

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

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



Mitre 10 MEGA Westgate - Ladies' Night

Circulation is 10,000 print copies.

Editorial contributions are free from cost. Advertising starts at \$100 plus gst for a business card size.

Contact John Williamson on 021 028 54173 or jbw51red@googlemail.com

November 2023



Greetings

As you read this, what can you hear? Traffic? Construction work? TV or radio? It's very difficult to get away from noise, it's not good for us, and most of it is outside our control. Excessive noise can have negative impacts on our health and well-being, and we should try to minimise our exposure to noise pollution in our environment. Too much noise can harm our hearing, interfere with sleep, increase blood pressure, cause us stress, interfere with communication, impair memory and attention and affect learning and development in children.

The place for quiet in our lives grows smaller by the day. Silence, when we can find it, can reduce stress and anxiety by slowing our heart rate and breathing, improve sleep quality and enhance creativity. Silence can help us become more aware of our thoughts, feelings and physical sensations, allowing us to develop a deeper understanding of ourselves and our needs. It can improve concentration by reducing distractions, and strengthen communication with active listening and reflection. We can recharge our energy levels and feel more refreshed. We become more grounded, focused and balanced. A video, In Pursuit of Silence, explores our relationship with silence, and is available to watch on YouTube.

Welcome to this issue of the Westerly. Enjoy the news and views in the magazine. There is plenty happening in this community, with opportunities for all to find something to engage with. See what advice the Fire Brigade is offering. Enjoy Graham's property report and see the other tips in this section to improve your home and garden. If you have a pet, there is a section for you. Read through the range of ideas penned by our area columnists. Don't miss out on reading the advertisements. These are for local businesses offering services to you.

Do you have an activity or enterprise you are involved with that you would like to publicise to others in this area? Please feel free to get in touch to enable others in the community to learn about it.

Take care and have a safe November.

John, Editor



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People & Places

Mitre 10 MEGA Westgate – Ladies' Night 2023

It's that time of year again to get the girls together for a fabulous Ladies' Night out at Mitre 10 MEGA Westgate.

A night of fun with plenty to take part in, we expect a large crowd on the night having received feedback from our previous events. The Ladies have told us how useful it is to learn practical DIY skills and this year we have many suppliers showcasing their products along with demonstrations and engaging activities.

Build your own toolbox or planter box. Go in the draw to win fabulous prizes. The MoreFM team will be there with a POPPING interactive activity plus a great opportunity to pick up expert tips from our huge range of suppliers and DIY experts, complimentary beverages & nibbles, 15% Storewide discount (T's and C's apply) plus giveaways galore.



Entry \$10 per person with proceeds going to Harbour Hospice. Wednesday 15 Nov 2023 from 7pm to 9:30, Mitre 10 Mega Westgate. Register in store or online for Ladies' Night at mitre10.co.nz/mega-westgate

Mitre 10 MEGA Westgate, the largest hardware store in New

Zealand.

Our under cover trade department is a one stop shop for all your project needs, drive in and speak to one of our specialist staff. Every department in the store is growing, with a particular emphasis on our outdoor living section in the middle of the store. We are the biggest supplier of Weber BBQ's in West Auckland. Come and see our extended range of garden supplies indoor/outdoor plants and our fabulous new huge giftware department where you will find something for everyone.

We offer great regular special deals, follow us on Facebook or Instagram to be the first to know what is on offer (facebook.com/MEGAWestgate & instagram.com/megawestgate) and course we have our price guarantee "If you find a lower price on an identical in-stock product, we will beat it by 15% conditions apply.

Mitre 10 MEGA Westgate isn't only just a one stop shop for all your project needs - it's a great place to meet and greet with friends and family, enjoy a hot cup of coffee and something to eat at the Columbus Café while the kids enjoy the playground. Add in the fact that we are 100% NZ owned and operated, what more do you need? Dave Hargreaves and all the team look forward to seeing you here.




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Community News

Waitakere Greypower Association

As the year slowly draws to a close we would like to invite our members and friends to our Annual Waitakere Greypower Pre-Christmas lunch at the Swanson RSA, 663 Swanson Rd, Swanson on Wednesday 6th December 2023 at 12.00pm, midday. Please phone our Office 09 838 5207 by Friday 1st December to confirm booking. The cost per head is \$25.00. We appreciate your support. The 2023 Election has been held and we await the outcome to gear up for our advocacy work on behalf of all citizens over 50 in 2024. We extend a warm welcome to nearly 50 new members who have joined Waitakere Greypower Association in the past three months, a sign that the increase in the cost of living is affecting many older citizens and that you need us to advocate for you to local government and government on a wide range of current issues. Our next Waitakere Greypower Association Newsletter will go to Press in mid-February 2024. Written by Mate Marinovich, President, Waitakere Greypower Association Office 247 Edmonton Rd, Te Atatu South 0652 Auckland.

Growing through the crises and losses on your life journey

On Sunday 26th November the Discoverers informal church will be exploring this topic. In particular it will be focusing on these sub-themes;

- Two stories from the Bible that shed light on losses and grief.

- Experiencing healing in crisis or loss.
- Why constructive coping with crises is crucial.
- Understanding crises and grief.
- Strategies for healing and growth in crises and losses.

Discoverers informal church meets in the Baffin lounge, Headquarters building, 414 Buckley Avenue, Hobsonville Point, from 3-30pm to 4-30pm on the fourth Sunday of every month.

For further information contact Barry Jones: Phone 022 068 3873 Email beejaynz05@gmail.com Facebook 'Discoverers Hobsonville



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Point.'

Tai Chi Hobsonville

Yang Style Tai Chi began as an internal, graceful, yet highly effective martial art. Today it is one of the most popular and widely practised forms of tai chi in the world. It is a low-impact exercise that can help you reduce stress, increase strength, flexibility, balance and coordination. Yang Style Tai Chi is more than just a physical exercise and is also a way of cultivating your mind, body, and spirit. It is suitable for people of all ages and fitness levels.



Tai Chi Hobsonville has Yang Style sessions on Tuesday mornings and Wednesday evenings. They provide a friendly and supportive atmosphere, and welcome beginners as well as experienced practitioners. Their instructor has many years of experience and holds a ranking with the International Yang Family Tai Chi Chuan Association.

Join Tai Chi Hobsonville and discover the benefits of this ancient Chinese art for yourself. Contact Peter at 021 274 6736 or Admin@Taichi-Hobsonville.nz.

ArtPoint

ArtPoint is a new arts event based in the thriving community of Hobsonville Point. Scheduled for November 11th 2023, this event is a celebration of creativity, featuring open studios, exhibitions, workshops and events, all hosted by local artists and creatives.



A leading walkable suburb, Hobsonville Point already includes a fantastic display of outdoor sculpture; the Didsbury Art Trail, and has attracted a rich pool of creative talent to live in the community. One opportunity that has yet to be realised is the creation of accessible and affordable art spaces to help foster a vibrant local arts scene. ArtPoint is the brainchild of a group of local artists and creatives who are encouraging private homeowners, community venues, and local businesses to come together to open their doors to the public, and



Community News

to art.

We are currently calling for submissions from community members, creatives, and local businesses. Your event could take the form of an open studio, an exhibition in your home or business, or an interactive arts event. Regardless of your preferred artform, age, or level of experience we invite you to be a part of ArtPoint.

Visit our website for more information www.artpoint.co.nz.

Massey High School 2024 enrolment

A warm reminder that Massey High School 2024 enrolment forms are open online.

15 November is our final enrolment evening for 2023. We have appointments available between 3.30pm and 5:45pm.

Visit www.masseyhigh.school.nz/enrol to complete the online enrolment form.

If you are having trouble completing the online enrolment form, please contact us to discuss this further - 09 831 0500.



Diwali at Sunderland Lounge

From 5pm, 4th November at Sunderland Lounge in Hobsonville Point, this will be our 6th year in a row.

Come and enjoy performances by local artists, yummy food and don't forget to dress up as there will be prizes.

This year we are also running a Can Drive, and ask every guests will bring a can that will be donated to the Norwest foodbank.

This event is unique as it involves local artists, all the schools and we



could say it is an event for the locals by the locals.

Women's First Aid Classes

Are you keen to learn first aid but are worried about large class sizes and feeling overwhelmed?

Come along and learn these necessary skills in a small, women only class- maximum number of six per class.



If you are new to first aid and are looking for an engaging, supportive learning environment in a relaxed atmosphere, then this is the course for you.

Jump on board to gain essential skills and techniques in CPR and first aid with a Medic *BasicPlus First Aid Course.

Book your spot in a November or December class today and become a certified First Aider before the year is out.

Call or text Kim on 021 709 707 for class dates, venue options and pricing.

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*Follows the published guidelines of Worksafe NZ

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RSA Hobsonville

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- Contact Manager for further information & costs**

THE SMALL RSA WITH THE BIG HEART

In Brief Updates

Hobsonville Marina expands liveaboard community



Hobsonville Marina is laying out the welcome mat for customers living onboard boats.

Around 100 people, comprising 15% of Hobsonville Marina's 592 vessels currently live onboard their boats. Marina manager David Hollingsworth, says that the marina which is one of the biggest in New Zealand, is well maintained, very secure and sheltered and that liveaboards contribute to the marina by providing vibrancy and a feeling of community and safety.

Customers are a mix of locals and international cruisers, who choose Hobsonville because of its location, access to transport networks and facilities.

To ensure cohesion in the marina community David explains that Hobsonville Marina has an interview process to ensure that it accepts people who will contribute positively and be willing to meet the marina's high expectations related to marina etiquette.

The marina meets practical needs via a mobile sewage pump out, bathrooms, laundry and superette. It also has its own boatyard where vessels can be maintained, and 24/7 security onsite. Well-behaved pets can even stay (by application).

For those commuting, Hobsonville Marina has good motorway access, convenient parking and a regular ferry service to the Auckland CBD.

There is a daily fee to liveaboard which means that once the cost of boat ownership is considered it's more likely to be a lifestyle decision rather than a financial one. However, for families, there is no extra charge for children and the marinas are in-zone for good schools. Those living in Hobsonville have two reputable schools to carry them through from new entrants to Year 13: Hobsonville School and Hobsonville Point Secondary School.

"A long-term refurbishment programme that began six ago in Hobsonville is nearing completion and the marina is looking great. It's a wonderful place to live," says David Hollingsworth.

The cost of living onboard at Hobsonville Marina including berth rental and liveaboard charges starts at around \$320 a week for the smallest 10.5m berth with two persons onboard, and goes up to \$510 per week for a 16m berth.

Those who are interested can apply online at www.hobsonvillemarina.co.nz They will then be invited for an interview prior to acceptance.

Massey Birdwood Settlers Association latest news

The Massey Birdwood Settlers Association has almost completed hall renovations, with new and updated signage being installed in October.

The upgraded mural has not yet been finished, nevertheless the hall is now looking very smart with its paint job, and signage.

If you would like to use the hall you can contact John Riddell by email masseybirdwood@gmail.com. The hall is available during the working week from 9 am to 4 pm Monday to Friday, as is the Den, a side room, accessed from Redhills Road.

The Association is looking for long term users of the hall, and while the hall was built in the 1950's it includes modern facilities such as heat pumps, and Wifi.

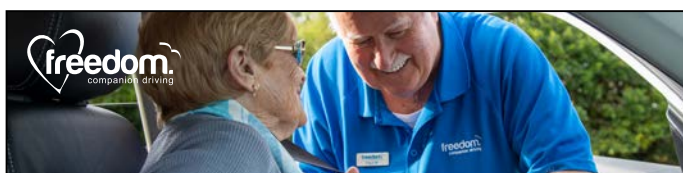
Current facility users include the Redhills Community Kindergarten, Zumba classes with Fleur, the Waitakere Cake Decorators Club, Kung Fu, West Auckland Bujinkan Ninjutsu classes, the St John Massey Youth, a scrapbooking class, a wine tasting class and three churches.



Mitre10 Mega Safer Plates

Neighbourhood Support in partnership with the NZ Police and Community Patrol will be holding a special Saturday Safer Plates on Saturday 4th November from 9.00am until 12 noon, hosted by Mitre10 Mega Westgate. You will find us located at the Trade end of Mitre10 Mega closest to Costco Fuel.

The first 50 Mitre10 customers that morning will not only receive a Free Safer Plates change out but will go into the draw to win a Car Care Kit from Mitre10 Mega Westgate. Non shoppers can still have



Paul Miller

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their number plates screws changed out to tamper resistant screws for the small cost of \$4. Or if you are a Gold Card holder there is no charge. It will only be five minutes out of your day for some peace of mind.

With over 1,200 number plates stolen over the last 12 months in West Auckland alone, \$4 is a very small investment. Replacing your stolen number plates will cost you a minimum of \$38 plus the inconvenience of having to change your insurance details, toll road accounts, pay by plates accounts etc. The Safer Plates programme is supported by the West City Auto Group.

There will be a sausage sizzle also along with some fun activities for the kids.

Please bring cash on the day as we don't have EFTPOS facilities.

Neighbourhood Support, NZ Police and Community Patrol working together to make West Auckland a safer place to live, work and play.

To learn more about to good work West Harbour Community Patrol & Neighbourhood Support Waitakere do in your community visit their web sites

cpnzwestharbour.org.nznswaitakere.org.nz.

