

# the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

fraserdental.co.nz

ORTHODONTICS

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

Fraser Dental Hobsonville

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](mailto:jbw51red@googlemail.com)

October 2023





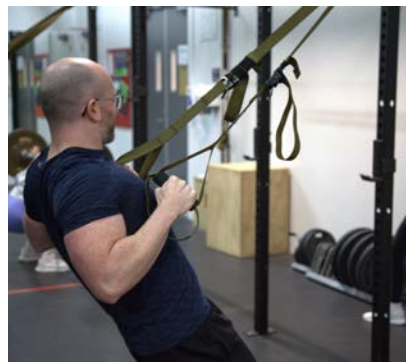
## Greetings

At the last general election, one in five of eligible voters "didn't get around to it, forgot or were not interested". Another 7 per cent thought their vote would make no difference. It's our civic duty to vote. While many might feel it's too much of a drag, voting is really important, and there are plenty of reasons why. We have a legacy of supporting democracy. In 1893, New Zealand became the first self-governing country in the world where women could vote in parliamentary elections. This should not be taken for granted. Honour New Zealand's democratic legacy. America took until 1920 to get there. Politicians can make bad decisions, and there are policies you will not agree with. If you don't vote, you can't complain about the decisions that politicians may make. Your vote counts just as much as anyone else's. Not voting favours the rich. Statistically, poor and unemployed people are less likely to vote. The Electoral Commission is targeting those between the ages of 18 and 25 to get them to the polling booths. Voters under 25 are less well represented, yet the longer they will have to live with the consequences of an election. You can enrol, check or update your details anytime at [www.vote.nz](http://www.vote.nz). Voting starts on Monday 2 October and polls close at 7pm on election day, Saturday 14 October. When voting starts, you can also enrol and vote at the same time at any voting place, including on election day.

As you read through the Westerly, see what you can find that may increase your enjoyment of your time, and perhaps eliminate some of those more difficult chores that you feel you have to do, but don't enjoy. Check out Graham's take on where the property market is at, and where it is going. Read the advice from the Fire Brigade on making our communities safer. Look for ideas on enhancing the house, and as the days get longer, enjoy more time in the garden. Treat yourself to a new place to eat or drink. Don't forget looking after your pets, and take care for your health. Enjoy the longer articles at the back of the magazine. Our thanks to our advertisers. Please see what they have on offer, and give your support to local businesses.

Make the most of October. Take care.

John, Editor



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# People & Places

## Fraser Dental Hobsonville

Fraser Dental in Hobsonville is more than just a dental clinic; it's a dedicated hub of dental care and community support. Nestled in the heart of Hobsonville, this full-service dental clinic is led by a team of top-flight clinicians, primarily composed of women, who bring a wealth of expertise to diagnose and treat a wide range of dental procedures. What sets Fraser Dental apart is not just their commitment to delivering exceptional dental care but also their profound dedication to giving back to the community they serve.



**Orthodontic Scholarships:** One of the standout initiatives from Fraser Dental and its sister practice, McIntosh Dental, is the annual Orthodontic Scholarship program. This program awards two deserving students up to \$10,000 each in orthodontic treatment. These scholarships are specifically aimed at students who not only have a clear need for orthodontic treatment but also excel in key areas such as academics, sports, the arts, cultural involvement, or community engagement. Since its inception in 2012, this program has transformed the smiles of 26 students, providing a total of \$175,000 in scholarships.

**Community Involvement:** Fraser Dental is deeply rooted in the local community and actively participates in community initiatives. They sponsor several local schools by providing toothbrushes, toothpaste packs, water bottles, and mouthguards. These efforts not only promote good oral hygiene but also instill healthy lifestyles among young people, contributing to the overall well-being of the community.

**Smile Makeover Competition:** In a bid to make dental care accessible and fun, Fraser Dental ran a smile makeover competition last year. The lucky winner of this competition received a prize

worth \$5000 in dental treatment. This initiative not only highlighted their commitment to transforming smiles but also showcased their dedication to patient satisfaction.



**State-of-the-Art Facility:** Fraser Dental boasts a friendly and modern clinic equipped with the latest dental technology. This includes digital scanners and 3D imaging, ensuring accurate diagnosis and effective treatment planning. Ample off-street parking makes it convenient for patients to access their services.

**Comprehensive Dental Care:** Fraser Dental offers a wide range of dental services to cater to the diverse needs of their patients. Whether it's orthodontics, implants, general dentistry, cosmetic procedures, or dentures, their experienced team is well-prepared to provide high-quality care.

**Convenient Hours:** Recognizing the importance of accessibility, Fraser Dental is open six days a week, including a late-night option on Thursdays, to accommodate the busy schedules of their patients.

Whether you're seeking dental care or looking to support a dental clinic deeply committed to the community, Fraser Dental in Hobsonville is a name that stands out. You can reach them at 09 416 5050 or book an appointment online at [www.fraserdental.co.nz](http://www.fraserdental.co.nz). Join them in their mission to create healthier smiles and a stronger community.



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# Community News

## 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 practiced 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

## Discoverers Hobsonville Point

Empowering your mind for healing, creativity and loving outreach to others.

Jesus was once asked what the most important spiritual principle was. He said it was; "Love God with everything you have - your feelings, your intelligence, your physical strength."

