for business with us? We offer contactless work shouts during Level 3 that can be delivered to your door in our Pie Van. Please call 09 832 6060 to place orders. Payment is available through direct debit or payWave.

We are so excited to see you all again soon.



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# Health & Beauty

## The NAC of staying healthy

N-Acetyl cysteine (NAC) has a "gazillion" health benefits. Ranging from improving mental health to fighting viral infections and much more in between. Which makes it interesting in today's environment of high stress caused by a viral pandemic.



### Mental Health:

Preventing post-traumatic stress disorder (PTSD) is one of NACs likely mental health benefits. And most of us are experiencing some form of stress currently. NAC has also shown benefits in helping with age-associated memory impairment, manic depression, obsessive-compulsive disorder, Parkinson's disease, and schizophrenia.

### What about the immune system benefits?

"Google" NAC and Covid and you will get a heap of information on the effectiveness of NAC which I haven't had time to properly review. However, I am aware that NAC may improve the function of many immune cells like white blood cells such as lymphocytes, neutrophils, and phagocytes. There have been studies showing benefits in influenza and AIDS.

### The Respiratory System:

NAC may produce benefits in preventing and treating acute respiratory distress syndrome. It has also been used in conditions such as asthma, bronchitis, pneumonia, and pulmonary fibrosis. It breaks down mucous in the lungs which makes it quite helpful.

I have even read somewhere that when applied to the skin it can prevent wrinkles.

The human body makes it for its own use. To do this, you need to eat adequate amounts of protein and the supportive nutrients like the B vitamins. But you can take extra NAC in capsules, in powdered

form, or intravenously.

Hospitals use intravenous NAC to treat paracetamol overdose. The reason they use it in intravenous form is that NAC has a slight, sulphur-like flavour which many people don't like.

You must be careful about your source of NAC, as it only has to meet food standards which are not as high as medicine standards, and it is very susceptible to moisture.

Post script: Supplies of NAC are currently depleted if you were thinking of supplementing with this. We can provide you with alternative suggestions for your health. Talk to the health coaches at Massey Unichem Pharmacy for your prescription for wellness. Martin Harris, Massey Unichem Pharmacy 396 Don Buck Road, Massey. 09 833 7235.

## Christmas cheer

Hobsonville Optometrists - Glasses and Gifts is open for Eye Exams and delightful gifts and goodies.

Luckily we have an excellent selection of unusual and exclusive frames and gifts to suit every budget - and more arriving every day.

Our choice of unusual and traditional Christmas trees and decorations are on display, ready to delight you and brighten your day.

We invite you to visit us and be tempted.

Ho Ho Ho! from The team at Hobsonville Optometrists .



## Yoga

Kathy is a well-respected Yoga teacher in Auckland, with over 25 years' experience in the practice of all forms of Yoga. Kathy is also a mother of 2 small kids, so she knows what it means to live in the real world and deal with the daily pressures we all experience.



She has been running zoom yoga classes during the Covid restrictions and is going to continue these because of the positive

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# Health & Beauty

feedback. She is now offering online concessions for these zoom classes which will be an hour in length. Because of the uncertainty from lockdowns, a home practice is a viable and valuable concept that we now need more than ever. A regular practice creates a sense of connection not only in ourselves but also helps to ground us both on and off the mat throughout life. The practices centre on breath (pranayama), movement and postures (asana), and meditation. The routines provide a blend of techniques, harmonised to deliver traditional yoga with a modern-day twist.

For the online classes Kathy has concessionary rates, a 5 pass card for \$50, a 10 pass card for \$80, and \$12 for a one-off (casual) pass. For details visit [www.beone.nz](http://www.beone.nz) or contact Kathy Jensen at [kathyjensen@yahoo.co.nz](mailto:kathyjensen@yahoo.co.nz) or 021 335 422.

## Hobsonville Hearing

Hobsonville Hearing is the first permanent audiology practice in the Hobsonville area and is locally owned and operated by Abby Johnson: "Being diagnosed with a hearing loss and needing hearing aids can be a daunting, costly and confusing process. The last thing you want is a pushy salesperson and a decision made for you, instead of with you." At Hobsonville Hearing, our goal is to keep the entire process - from fitting to finalising - completely transparent. We adopt a patient-centric focus that puts the wellbeing and needs of our patients first.