Massey Matters – Massey Community Hub

Recycling & Sustainable Living Solutions Expo - Saturday 4th November 2023, 11am -2pm

Massey Matters is a local community organisation with a passion and purpose for our people. We operate from two hubs, with Manutewhau Hub in West Harbour and the Massey Community Hub on Don Buck Road.

We offer a wide range of free services for families and individuals of all ages, ethnicities and lifestyles, celebrating diversity and providing a welcoming space where people can connect and learn.



Massey Hub welcomes the community to our Recycling and Sustainability Open Day on Saturday 4th November from 11am-2pm. We'll have wide range of hands on workshops and activities, information and demonstrations on offer that promise to be fun, educational and practical to help families work towards a more sustainable lifestyle.

BYO Bags for produce at one of the Community Garden Plant Sales, or BYO Bike and go on a mini tour around Massey with our community tour guide.

Contact hub@masseymatters.org.nz with any enquiries, we'd love to see you there.

Massey Matters - Massey Community Hub - 385 Don Buck Road, Massey (next to Triangle Park and the Community Teaching Garden) hub@masseymatters.org.nz, 021 165 3589.

'Seeing is Believing' Paralympics New Zealand Education programme launch

Scott Point School was a part of the Paralympics New Zealand education pilot programme in 2022 where students and teachers learnt about the Paralympic values of determination, courage, equality, and inspiration. The Paralympic values linked very well to our Moral Compass values at Scott Point School.



The 'Seeing is Believing' education programme aims to change perceptions around disability and encourage students and teachers to give it a go. The Year 3 & 4s participated in a range of Para Sport including 'Goal Ball' and 'Sitting Volleyball'. All the students and teachers involved thoroughly enjoyed participating in the pilot. Recently, Scott Point School were lucky enough to help Paralympics New Zealand launch their new education programme 'Seeing is Believing' nationwide. It was an action packed morning with a lot of the Paralympics New Zealand team, three-time medal winning Paralympic swimmer Cameron Leslie, the AM show, and Toyota



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In Brief Updates

New Zealand. A definite highlight of the morning for everyone involved was being on live television and seeing Cameron Leslie's medals from Rio and London. After our school's experience with the programme Scott Point School would encourage other schools to participate in the 'Seeing is Believing' programme as it gives students a chance to look at sports from a different perspective, learn new sports skills, and challenge students to be more inclusive of others. www.education.paralympics.org.nz/

doodlewear

Looking for the perfect Christmas tees that add a touch of magic to your holiday season? Look no further! At doodlewear, we've got just what you need to make this festive season extra special for you and your family.

We understand the struggle of finding unique t-shirts that stand out and aren't just generic mass-produced pieces. But worry not, because our tees are not only creative and cute, but they also bring curated New Zealand art to your wardrobe, making you stand out in style!

We have comfortable 100% combed cotton Christmas tees for everyone in the family, from the little ones to the grown-ups, so you can match in style and spread that holiday cheer!

Our tees feature artwork from talented New Zealand artists, ensuring you have something truly unique to wear.

Let's make this holiday season unforgettable together! Visit our



online shop at www.doodlewear.co.nz and follow us on Instagram @doodlewear.nz and Facebook @doodlewear.nz for more inspiration.

Catalina Bay Farmers Market

Get ready to experience the joys of summer at Catalina Bay Farmers Market's upcoming events. As we close out 2023, we invite you to join us for two exciting family-fun events - our highly-anticipated annual Pet Day and the Twilight Market at Hobsonville Point. Take a stroll along the picturesque waterfront and immerse yourself in the lively atmosphere while indulging in the delectable treats and artisanal crafts.



Pet Day: 12th November, 8:30am- 2pm

We love bringing our animal-loving community together. Join us with your furry friends for a day of boutique stalls, tasty food, and live music.

Twilight Market: 21 December, 4pm - 9pm

Shop small and support local this holiday season. Enjoy the festive atmosphere with live music, delicious food from food trucks, and even a chance to meet Santa.

Stay updated with the latest news and events by following us on Facebook. Bring your family, friends, and pets to the Bay this summer.

Christmas gifts with meaning

Christmas is coming.

Tired of buying generic, mass produced gifts?

Why not support local AND buy a gift that is custom made especially for your recipient.

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In Brief Updates

you love, therefore allowing you to keep them close always.

Whether it be the names of the special people in your life, significant dates, the latitude-longitude of first dates/wedding locations/favourite places, OR a design where the elements of the piece represent these things. Each piece is individually made to order just for you.

Choose from one of my designs or we can work together to design something truly unique and meaningful to your recipient.

Visit www.preciousimprints.co.nz or email - jo@preciousimprints.co.nz to discuss your ideas today.

Santa knows where Flippin' Fun is

If you're looking for a Christmas party venue in Auckland with a difference, Flippin' Fun Trampoline Park is the place for your office, company, social club or any other group. Flippin' Fun provides an unforgettable Christmas Party experience, especially if you need a venue suitable for families.



The beauty of hosting your Christmas function at Flippin' Fun Trampoline Park is our ability to cater to all ages, and groups of all

sizes. Book a Christmas Party at Flippin' Fun and we guarantee your children will not be bored.

You have the ability to customise a party that suits your group. Large groups may consider exclusive venue hire. Smaller groups can bounce with others and have private party area. Catered or self-catered, you choose.

We are now taking bookings for November and December. Phone us on 09 8336880. Email us at info@flippinfun.co.nz or you are welcome to pass by 19 Fernhill Drive, Massey to check out the amazing possibilities that a Flippin' Fun Christmas Party offers.

North West Country

The time is nigh and we are celebrating our best and brightest businesses in the North West. On Tuesday November 7th we hold our gala dinner and event at Allely Estate where the winners of the North West Country Business Awards 2023 will be announced.



We have Alison Mau as our MC for the night, a most talented speaker and sure to be a highlight. Peter and Catherine Cook from Allely Estate are passionate about celebrating local and have placed local beer, wine and food on the menu. Additionally, the couple offer an opportunity for ticket holders to purchase wine or French bubbles with your label making these ideal Christmas gifts. Any orders made

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before the night will be available for collection at the event. For further information and to get your business logo on some unique gifts head to www.wintime.co.nz. Tickets to the event are on sale now and we want to see the whole community turn out to celebrate these amazing people so head to our website events page to book your seats.

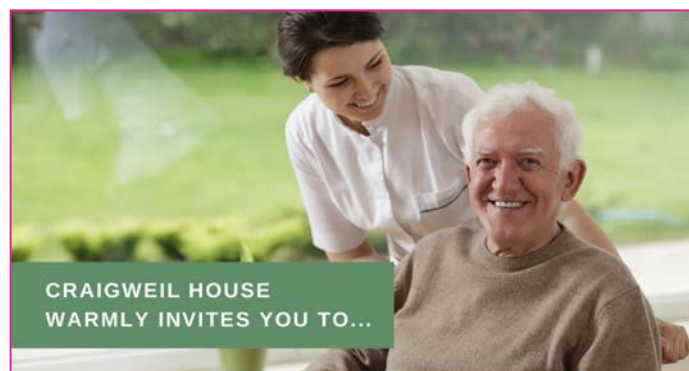
To celebrate the year we will also be hosting a Christmas drinks business networking event at The Portage Bar, Riverhead on Tuesday December 5th from 5pm. Come along and have a drink and some nibbles while mingling with fellow business owners.

If anyone wants to get into the Christmas mood we will be running a store/ office decoration competition where businesses will have a chance to win a cash prize pack. Keep an eye out in our regular newsletter for more information.

In the new year we will host our first Ultimate Day Out Competition. Customers will be encouraged to shop local and submit their receipts to our website. Three lucky winners will win an Ultimate Day Out, be it Wine Country, Artisan Country or Adventure Country days out. We are calling for interested businesses who would like to be showcased for one of the prize packs to contact Danielle Hancock now, at manager@northwestcountry.co.nz.

Travel well planned

With the borders around the world open and a Kiwi's desire to explore it, a great Travel Agent is never more important to have than right now. Our exciting news is we've expanded our team to six consultants. Our new consultant is Ellie Gallagher who has many years of travel experience under her belt



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Your ideas + our knowledge = better holidays.

Please keep us in mind when planning and booking your next trip. To learn about our travel events follow us on Facebook or send us an email.

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

Making a difference in the lives of the elderly

Loneliness among the elderly is a prevalent and growing issue in our society. Thankfully, a compassionate solution has emerged right here in our community. Introducing Your Companion, a newly launched local business dedicated to providing companionship and support to our beloved elderly.



The founder of Your Companion, Liisa McLellan, drew inspiration from her 26 years of experience in nursing and her personal encounters with the challenges faced by elderly loved ones. Witnessing the social isolation experienced by many elderly, Liisa knew there was a need for a service that could offer a helping hand and a friendly face.

Your Companion offers an extensive range of services aimed at enhancing the lives of the elderly. From socialisation and assistance with daily errands to transportation help, their dedicated team is here to lend a helping hand. With a background in nursing, Liisa has carefully selected experienced and compassionate local resident

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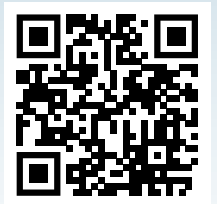
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Find out more at www.westgate.kiwi



In Brief Updates

companions who are well-equipped to assist with various tasks or simply share a cup of tea and a friendly chat.

In addition to improving the lives of the elderly, Your Companion also recognises the valuable skills and life experience of our local retirees. The business proudly offers part-time job opportunities for mature individuals in our community, creating meaningful connections between generations and making the most of their wisdom and compassion.

As the holiday season approaches, Your Companion goes above and beyond by offering a unique service. While caretaking family members deserve a well-deserved break, Your Companion ensures that their loved ones are checked on and cared for. This tailored service provides peace of mind and allows families to enjoy their holiday knowing their elderly relatives are in safe and caring hands.

At Your Companion, making a difference in the lives of the elderly is their top priority. Through personalised and compassionate care, they aim to combat the loneliness and social isolation prevalent in our elderly population. The care can be provided in many settings including homes, retirement villages, care facilities and hospitals, or wherever our clients reside.

To learn more about the range of services offered by Your Companion, visit their website www.yourcompanion.co.nz or get in touch with Liisa 022 473 9275.

Juggling debt? A quick guide to debt consolidation

Managing multiple debt repayments can be challenging and stressful. Debt consolidation offers a potential solution to this problem. Let's explore what it is and how it works.

Debt consolidation involves combining all or most of your credit facilities into a single loan with one repayment.

There are several benefits to consider:

1. **Simplified Finances:** Debt consolidation streamlines your finances by merging smaller payments into one easily manageable amount.
2. **Potential Savings:** It can save you money if you use it to consolidate multiple high-interest payments into a single low-interest monthly payment. Additionally, keeping the loan term as short as possible is crucial.



3. **Faster Debt Repayment:** Debt consolidation can help you become debt-free faster and reduce overall interest costs if you secure a lower interest rate and maintain your current monthly payment.

However, there are downsides to be aware of. If you extend your loan term significantly compared to your current loans, you may end up paying more in interest charges in the long run. It's essential to compare the total cost of various options before making a decision.

To determine if debt consolidation is right for you, ask yourself these key questions: Do you know your current outstanding debt? How much interest will you be paying? Have you created a budget? Are you likely to accumulate additional debt while repaying your consolidation loan?

To learn more about debt consolidation, contact the team at GR Finance via info@grfinance.co.nz, www.grfinance.co.nz, or call 021 669 430.

Northwest gets new bus services

This area has new and improved bus services from Sunday November 12.

Auckland Transport (AT) says more 122 and 125 services will be available while a new 123 bus will serve the Huapai Triangle, giving more buses between Huapai and Westgate.



All bus trips to Auckland City centre transfer at the Northwest Centre while the 1125X service will no longer run.

Bus services between Helensville, Waimauku, Huapai and Kumeu are detailed in a new booklet about "connecting the west to the rest" which includes Westgate, West Hills, Whenuapai, Waitakere Township and most other parts of West Auckland.

Drop-in sessions to discuss the bus service changes are being held and include a session at Te Manawa (Westgate Library) on Sunday November 5, 11.30am-2.30pm.

AT says the changes are being made because the West and Northwest are currently not well served by public transport.

It adds that effective public transport can reduce congestion, emissions, and car parking while improving mobility and health outcomes.

From November 5 people can use AT's Journey Planner (at.govt.nz/journeyplanner) or AT Mobile app to plan their travel.

Search West Bus, phone 09 366 6400, or follow AT on Facebook for more information.

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In Brief Updates

Local Board Update

Saturday 7th of October marked the long-awaited opening of the Observation Green playspace in Scott Point. The event was officially blessed by Te Kawerau ā Maki. Speeches followed and the ribbon was cut by local board members, then the fun began.



At the opening there were games and giant bubbles, visits from Spiderman, the West Harbour Fire Brigade, the mobile library and a yummy sausage sizzle.

The playground is the result of community action and was designed by experts in consultation with the community. The local board are absolutely thrilled with the final look of the playground. There is a playground, a learn-to-ride path, a fitness trail, a communal picnic area with drinking fountain and a large open space to kick a ball around or host community events.

There is more to come from the project including painting the concrete scooter/ bike path and installing wobbly goals in the flat grass area.

The playspace is bounded by Roa Ave, Observation Green and Kokowai Parade. Have fun and enjoy the new playspace.

Anna Atkinson, Upper Harbour Local Board Chairperson.