But how do we go about doing that? It means loving God by developing all dimensions of our personalities - our emotional, spiritual, and intellectual resources and our inner strengths - through life-long, whole-person learning, and the using these gifts to serve the needs of God's human family and the natural world.



At the Discoverers informal church gathering on Sunday 22nd October, we will be exploring some ways we can love God with our minds in these confusing times.

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

For further information contact Barry Jones; Phone 022 683 873. Email: beejaynz05@gmail.com Facebook 'Discoverers Hobsonville Point.'

## Waitakere Greypower Association

On Wednesday 20th September 2023, Waitakere Greypower Association held a Meet the Political Candidates meeting at the Te Atatu South Community Centre. Our speakers were Chris Penk, National Party, Phil Twyford, Labour Party, Dr. Michelle Warren, NZ First Party, Simon Court, Act Party and Ricardo



Menendez March, Green Party. All candidates spoke about, law and order policy, health policy, superannuation policy, cost of living and housing policy. The meeting was attended by forty two members and friends. All members thanked the candidates for taking the time to attend. All candidates respected each other and it was a meeting run the Westie way for the benefit of our members. It was Waitakere Greypower doing its formal job in advocacy. We urge you to cast your votes and Special voting begins on 2nd October 2023 with Election day being Saturday 14th October 2023. Written by Mate Marinovich, President Waitakere Greypower Association Office 247 Edmonton Rd, Te Atatu South 0652 Auckland.

## Out of Zone applications for Greenhithe School now open

We have opened Out of Zone applications for Greenhithe School in the year 0/1 levels for 2024. Places are limited.

The opportunity is now available to join our highly successful, community focused primary school for children who will start as a Year 0/1 student in 2024.

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# Community News

Applications for this opportunity close on Wednesday 11th October 2023.

According to the Education Review Office, the strengths of our school include:

- learner progress and achievement outcomes are consistently equitable and excellent for all learners
- teachers are consistently using effective teaching strategies and practices in adaptive ways to promote equitable and excellent learning outcomes

Email [office@greenhithe.school.nz](mailto:office@greenhithe.school.nz) or call 09 413 9838 the school office for further information, or refer to the form here [www.greenhithe.school.nz/enrolment/](http://www.greenhithe.school.nz/enrolment/)

## Gibbs Sculpture Park

Rotary Browns Bay Fundraising Event Gibbs Sculpture Park Friday 17th November 10am till 2pm.

The Farm is home to a series of major-specific artworks. and exotic animals, including giraffes.

Proceeds from the event will go toward supporting Gumboot Friday and other Rotary Browns Bay charities.

Order your ticket at [www.brownsbayrotary.co.nz/fundraising-activity/](http://www.brownsbayrotary.co.nz/fundraising-activity/)

Wear comfortable shoes. The event will go ahead rain or shine. Bring some cash for drinks, snacks and Sausage Sizzle Entrance limited to 150 people.

## Many ways to volunteer for Hospice West Auckland

Volunteering is a rewarding and empowering way to make a difference to someone's life that can help give meaning to yours. Time is one of the most precious things we can give each other. Often just having the time to make a cuppa for a patient, chat with a family/whānau member, or helping for a shift at one of our Hospice Op Shops can make all the difference to our organisation and the people we care for.

There are so many ways to volunteer for Hospice, so if you prefer to be behind the scenes or only have limited time to give that's ok -



there is room for everyone in our volunteer family. Volunteer roles available include: retail assistants at Op Shops, patient and family volunteers, health care assistants, fundraising volunteers, event assistants, drivers, cooks and bakers, shoppers and errand runners, beauty therapists and hairdressers, photographers, creative and floral arts and crafts, and performing artists. If you're ready to make a difference and would like to find out more, please contact our friendly Volunteer Services team at [volunteerservices@hwa.org.nz](mailto:volunteerservices@hwa.org.nz) or visit our website [www.hwa.org.nz/volunteers](http://www.hwa.org.nz/volunteers).

## 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 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](http://www.artpoint.co.nz).

## RSA Hobsonville

114 Hobsonville Road, Hobsonville, Auckland  
Phone 09 416 7227 • Email [manager@hobsonvillersa.org.nz](mailto:manager@hobsonvillersa.org.nz)

We welcome all Members and guests of reciprocal rights clubs.  
New members welcome to join at any time.  
Darts, Pool & Gaming Lounge available.

OPEN Wed - Sun 3pm to close.  
Dining Room open Wed - Sun 5pm to 8pm, group bookings welcome, lunch group bookings for 20 plus by arrangement

- Camper Vans welcome to stay (bookings essential)
  - Facilities available for private functions, work meetings, small conferences
- Contact Manager for further information & costs**

THE SMALL RSA WITH THE BIG HEART



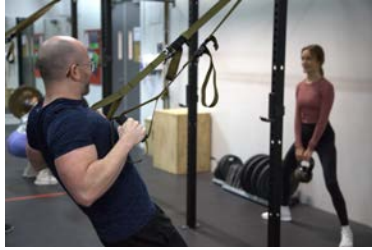
**TAI CHI HOBSONVILLE**

Peter Gordon  
021 274 6736  
[Admin@Taichi-Hobsonville.nz](mailto:Admin@Taichi-Hobsonville.nz)

# In Brief Updates

## 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](http://thetrustsarena.co.nz).

## Travel events in full swing

October and November are a great time to plan and book for 2024. Our team of six passionate travel consultants would love to hear what your plans are. With your ideas and our expertise, we're create the perfect itinerary for an unforgettable and well-planned journey.