Hobsonville Hearing offers a full range of audiological services including ear wax removal, hearing tests for adults, hearing aid consultations and second opinions, hearing aid servicing and repairs, hearing tests and glue ear checks for children (aged 5+), CAA tests, workplace hearing tests, custom hearing protection and free hearing checks (adults 18+). We are a registered audiology provider with Southern Cross, the Ministry of Health (Enable), the Accident Compensation Corporation (ACC), Veterans Affairs and the Ministry of Social Development (MSD).

Hobsonville Hearing is an independent audiology practice, meaning we are not affiliated with any one hearing aid manufacturer. This means we work with all leading hearing aid brands and can help you to choose the best option for you. For more information on hearing aids and funding options, visit our website [www.hobsonvillehearing.co.nz](http://www.hobsonvillehearing.co.nz) or contact us directly via telephone 09 980 9880 or via email [info@hobsonvillehearing.co.nz](mailto:info@hobsonvillehearing.co.nz) - we are always happy to hear from you.

Abby completed her Master of Audiology degree at the University

of Canterbury in 2016 and is a full audiologist member of the New Zealand Audiological Society. She worked for three-years as a clinical audiologist with a large hearing aid company in Christchurch, Queenstown and Auckland. For the last 18-months, she has worked for a global hearing aid manufacturer and learned the ins and outs of hearing aid technology and supporting small businesses. She is passionate about people (and ears!) and lives in Hobsonville with her partner, their beloved dog and two cats.

## Time to get your teeth professionally cleaned?

Demand for dental hygiene appointments to have your teeth professionally cleaned has majorly increased in recent years. More people are recognising the value in a hygiene appointment to maintain good oral health. So when should you get your teeth professionally cleaned?



The answer is usually "that depends". Once a year is the normal recommendation for most people. But naturally everyone is different, so it's important to check with your dentist or dental hygienist. They will consider the state of your historical and current oral health, brushing and flossing routines, lifestyle factors plus any extenuating health issues. Things like having a sweet tooth, not flossing often (or at all), history of cavities, smoking, wearing a dental appliance like a partial denture or braces, suffering from dry mouth, or having a chronic illness like diabetes or heart disease will put you into the high-risk category for tooth decay and gum disease. In these cases you may be advised to



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# Health & Beauty

see your hygienist every six months - if not more often.

To book an oral hygiene appointment with our experienced hygienists, contact the friendly Fraser Dental team at 1 Wiseley Road, Hobsonville on 09 416 5050 or email [info@fraserdental.co.nz](mailto:info@fraserdental.co.nz) today.

## Managing your emotions

Anxiety, panic and fear about the future are natural and unavoidable in our lives. The Covid-19 pandemic is just highlighting this in the most acute way.

Covid-19 is not the cause of our inner emotional turmoil, pain and suffering. The cause is the way we think about Covid-19. It is our interpretation of the pandemic that defines our experience. This applies to any circumstances in our lives.

We are all facing Covid-19 and yet we are all experiencing different levels of emotion. Some people are freaking out and panicking and are afraid to leave their home. Some people are working hard at trying to manage other people's behaviour, and are dictating how people should and shouldn't behave. And some people are just getting on with life and finding joy and calm in their day. Some people are experiencing depression, anger and rage at the lockdown mandate. Others are enjoying the opportunity to be with their family and to live life at a slower pace.

My invitation to you is let's use the pandemic as an opportunity to let go of anxiety, panic and fear, because they do not serve you. Stop asking "Why is this happening to me?" and stop telling yourself "It's not fair" Start working on acknowledging and accepting where you are so that you can figure out how to shift and move on.



Can you take all the necessary precautions to keep yourself, your family, and your community safe, and not spiral into fear and panic? Can I invite you to think about your thinking and to approach life from a different perspective? Shifting your thinking can give you relief.

I can help you to manage your emotions by managing and supervising your mind. I can work with you on this regardless of what is happening now or what is going to happen in the future. I can help you to understand that no matter what your circumstances are for you, you get to decide what to think and what to believe, and therefore what to feel.

Kanchana Hoy, Thera-Coaching, phone 021 073 5097 or email [Kanchana@kanchanahoy.com](mailto:Kanchana@kanchanahoy.com).

## DT Denture Clinic is open

We are open for all your denture needs at level three with extra precautions set in place as outlined by the dental council. If you have a broken denture or need a reline or a tooth added to your existing denture, please call through. We can also replace lost dentures and make new dentures. All dentures and repairs are processed onsite. If you have any questions or would like to make an appointment please call 09 416 5072.