'Blue Honey' music show

Blue Honey, a four-piece band hailing from Auckland's west coast, has a show at the Kumeu Arts Centre on Sunday November 12. Billed as a "family-friendly" event, the show includes Blue Honey's extended play (EP) debut album 'Spaces Between' and a selection of covers. The EP combines jazz infused chords with soul pop undertones and psychedelic inspired lyrics, the group says. Blue Honey will perform the EP and covers at the centre, with support from Renee Cosio. Growing up in the area, the band formed after an impromptu jam at Kumeu Live in 2020. Band members have been writing their own music and performing on the local music scene ever since. The event is BYO with tickets from <https://www.underth radar.co.nz/ticket/21760/Blue-Honey-EP-Release.utr>.



Door sales will be available.

LADIES' NIGHT

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

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Revitalising luxury skin treatments - Hobsonville Point

Indulge in a truly luxurious skincare experience with Rachel from SKINMED NZ. With years of expertise in skin treatments, cosmetic artistry, and makeup, Rachel decided to establish her own skincare clinic in 2021, and thus, SKINMED NZ was born in the serene neighborhood of Hobsonville Point.

At SKINMED, we specialise in three key skincare treatments for both men and women, typically aged between 30 and 70. Our services include Dermal Needling, Microdermabrasion, and Bespoke Facials tailored to address your unique skin condition, age, and desired outcomes. We utilise cutting-edge cosmeceutical products from renowned brands like Noon, Mesoestetic and Genosys to slow down the aging process, diminish pigmentation, and promote healthy skin.

Unlike over-the-counter products that often yield limited results, our clients have come to appreciate the remarkable difference our personalised treatments make. We believe that skincare is not just about physical appearance but also about enhancing your inner beauty. Our mission is to make you look and feel fantastic, ensuring you experience a sense of relaxation, individuality, and pampering in a serene and unhurried environment. From the moment you enter our luxurious treatment room located in the idyllic Bomb Point, we want you to step into a tranquil oasis where everything revolves around you for the next hour or so.

SKINMED opened an online store in Feb 22 to allow customers to purchase products to use between visits or for when they simply could not physically see clients during Covid. Be sure to check out our website at www.skinmednz.co.nz and our 5 Star Google Reviews. If you would like to know more about the services I offer and our products range, please visit www.skinmednz.co.nz or contact me directly to book a consultation at contact@skinmednz.co.nz or 021 825 464.

Experience the epitome of luxury skincare at SKINMED NZ and let us help you achieve radiant, rejuvenated, and healthy skin.



STIHL SHOP Westgate

STIHL SHOP Westgate opened its doors to the public last month and to celebrate they will be holding a Grand Opening Weekend on November 11th and 12th! Head to their new store at 15 Kakano Road, Westgate for a weekend of product demonstrations, STIHL themed games and sensational opening specials across the entire STIHL range, Masport lawnmowers and Hansa Chippers. Don't miss chainsaws, linetrimmers, waterblasters all from just \$279!

BE IN TO WIN thousands of dollars worth of prizes with the lucky key and treasure chest promotion! Keep an eye out for your lucky key in the mail and head along for the opening weekend to see if your key unlocks the treasure! There will be chainsaws, lawnmowers, linetrimmers, blowers, waterblasters and much more up for grabs! Haven't received a key? No worries, give the team a call or head in store to register for the event and have a lucky key sent to you!

Come and join in the fun at STIHL SHOP Westgate's Grand Opening Weekend! Bring your gold coins to support the sausage sizzle, with all proceeds going to West Harbour Fire.

Mark your calendars, and head along on 11 and 12 November to be in to win your share of great prizes and pick up a great deal on some quality outdoor power equipment.

STIHL SHOP Westgate is open Mon-Fr 8.30-5, Sat 9-3, Sun 10-9.



\$100 = Exposure for a month

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

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9am - 3pm

Sat 11th & Sun 12th Nov 2023

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Safer Communities



One of the incidents Fire and Emergency are regularly called to is motor vehicle crashes.

Incidents like these we attend pose many elements of risk for us as responders including potential fires, biological hazards, broken glass, and sharp debris all while potentially offering critical care to those involved.

One of the most dangerous objects for us attending these is emergencies are other motorists.

Many individuals are so distracted by the scene itself that they are oblivious to the

cones and our team wearing hi-viz trying to control the flow of traffic.

The management of traffic during these incidents is critical to our own safety and allows us to safely undertake what we need to do to render the appropriate care and allow us to clear vehicles and eventually reopen the lanes.

When approaching the incident be aware of how we are controlling vehicles around the incident and pass slowly when prompted to proceed.

Don't be surprised if we get you to come to a complete stop before getting you to slowly drive past at 20kmph or less. This is to ensure those providing critical care are safe and can focus on providing critical care.

DO NOT think this is a good opportunity to get your phone out and record what is going on. Other than breaking the law, you are putting the lives of us at risk and at huge risk of causing a secondary incident.

Keep in mind that these scenes are the

loved ones of others and identifying a family member in an incident via a social media post is completely inappropriate and disrespectful.

Please be considerate and consider the safety of us while we support our community.



Jamie Shaw

Deputy Chief Fire Officer

Waitakere Volunteer Fire Brigade

Phone 09 810 9251

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Drowning Prevention Auckland



Property

Property market report

Auckland's real estate market is experiencing a notable resurgence, marking the end of a one-and-a-half-year slump. Experts are optimistic about the latest statistics, indicating a clear recovery that is breathing new life into the property sector. While this resurgence brings good news for homeowners witnessing the increase in property values, it also poses challenges for first-time buyers.



According to the recently published CoreLogic house price index, Auckland saw a 0.4 percent increase in property values in September, marking the first positive growth since March 2022. This encouraging trend contributes to the broader picture of national recovery in the housing market. The data reveals that the average New Zealand house now costs \$905,445, with the average Auckland house reaching \$1,259,296.

This positive trajectory is underscored by the third consecutive report from property analysts, all of which affirm a rebound in national house prices. Residential sales have been holding onto gains since August, reinforcing the notion that the market is regaining its strength.

Specifically focusing on Auckland, the OneRoof report highlights a 1.6 percent increase in the average property value over the past three months, now standing at \$1,302,000. This upward movement not only indicates the end of the downturn in Auckland but also suggests a robust finish for the city's real estate market by the end of the year.

Buyers in Auckland are currently navigating a dynamic and

accelerating property market. Over the last three months, prices have been picking up momentum, and auction rooms are witnessing their strongest competition in almost two years. In essence, the message to prospective buyers and sellers is clear: if you're considering entering the market, now is the time to act. Let's look at the recent sales:

Hobsonville	\$606,500 to \$1,600,000
Massey	\$730,000 to \$1,555,000
Swanson	\$673,000 to \$1,490,000
West Harbour	\$875,000 to \$2,322,000
Westgate	\$790,000
Whenuapai	\$1,080,000 to \$1,280,000

Ready to take advantage of this regenerating market? For a complimentary market appraisal and the latest market updates, reach out to Graham McIntyre AREINZ directly at 0800 900 700, via text at 027 632 0421, or through email at graham.mcintyre@mikepero.com. Mike Pero Real Estate Kumeu/ Hobsonville. Licensed REAA2008

Don't miss your chance to be a part of Auckland's reviving real estate scene. The future is bright, and the opportunities are positive!

Paying GST when purchasing a property

When purchasing a property, the parties to the sale and purchase agreement elect whether the purchase price includes GST or not. A vendor such as a developer may be GST registered. Accordingly, the purchaser will be liable for GST on the purchase price (unless the price is agreed to be GST inclusive). Zero rating can be a possibility where:

- the vendor is GST registered at settlement;
- the purchaser is GST registered at settlement;
- the purchaser (or any associated person) will not be using the property as a principal place of residence; and
- the purchaser will use the property to make taxable supplies.

Importantly, residential rental is not a taxable supply. Therefore, even a GST registered purchaser may not claim the transaction to be a zero-rated transaction.

Given the value of properties in New Zealand, GST issues can have a big financial impact on a property transaction. We recommend that when buying or selling a property that you obtain advice on any tax issues before signing the agreement. For more information on this or any other legal issues contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

the rentshop

Mike James

Managing Director

☎ 021 413 660

✉ mike.james@therentshop.co.nz

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The ripple effort

Within the Property Management Industry, one topic that frequently arises in both social conversations and discussions with our valued investors and landlords at The Rent Shop pertains to the impact of elections on the residential property market.



Over the past six years, there has been a prevailing perception that the incumbent government has implemented measures with significant repercussions for residential property investors. These measures encompass an extension of the Brightline Test, the introduction of Healthy Homes legislation, alterations in tenancy laws, changes in mortgage interest deductibility, and shifts in immigration policies.

While the Healthy Homes legislation has faced criticism due to the associated costs for homeowners, it has undeniably resulted in warmer, drier, and more secure homes. These improved living conditions have translated into longer tenant occupancy and a willingness to pay slightly higher rents, benefiting all parties involved.

Conversely, there has been debate regarding a perceived shift in the balance of power towards tenants, with the abolition of no-cause terminations and limits on rent increases. However, I've observed that tenants may also face challenges, as it has become more difficult to evict problematic tenants. Consequently, our property managers exercise greater caution when selecting tenants, favoring those with impeccable credentials.

In my assessment, the change in mortgage interest deductibility has the potential to be the most impactful measure, particularly for property owners with moderate to substantial mortgage finance. What seemed complacent when interest rates were at 2.7% now carries more weight as rates have risen to around 7.9%.

With the relaxation of border restrictions in response to the COVID-19 pandemic has led to a net gain of 65,000 immigrants in New Zealand in the year ending March 31, 2023, with Auckland being a primary destination. This has increased demand for rentals and purchasing of properties in the city.

The city's growth continues unabated, evident from record tenancy numbers and inquiries. Regardless of the election outcome, this trend is expected to persist, with one significant exception that could boost the market: the potential reversal of the new interest deductibility rules.

The reversal of interest deductibility would hold significant implications for the investment market, particularly given recent interest rate hikes. While the theory behind allowing deductibility

on new builds is sound, practical challenges arise when building costs soar and materials become scarce.

Regarding the reduction of the Brightline Test to two years, I perceive it as less significant, given my longstanding advocacy for not selling properties. Furthermore, Healthy Homes legislation has not deterred investors as anticipated. Our TRS team has achieved an impressive milestone, with more than 80% of our properties inspected and compliant. I now view our warm, dry, and secure homes as the benchmark for all rental properties.

In conclusion, the property market operates cyclically, experiencing peaks, declines, bottoms, and recoveries with varying durations and magnitudes. While hindsight offers valuable perspective, the Auckland market remains robust, characterised by unprecedented occupancy rates. Looking ahead, it is reasonable to anticipate a positive trajectory in the property cycle. The future holds promise, with potential changes in government policies adding a layer of uncertainty to an already dynamic market.

If you're wanting to speak more in detail with our specialist team, feel free to contact us. Mike James 021 413 660.

Can I sell my property with unconsented work?

By Elyse Crowther, Registered Legal Executive, ClearStone Legal

Now that spring has well and truly sprung and summer is on its way, we're seeing a lot more properties coming onto the market. One of the questions we're often asked by buyers and sellers alike, is can a property be sold with unconsented work?

We're a nation of DIYers - as the advert says - DIY is in our DNA! Unfortunately, this means that on occasions, property owners undertake renovations and changes to their home, without obtaining the required consents from Council. These are called "unconsented works". When you do come to sell your property, you have an obligation to disclose this to potential buyers. This applies whether you have made the changes, or if you have purchased a property knowing that there is unconsented work and are now wanting to sell it.

When you are selling a property with a standard Agreement for Sale and Purchase, you are effectively telling prospective purchasers that any work you have done to the property was undertaken with all the necessary Council consents. When this is not the case, an additional clause should be added to the Agreement outlining those works and advising purchasers that those works are not consented. If you



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fail to include this clause, you may be liable for compensation claims from the purchaser.

Additionally, if you are selling a property and are aware that a previous owner undertook unconsented works, then you need to make sure your Real Estate Agent discloses these to any potential purchaser. Examples of unconsented works could include removing load bearing walls, adding sanitary fixtures such as a toilet or sink, or installing a tiled shower.

If you're considering selling, we recommend discussing any potential consent issues with us before the property goes onto the market. This way we can confirm what your disclosure requirements are and draft an appropriate clause if required. We are always very happy to provide advice before you sign any Agreement for Sale and Purchase, so if you have queries give us a call on 09 973 5102 or make a time to pop in and see us at either our Kumeu or Te Atatu office.

Refinancing

Mortgage refinancing involves repaying your current mortgage and taking out a new loan with different terms, usually with the goal of obtaining better conditions. This can involve working with your existing lender or switching to a new one, depending on which best meets your needs.

There are various reasons why homeowners choose to refinance their mortgage. Some of the most common include:

- Reducing monthly payments: By extending the loan term or



securing a lower interest rate, refinancing can help lower your monthly payments, providing more financial flexibility.

- Debt consolidation: If you have high-interest debt, such as credit card balances or personal loans, refinancing your mortgage to consolidate these debts can save you money and simplify your finances.

- Accessing equity: Refinancing can allow you to tap into your home's equity for various purposes, such as home renovations, education expenses, or investments.

Evaluating Your Current Mortgage:

Before considering refinancing, it's essential to evaluate your current mortgage to determine whether it's meeting your needs:

- Interest rate: Check if you are paying a competitive interest rate since you first obtained your mortgage.