We'll be alongside you through all stages of the journey starting with planning, booking and the fun part travelling.

Some tips to get you started are - Start planning early. This will give you the best chance of getting the best deals on flights and accommodation. Be flexible with your dates. If you're flexible with your travel dates, you'll be more likely to find good deals. Consider flying into alternative airports. This can often save you money on flights. London for example has five. Book your accommodation in

advance. This is especially important if you're traveling during peak season. Do some research on the places you want to visit and share this with us. This will help us plan your itinerary and make the most of your time away. Get travel insurance. This will protect you in case of any unforeseen events before or during travel.

A reminder that we don't need passports to book flights. So if you want to secure a flight ticket and passport hasn't arrive yet don't worry about it. Call us.

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

With the security of a physical store, experienced consultants, 100% Kiwi business owner operated, TAANZ bonded and local, who better to be your travel agent wingman?

Your ideas + our knowledge = better holidays.

Please keep us in mind when planning and booking your next trip. 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](mailto:Hobsonville@hot.co.nz) 09 416 0700.

## Funding helps students take action for Te Taiao

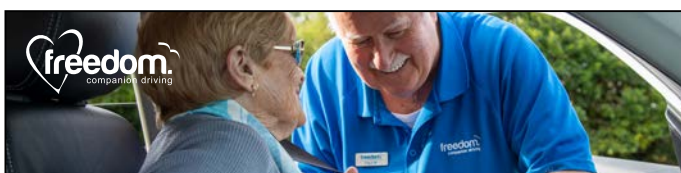
Most children dream of going out to chase frogs and catch butterflies, but students from Ranui Primary School have turned their curiosity into action.



The Tui 3 students from the school have been regenerating their school garden, with the help of the Natural Environment Targeted Rate (NETR), and support from Auckland Council staff.

It all started with a question from teacher Whaia Laura: "How healthy is our area?" Students at the school started on a journey that saw them learn how to assess Te Taiao - the environment around them - and what action they could take.

The school invited park ranger Glenn Browne and Frazer Dale,



### Paul Miller

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# In Brief Updates

senior conservation advisor from Sustainable Schools, to help students better understand the local environment.

Replanting for birds and us

The students walked around the school garden, only to find the area next to the classroom was overgrown with pest plants, including Woolly Nightshade, Tradescantia, Chinese privet, German ivy and Montbretia. "It's a weed forest", said one student.

The little Te Taiao helpers cut off the Woolly Nightshade seed pods and placed them into rubbish bags using the pest plant tool kit from the Sustainable Schools tool library, which is funded by the targeted rate.

The students then planned to replant the area in winter with fruit trees or native trees - the fruit trees for themselves and the native trees to feed birds. They also learned more about the native plants in the school grounds.

Nurturing kaitiakitanga

Waitākere Ward Councillor Shane Henderson says: "We love to see our kids taking part in conservation efforts and we're very happy to support their curiosity. It's a great way to nurture kaitiakitanga (guardianship) among our younger generations."

"To be honest, the child version of me is a bit envious of these kids because my generation didn't have this level of support when we were young. But the adult version of me feels truly proud as we can connect our kids to the land and see them flourishing."

Te Kawerau ā Maki are also helping the students learn how to care for a kauri tree in the area that was cleared.

This regeneration project is ongoing as the students learn more and think about future gardening plans.

## New mural on the Massey Birdwood Settlers Hall

The new mural has been started. Artist Mandy Patmore first requires the image to be projected on to wall. Then the image is traced, this requires darkness.

Back to work the next morning, having started at 6 pm Friday night and finished at 11.30 pm, and painting has started this








**waller**projects

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morning, in a manner of the colouring in books you buy for the kids.

Except Mandy knows what the colours are.

If you would like to hire the Massey Birdwood Settlers Hall, please email [masseybirdwood@gmail.com](mailto:masseybirdwood@gmail.com).

## Guided tours to France with 2 French/kiwi locals in 2024

Boutique Tours France, operated by 2 locals. Catherine and Patsy, organise amazing, guided tours for small groups (max. 8 people) to France.

"A Taste of Provence" 14-day guided tour 30 May - 12 June 2024

Join us and visit the South of France - 14 days of culture, shopping, food, wine, and experiences in beautiful Provence. Tour starts in Avignon, stay a week in a gorgeous French Farmhouse with swimming pool and private French chef, and explore the beautiful villages of Lourmarin, Menerbes, L'Isle-sur-la-Sorgue, Roussillon, Gordes and St Remy de Provence to name but a few.

"From Normandy to Brittany" 14-day guided tour 14 - 27 June and 29 Aug - 11Sept

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# In Brief Updates

like Honfleur, St Malo, and Mont St Michel. Admire the medieval Bayeux Tapestry, visit Omaha Landing beaches. Enjoy the Pink Granite Coast in Brittany and dream away in Pont Aven. Visit regional craft, food and antique markets and enjoy our selection of carefully chosen charming Hotels.

"Patsy and Catherine gave us a unique and highly personal tour experience. They went way above and beyond what would be expected in a usual small tour and made the whole experience as a group of friends travelling together. Each day held new and interesting things to do and see, and what I will remember strongly is the fun-loving attitude from Catherine and Patsy and the laughter and good times we all shared"

Quote from Lianne who travelled with us June 2023.