## 79 free hypnotic healings

I am challenging myself to offer 79 people a free healing hypnosis session. There is a twist as you need to be nominated by someone and be willing to provide either a Google or Facebook review after your session. There must be a commitment to listen to the hypnotic recording for at least 30 days to see effective transformation.

What you get?

- 40 minute zoom session on an issue of your choosing
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- Freedom from an old belief

What can you see me for?

- I have done sessions or have bookings for tinnitus, headaches,



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# Health & Beauty

back pain, money blocks, weight loss, self-esteem, sugar addiction, anxiety, alcohol, confidence and even a child with an addiction to Minecraft

- I can help you be free of a habit or get what you want

I am also running a free group workshop on 9 November to talk about the power of the mind, beliefs that block us from being our best selves and doing a guided visualisation to help free people of their blocks.

Learn more: [www.lorrainemaguire.com/quest79](http://www.lorrainemaguire.com/quest79)

Lorraine Maguire - Rapid Transformational Therapist.

## Lost in COVID

Overwhelmed by Covid news?  
Afraid to go to GP or Labtests?

Covid is part of the new normal but the rest of your health should not take a backseat to all these Covid activities.

If you have a chronic medical condition and need regular medication, call your doctor and ask them for options so that you do not miss anything that may be preventing you from having a bad asthma attack or even a heart attack or stroke.

If you or your child needs scheduled vaccinations, ask your health provider how you can avoid missing any doses.

If you are due for a PAP smear or mammogram, get it done as scheduled.

If you have a hospital referral for an urgent test, wear a mask and go when you're scheduled so we don't miss an important diagnosis.

Lockdown should not stop you getting better or staying well!

Dr Frederick Goh - [www.rhdoctors.nz](http://www.rhdoctors.nz).



## Leg muscle cramping

Do you suffer from muscle cramps? Do you frequently get a night cramp which affects your quality of sleep? Can't figure out how to relieve your pain? We may be able to help you!

What causes muscle cramp? A muscle cramp is defined as a sudden, painful and involuntary muscle contraction which commonly occurs in our feet and calves (but can happen in a wide range of muscles).

There are many causes of muscle cramp including: Underlying medical conditions, Certain medications e.g., Diuretics,

antipsychotics, birth control pills, statins, and steroids, Old age, Lifestyle changes, Muscle strain/overuse/imbalance, Diet, Dehydration, Low levels in certain minerals e.g., calcium, potassium, sodium, and/or magnesium, Pregnancy, Alcoholism, Muscle fatigue, Muscle weakness.

Treatment options - There are a couple of simple ways to prevent muscle cramp and relieve the pain when it does occur. Muscle stretching before and after doing exercise and before going to bed, drinking plenty of water, regular Epsom salt baths (helps to relax muscles), using ice or a wheat pack after exercise, and elevating legs using a pillow underneath.

Usually, muscle cramp can last from anywhere between a few seconds to a few minutes and is usually harmless; however, it can indicate some major health concerns like deep vein thrombosis, peripheral neuropathy, myositis, nerve compression, and restless legs syndrome.

If you continue to have muscle cramps, give the team at the Hobsonville Podiatry a call on 09 390 4184. They can do some physical assessments such as palpation of pulses, neurological sensation tests, deep tendon reflexes, and muscle strength to rule out any major health conditions then provide appropriate treatment.

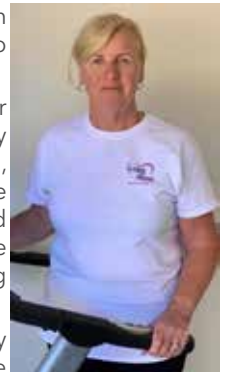
## Love to Move

Love to Move offers personal training through 1:1 sessions, boot camps and small group training right in your back yard.

Hi I'm Kayleen Smith, head trainer and owner of Love to Move. I started my business in May 2020, just as we went into the first lockdown, not a great time to start a business. Never one to be knocked down in the first round I utilised the 'down' time given to me to set up some strong foundations for my business moving forward.

A late bloomer, so to speak, I changed my career so I could make a difference to the health and fitness of people as they age. I started along a path to improve my own health and wellbeing which had suffered after losing both my parents within four months during 2014. My dad, who is my why, had a major stroke and was left paralysed down one side. Wheelchair bound he was determined to walk again but sadly the lack of core strength meant he couldn't.