- Loan term: Is the length of your mortgage term appropriate for your financial situation, or would you benefit from extending or shortening the term?

- Repayment flexibility: Does your current mortgage allow for extra repayments, lump sum payments, or other flexible repayment options that suit your financial goals?

When to Refinance Your Mortgage:

Timing is crucial when it comes to refinancing your mortgage. Here are some factors to consider when determining the best time to refinance:

- Interest rate environment: Keep an eye on market trends and consider refinancing when you are about to come off a fixed term to see if you can obtain a better rate with another Lender.

- Credit score improvements: If you are with a non-bank lender your credit score may have improved since you first obtained your mortgage, you may qualify for better loan terms with a mainstream lender.

- Equity accumulation: As you build equity in your home, refinancing can become more appealing, whether for accessing funds or securing better loan terms.

- Changes in financial circumstances: Major life events or changes in your financial situation such as a salary increase, windfall or expanding family, may warrant refinancing to better align with your needs.

Costs Associated with Refinancing:

This one can catch you out if you haven't been informed properly. While refinancing can lead to significant savings, it's important to consider the associated costs, which may include:

- Break fees: If you have a fixed-rate mortgage, it's essential to consider the potential costs of refinancing before your fixed term expires. Breaking a fixed-rate mortgage early, can result in break fees or penalties.

- Legal fees: You may need to work with a lawyer to handle the

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Te Atatu Peninsula

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necessary documentation and registration, which can involve legal fees.

- **Repayment of incentives:** If your original mortgage included incentives, such as a cash back you may need to repay this if you refinance before the specified loyalty period ends.

So, if you're considering refinancing your mortgage, get in touch to make sure it's the right move for you. Stephen Massey - Mortgage Advisor and First Home Specialist, Call or Text 021 711 444.

Five must-do's, before you list your home for sale

Investing in certain key areas around your home before selling it can help increase its appeal to potential buyers and potentially fetch a higher selling price. Here are the five most important things to consider:

1. **Curb Appeal:** The first impression matters. Enhance your home's curb appeal by investing in landscaping, exterior painting, and repairs. A well-maintained exterior can attract more buyers and create a positive initial impression.
2. **Interior Updates:** Focus on interior upgrades that can add value. Consider fresh paint in neutral colors, modernising fixtures and hardware, repairing any visible damage, and updating outdated appliances. Kitchens and bathrooms are often considered the most critical areas to renovate.
3. **Home Staging:** Staging your home can help potential buyers visualise themselves living there. This might involve rearranging furniture, adding decorative items, and ensuring that each room is well-lit and inviting.
4. **Energy Efficiency Improvements:** Many buyers are interested in energy-efficient homes. Consider investing in energy-efficient windows, insulation, a programmable thermostat, or even solar panels if it's cost-effective for your area. These upgrades can appeal to environmentally conscious buyers and potentially reduce long-term operating costs.
5. **Maintenance and Repairs:** Prioritise essential maintenance and repairs. This includes fixing any leaks, replacing damaged roofing or siding, addressing electrical and plumbing issues, and ensuring that the property is in good working order. A well-maintained home is more attractive and can give buyers confidence that they won't encounter immediate problems.

Remember that the investment should be proportionate to the potential increase in your home's selling price. It's essential to conduct a cost-benefit analysis to determine which improvements will deliver the best return on investment for your specific target buyer. Consulting with your chosen real estate agent may provide

a valuable insight into what upgrades are most likely to pay off for localisation and target audience. If you would like to understand more or you'd like a free property appraisal that considers the elements above and the potential gains available to you please call Graham McIntyre AREINZ, Mike Pero Real Estate, Licensed REAA2008, on 0800 900 700 or 027 632 0421.

Six must-do's in matrimonial separation

Navigating a matrimonial separation can be a complex and emotionally challenging process. It's important to approach it methodically and consider various legal, financial, and emotional aspects. Here's a step-by-step guide to help you through the process, including dealing with assets:



Seek Legal Advice: Consult with an attorney who specialises in family law. They will help you understand your rights, responsibilities, and the legal implications of your separation.

Collect Important Documents: Gather all relevant documents, such as marriage certificates, financial records, property deeds, bank statements, tax returns, and prenuptial agreements.

Temporary Living Arrangements: Decide whether you and your spouse will continue living together during the separation or if one of you will move out temporarily. This should be discussed and agreed upon if possible.

Child Custody and Support: If you have children, establish a temporary custody and visitation plan. Determine child support arrangements according to your state or country's laws.

Spousal Support: Discuss and potentially negotiate spousal support, if applicable, based on factors such as income, length of marriage, and financial needs.

Asset and Debt Inventory: Create a comprehensive list of all assets (e.g., real estate, vehicles, investments) and debts (e.g., mortgages, loans, credit card debts) acquired during the marriage. This will be crucial for property division.

For a complete step-by-step guide and a matrimonial separation checklist contact Graham McIntyre AREINZ on email graham.mcintyre@mikepero.com or call/text 027 632 0421. With over 17 years operating at the top of the real estate market and with AREINZ qualification.

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Loan Market

Stephen Massey
Mortgage Adviser
stephen.massey@loanmarket.co.nz
021 711 444
Let's chat.

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.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HOBSONVILLE	1,355,000	152M2	200M2	1,270,000		1,050,000	623M2	155M2	900,000
	695,000	294M2	178M2	1,310,000		1,500,000	673M2	390M2	1,555,000
	870,000	132M2	91M2	815,000		1,075,000	592M2	130M2	950,000
	2,950,000	0M2	109M2	1,600,000		465,000	171M2	0M2	860,800
	830,000	0M2	84M2	717,000		900,000	461M2	115M2	730,000
	1,365,000	213M2	161M2	1,350,000		1,375,000	643M2	180M2	1,160,000
	850,000	0M2	89M2	709,000		1,050,000	809M2	100M2	977,000
	820,000	121M2	70M2	790,000		1,350,000	1038M2	140M2	1,030,000
	475,000	0M2	83M2	629,000		870,000	127M2	92M2	843,600
	680,000	230M2	0M2	1,365,000		810,000	0M2	82M2	775,000
	850,000	0M2	120M2	751,000		1,275,000	819M2	160M2	887,000
	1,155,000	233M2	162M2	1,130,000		975,000	166M2	144m2	905,000
	850,000	0M2	120M2	800,000		1,150,000	616M2	100M2	1,100,000
	600,000	0M2	50M2	606,500		910,000	104M2	146M2	950,000
	1,085,000	196M2	133M2	1,240,000		880,000	146M2	120M2	855,000
	1,650,000	365M2	244M2	1,590,000		920,000	169M2	108M2	920,000
	1,375,000	206M2	232M2	1,400,000		840,000	180M2	95M2	845,000
	1,100,000	106M2	184M2	1,060,000	SWANSON	1,150,000	374M2	178M2	1,215,000
	1,325,000	231M2	179M2	1,175,000		1,250,000	448M2	200M2	1,180,000
	1,025,000	144M2	116M2	1,040,000		1,130,000	400M2	160M2	960,000
	1,275,000	214M2	181M2	1,313,000		1,375,000	886M2	251M2	1,490,000
	1,075,000	178M2	116M2	1,120,000		1,000,000	310M2	155M2	1,100,000
	1,130,000	145M2	190M2	1,150,000		760,000	353M2	90M2	673,000
MASSEY	1,050,000	398M2	139M2	1,012,000	WEST HARBOUR	840,000	87M2	134M2	875,000
	1,325,000	520M2	181M2	1,162,000		1,350,000	719M2	100M2	1,008,000
	1,200,000	1300M2	92M2	850,000		1,550,000	645M2	240M2	1,400,000
	1,000,000	443M2	160M2	1,000,000		2,110,000	949M2	380M2	2,322,000
	1,200,000	450M2	160M2	1,050,000	WESTGATE	865,000	153M2	71M2	790,000
	1,200,000	766M2	90M2	860,000	WHENUAPAI	1,405,000	923M2	197M2	1,280,000
	1,050,000	997M2	130M2	995,000		1,195,000	384M2	124M2	1,080,000

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

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

2.95% up to \$490,000

(Not 4% that others may charge!)

1.95% on the balance

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



Graham McIntyre
Brand & Territory Owner
027 632 0421

Mike Pero | REAL ESTATE

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Phone 0800 900 700 Licensed REAA (2008)



**set up for
summer**

Nouveau

Saigon Bistro Setting 3 Piece



SKU: !89636

\$ 99⁹⁹

Nouveau

Sirocco Outdoor Dining Setting
5 Piece



SKU: 371967

\$ 669

Nouveau

Lorca Outdoor Lounge &
Dining Setting 5 Piece



SKU: 319516

\$ 1,399

Nouveau

Siena Outdoor Corner Lounge
Setting 3 Piece

**NEW
PRODUCT**



SKU: 335977

\$ 2,499

Nouveau

Montego Outdoor Park Bench

**NEW
PRODUCT**



SKU: 371967

\$ 999

Nouveau

Deluxe Standing Egg Chair

**NEW
PRODUCT**



\$ 899

SKU: 2001405

Weber

Weber Q Plus 2600N+ BBQ LPG Red

**NEW
PRODUCT**



\$ 699

SKU: 2016385

Weber

Premium Cart for Q & Baby Q N Series
Black

**NEW
PRODUCT**



\$ 289

SKU: 2016565

Grilled

Buffalo 6 Burner BBQ - Black

**NEW
PRODUCT**



\$ 999

SKU: 2000628

While stocks last, see in-store for full range.

**Big Range,
Low Price,
Local Advice.**

Mitre 10 MEGA Westgate & Henderson
Northside Drive & Lincoln Road
Monday to Sunday: 7am to 7pm



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@ M10MEGAHenderson

**MITRE 10
MEGA**

**WESTGATE &
HENDERSON**

Central's Tips

November 2023



CENTRAL
LANDSCAPE SUPPLIES

The fruit and vegetable garden

- **Sow bean and basil seeds.** For best results beans will need a climbing frame to grow up. Basil grows well near tomato plants
- **Hang sticky traps** in apple and pear trees to stop an infestation of codling moth in the young fruit. Or, Spray with Yates' Success Ultra a maximum of four times during spring
- **Feed the fruit trees** that are forming fruit as their flowers drop – feijoas, citrus, pip and stone fruit trees need nourishment at this time of the year
- **In raised vegetable beds,** layer on pea straw work to protect young vegetable plants from drying out. An added advantage is that they help hold young plants in place. Place the mulch on top of well irrigated soil
- **Aphids** reproduce very quickly in warm weather and can savage growing vegetables. Hosing them, using a soap spray or wiping off with your hands are all good means of chemical-free control. They do not like marigolds, dill and coriander, so plant these around the edible garden

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 plant lots of summer flowering plants. Liquid feed after planting and hang in a sunny spot, watering and feeding regularly
- **Deadheading** of roses, hydrangeas, camellias and rhododendrons after flowering is good garden housework. In the case of roses and hydrangeas it encourages repeat flowering over the summer
- **Planting up pots for Christmas?** Start now with red petunias, salvia or impatiens that are easy to grow. For indoors red or white hippeastrum bulbs flower within six weeks generally
- **Planning a dry garden** to cope with low rainfall in summer? Add plenty of compost to your soil before selecting drought tolerant plants. A pebble mulch helps keep plant roots cool and looks attractive
- **Avoid a dry lawn this summer** by applying Prolawn Aqua Turf G this month. It helps the lawn to use all available water making it more resilient to the heat. Works for any late planting projects in the garden too



Project for November

We dig plants. Plants dig mulch.

After the year of rain on our gardens a dry, windy period is forecast to hit. Likely the soil won't be very friable, and the added moisture may increase the chances of cracked soil as it warms up. Mulch will aid soil remediation by protecting the top surface from heat offering a cool root run for plants to enjoy. Central Landscapes has plenty of different mulches to choose from....

To view the range of mulches available visit
<https://centrallandscapes.co.nz/collections/mulches-barks>





CENTRAL
LANDSCAPE SUPPLIES



Summer forecast: hot, dry and windy... keep your garden cool!

A well mulched garden will survive a hot summer. Our yard has over five different varieties of mulch, so there's one to keep your garden alive! Jump online or visit us to see the range.

Central Landscape Supplies Swanson
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Open 7 Days • 598 Swanson Rd, Swanson
www.centrallandscapes.co.nz



Hot Property



Brick and Tile on 704sqm (approx.) - Family Oasis

A beautifully appointed and finished Ashcroft Home, offering an easy living 237sqm (approx). floor-print and a generous 704sqm (approx). section-size.

From entrance to entertainment area the home seamlessly caters for a family that respects space, quiet and independence, offering two separate bedroom wings, entertaining and a multi-room offering

media/ office/ guest room options. Four rooms and two bathrooms, separate laundry and oversized double garage.

A large entertainers kitchen/lounge/dining leading to outside decking and lawn with established fruit trees and easy care garden. So much to see, and plenty to impress.

This Ashcroft Homes build does set a high standard and certainly a great home to make your own.

The CV on this property is \$1,525,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

Hot Property



For more information on this property call Graham McIntyre on 027 632 0421 or graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).