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Our motto: Good Food - Good Company - Good Times

## Te Pukenga Nui: Active Whakapapa Rangatahi Internship

"Ka pu te ruha, ka hao te rangatahi - when the old net is cast aside, the new net goes fishing". This whakatauki (proverb) is often used to describe the passing down of leadership to younger generations, how mātauranga (knowledge) flows through whakapapa (genealogy) and recognises the responsibility of younger generations to hold and share that knowledge.



Building on this idea with the aim of increasing rangatahi employment opportunities in West Auckland, the Waitākere Ranges Local Board has allocated funding to support the Active Whakapapa kaupapa. This presents an exciting chance to engage rangatahi and offer them the opportunity to learn and deliver the Active Whakapapa

hikoi (walks). Māori Strategic Lead, Mike Tipene explains.

"We've been working with Te Kawerau a Maki to develop a plan that will support the iwi to deliver Active whakapapa in the Waitākere region. This funding has given us the chance to trial this and iron out any bumps, alongside helping usher rangatahi into the workforce."

The new venture will launch a paid internship programme called Te Pukenga Nui, specifically designed for rangatahi Māori. The initial phase of the programme will involve codesigning a framework with the rangatahi to outline key skills they want to learn and the support they will need to achieve their goals.

Field training sessions to build suitable delivery, health and safety, child protection and administration skills will also take place, as well as other training sessions to develop their knowledge of tikanga, the pūrakau and whakapapa of the local area.

Te Pukenga Nui will be delivered in the coming months and will be guided by the ultimate outcome of Te Kawerau a Maki having mana motuhake of Active Whakapapa.

## 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.



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# In Brief Updates

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](mailto:info@grfinance.co.nz), [www.grfinance.co.nz](http://www.grfinance.co.nz), or call 021 669 430.

## Scouts fundraiser

Come along to our fabulous fun fundraiser for scouts & leaders to attend Jamboree this December

Saturday 14 October at the Muriwai Golf Club, doors open 6.30pm, starts 7pm sharp

Team of 6 for \$100 or individuals at \$20 each & we will place you in a team

BYO Snacks, the bar is open, so no BYO drinks, sorry.

Bring cash for games & raffles and there will be an auction.

No door sales. Tickets must be pre-purchased

[waimauku.scouts@gmail.com](mailto:waimauku.scouts@gmail.com).

## Coffee News

Hi, we're Peter and Catherine Cooke, the proud owners of Coffee News North Shore and North West (Whenuapai/ Kumeu/Huapai/Helensville/Waimuku/ Coatesville/Riverhead) - all one area. We'd like to invite you to be part of the Coffee News family.

Coffee News is all about exclusivity, offering just one ad per business category per area edition for undivided attention. Our weekly publication reaches 80-100 outlets in each area, exposing your ad to a minimum of 70,000 potential customers every week in your local community.

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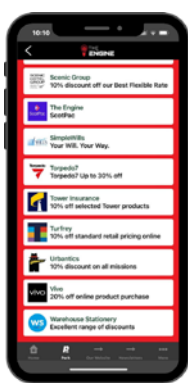
# In Brief Updates

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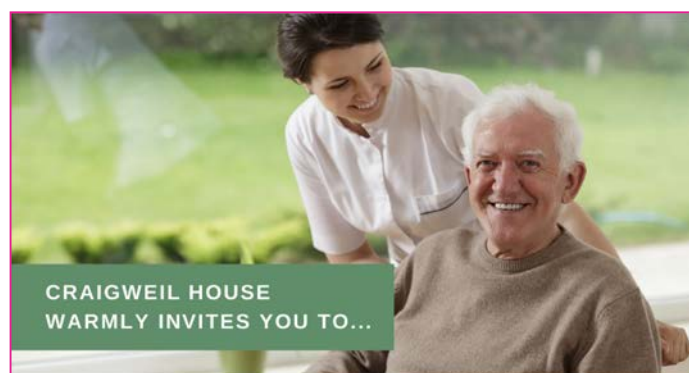
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## Making a difference in the lives of the elderly

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 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

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## Orion Point: A jewel in the making



Metlifecare's newest village, Orion Point, heralds a new benchmark in retirement living - one that's grounded in exceptional design, luxury and sophistication.

The masterwork of acclaimed architects Ignite, the village is nestled on the peninsula between Hobsonville and Scott Points, and boasts sweeping coastal views, high-end accommodation and on-site amenities rivalling any five-star hotel.

"Orion Point is unique for retirement village living - the luxury feel, the tranquil coastal location, the stunning views," says Orion Point Village Manager Helena Pearson.

"There's a lingering assumption that moving into a retirement village is akin to moving into an old people's home, but this is as far as you can get from that. It will offer residents fabulous restaurant dining, cocktails on the rooftop terrace and state-of-the-art amenities including a beautiful swimming pool."

And, scheduled for completion early next year, two breathtaking penthouse apartments will take Metlifecare's quest for premium retirement living to the next level.



Each penthouse suite delivers around 255 square metres of luxury with three bedrooms and three bathrooms, a media room, bespoke kitchen with Miele appliances, large scullery, separate laundry, additional carparking and a grand lounge and dining area opening to a balcony and spectacular views. Add to that an abundance of storage, sumptuous interiors and a timeless timber and stone palette and these residences are in a league of their own.

Ignite Architect's Mark Crean says the decision to include penthouse apartments at Orion Point was a response to the outstanding site.