The clients I work with are mature, with busy careers and/or children, who are time poor but know they need the benefits exercise and fitness provides. Burpees are NOT a regular exercise in my sessions, rather we work on functional fitness which allows you to sustain



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# Health & Beauty

independence with strength to fight off what life can throw at you.

Operating out of a home gym in my garage, my clients enjoy being away from prying eyes traditional gyms create. My maturity is comforting to them as they know I have walked in their shoes therefore understand what they are going through. I educate, challenge and motivate them at the level they are at. The sessions are for them not me, so it's all about their needs.

Throughout this lockdown I have continued to offer 1:1 sessions to all my clients via Zoom with the impacts on their health showing huge improvements, both mentally and physically. With the easing in restrictions, I have now increased my boot camp offering to four sessions per week outside in the local park.

I offer free consultations so you can see if I am the right fit for you, so important. Please check me out:

[www.lovetomove.co.nz](http://www.lovetomove.co.nz) or @lovetomovelife

## Nurture Skin and Body

Nurture Skin & Body was founded in 2021 in Huapai, Auckland. At Nurture Skin & Body we focus on customer experience, skin health and happiness.

Hello and welcome. I am excited to share my 12 years of knowledge and hands-on experience from my career in the Australasian beauty industry.

I have recently moved into the Huapai area with my young family, and I am already loving being a part of this vibrant, friendly community. Aesthetics is a passion I live and breathe, and I feel



so privileged to bring this passion to the beautiful ladies, mums, business women and families of the area.

Over the years, I have been incredibly fortunate to work amongst some of the best names in the industry as well as industry-leading skin care brands.

I love healing skin. My clients generally have tried EVERYTHING before they see me, but there's never a skin concern too big that we can't take on together. I pride myself on creating simple, realistic and cost-effective plans to get your skin to where you want it to be.

Working together, we will build your confidence and skin care knowledge to create beautiful results. Listening to what's important and realistic for you is how we will achieve these results together.

Pure Fiji & Juvenate Skincare NZ are available online for Click and Collect or Contactless Delivery to your letterbox.

Learn more and contact me here: [nurtureskin.co.nz](http://nurtureskin.co.nz)

See you in clinic soon.

Alicia Slee, owner of Nurture Skin and Body, Huapai.

## Tips for practicing outdoor yoga

Days are getting brighter, warmer and longer with each passing day as we head towards our beloved Kiwi summer months.

In these changing and uncertain times, heading outside, connecting with some familiar, friendly faces and getting an hour of mindful breath and movement is one of the best things you can do for yourself.

Yoga Mat vs Something Else

On surfaces like grass and sand:

- Yoga mat - can bunch up because the ground may be uneven. Unless you have a dedicated outdoor yoga mat, your favourite mat will likely get quite dirty. You may like to put a towel underneath.
- No mat - Grass and sand surfaces are already grippy. It is amazing to feel and sense the actual earth beneath you when you're outside.
- Towel or Blanket - great to protect yourself from the chill or dampness of the ground.

On surfaces like concrete, wooden deck spaces and hard surfaces,

- Yoga mat will be useful and won't become dirty as other surfaces.

In any case, it is very helpful to bring a spare towel can keep your



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mat clean and also give your ankles, knees and wrists some extra padding. Experiment with options to find what works best for you. Is Outdoor Yoga the same as Indoor Yoga?

Your experience outdoors vs in-studio may be quite different for the following reasons:

- A variable surface can bring new challenges with balance; that's a positive in our eyes.
- Outdoor yoga is often held in public spaces, meaning you will encounter people walking by, going on runs, bike rides and walking their dogs. Naturally, these people will be curious.
- It can be difficult to hear your teacher outdoors. If you're hard of hearing and know this could be a problem, arrive early for a suitable spot.
- Bring appropriate layers to make sure you're comfortable in the sun, under clouds, or with a breeze.
- Having some emergency bug repellent might be handy.

Something else to consider with an outdoor yoga practice; the wrists stabilise differently against a soft, grassy surface. You may want to consider modifying your practice to avoid unwanted pressure on the wrists. Perhaps take a child's pose where you'd normally flow to plank.

Find an outdoor spot for your own self-practice or book an outdoor yoga class with Kanuka Yoga Space.

## Let your eyes out of lockdown

For Eyes are pleased to announce that we are now open again for eye examinations and eye wear.