BUSINESS - TOWN CENTRE ZONE - HUAPAI

3 1 1

By Negotiation

8 Oraha Road, Huapai By Negotiation

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



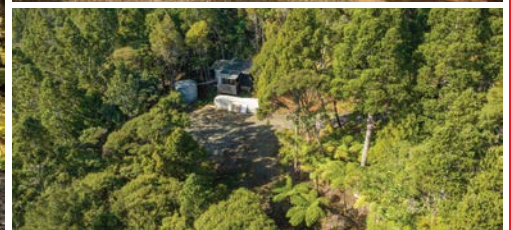
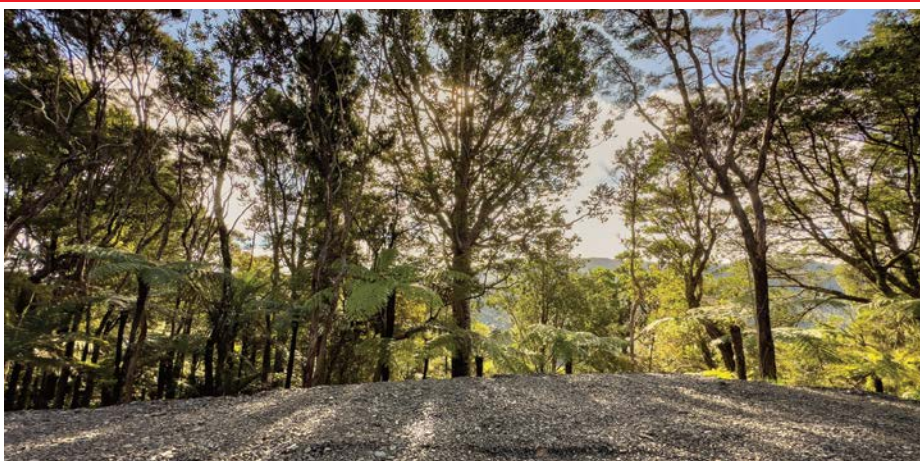
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www.mikepero.com/RX3226379

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ELEVATED NATIVE GLADE - OUTSTANDING BUILDING SITE

By Negotiation

15 Te Aute Ridge Road, Waitakere By Negotiation

Fabulous opportunity to create your very own slice of paradise, with multiple building site options and driveway access in place. The site provides expansive North facing valley views through established native bush cover, providing some stunning visual aspects and the song of Tui and Kereru. A transportable solar one bedroom working shed adds value to a buyer wanting to experience the best of site before building. Come view this dynamic landscape and plan your future with one of the very best North facing building sites on market for a very special home. Te Atute Ridge Road has an east and a west access, the latter is a gentle hill climb with the eastern road being a steeper gradient. Therefore you may like to drive the circuit and enjoy the best aspect of this idyllic environment.



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BRICK AND TILE ON 704SQM (APPROX.) - FAMILY OASIS



By Negotiation

130 Matua Road, Huapai
By Negotiation

A beautifully appointed and finished Ashcroft Home, offering an easy living 237sqm (approx). floor-print and a generous 704sqm (approx). section-size. From entrance to entertainment area the home seamlessly caters for a family that respects space, quiet and independence, offering two separate bedroom wings, entertaining and a multi-room offering media/ office/ guest room options. Four rooms and two bathrooms, separate laundry and oversized double garage. A large entertainers kitchen/lounge/dining leading to outside decking and lawn with established fruit trees and easy care garden. So much to see, and plenty to impress. This Ashcroft Homes build does set a high standard and certainly a great home to make your own.

www.mikepero.com/RX3758090



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FREE STEP-BY-STEP HELP GUIDE

Selling and Buying can be daunting

It can make you feel a little out of control, lost, and confused.

I take the time to listen to and discuss your goals and needs. I then walk you through all the steps to get there, inch by inch, piece by piece, helping you gain a better understanding of what's involved and delivering an improved real estate experience. My role is to assist you to make the best decisions just for you – today and into the future.

My name is **Graham McIntyre** and I am here for you and to ensure you can make your best decisions about your property plans.

Graham McIntyre

Franchise Owner
Kumeu | Hobsonville

027 632 0421





FLAT LAND - BIG SHED - AQUAFER BORE

By Negotiation

Lot 2 / 337 Ararimu Valley Road, Helensville By Negotiation

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

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

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

www.mikepero.com/RX3570208



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

Testimonial

"We are thrilled.

Graham was from the beginning of our process, organised, professional and knowledgeable about our sale.

He responded quickly to any concerns and made the whole process less stressful.

I would recommend Graham to friends who are considering selling or purchasing.

Top Agent..."

Nicky & Ralph

Get in the know with
Graham McIntyre

Brand and Territory Owner
Kumeu & Hobsonville



PROUD EMPLOYER OF
FIRE AND EMERGENCY
VOLUNTEERS

HE RŌPU KOTAHĪ TĀTOU



027 632 0421

graham.mcintyre@mikepero.com



LIFESTYLE, MIXED GRAZING/ REGENERATING BUSH

2 1

By Negotiation

1529 South Head Road, South Head
By Negotiation

4.3 hectares (approx.), a short distance from Shelly Beach, West Coast Beaches, Golf Club and fabulous Waioneke School. An interesting and undulating parcel of land offering grazing and regenerating native bush providing the perfect backdrop to a simple but adorable two bedroom, board and baton home. Open plan living, dining, entertainers kitchen with central hallway accessing two north-east facing bedrooms, separate bathroom and laundry with storage options. Follow the farm track to the hill-top to enjoy an elevated potential house site and views through the valley to the mighty Kaipara Harbour, framed by rolling farms.

www.mikepero.com/RX3761280



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Testimonial

“Great Communication, professionalism and empathy.

Graham sold our house on a difficult market. He was great to deal with, had a very broad knowledge of the local market and inspired confidence when we were feeling despondent. He was in regular communication with us and worked hard to find a buyer. Graham was respectful of our feelings and our home during the Open Home process which we always appreciated. Graham has a warm and empathetic personality and a great sense of humour which kept us upbeat too. Graham was a pleasure to deal with.”

Don & Angela

Get in the know with
Graham McIntyre

Brand and Territory Owner
Kumeu & Hobsonville



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VOLUNTEERS

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REAL ESTATE |

Mike Pero

Home & Garden

Need a tiler - Tile Wright

Now's the time to start thinking about that kitchen, bathroom, laundry project.

We are now carrying out free no-obligation quotes for your tiling needs; kitchens, splash backs, bathrooms, under floor heating and laundries.

We specialise in all things tiling; providing high quality services including Auckland Council approved water proofing, bathrooms, kitchens and splash backs.

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

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

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



Plant Pass

Are you a plant nursery or landscaper and would like to get more involved in Plant Pass? Plant Pass is a national certification scheme for nurseries and nursery suppliers (landscapers can be a part of this) to show that you are managing your biosecurity risks. With diseases like kauri dieback and myrtle rust becoming more common, plant buyers are looking to identify nurseries that have good hygiene practices.



Nurseries can consider joining the Plant Pass scheme. It involves a short course then completing a checklist of nursery practices, showing what practices are followed and what systems in place.



Tile Wright®

- Bathrooms
- Kitchens
- Splash Backs
- Waterproofing

Josh Wright

027 260 8225
Tilewright@outlook.com

The programme is managed by the Ministry for Primary Industries and can be daunting for nurseries, yet vital to your continued competitiveness. Alongside this, plant buyers are joining the Plant Buyers Accord, which means they are committed to buying plants from Plant Pass certified nurseries.

New Zealand Biosecurity Services Limited can help your nursery to become certified and take the hassle out of signing up. They can also help all nurseries to manage pest ants, plague skinks, kauri dieback, myrtle rust, and general nursery hygiene. For more information contact Danielle Hancock on 09 447 1998 or Danielle.Hancock@biosecurity.net.nz.

Blackout Electric

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



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

Nearly 3 years on we have 4 staff including a new apprentice who we just had start at the beginning of 2023. Aligning with supporting local, two of our staff are out of Kaipara College, which Blackout supports via their Gateway Programme. Seb is incredibly passionate about passing on his knowledge to others who want to be in the trade, and really enjoys seeing them succeed and become successful electricians themselves.

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

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



BLACKOUT
ELECTRIC

022 500 5856
info@blackoutelectric.co.nz
www.blackoutelectric.co.nz

Home & Garden

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

Subdivide and build with Signature Homes West

Do you own extra land and wonder how to maximise its potential?

Why not explore the potential for financial rewards by considering the construction of an additional house and subdividing your property?

To simplify the process, Signature Homes offers a subdivide and build service that takes care of every step for you.

We provide you with access to a team of expert consultants all under one roof, including surveyors, town planners, architects, new home consultants, and project managers.

You can trust us to handle every detail, ensuring a seamless and stress-free subdivide and build experience. We will collaborate with you at every stage, helping you choose the right layout, design, and



materials, so you can create an investment home that reflects your unique vision.

Enjoy peace of mind and security throughout your build journey with our marketing-leading building guarantees, including our fixed price guarantee.

It's all here for you - Whether you're in search of a House & Land package or you're a landowner seeking a tailored design & build solution, you'll find everything you need with Signature Homes West & North-West Auckland, your trusted new home builders.

No job is too big or small, and our team of experts will guide you through the new home-building process step by step with care.

Visit our Signature Homes Huapai Showhome - Searching for inspiration for your new home? Visit our award-winning Huapai Showhome and experience the exceptional craftsmanship that Signature Homes West & North-West Auckland has to offer.

Located at 190 Matua Road, Huapai and open daily from 12pm-4pm.

Want to know more? Contact Signature Homes West & North-West Auckland on 0800 020 600 to assess your project today.

November Garden to Kitchen

This is a month of rapid growth for the whole garden, so there is plenty of work to do. Existing tomato plants will need a little care, ensure they are staked, laterals are taken off and they are fed with

VISIT OUR NEW HUAPAI SHOWHOME

To experience the difference



199m² 3 2 2 2

190 MATUA ROAD, HUAPAI

OPEN MONDAY - SUNDAY | 12PM - 4PM

Home & Garden

tomato food. Keep planting salad crops for summer harvesting and finish planting summer vegetables and herbs such as chillies, courgettes, cucumbers, beans and basil. Feed all fruiting crops now is the time to plant a second crop of potatoes and remember to mound up soil around the foliage as they grow.

Watch out for pests and take action as soon as possible to prevent them becoming a larger problem. Use an environmentally friendly spray around your vegetables if they become a problem. Spray late in the day when the bees have gone home.

Remove any plants failing to thrive as they will attract pests and disease, better to replace them now and remove weeds as soon as they appear. This is where pests hide and weeds take valuable nutrients and water.

Water deeply and less often rather than a little bit every day. Protect cabbages and cauliflowers with Derris Dust to prevent white butterfly caterpillar and diamondback moth. Make sure you get to the undersides where they like to lay their eggs.

Stagger planting of green salad crops like mizuna, lettuce and mesclun for continuous supply.

Plant seedlings: tomatoes, cucumbers, capsicums, eggplant, lettuce, corn, gherkins, spinach, spring onions, melons, cucumber, beetroot, celery and cabbage.

In most areas seeds can be planted directly into the garden and now is the time to put in another round of summer crops. Beans, pumpkin, courgettes, carrots, beetroot, radish, corn, capsicum, eggplant, melons and spring onions.

Plant blueberries, they are easy to grow and require minimal pruning. Passionfruit and tamarillos can be planted, prepare the soil with compost and sheep pellets. Plant annual herbs like basil and coriander, pinch out the tips for a bushier plant. Pinch out the laterals on tomatoes and fertilise with a specific tomato food.

Feed and water strawberries, make sure you have mulched underneath the bushes to protect the growing fruit. Bird netting may be needed to protect the fruit.

Spray copper oxychloride and spraying oil to combat verrucosis,

aphids and mealy bugs especially on grapes and passionfruit to combat mildew and black spot.

Apply a side dressing of blood & bone to all vegetables and feed all vegetables with liquid fertiliser ever two weeks, use a watering can to apply.

Protect all seedlings from slugs and snails, scatter bait around each plant.

Mitre 10 MEGA Westgate & Henderson.

The heart of the home

They say that the kitchen is the heart of the home. If you're looking to sell up, there is no doubt a well-presented kitchen adds value. And if you're in it for the long haul, a warm and inviting kitchen is at the heart of family life.



We've been creating kitchens at Natural Timber Creations since 1981 so we know what we're talking about. We have the experience, the expertise and we know what works for our clients.

Being a custom kitchen outfit means we listen to what you want. We take your ideas, combine them with our extensive experience to give you just what you asked for and more; an exceptional quality finished product at that.

We are a one stop shop from design, manufacture through to installation - the same folk complete the entire job, and are invested during all points of the process.

We are experts in timber manufacturing but that doesn't stop us from realising your dream in any finish or style. Take a look at our website: www.naturaltimbercreations.co.nz or contact Paul Marley on 021 111 9637.

Tile and grout cleaning and re-colouring

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



Custom kitchens & furniture

Paul Marley
021 111 9637



- When quality and service matter
- We design, manufacture & install
- Over 30 years craftsmanship experience

www.naturaltimbercreations.co.nz

Dirty Tiles & Grout?

Don't put up with it any longer

If your Grout is porous, dirt and bacteria soaks in and leaves it unsightly and unhealthy. Normal cleaning does not improve it.

We'll deep clean the grout and seal it with Colourseal, rendering it stain and waterproof.

If required, we can replace perished, porous cement based grout with waterproof epoxy grout.