"When Metlifecare purchased this piece of land they knew they had a unique property. It's on the coastal edge, down a quiet end of its own peninsula with far reaching harbour views, and it enjoys all day sun. Add that together and it's as good as it gets."

He should know. As Ignite's Director of Living Environments Sector Lead - Aged Care, Mark is at the forefront of contemporary retirement village design and planning in Aotearoa.

"It's good to see our aged care providers wanting to provide this high level of offering. I'd live here!"

For those who are not in the market for a penthouse suite, Orion Point's one, two and three bedroom apartments and villas offer upmarket contemporary living in a village that's thoughtfully designed for the good life.

"Moving into Orion Point is more like moving into a country club or resort. Every apartment and villa has good sun, many have great views and once complete, the village amenities will include everything from a wellness centre, library and hair salon, through to a village green, a workshop and a craft room. You name it, it's here!"



The main amenities block will become the heart of village life. "It's a place full of vibrancy, activity and energy, where people can easily come together, so they don't feel isolated or lonely."

And in another couple of years there will be a 46-bed care home too, ensuring this discerning yet fun-loving community of retirees have access to support they need, whatever stage of the journey they are at."

Contact the Orion Point sales team on 0800 005 877 for more information.

# In Brief Updates

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](http://www.yourcompanion.co.nz) or get in touch with Liisa 022 473 9275.

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## RE: Maker Space

Buffie Mawhinney, a talented upcycler from The ReCreators, has been teaching a three-week woodworking and gardening class at West Auckland's RE: MAKER SPACE. This innovative class focused on creating eco-friendly and sustainable garden solutions by crafting seed trays and garden planters from reclaimed wood. With her expertise and passion for upcycling materials, Buffie inspired her students to not only develop woodworking skills but also cultivate a deeper connection with nature and sustainability.



The first week of the class was dedicated to introducing the students to the world of woodworking. Buffie emphasized the importance of safety and proper tool handling, ensuring that everyone had a solid foundation before diving into their projects. The participants then made planters from solid bits of fencing wood retrieved and donated from Hugh from Piritahi.

In the second week, the class learned how to construct seed trays and all about planting seedlings. Buffie shared valuable insights on designing functional and aesthetically pleasing trays that would accommodate various types of seeds. The students learned to measure, cut, and assemble the wood pieces with precision. Buffie encouraged creativity, allowing each student to personalise their seed tray design, giving them a sense of ownership over their creations.

The third and final week was an exploration of crafting garden planters. Buffie introduced advanced woodworking techniques,

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# In Brief Updates

such as creating joints for increased structural integrity. The students discovered how to design planters that could thrive in both indoor and outdoor settings. They learned about the importance of drainage and proper soil depth, ensuring the longevity of their planters.

Throughout the course, Buffie passionately conveyed the principles of sustainability, encouraging her students to embrace the concept of upcycling. She instilled in them the idea that discarded materials could be transformed into beautiful and functional garden accessories, reducing waste and contributing to a greener planet.

Buffie's class at RE: MAKER SPACE not only provided her students with practical woodworking skills but also nurtured a profound appreciation for nature and eco-conscious living. By creating seed trays and garden planters from reclaimed wood, the students not only gained hands-on experience but also became ambassadors for sustainable practices in their community. Buffie's dedication to fostering creativity, craftsmanship, and environmental stewardship made this three-week woodworking and gardening class an enriching and transformative experience for all involved.

A huge thanks to Lotteries, COGS for supporting this kaupapa and teaching community resilience skills.

## North West country update

Spring has sprung and so has the event season for the North West with a lot happening in the area. A large number of events are on

and we hope to see you all there supporting local.

We have the Best of the West Burger Battle where four businesses will battle it out to win your votes for the best burger. Run over all of October you need to test the offerings at The Hunting Lodge, Hallertau, Riverhead Portage Bar and Morepork.

While you are travelling around the area eating burgers, make sure you stop in at Beerfoot Brewery at the Coopers Creek Winery estate who are celebrating OktoberFest. This boutique brewery is set in beautiful gardens and will showcase their brews right on our door step. Perfect for those warm sunny days.

Our Business Awards finalists have been announced and you might notice posters on shop windows and social media posts asking you to vote for your favourite businesses. All of these amazing businesses need your support to help pull off the People's Choice award so get to our website and get those fingers to work. We will soon release ticket sales for the Awards Gala event at Allely Estate - certainly the event of the year for our business members. We want to see everyone coming along and enjoying the evening and supporting your local businesses. Allely Estate will be serving locally supplied food, wine and beer to make it a truly North West event.

Stay tuned on our events page for other upcoming opportunities to enjoy the weather and bring your friends and family out to enjoy our beautiful neighbourhood.

Danielle Hancock - Manager | North West Country Inc Business Association, email [manager@northwestcountry.co.nz](mailto:manager@northwestcountry.co.nz), phone 020 400 27008

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# Barns we love

## Barns We Love



"Barns We Love" is a captivating exhibition that invites us to explore the fascinating world of barns in all their glory. This unique showcase delves into the intricacies of barn design, revealing a rich tapestry of diversity, innovation, and aesthetic charm.

Through a captivating collection of photographs, this exposition not only highlights the exterior beauty of these structures but also delves into their interior spaces. It's a journey that allows us to appreciate the multifaceted roles barns play in our lives. They are more than just repositories for hay bales and tractors; they are personal expressions of those who build and maintain them.