For the duration of level 3, conditions apply:

- You have a condition that we are monitoring e.g. glaucoma, macular degeneration or change, cataracts, or any other condition that could affect your health or eyesight
- You need new glasses because your vision has changed

Not fully vaccinated? Please advise us. We allot special days for the non-vaccinated who are more at risk of both catching and spreading Covid 19.

Book online via Facebook for Eyes Optometrists page or <https://for-eyes-optometrists-nz.au1.cliniko.com/bookings> or 09 412 8172

If you don't meet the requirements above, please ask us for contactless pick up/delivery on glasses, sunglasses, or contact lenses in your existing prescription and on our stock sunglasses, lens care items and all other products.



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email: [foreyes@foreyes.nz](mailto:foreyes@foreyes.nz)  
website: [www.foreyes.net.nz](http://www.foreyes.net.nz)

Matthew and Molly Whittington, optometrists in the Kumeu Village since 1993  
Open 9-5 weekdays, Kumeu Village, 90 SH16 Kumeu

Best wishes to all, Molly, Matthew and Anna.

## Headaches and posture

One of the most common types of headache is the classic tension-type headache. This is the headache that is linked to tension and tightness in the upper back, shoulders and neck and is often aggravated by poor computer posture.

If we can set up our computer workstation properly, hopefully we can reduce or even stop the headaches from coming on.

There are 2 key things to look for when setting up your computer to reduce stress on the neck.

1. Screen height. Aim to have the top of the screen at eye level and an arm's length distance from you.
2. Make sure the keyboard and mouse are close to you, so your elbows are by your side.

For a more detailed description of these and a few other tips check out the headache series of videos on our website, [www.elevatechiropractic.co.nz](http://www.elevatechiropractic.co.nz).

Any other questions? Call us on 09 413 5312.

## \$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](mailto:editorial@thewesterly.co.nz).

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# Area Columnists

## Olki Straws

Let me start by introducing myself, my name is Reagan, founder of Olki Straws.

We are a locally owned, West Auckland based business with a vision for national and international markets. We make paper straws but not just plain boring straws, we have three fun and fresh, fruity designs to appeal to parties and those passionate about the environment.

You're probably thinking why straws? Well, when was the last time you used a straw? Straws are literally everywhere but are something you may not pay too much attention to and up until recently plastic straws have been common-place at cafes, restaurants and bars but as we are all aware plastic straws have a detrimental impact on the environment.

I created Olki Straws 4 years ago as I found a niche in the market and wanted to offer a better straw option, as well as creating value through a drop product that people would love and enjoy. I want Olki Straws to be the number 1 Straw brand in NZ and one day the world.

We started off selling wholesale but we have refocused into more of a consumer-based brand. In following this, we created our 50 pack varieties, What A Melon, Really? Cherry and Fuzzy Apple. The feedback has been amazing as well as the reach. The entire process was an invaluable learning experience which has been amazing for pushing the brand forward.

If you've seen our straws, you would've noticed that they have a unique packaging design which differentiates us from other straw brands in the market and provides unique USP's. Our green and fruity packaging is hard to miss! Our brand is stocked in numerous stores across Auckland and even in the Coromandel.

We currently supply Altura Coffee in Albany, in 2020 we had a booth at Armageddon across the three day event, we bought out another straw company, were stocked at Nido and have even been nominated for a Westpac Business award so the brand has been busy.

Later in the year we will be releasing an 8 pack of straws with a focus on convenience. Great for parties, summer barbeques or if you would just like to try out our straws. Looking to the future, we plan to release limited edition designs that will maintain demand. Our plan is to release designs reflecting holidays and events throughout the year such as Christmas, Valentines Day and Halloween.

If you are reading this, and you own a dairy or convenience store, please send me a message on our Instagram @olki.straws or on



Facebook if you would like to stock the 8 pack product. Also, if you do see the 8 pack in store, please consider picking up a pack and let me know what you think as I would love your feedback!

## The lowdown on protein powders

We all know how important protein is and I have written about this before.

To recap, we need protein for the structure of our body for the growth, maintenance and repair of all our tissues and to transport our nutrients to our cells. It is a fundamental part of our immune system - making antibodies and other substances that fight infections. It helps to ensure the fluids in our body stay balanced so we don't swell up. It is also a building block of some hormones such as insulin and glucagon (both needed for blood sugar balance) and also leptin and ghrelin (needed for appetite and satiety control). It is required for the production of many neurotransmitters such as serotonin (happy), dopamine (pleasure), acetylcholine (focus) and it also gives us energy. If that's not enough, protein also helps with weight loss.