Our services: Grout Recolour - Sealing - Regrout - Tile Cleaning - Repairs - Re-silicone - Shower Glass Clean

Grout Pro TILE & GROUT RESTORATION SPECIALISTS

Free Quote!

www.theprogroup.co.nz Call Mark Bowers 027 477 2231

Home & Garden

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

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

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

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

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

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

Dan Taylor Plumbing and Gas

Dan Taylor Plumbing and Gas is a family run business that services the local and wider community. Dan grew up in West Auckland and attended the local Waimauku Primary School and then went on to Kaipara College for a few years before realising he wanted to get into a trade.

In 2002, he started his apprenticeship with well-known company, Heron Plumbing, where he became registered in Plumbing and Gasfitting. After spending a number of years working for other companies. Dan started his own business venture as a one-man-band in 2016 with 'behind the scenes' help from his wife, Emma.

"I have created great relationships while running a business, from our loyal clients to the contractors we use they all bring a lot of purpose to the business." Dan says. After a couple of years and an increasing workload he decided it was time to grow and came across the opportunity to employ Vincent and Joshua who have both been a great addition to the company. "We realise the importance in training young future plumbers which is why we brought on our first apprentice at the start of this year, Andre who we are excited to see grow and learn within the trade". Dan and his team cover all aspects of Plumbing and Gasfitting work. 'We mainly work on new builds, renovations and residential maintenance. Which gives us the opportunity to get to know the customers we are working for and focus on delivering high quality plumbing."



Renovating your home? Contact them today and they will handle your plumbing renovation no matter how big or how small.

Give the friendly team at Dan Taylor Plumbing and Gas a call on 021 254 3899 or email us at admin@dtplumb.co.nz.

Promoting gardening and healthy eating

Promoting gardening and healthy eating

Workshops: 10am-12pm

Wednesdays & Saturdays

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



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

Our upcoming workshops are:

Spring gardening workshop every Wednesday & Saturday 10am - 12pm

Come join us for a morning of seed-raising, sowing, planting, harvesting, composting, and more spring garden projects. This is a great opportunity to share your knowledge, learn new skills and gain practical experience with organic gardening.

Banana care - Wednesday 1 November 2023 10am - 12pm

Join Ben Cheah in this workshop where successful banana growing will be the focus. We will thin the grove, cut down stumps and layer plant materials around the banana plants, tying and supporting the fruiting plants, extracting pups. This is a hands-on workshop so please wear old clothes as banana really stains. Bring gloves, sharp knife/machete or pruning saw if you have them. Register to: triangleparkgarden@gmail.com



FOR ALL YOUR

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CONTACT US ON

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021 254 3899

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Home & Garden

Community garden open day - Saturday 04 November 2023 10am - 2pm - free event

Join us for our community garden open day. Bring the whole family and enjoy a fun day with mini workshops, demonstrations, garden tours, plant sale and refreshments. A wonderful opportunity meet the people behind the greenery and learn something new. Please bring your own box or carry bag.

Introduction to food forest design - Saturday 18 November 2023, 10am - 12:30pm

The benefits of an integrated multi-layered food forest outweigh the traditional orchard model through the combination of fruit trees, fodder trees, firewood and mulch materials into a self-sustaining system. You will be guided through a microclimate study, shelterbelt design process, fruit tree selection, and also discover the importance of support species to create a dynamic and productive eco system. Presented by Judy Keats, Green Sister Educator & Garden Coach. Register to: triangleparkgarden@gmail.com

Grafting - Saturday 25 November 2023, 10am - 12pm

Join Ben Cheah for a hand-on workshop on grafting where we will explore the different grafting techniques including marcotting (air layering), tips for successful grafting and practice. Please bring a Stanley knife and a pair of secateurs. Register to: triangleparkgarden@gmail.com

Triangle Park Community Teaching Garden - 385 Don Buck Road, Massey (next to the Massey Community Hub).

Whenuapai Floral and Garden Circle

A reasonable turnout at the Village Hall in October and it has been decided to reinstate the wearing of name tags at our meetings. Members were reminded we are still in need of a vice President.

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From welfare and trip information, we moved on to raffles, blooms and produce with a short break before our Guest Speaker, Chrissy Lloyd-Jones on growing avocados, the organic way.

The avocado is a medium-sized, evergreen tree in the laurel family. It is native to the Americas and was first domesticated in Mesoamerica more than 5,000 years ago. Raw avocado flesh is 73% water, 15% fat, 9% carbohydrates, and 2% protein. Known as a perfect food, it has become very popular throughout the world. In Australia and New Zealand, avocados are commonly served on sandwiches, sushi, toast, or with chicken.

Taking just three years from planting to fruiting, pollination on the Lloyd-Jones' Shelley Beach property happens around October/November with the fruit ready to harvest nine months later in July. In an entertaining way, Chrissy recounted many of the trials and errors as they set up their now thriving enterprise. They mainly grow the Hass variety and any fruit too ripe to eat is mixed with olive oil and used for facials, ensuring nothing is wasted.

For more about our Club, or if you wish to join us, please phone Doreen Brown on 09 832 3020 or Judy Garrity on 09 833 5592. Meetings are at 1 pm at 41 Waimarie Road, Whenuapai Village, on the second Thursday of the month with trips on the fourth Thursday. Entry fee is \$4 with another dollar per raffle ticket (good prizes). Until next time, Happy Gardening from Mary Anne Clark.

Laser Whenuapai and Roofing Whenuapai

We are heading into the last month of spring, daylight savings is here giving us longer, lighter days and summer is just around the corner! This time of the year not only brings more sunshine and warmer weather but is an ideal time to sort out some of the post winter jobs around the house.



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

It's also a good time to check your pipes, toilets and taps for water leaks. Leaks use unnecessary water and hike up your water bills.

We are experts in everything plumbing and roofing, so will find the right solution for any leaks or issues you may have. From basic tap washers and blocked toilets right through to re-piping, re-roofing, drainage, or gas systems, we can help...no job is too big or too

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Home & Garden

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months. Water tanks, water pumps, borehole pumps, engine driven pumps. You need it, we got it.

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Waimaku Garden Club

What a stunning Day for our outing to Touch of the Tropics Nursery Whenuapai. We had an interesting talk from the owners before wandering around this unique jungle environment with established tropical and native trees. It was like being transported to another world of creativity with something different around each corner, be sure to watch out for King Kong. This garden center showcases plant combinations specifically suited for their location. Inspirational. Also in Whenuapai, we visited Totara Waters Garden which was recently awarded the honour of being one of New Zealand's "Gardens of National Significance" It has a large variety of Bromeliades and other subtropical plants for sale not often seen in most gardens. Just glorious. After a lunchbreak of our choice of local cafes, we went on to Coatsville to visit Mincher 6 Star Garden of International Significance. The owners took us on a tour of their lovely gardens, old orchards, ponds, formal and informal planting surrounding a Georgian-styled home in this delightful large rural garden. Explore the "bottom ponds", a lush New Zealand planting with a European lean. Then wander along the bush walk to the traditional English walled kitchen garden with its Victorian-inspired glasshouse. Mincher is home to a variety of waterfowl and birdlife. The most wonderful day was enjoyed by all.



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Pets

Pet Days at Catalina Bay Market

Hey folks! It's that time again. Get ready for another one of our fun-filled Pet Days at Catalina Bay Market in Hobsonville on Sunday 12th November

We love bringing our animal loving community together and can't wait to host this event for you.

Highlights

We are very excited to welcome @zooventures to Catalina Bay. They will have a large range of small pets, including reptiles, tortoises, chinchillas, geckos, frogs, stick insects and more. I'm sure your family is going to love this cool activity run by Sally, a zookeeper and zoologist

- Saving Hope, an amazing local dog charity will be there & would love your support.

- Professional Face painter Gyorgyi from Fantasy Face Painting will be there too.

As always on event days there will be a lineup of boutique stalls, tasty food and live music.

8.30-2pm, we hope to see you all there.



Cat lovers we need your help

The NZ Cat Foundation has a sanctuary based in Huapai which houses over 150 cats. We offer safe sanctuary for older, disadvantaged and un-homeable rescue cats where they can live out their lives in safety and comfort. We need regular volunteers to help with routine chores so our cats can enjoy happy, healthy, safe lives. We are looking for volunteers who are mature, have a sense of responsibility, are good team players and dedicated animal lovers. Helping at the sanctuary is a popular way to fulfil community service hours for Duke of Edinburgh, St John's, Scouts, Guides, church, university, animal sciences studies, etc. We are happy to sign off on your hours and provide any needed verification of your service. We rely heavily on



volunteers on a daily basis and desperately need more.

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

Importance of training your dog from the first day

What to do and what not to do.

Training your dog from the day you bring them home is crucial to help you build a harmonious and fulfilling relationship with your doggo.

Early training sets the foundation for a well-behaved and happy pet, benefiting both you and your canine companion.

The importance of early training lies in creating a strong bond, effective communication, and a safe environment.

It establishes a hierarchy within the family, and helps your new buddy understand their role and your expectations.

Consistent training cultivates obedience, makes it easier to manage and enjoy your dog. This includes basic commands, housebreaking, and socialisation. It teaches your furry friend how to interact with people and other animals.

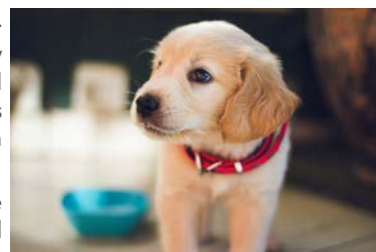
The impact of not training your dog can be disruptive and even dangerous.

An untrained dog may engage in destructive behaviours, become aggressive, or exhibit anxiety. This can lead to damage to your property, strained relationships with neighbours, and, in extreme cases, legal issues.

Inadequate training can also put your pet's safety at risk, as they may not respond to commands in critical situations.

To ensure effective training, it's essential to use positive reinforcement techniques, such as treats and praise, to encourage desired behaviours.

Avoid harsh punishments or negative reinforcement, as they can lead to fear and aggression. Consistency, patience, and regular practice are key.



Walkers Wanted

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



PET PATCH

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Pets

Seek professional guidance if needed and provide mental and physical stimulation to keep your dog engaged and happy.

Ultimately, training your dog from day one fosters a loving and well-behaved pet, enriching your life and the life of your furry friend with companionship and a strong, positive connection.

Much love from all the team at K9 Heaven - Helping build better, happier, healthier dogs. www.k9heaven.co.nz.

Photo by Berkay Gumustekin on Unsplash.

Pet Patch Dog Friendly Top Picks

Get ready for a fun-filled adventure as we explore the best dog-friendly spots around town. From serene parks to pet-friendly eateries, we're here to guide you on a journey of canine delights. So leash up your furry friend and join us as we discover some tail-wagging destinations. Together, we'll embark on a pet-approved exploration, making the most of your precious time with your loyal companion. Let's uncover the places that will make both you and your four-legged buddy smile from ear to ear.



Beer Spot - Huapai - Pop in to check out the latest beers on tap and yummy food truck, they even have some Dog beer for your Best Buddy

Kumeu Garden Hub - Huapai - Go for a stroll through the garden and pick up some beautiful flowers, gifts or plants to plant at home, your furry friend will love to have a sniff around and discover all the interesting smells (this is a great enrichment activity)

The Food Vault - Huapai - A fantastic spot for Breakfast or Lunch with the best Coffee (we would know as we frequent it weekly) dog friendly on the tables outdoors and peep the cute Pet Patch water bowl

Hive Bar and Restaurant - Kumeu - Enjoy a summer bevy out on the deck where dogs are welcome! There are also tv's out in the deck so you can catch all the important sports games!

Blend NZ - Huapai - Come and enjoy a smoothie, smoothie bowl and a coffee indoors or outdoors at blend, dogs are welcome!

Just Jess Boujee Bakery - Huapai - Always happy to see the pups a great spot to pick up a sweet treat for yourself and a Puppachino for your best mate

Hallertau Brewery - Riverhead - Dogs are welcome in the outside Garden Bar and what a spot to enjoy some of the finest Beer and Cider (We can personally highly recommend the Hallertau C and

beef Krokets)

Bee keepers Wife - Riverhead - A great Brunch spot on the way back from a walk in the Riverhead forest that welcomes dogs on the outside tables

Muriwai Beach - Muriwai - A great spot to take your dogs for some fun at the beach just remember with the black sand it gets hot so its best to go early morning or in the evening, also its important to be mindful of the wildlife at the beach and keep both your best mate and the wildlife safe.

Huapai Domain - A great local spot to go for a walk around and have a play, with cricket and summer footy season upon us there's always something to see and new experiences to be had at the domain just remember this is an on leash area and don't forget to pick up your poo.

Plus of course Pet Patch! we welcome all animals in store and we love seeing your best mates when you come in!

all of these places above welcome dogs but ask that your dog is well behaved and on leash at these locations.

Pet Patch - 320 Main Road, Huapai - phone 09 412 2009, email info@petpatch.co.nz or visit www.petpatch.co.nz.

Pet Patch pet of the month

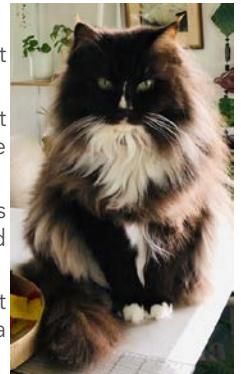
Meet Penelope!

Penelope is a 8yr old a chocolate ragdoll cat that Jennifer adopted in June.