These barns stand as testaments to human ingenuity, each one telling a unique story of purpose, functionality, and creative vision. From rustic and traditional designs to modern and innovative interpretations, "Barns We Love" showcases the remarkable versatility of these structures.

In this exhibition, you will witness how barns go beyond their traditional roles, evolving into spaces for art, gatherings, workshops, and more. They serve as a reflection of the communities they are a



part of, adapting to changing needs while preserving their timeless charm.

So, step inside the world of barns, where form and function harmonise to create architectural masterpieces. "Barns We Love" invites you to appreciate not only the physical beauty of these structures but also the incredible stories they hold within their weathered walls. Congratulations to our winners and a special thank you to our sponsors Mitre10 Mega Westgate, Aussie Butcher, Hunting and Fishing Westgate, Mike Pero Real Estate Kumeu, and Kiwispan Kumeu.





# Safer Communities



With daylight savings upon us, we start to enjoy warmer and longer days.

The sun shining on the weekend allows us all to spend a bit of time in the gardens clearing and tidying the growth and weeds that have been accumulating for the past few months.

Keeping long grasses and vegetation near buildings maintained gives your property a much better chance of surviving a fire

by minimising the amount of burnable fuel that can carry fire to your home.

Dried leaves in your gutters are also an easy source of ignition from embers traveling in the air from a nearby fire. If possible keep these clear and engage the help of a tradesman if required to ensure you are not putting yourself at any risk of injury by falling from a height.

What to do with all of the garden waste once you have finished tidying?

As a lot of us are in a semi-rural area it is highly recommended you visit [www.checkitsalright.nz](http://www.checkitsalright.nz) before you decide to burn off any trimmings.

The site guides you through what you can do at your address and assists in applying for a permit should one be required.

It also assists with:

- Displaying the current fire danger rating for your planned burn day.
- Assists by giving you some suggestions as to choosing a safe site, and soil types, to avoid burning on.

• How to look after and put out your bonfire.

• How to be courteous to your neighbours by considering the smoke caused by green or wet materials.

An unplanned bonfire can go wrong and spread without cautious care and planning. With some planning any potential incidents can be safely avoided.



Jamie Shaw

Deputy Chief Fire Officer  
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## New eLearning module available now Young children developing water competence [dpanz.org.nz/e-learning](http://dpanz.org.nz/e-learning)



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- ✓ Know how to build your young child's water competence



# Property

## Property market report

Exciting news is on the horizon as Auckland's real estate market experiences a resurgence. The Real Estate Institute of New Zealand's latest report reveals that we're on the path to stability and growth.

Last month brought a refreshing surge of "late winter confidence" to the housing market. Sales numbers are soaring, and the time it takes to sell a property is shrinking, igniting a spark of optimism among buyers and sellers alike. Auckland's housing market is on the rise, with the REINZ House Price Index showing a 0.9% increase in the past month. That's on top of a 0.7% gain in July, and a stunning 2.1% rise over the last three months. ANZ economists Andre Castaing and Miles Workman confirm that our housing market has decisively turned a corner and is back on its upward trajectory. Economists across the board are predicting a 3% increase in house prices during the second half of this year, with growth continuing into 2024.

With an annual net migration gain of 96,200 people, the demand for housing is on the rise. This surge in population is creating additional pressure on housing, driving up both rents and house prices. According to Westpac senior economist Satish Ranchhod, the housing market is not just stabilising; it's looking even livelier than expected. Interest rates remain favorable, and recent gains suggest the market could heat up even sooner than anticipated.

Auckland's median price has surged past the million-dollar mark, reaching \$1,010,000 in August 2023, a remarkable 2% increase from July. Although it's down 8.2% year-on-year, the upward trend



is undeniable. The number of days to sell in Auckland dropped from 44 in July to just 41 in August 2023, a sign of strong demand and swift transactions. It's an excellent time to consider selling, as the market is stable, and low inventory is creating fierce competition, providing sellers with options.

Let's look at the sales

Hobsonville	\$815,000 to \$1,700,000
Massey	\$740,000 to \$1,275,000
Waitakere	\$815,000
Westgate	\$810,000
West Harbour	\$840,000 to \$1,296,000
Whenuapai	\$1,205,000 to \$1,365,000

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](mailto: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!

## 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

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# Property

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

## New proposed Property Management Bill

In the ever-evolving landscape of property management in New Zealand, a significant change is on the horizon. The government has introduced the Residential Property Management Regulation Bill, a transformative piece of legislation that promises to reshape the industry. As someone deeply involved in this dynamic field, I'm excited to explore the intricacies of this proposed bill. However, it's essential to dissect its implications and consider certain key aspects carefully.

The primary focus of the Residential Property Management Regulation Bill is to establish a comprehensive licensing framework for rental property managers. This framework is designed to install professionalism, accountability, and adherence to industry



standards. It also provides a structured platform for tenants and landlords to voice their concerns and grievances, offering a well-defined process for resolution.

While these developments are undoubtedly positive, a critical detail requires our attention. Notably, the new licensing system will not cover landlords who manage their properties themselves or include Social Housing providers. This omission raises valid concerns about the comprehensiveness of the regulatory process.

Over the years, the demand for regulation within the property management sector has gained momentum. The recent election has further accelerated this push for standardised practices and safeguards.