We get protein from meat, eggs, dairy, soy, legumes, grains, nuts and seeds and a small amount from some veggies. Please read my blog 'The Importance of Protein Part 2' to find out how much to eat and what that looks like in real life: <https://sarahbrenchleynaturopathy.com/2020/10/31/the-importance-of-protein-part-2/>

One of the ways we can get protein is through protein powders. These are powdered forms of protein from various sources (soy, milk, peas, beans, rice are the most common).

They are a quick and easy way to add some protein to your diet (although food is always best). There are so many on the market and not all of them are good - with lots of ingredients such as sugar, artificial sweeteners, flavourings and thickeners and some have a high amount of sodium too.

I am constantly asked for my recommendations so I have spent the last few months analysing the ingredients and nutrients in the top protein powders in NZ (as requested by my members) alongside sustainability and taste. This has now been turned into a free ebook and I will be doing a video on the results too. If this is something you would like to find out about then please sign up here: <https://>



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## Craigweil House

Craigweil House would like to thank locals and the community for their sympathy and goodwill over lockdown.

The kind folks at River Valley Baptist Church in Parakai put together a special hamper for all the essential workers of Craigweil House Home and Hospital. The card read, "To the Staff at Craigweil, This gift is to thank you for your hard work during lockdown caring to the residents at Craigweil. May God bless you all."



Northwest Business in collaboration with Mitre 10 Westgate generously donated to Craigweil House three tarps and two bottles of outdoor cleaner.

Lastly, locals Avon and Martyn Aspden donated four trays of eggs to the residents at Craigweil. They haven't been able to sell their eggs due to current circumstances. But their hens have been busy!

From all our staff and residents at Craigweil house, thank you all for thinking of our residents and staff - it means a lot. Stay Safe.

## Does your business have a dysfunctional culture?

'Culture eats strategy for breakfast' is a famous quote from Peter Drucker. 'Happiness breeds success' is another common phrase. Is it true that a poor business culture will inhibit the ability for your business to grow and be successful? Let's look at some key themes.

What are some of the symptoms of a dysfunctional culture?

- High levels of staff turnover
- High levels of sick leave and leave without pay being taken
- Hesitancy in making decisions for fear of being wrong
- Bullying and low morale
- Lack of innovation and creativity

- Poor communication

Leadership style is important - There are many leadership styles, with some more suited to a particular situation. Some leaders may be more dominant, and others more influential. Whatever your style, the culture of the business is determined at the top, and permeates through the business.

Stephen Covey talks about the 7 habits of highly effective people. One of these habits is having a win/win mentality. This means that for every negotiation, both parties come out better off. If you are dealing with staff remuneration and hours worked, it might be that an employee has taken on additional responsibility (the business wins) and is rewarded with higher pay as well as a greater sense of achievement (the employee wins). It might be that flexible working hours are arranged; the employee get the benefit of the flexible hours, and the business gets the benefit of retaining the employee.

Employees want a safe place to work. This is more than following physical safety guidelines, but providing an emotionally safe place to work. They want to know that their manager has got their back if something goes wrong, or if they need help. In a dysfunctional business a manager might blame the employee for the mistake and tell them to fix it. In a thriving business the manager might discuss with the employee what went wrong, and work with the employee to put into place steps to prevent the error from happening again. The importance here is that the manager takes the responsibility.

Grow your employees, not number of staff - If you want to grow your business, you must improve the capability of your employees. We are currently in an economy where labour availability is constrained and productivity is low. We want to keep our employees, and help them to improve their skills. This might take the form of on-the-job training, external training courses, or providing them with the technology they need to perform their role more efficiently. It also means giving employees a chance to learn and to take on more responsibility (effective delegation is important).

Enable healthy relationships - Let's face it, we often spend more time with our work colleagues than our family. If we don't get along with someone that we work with, we are less likely to stay in the job.

Allow time for staff to get to know each other. This doesn't just mean going bowling on a Friday night, but may include providing a break out area for staff to share lunch or morning tea, having the occasional Friday night social drinks, a shared lunch, a cake for someone's birthday (with time to eat it together), or a Christmas lunch or dinner. Understanding our colleagues at a personal level makes it easier to be sympathetic when they are simply having a bad day.