She has cattitude aplenty and is great company after she lost her old dog Obie earlier this year.

If you would like to be featured as next months Pet Patch Pet of the Month then please send your entries to info@petpatch.co.nz

(We need a photo and a little write up about your pet) if you get featured you will win a \$20 store voucher to spoil your pets with!



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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 \$100 plus GST you can be exposed to over 20,000 locals for a whole month. That is only \$3.30 a day. For more information email our editor at editorial@thewesterly.co.nz.



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Food & Beverages

Don Buck Honey - Far North Four Pack \$45

This is a selection of four honey varieties displaying some of the honey types produced by New Zealand's far north. Something to consider if you want to try a range of different floral varieties. \$45 for four pots, \$120 to have 3x of these combos. Includes: Far North Manuka Honey 85+ MGO (370g), Pohutukawa from Islands in the Bay of Islands (370g), Towai Honey from Northland's Puketi Forest (500g), Far North Bush Blend (500g).

Pickup is from Massey, or these can be couriered to you.

www.DonBuckHoney.co.nz



A new chapter for Butter Baby

Sleek, industrial Butter Baby HQ opens its doors for takeaway in West Auckland.

Saturday 30th September 2023 - Brioche donut, Cinny bun and cookie darlings, Butter Baby are thrilled to announce the official opening of their new flagship kitchen and very first shop at Unit 70, 11 Northside Drive in Westgate, West Auckland.

Baked Best Out West - The new store is based on a takeaway concept where customers can order a cup of coffee from Wellington based, Flight coffee alongside a full range of Butter Baby's brioche donuts that will rotate on a fortnightly basis. The takeaway menu will also feature cinnamon buns, their OG cookies and the brand's best-selling Pandan and Ube cake slices.

Founder and Baker, Matilda Lee shares her excitement, 'West Auckland has a special place in my heart. It is where I grew up and that was where we 'Westies' used to say everything was 'best out west'. With the rapid growth and development of the Westgate area over the last three years, I am excited to be a part of its exciting food scene and to provide a culinary experience that introduces



nostalgic new flavours with a contemporary twist."

Growing Into The Demand - Butter Baby began as an experiment in her parent's Henderson home kitchen, where Matilda shares she was using mum's pots, utensils and oven to produce about 20 donuts for her very first weekend market pop-up store.

Soon she found herself selling donuts at two to three different markets each week with demand growing to 300 donuts and various other goodies. At that point she realised the need to expand into a full kitchen. Her new kitchen and shop known as the new 'Butter Baby HQ' will allow her to produce double or triple the number of goodies for not just the markets, but also to cater to customers who want to order for walk in takeaways, events and special occasions.

Sugar and Steel Come Together - Working collaboratively with up and coming interior designers, 'Studio We Are Young' and Brave Construction who project managed everything, a relatively compact space of 72 square metres was efficiently maximised resulting in a concept kitchen with an edgy simplicity and an industrial feel.

The shop's design features an open studio floor plan with two levels. The upstairs loft serves as an admin office whilst the ground level houses a compact cold room where all the baked goods are stored and a fully equipped industrial kitchen.

In the middle of the kitchen is a sleek 4 metre long stainless steel benchtop that doubles as a work-bench, coffee counter and daily display where daily patisserie favourites are showcased.

A small bench with limited seating allows customers waiting for their goodies to be packed to enjoy a takeaway coffee.

Bringing a pop of colour into the stainless steel surrounds, is a burnt butter orange light feature that stretches through the front to the back of the kitchen illuminating and highlighting the bench space below.

The Butter Baby logo is also unmissable. The red, orange and white logo features boldly on their roll-up garage door entrance and on their delivery van, parked just outside the premises.

What's On The Menu - A daily menu of brioche donuts featuring Kiwi favourites like the traditional Boston Cream, Raspberry & Cream and popular Singapore heritage flavours like Pandan & Sago and Filipino Ube will be staples, with a new menu introduced every fortnight.

There will also be a selection of cinnamon buns, cookies (OG Choc Chip, Salted caramel coconut, birthday cake), Pandan and Ube cake slices alongside the occasional selection of local Singaporean sweet or savoury steamed cakes known as 'kuehs'.

About Butter Baby - Butter Baby is a small artisan home bakery that first debuted in June 2021 at several weekend markets. Over the last two years, it has developed a following for its signature sell-out Cinny Bun Brioche Doughnuts, (Original Gangster) Chocolate Chip Cookie, Ube Kaya Cake and Pandan Kaya Cake. In September 2023,

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Food & Beverages

Butter Baby opened its first flagship kitchen and shop located at Unit 70, 11 Northside Drive in Westgate, West Auckland. Founder, Head Butter Babe and Baker, Matilda Lee is a hospitality and food photographer with a degree in Culinary Arts and her dream is to add a contemporary twist to old school comfort foods, having customers celebrate friendships and share memorable moments whilst bonding over new flavours or something as simple as a chocolate chip cookie.

Butter Baby HQ is located at Unit 70, 11 Northside Drive in Westgate, Auckland. Open from Thursday to Saturday from 8am to 1pm. Store contact number: 021 081 21914, email: info@butterbaby.co.nz, www.butterbaby.co.nz.

Christmas parties at Good from Scratch

Well I can't quite believe we are already in November... and do you know what that means? Work and family events are just around the corner!

If you're looking for a beautiful venue this Christmas, reach out to us at Good from Scratch and let us know what you have in mind. From hands-on cooking classes to private supper events and cocktail/platter style evenings, we do it all.

We also have a budget friendly option for those smaller groups who'd like to visit us and don't mind more of a restaurant style evening. So get in touch!

If you'd like to hear more, drop us an email at info@goodfromscratch.co.nz and we'll organise a time to get in touch and discuss your event.

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Health & Beauty

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Neck pain is a common complaint that can significantly impact our lives. Whether it's caused by poor posture, muscle strain, or underlying conditions, seeking effective treatment is crucial for relieving discomfort and regaining mobility. Physiotherapy offers a holistic approach to addressing the root causes of neck pain, providing long-lasting relief. In this blog, we will explore the benefits of physiotherapy and two research-backed treatment approaches to alleviate neck pain.

Power of effective physiotherapy for neck pain

A study conducted by Gross et al. (2015) found that exercise therapy is effective in reducing neck pain and improving physical function. The study involved a combination of stretching and strengthening exercises tailored to each patient's needs. Physiotherapists can guide patients through these exercises, targeting specific muscle groups to improve flexibility, strengthen the neck, and reduce pain.



In a study by Jull et al. (2019), researchers investigated the effectiveness of manual therapy for individuals with chronic neck

pain. The study concluded that manual therapy, such as joint mobilisation and manipulation, significantly reduced pain intensity and improved cervical range of motion. Physiotherapists skilled in manual therapy techniques can use these approaches to provide targeted relief and improve overall neck function.

Physiotherapy offers a range of treatments to address neck pain, including:

1. Manual Therapy: Skilled manipulation and mobilisation techniques to restore joint mobility and reduce pain.
2. Exercise Therapy: Tailored stretching and strengthening exercises to improve muscle flexibility and stability.
3. Posture Correction: Identification and correction of poor posture habits to relieve strain on the neck and spine.
4. Ergonomic Education: Guidance on proper ergonomics at workstations and during daily activities to minimize strain on the neck.
5. Pain Management Techniques: Application of heat, cold, or electrical stimulation to alleviate pain and promote healing.

If you're experiencing neck pain and seeking professional physiotherapy treatment, contact NorthWest Physio + on 09 412 2945 or visit www.northwestphysioplus.co.nz.

Ask Dr Heather

A friend asked me the other day, why is sunscreen so important? With the upcoming long hot summer El Nino is expected to deliver (wahoo!), it got me thinking. Why do we bang on about sunscreen? It must seem like sunscreen companies are sponsoring us to (they aren't).



It all comes down to science. When the sun stuns us with her rays, she emits Ultraviolet Radiation (UV). There are different types of UV, the main ones that affect us are UVA and UVB. The energy they carry penetrates our skin and cooks us in a similar way to how a microwave heats up our dinner.

Limited amounts of cooking (up to 15 minutes or so) are good for our tissues as it stimulates beneficial pathways in our body such as the production of Vitamin D, good for anti-ageing, bone and immune system maintenance.

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Health & Beauty

Too much of a good thing causes changes in our skin including altered pigmentation (spots), damaged collagen and dysfunctional deposits of elastin leading to wrinkles. Pigmented lesions/spots can also be triggered to mutate, leading to formation of cancer cells and the dreaded melanoma.

Sunscreen protects us from this radiation, broad spectrum the preferred choice to combat UVA (penetrates deeper and through glass, causing us to tan) and UVB (penetrates less deep and causes us to burn). Using this every day (even in winter and when its cloudy) helps prevent and treat these changes.

Like the necessity of wearing clothes, sunscreen should be part of the wardrobe. To be worn every day, except when the curtains are drawn and one is hiding inside.

Dr Heather Anderson is a Cosmetic Medicine and Urgent Care Doctor who practises in her own clinic at ALLOR Cosmetic Medicine in Whenuapai. If you have a question for Dr Heather you'd like answered anonymously in the magazine, please email askdrheather@allor.co.nz.

The value of a life

What is the value of a life?

That question gets asked a lot by different people and the answers are invariably different.

Ask your insurance broker and they will give you some complex calculations about your health and then sell you an insurance plan just in case you lose it.

Ask your banker and they will tell you it's how much your assets are worth if you happen to keel over and go to heaven tomorrow.

Ask your doctor and they will say that they value each life individually and they cannot place an exact value on each life as they will try to save everyone.

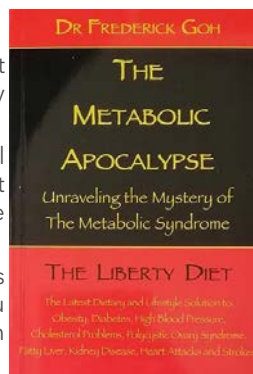
Ask your loved ones and they will tell you how much you mean to them and how much they will miss you when you are gone.

Ask Pharmac what the value of a life is and they will probably tell you it's how much they have to spend to save more people by approving a new drug against another drug that may only save a few people a year.

Ask your clergyman and they will probably tell you that you are loved no matter what value you actually have.

So what is the real value of a life?

I think the real value of a life is how much it will take, financially or



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otherwise, to prolong, extend or make your daily life better.

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Only YOU can determine what the true value of YOUR life is, what health YOU stand to lose if you do not act now, and how much YOU can do to help yourself eat well, live well and be well.

Value your life today.

And be free.

Dr Frederick Goh

Author of The Metabolic Apocalypse and creator of The Liberty Diet.

Available FREE at www.rhdoctors.nz or at Royal Heights Pharmacy.

Don't make this mistake when lifting

A study from Australia looked at 1000 people with acute lower back injuries and developed a list of the things they were doing or the triggers that caused their lower back injury.



As you would expect, things like lifting an object away from your body, lifting heavy, lifting unbalanced objects, were on the list, but the trigger that topped the list was surprising... it was being distracted during an activity. This was 3 times higher than the next closet trigger which was lifting something with an awkward posture.

So, when lifting, obviously we need to make sure you are using the correct techniques, but more importantly, make sure you are not being distracted.

If you have a lower back injury and would like some help, contact

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Massey Unichem Pharmacy

Riddle: What can energise you AND help you relax and sleep?

Answer: Magnesium

Your body need magnesium to create energy (in the form of ATP). Ironically, magnesium will also help relax muscles and improve sleep. Plus, sleeping well is important to waking up fresh and energised. But not just any old magnesium will do. You need to get the right magnesium for your own specific health needs. Given that magnesium is deficient in our soils, and therefore our food, it is important that we consider an appropriate magnesium supplement.

For those wanting to boost energy:

Magnesium has been used to improve athletic performance as it is actively involved in the conversion of glucose into energy. Some studies have shown an improvement in the ability to do prolonged exercise by 50%. That's a big improvement.

But it's not just the athletes that need it. People with Chronic Fatigue Syndrome or lethargy can benefit from taking an appropriate magnesium to boost energy.

For those trying to Calm the Farm:

Magnesium is protective for our brains. In times of stress, our magnesium levels drop, especially in the brain. High alcohol consumption also lowers magnesium levels. For this reason, it is not a good idea to use alcohol as a coping mechanism for stress.

Once your levels of magnesium drop, then your brain is more sensitive to stress or injury. Brain neurons actually shrink if there is not enough magnesium. Supplemental magnesium has been shown to help many patients including those with migraines

(especially menstrual migraines), anxiety and panic attacks, depression, irritability, nerve pain, epilepsy, ADHD, and is a great option for children. In fact, magnesium deficiency is commonly found in patients with these conditions.

Taking supplements of magnesium can raise the levels of magnesium in your cells and increase the resilience of your brain. It is important to get the right type of magnesium. Some types do not get absorbed very well and can cause diarrhoea. If you take medicines like omeprazole to lower stomach acid, absorbing magnesium becomes more difficult. Special forms of magnesium will be required if you are on an acid-lowering medicine.