While I wholeheartedly welcome the strides taken in this Bill, I am compelled to stress the importance of including self-managing landlords within its scope. Currently, their exclusion means that only half of the industry would fall under the proposed regulations. Considering that more than 40 percent of rental properties in New Zealand are managed directly by private landlords, their omission raises questions about the bill's effectiveness in achieving its intended objectives.

However, there is a noteworthy shift among private landlords who are increasingly opting to engage Property Management Companies. This shift indicates that the industry recognises the need for expert management in navigating these evolving waters.

Despite its imperfections, the proposed regulatory framework lays the foundation for a transformative shift in tenants' rights nationwide. This shift promises tangible improvements in living conditions for tenants and aims to foster trust between landlords and property managers, resulting in better-managed, higher-quality properties. It's a win-win situation for all parties involved.

While individual Property Managers adhering to industry body standards exhibit commendable competence, it is essential to recognise that the sector as a whole lacks comprehensive regulation. As the New Zealand rental landscape evolves and more people embrace the rental lifestyle, instilling confidence in both property owners and renters is paramount.

The proposed regulatory system encompasses various elements, including registration, licensing, training, and educational prerequisites. These components, along with industry practice standards, create a robust framework. This framework, bolstered by a strong complaints and disciplinary mechanism, ensures that property managers are held accountable for their actions.

As we navigate the contours of the Residential Property Managers Bill, we stand at the precipice of a pivotal transformation within the property management industry. While questions linger about the exclusion of self-managing landlords, the strides taken toward professionalism, accountability, and transparency are undeniable. The bill's potential to usher in a new era of tenant rights, property quality, and trust between stakeholders is an accomplishment to be celebrated. The journey ahead is one of promise, and I am excited to

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# Property

witness the unfolding of a more regulated and responsible property management landscape.

If you're a property owner or investor seeking a property manager you can trust, someone who will care for your investment as if it were their own email [mike.james@therentshop.co.nz](mailto:mike.james@therentshop.co.nz).

## Pre-settlement inspections

By Elyse Crowther, Registered Legal Executive, ClearStone Legal

Under the standard ADLS Agreement for sale and purchase a purchaser is entitled to undertake a pre-settlement inspection of the property prior to settlement. This needs to be done at least two working days before settlement as anything discovered during the inspection needs to be raised before the settlement date.

The purpose of a pre-settlement inspection is to ensure the property is in the same condition it was in at the time you signed the agreement and all the chattels listed in the agreement are present and in working order. If there was agreement for the vendor to undertake any works prior to settlement, it's an opportunity to confirm those are done too.

When identifying issues, a common-sense approach works best, for example the oven not working or a smashed window would be considered a valid issue - whereas the lawns not being mowed or an untidy kitchen would not be a valid complaint. It is an opportunity to check there is a key supplied for every external door, and look for rubbish (or 'treasures') stored under the house.

When undertaking your pre-settlement inspection remember that unless you specifically added a clause, there is nowhere in the standard ADLS agreement that states the property must be clean or



cleaned, rather it just needs to be in the same state it was in when you signed the agreement.

If an issue is discovered there are three options available. The vendor may agree to fix the issue, or you can agree a reduction in purchase price and you accept responsibility for the issue yourself, or a retention may be agreed and held in the solicitor's trust account until the issue is remedied. If the vendor does agree to fix the issue, then you have an additional right of inspection prior to settlement to check that it has been done.

Our friendly team are always happy to answer any questions you have about buying or selling property. You can reach us on 09 972 5102 or check out our website at [www.cslegal.co.nz](http://www.cslegal.co.nz).

## Titles and land covenants

Most land agents will tell you to get legal advice before you sign an agreement. This is good advice because it gives you and your lawyer a chance to look at a title to see if there are things that limit your future use and enjoyment of the property that are validly on your title. Failing that, we always recommend that you only sign an agreement with a due diligence clause which allows you to withdraw from the agreement if you are not satisfied about the title.

Title issues include that the land covenants are too vague for you to be sure that the vendor has complied with them. This is especially so where the style of building or materials used is something must be approved by the developer. It often cannot be known whether the developer ever approved these things or whether it can lead to expensive remedial work after you are committed to the purchase.

If you are looking to buy or sell a property and are wanting more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at [info@kempsolicitors.co.nz](mailto:info@kempsolicitors.co.nz) or 09 412 6000.

## 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



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# Property

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](mailto: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, Graham is a proven, stable, professional by your side helping and guiding you to the very best decisions and outcome.

## Get home loan ready

Banks assess three main factors when looking at a home loan application:

1. Income 2. Deposit, and 3. How you manage your money.

Of these, how you manage your money is especially important at the moment.

All lenders will look over the last three months' worth of your bank statements to see what your current spending habits are, and that you can comfortably make your mortgage repayments.

So, the trick here is to act like you are actually paying a mortgage BEFORE you apply for one, and not only that, but pretend you are paying it at a rate of around 8.9% as this is what the banks will "stress test" you on when working out your affordability.



To break that down, you would look to take your current rental payments and add your regular savings amount to make up the required mortgage repayment.

For example, if you're paying \$3,250 per month in rent (or \$750 per week), and you want to buy a home worth \$850,000 you will need a home loan of \$680,000 (assuming you have a 20% deposit). The repayment would be around \$4,474 on a fixed interest rate of 6.89%. Meaning you need to save an extra \$1,224 per month (or \$282 per week) on top of your rent.