If there is still conflict, it is up to the manager to step in and facilitate a resolution that is going to provide a win / win solution for everyone.

Happiness breeds success - Where employees have a safe working



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environment, are valued for their contributions to the business, and have a good relationship with their manager and colleagues, they are more likely to be happy at work. Employees who are happy at work are more likely to go above and beyond what is required, are more likely to come up with good ideas to help grow the business, and are less likely to leave, or work the bare minimum required to keep their job.

The return to the business is improved productivity, increased creativity, happy customers, and business growth.

Have a good look at the culture of your business. Do any of the signs of a dysfunctional business ring true for your company? Changing culture takes time, but it must come from the top.

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

## Print versus digital - why print is still around

Over the past few years, the digital age has made a major impact on how business is done and how consumers are engaged. However, in the age-old battle of print versus digital, why is it that print still comes out on top?

Print Vs Digital and why readers keep coming back for more. Print media is surviving in spite of the predictions of some doomsayers. In fact, in a number of areas, it remains the preferred format. As the dust from digital's disruption begins to settle, print may be finding some safe footing once again. "Print has proved to be more resilient than people thought"

"I think there was an 'over-correction' three or four years ago, where people thought that everything must be digital, that print wasn't going to survive at all."

However, here we are in 2021 and print is nowhere near dead. So why is that? Print stimulates more senses - One exclusive quality that print has and the digital media can never match is just how tangible it is. Consumers are able to browse through a magazine, feel the paper and even distinguish between certain paper densities and compositions.

For example, one specific advert may be printed on a thicker, more porous paper that is easy to take notice of, compared to the rest of the glossy sheets in the magazine. Also, there's the smell of ink on paper that adds to the overall experience of reading something printed.

These are important senses that cannot be stimulated in the digital environment - or not yet, at least.

Complex information is also better absorbed in print than in digital, because people need to locate themselves in the text when looking at complex ideas - and that's much easier to do in print than in digital.

"Very often, when you read something from a printed magazine or book you can recall where on the physical page it was when you saw it - you can recall if you were two-thirds of the way through, or half of the way through," says Beare.

The tangibility that print has to offer also makes readers pay more attention to the content than digital does. This is because readers have to actively engage with printed content to read it - they have to pick up the content, hold it and read it. With digital content, they can passively scroll through it, without having to focus too much.

Mike Pero Real Estate understands the power of mixed media messaging and we asked what the benefit of the magazine advertising was on their business. "In a very cluttered digital and direct circular environment, it's nice to have a peaceful controlled space, it's like an old friend, that is easy to have around, easy to converse with and doesn't mind being picked up and put down when it suits the reader" Unlike other media that continue to shout at you and often vanish, magazine space is comfortable and predictable, which is why it works so well in showcasing property and also case-studies of peoples journeys through the selling and buying process. WE love it and invest in it consistently to support both buyers and sellers.

## West Auckland charity funding shortfalls

Hundreds of charities and community groups are struggling to meet multimillion-dollar revenue shortfalls as the impact of COVID lockdowns continue - according to new figures.

A local initiative which offers \$1m in funding to charities and community organisations has had applications for over six times the amount of available funds this year.

New funding data shows the need is greatest amongst charitable organisations which provide social services on the front line of COVID - with community support groups making up over half (52%) of those that have been allocated funding this month.

Many of these groups require urgent financial support to cover operating overheads such as power, rent and insurance.

Local sporting organisations made up a fifth (21%) of those who will

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receive critical funding, with environmental initiatives accounting for a seventh (14%) of applications and cultural groups making up the remaining 13%.

A record 259 charitable organisations and groups applied to receive a share of the million-dollar fund, a 50% increase over any previous year in the fund's history.

Allan Pollard, CEO of The Trusts, which established the Your West Support Fund, says that many of these organisations have relied on revenue from gaming foundations and other sources which have been heavily impacted by the lockdown.

"The volumes of funding applications we have had in recent months is far in excess of what we have experienced before.

"We know many of these organisations have relied on funding from gaming machines to help them meet the needs of those in the community they support, and the extended lockdown has effectively cut off this source of revenue overnight.

"As a result, the shortfall between what we can offer these organisations and what they have applied for is around \$5.6m - with significantly more unmet need in the wider community.

"Our understanding is one of the reasons for the unprecedented need for funding is the impact of COVID and the greater demand by our community for support from these charities," he says.