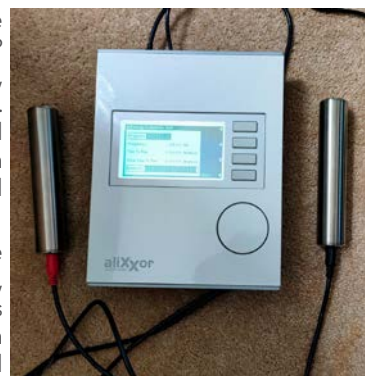
Pop in for a chat with the team at Massey Unichem Pharmacy about your health needs and we can recommend an appropriate magnesium for you. While magnesium is important for everyone, choosing the right supplement is not a "one-size-fits-all" approach.

lement is not a "one-size-fits-all" approach.

Rife Frequency sessions

Have you ever heard of Rife Frequency or Rife Treatment? Do not worry if you have not, you are not on your own here. Let's take a look at what it is and its history, this will give you an understanding of what it is all about.

In the 1920- 30's, the Rife machine or as it was known, Rife frequency generator was developed by an American scientist and inventor Dr Royal Raymond Rife.



Dr Rife, went out to prove that each microbe has its own frequency that it resonates with and with the right light frequency that any virus or bacteria could be killed. How Dr Rife saw it was that when the light frequency travelled to the virus or bacteria at an intense rate it would explode or shrivel up and thus be destroyed. A simple explanation of this, I recently came across is that it's similar to that of an opera singing and by reaching the right tone, it could make a glass break. Due to every microbe having its own unique frequency, it would not affect any healthy cells or microbes.

There had been a number of reports during the 1930's of the significance of his discoveries and the great success it had in curing various diseases, however it was met with opposition from the American Medical Association from the 1930's onwards and during the 1960's his research was banned and his equipment was

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Health & Beauty

destroyed. However, around the mid 1980's, after the book "The Cancer Cure that Worked! - Fifty Years of Suppression" by Barry Lynes was published, interest in the Rife started back up.

Today, Astramana™ Healing Services uses the Alixxor Rife Machine for treatments. This is a New Zealand made product. The Alixxor Rife machine has about 1 million frequencies (0-10,000 Hz). It delivers the frequencies in a safe steady or pulse mode. Generally, a treatment can last from about 20 minutes up to an hour. Each condition treated uses different frequencies, which may mean several different ones occur during the treatment. The client will either hold 2 prongs or use a foot plate. The frequencies can be used for balancing chakras, various day to day conditions, wellness etc. I currently use mine for balance, onset of colds, flu symptoms, asthma etc.

It is important to remember any treatment including Rife sessions provided by Astramana™ Healing Services does not replace any treatments provided by your licensed medical provider, nor do we claim to cure any illness or disease. We are happy to work with your medical provider or specialist.

Astramana™ Healing Services, was founded by International Reiki Master-Teacher and Hypnotist Jason Mackenzie. Mobile Rife sessions are now available. Anyone interested in purchasing an Alixxor Rife machine, we are able to assist you please contact us via email to book an appointment or for purchasing information. Visit our website: www.astramana.com, contact us on 021 02770836 or email astramana@gmail.com with any questions.

Rules of the Mind (part 1)

I have learnt the mind is like a computer & just like a computer it has rules. There are 15 that I am aware of. Here are the first 5:

- 1) The mind does exactly what it thinks you want & what it believes is in your best interest - what you tell your mind it will feed back to you. You need to tell your mind what you want.
- 2) It is wired to move you towards pleasure & away from pain. Link pleasure to what you want and pain to what you don't.
- 3) It loves what is familiar & rejects/resists unfamiliar which is why change can be hard & we need to repeat new behaviours until they become familiar.
- 4) The way you feel is down to the words you say to yourself & the pictures in your head - the more vivid the picture the more powerful the response. Make your words and pictures positive and empowering.
- 5) Every thought causes a physical and emotional response in you. Be careful what you think as it creates a physical reaction - say I am strong, I am powerful, I am happy, I am full of energy, I am enough, I am calm, I am relaxed, I am confident, and your body will respond accordingly. Lorraine Maguire - Rapid Transformational Therapist



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Hobsonville Chiropractic Centre

Tight muscles: are they because of overuse or underuse? It can be caused by either. Have a look at our most recent article about tightness in muscles. It can be found at <https://hobbycc.co.nz/tight-muscles-due-to-overuse-or-underuse/> Give us a call if you would like to book in! Hobsonville Chiropractic Centre, 295 Hobsonville Road, Phone 09 416-7589. Open late nights and Saturday mornings.

Arena Fitness

Located in the heart of The Trusts Arena, Arena Fitness is home to a team of friendly and qualified exercise professionals who will help you achieve the fitness results you are looking for. The Centre is easily accessible, well designed and has excellent views of the park surroundings (not to mention the elite views of the Olympic track while you're working out!). There are many ancillary facilities such as the indoor sprint track, boxing studio, group fitness studios, basketball courts and Olympic outdoor running track available to our members as well. Arena Fitness is all about community, with the Gold Club being a truly special group of the Arena Fitness family. Our seniors love to get together and socialise while keeping fit and staying active through classes tailored to their goals and ability.

The team at Arena Fitness like to have fun, while providing an excellent service to our gym members. You will always find an exciting gym challenge with epic prizes on the line, and monthly gym competitions where members can even score tickets to events at The Trusts Arena. New Members are always welcomed, and we would love to see you soon. thetrustsarena.co.nz.



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Area Columnists

Distance Families: Travel, technology & tuition

A few weeks back, the following post appeared on an expat Facebook page for Kiwis who live in the U.S.

"Anyone know how to get in touch with Air NZ at LAX directly? Trying to help my mum, who is stuck there after a missed connection and can't get through to anyone on the main US Air NZ line?"



Travelling these days isn't for the faint-hearted. When I travelled post-Covid to the States, every airport was stretched to the max. Staff shortages existed in all departments and passenger numbers were breaking records. We've seen the same in New Zealand.

And what's more, technology is centre-stage to the process - there's no escaping it.

The title of a recent Stuff article was 'Shame on you': Airline charges pensioners \$230 to print out boarding passes.

If you're attempting a complex itinerary, you need to have your wits about you, own a smart phone and know how to use it.

Think ahead about...

- The options of roaming versus buying a local sim card depending on where you are travelling to
- If you're swapping Sim cards in an iPhone, be sure to carry the little pin that opens the sim card tray
- Batteries that go flat quicker and the need for more data because you're using your phone more
- Carrying a multi plug for charging - anywhere
- Packing all charger chords and plugs in your carryon - just in case there is a flight delay
- Downloading the apps of all airlines you're travelling with. I read once that if there is a change in the gate lounge, the app is more likely to notify you of the new gate number before an airline employee updates it.
- Buying a lanyard so you can 'wear' your phone to avoid accidentally leaving it in a taxi as I have done.

If some of this is daunting to you the good news is that it's a learned

skill - you can master it. Ask for help and take yourself on a learning journey. The satisfaction of feeling technology confident is magic.

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

Making time to work on your business

The phone is ringing, you have too many emails in your inbox to deal with, you need to get work done for a customer, and a staff member has just called in sick.

For too many business owners that is a typical day, spent keeping staff and customers happy, fighting fires, and not getting to the tasks that you know you should be working on to improve your business.

There are always things you know you should be doing, but just don't have the time to do, such as working on the next marketing activity, improving systems and processes to increase efficiency, or working on the business strategy to keep moving the business forward. But how?

The Eisenhower Important Urgent Matrix is a good way to put things into perspective.

Daily firefighting is both important and urgent and is where most business owners spend their day. Working on your business falls into Important but not urgent and often gets put aside.

But here is the magical part. The more time you spend in the green box (important / not urgent), the less time you have to spend in the red box (important and urgent).

The first step to freeing up time to work on the important tasks, is to hand off those tasks that are not important, either by delegating it, or just not doing it (how many hours get spent scrolling through social media for example).

	Urgent	Not urgent
Important	Do it now	Schedule It
Not important	Delegate it	Don't do it

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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 \$100 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 \$100 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 \$450 plus GST per month.

Front Cover and Inside Page:

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

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

Contact us today at editorial@thewesterly.co.nz
or phone John Williamson on 021 028 54178 or
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the Westerly

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Food & beverage

Catalina Bay Farmers Market

Area Columnists

The second step is to schedule time in your week or month to work on your business. It is important to schedule it, not just rely on when you get a chance to do it. Prioritise the tasks so you know what is important to work on first.

Find a way to have someone hold you accountable if it doesn't get done. It could be your business partner, or it could be letting your team know when you expect have it done by. It could be by working with a business coach or consultant. Think of it as having a training partner at the gym - you are more likely to go if you have agreed to go with them.

Don't put off improving your business, otherwise every day will be a fire fighting day.

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

Worksafe calling?

Worksafe NZ carry out thousands of inspections each year into different businesses and workplaces. Worksafe aims to identify any health and safety law breaches, prevent harm, and promote best practices. They have the legal authority to inspect and prosecute your business if they believe it violates health and safety laws.



Workplace inspections conducted by Worksafe NZ are on the increase. This is no surprise as serious and deadly accidents continue to increase in New Zealand workplaces and demands for swift and effective corrective actions mount from industry groups and legislators.

We are therefore seeing Worksafe NZ changing their approach from encouragement and education to more enforcement. Furthermore, this is targeted to areas and environments where most accidents and incident are occurring:

This primarily involves these industries and/or working environments:

- Construction
- Transitional facilities
- Dusty and hazardous substance environments
- Noisy working environments

- High traffic sites - vehicles, forklifts
- Operating machinery - moving parts

Major hazard facilities, farming, forestry, and fishing have specialist Worksafe NZ Inspectors assigned to them and also in some instances come under different regulators.

Previously, you would only expect to be contacted by Worksafe NZ following a serious accident/incident or if a serious complaint had been made about an occurrence on your site. We are now seeing inspections selected on a so-called arbitrary basis.

A random Worksafe NZ visit usually starts with a phone call to say that an inspector will be calling in a couple of weeks' time to conduct a workplace inspection.

You do have the option at this point to delay the inspection if the day and time selected is not convenient - you are out of town, key staff are away, you want your Securo consultant to be there or you just want more time to prepare. Providing your request is reasonable, requests are normally accepted.

What happens next:

The day of the inspection:

- This normally commences with a short interview where the inspector wants to establish what happens in your workplace - what work activities take place, types of machinery and equipment, hazardous substances in use and vehicles operating in work areas.
- From this the inspector will form a checklist ready for the walk around the site.
- Under no circumstances allow the inspector to go anywhere unaccompanied. Ensure you, and preferably your Securo consultant as well, stay with the inspector as he or she walks around the site.

What are they looking for? The focus is typically on three main areas:

1. Leadership - Is there demonstrative evidence that Health and Safety is a priority.
2. Involvement and participation - Do workers have the opportunity to be involved in H&S matters.
3. Hazard management - Are hazards in the workplace identified, assessed, and controlled.

The inspector will also want to interview one of your workers preferably on the shop floor. This discussion will seek to establish their active involvement in reporting injuries/incidents, identification of hazards and participation in H&S matters.

What do they do if they find something not in compliance with the requirements of the Health and Safety Act - 2015?

Current priorities/hot buttons:

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Area Columnists

- Noise
- Dust/hazardous substances
- Traffic management
- Guarding of machinery

The inspector will issue an Improvement Notice if he or she believes you are or are likely to contravene a provision of the Act or regulations made under the Act.

This could involve as described above excessive noise in the workplace, Unguarded machinery and/or lack of control over movement of traffic likely to cause harm.

The inspector will state on the notice when a remedy is required following discussion with you and is usually reasonable subject to the likelihood of harm.

The Improvement Notice is required to be placed on display in a prominent place in the workplace.

A person who fails to comply within the specified period commits an offence.

If you have any concerns around this topic or other Health & Safety matters, your Securo Consultant is available to help. We can also advise on hazard management and provide access to specialist health professionals who provide health monitoring services.

For help and assistance contact Securo consultant John Riddell by email securo4@securo.co.nz or check out the Securo website www.securo.co.nz.

Bonjour – Hola – Ciao

Discover your zest for language.

Have you always wanted to learn French - Spanish - Italian but never got around to enrolling into that beginners' course? Or perhaps you want to equip your child with a passion for language at a young age. The good news is, no matter how old you are, you can discover your love for language at ABC Language Tuition.

The Language school is local, and classes are online in the comfort of your home at a time that suits you best.

Patsy Sackx has been running her teaching business for almost 20 years and her enthusiasm for teaching is stronger than ever. Patsy is a local and teaches at several local primary schools. She has a passion for language, which she passes



on to her students, both young and old with her bubbly, easy going nature and fun teaching style.

All the tutors of ABC Language Tuition are native speakers and live in NZ. Classes are all online, you can book your spot in a class or have a one-on-one lesson every week with your tutor. www.abclanguage.co.nz.

Muriwai Arts Trail Weekend 25 & 26 November

Art, eat, drink and play. Let's celebrate the arts. More than twenty artists from the local area including Kumeu, Muriwai and Helensville showcasing painting, photography, jewellery, ceramics, illustration, sculpture and textile art. Many are inspired by the rugged coastal environment of Muriwai.



Venues include Open Studios, Good From Scratch Cookery School, Kula Wellness Centre, Muriwai Lodge & Deli, Kumeu Art Centre and the Muriwai Golf Club. Visit artists and their open studios, galleries and taste local cuisine at four great Muriwai venues. Plus free sand art experiences for all ages. These artists (many award winning) aim to inspire and nurture creativity through workshops, exhibitions, open studios and unique experiences. Proudly part of the North West Arts charitable trust. For more details visit www.muriwaiartsopenstudios.com/

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