Pollard says his organisation set up a \$1 million fund, made up of profits from the business, to provide dozens of community groups with up to \$50,000 each towards projects which support those living in West Auckland.

He says while there is greater recognition of their organisation as a source of financial support in the region, the deficit among these groups this year is significantly greater than their resources can support.

"But what we are faced with is a substantial number of charities now wanting to access this resource with the total need much higher than we can meet as a single organisation.

"Along with charities which support our most vulnerable residents and sporting clubs there has been a significant increase in the number of applications from environmental and arts groups needing our support this year over previous years," he says.

Pollard says it is concerning to see the need jump six fold in just one year and says the ongoing effects of COVID are continuing to impact these charities and the communities they serve.

He says they expect to be able to distribute the million-dollar fund to the 130 successful applicant groups later this month and have focused on supporting local community groups that have few other funding sources.

"We have worked to allocate funding to help ensure the continuity of as many groups as possible.

"The impact of COVID it has seen a shift away from funding capital projects, events and those organisations with access to government funding and instead, helping our essential local groups meet their immediate day-to-day expenses so they can weather the ongoing impact of lockdowns in our region," he says.

## Its All About The Journey ...

Graham's approach to selling our home transformed a possibly stressful process into an entertaining and fun one. He offers exceptional service as an agent and with Stacey sending through regular updates and reports, you really do get the complete package. I felt confident in his ability to read the market and found him to be honest, sincere and very approachable. I was always well informed about 'how we were traveling' and his next steps in following up after open homes. Graham's interactions with us as vendors, as well as those with perspective purchasers, were professional, unrushed, personable and at times jovial. Graham was a delight to work with and I would very happily recommend him to family and friends.

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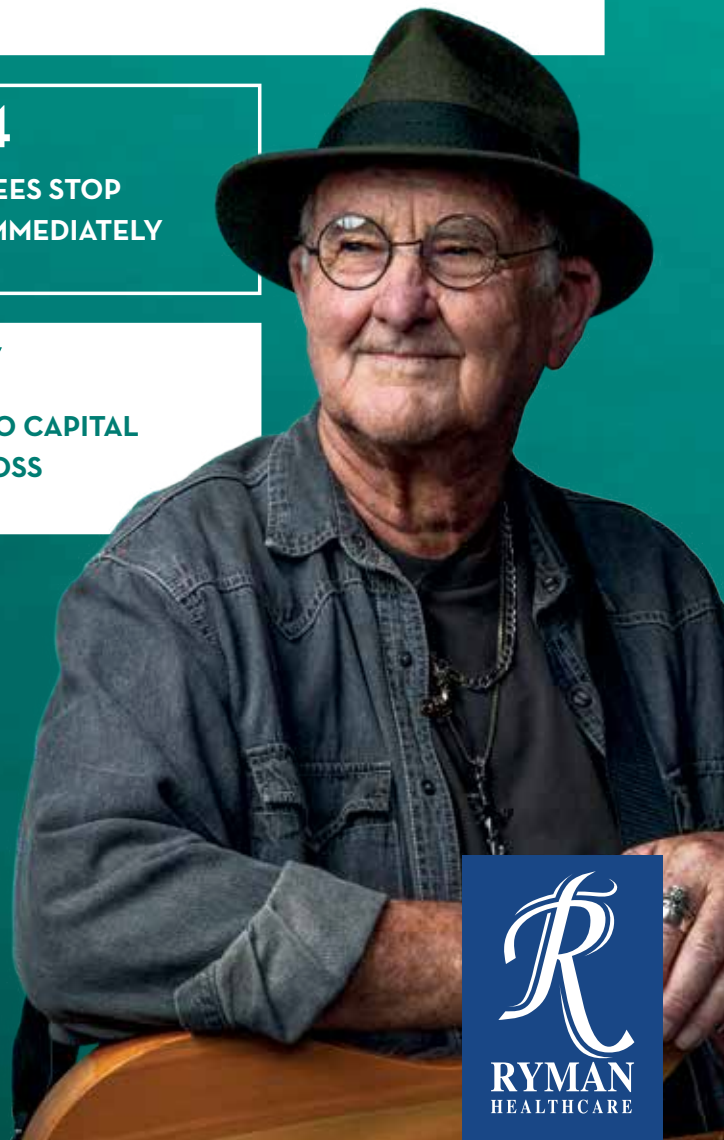
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