However, we want to show the bank that you have accounted for the "stress-test" (remember that rate is around 8.9%, meaning they test your affordability to repay the loan at around \$5,422 per month), so what you actually want to be saving is \$2,172 per month (or approx \$501 per week).

So, your current rent plus the extra savings is going to be the same as your future mortgage payments which will look very favourable to a bank when applying for a home loan.

Now, you might be thinking, that's a heck of a lot extra to save on top of my rent payments!

But the reality is that's what paying a mortgage will be like - so work out where you can cut back on unnecessary spending like - your daily coffee, buying your lunch, eating out, gym memberships etc and see if you can start running your "pretend" mortgage for 3 months.

If you can't quite make up the difference, keep in mind that you can add a boarder or flatmate to the situation when you buy a home as well.

Not only will you be "bank ready", when it comes time to apply for your home loan, but you will have had a good experience of what paying a mortgage is really like - so it's not such a shock when it actually happens.

As always, you can reach out to me for a no obligation chat and we can put a plan in place to get you one step closer to getting you into your own home. Stephen Massey - Mortgage Advisor and First Home Specialist, Call or Text 021 711 444.

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

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[stephen.massey@loanmarket.co.nz](mailto: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](mailto:hobsonville@mikepero.com). This service is free from cost.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HOBSONVILLE	870,000	114M2	90M2	815,000		1,350,000	565M2	197M2	1,148,000
	1,600,000	312M2	216M2	1,400,000		850,000	613M2	100M2	916,000
	1,675,000	450M2	275M2	1,700,000		740,000	0M2	60M2	835,000
	1,000,000	154M2	106M2	930,000		1,000,000	572M2	90M2	751,000
	1,240,000	237M2	187M2	1,274,500		1,075,000	813M2	140M2	956,000
	930,000	139M2	100M2	890,000	SWANSON	990,000	451M2	172M2	820,000
	1,180,000	196M2	152M2	1,214,000		1,750,000	587M2	342M2	1,650,000
	1,265,000	454M2	169M2	1,170,000		1,100,000	532M2	213M2	1,125,000
	860,000	85M2	119M2	945,000	WAITAKERE	1,275,000	6.74HA	0M2	815,000
	1,285,000	279M2	184M2	1,260,000	WEST HARBOUR	1,215,000	711M2	133M2	1,050,000
	1,015,000	112M2	121M2	900,000		1,460,000	651M2	170M2	1,296,000
	1,440,000	222M2	174M2	1,447,000		960,000	95M2	124M2	840,000
MASSEY	830,000	567M2	100M2	810,000		1,100,000	264M2	133M2	920,000
	750,000	0M2	120M2	740,000		880,000	140M2	124M2	860,000
	1,125,000	224M2	192M2	1,050,000	WESTGATE	770,000	64M2	90M2	810,000
	850,000	376M2	110M2	771,000					
	1,100,000	554M2	166M2	1,100,000					
	1,550,000	808M2	260M2	1,275,000					

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:

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(Not 4% that others may charge!)

**1.95%** on the balance

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

Mike Pero Real Estate Hobsonville also provide statistical data FREE from cost to purchasers and sellers wanting more information to make an informed decision.

Phone me today for a FREE summary of a property and surrounding sales, at no cost and no questions asked. Graham McIntyre 027 632 0421

\*Available for a limited time. Conditions apply.



**Mike Pero** | REAL ESTATE

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Graham McIntyre  
Brand & Territory Owner  
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## 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.



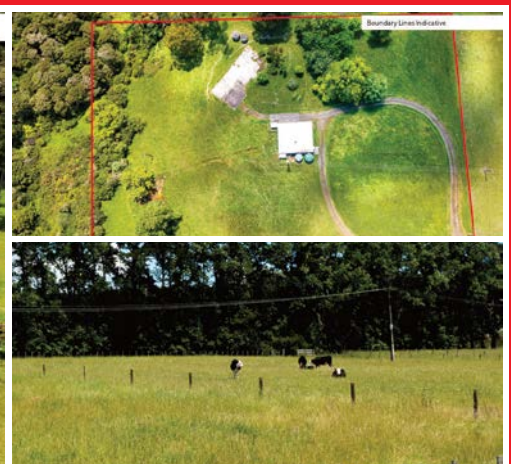
**Graham McIntyre**  
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## FLAT LAND - BIG SHED - AQUAFER BORE

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 aquifer
- 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.



**Graham McIntyre**  
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**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](http://www.mikepero.com/RX3761280)



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## 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**





# Hot Property



## Elevated native glade - outstanding building site

Elevated blank canvas offering the very best views combined with outstanding native bush.

This is a 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.



# Hot Property



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





# Central's Tips

## October 2023



### The fruit and vegetable garden

- **Planting edible flowers** with vegetables is a no-brainer - salads become more interesting, the vegetable bed looks pretty and the bees arrive! Flowers to eat include nasturtiums, carnations, daylilies, rose petals and violas
- **All the summer vegetables** can go in at Labour Weekend - the soil temperatures are warmer, and the sunlight hours are increasing making it ideal for planting!
- **Despite a year awash with rain**, watering has become important: young seedlings and germinating seeds are in the top layer of soil which dries out first. Water daily and if it's becoming dry very early in the season, place pea straw around the plants
- **Protect young plants** from spring winds with windbreak cloth. Or leave in some of the finished winter vegetables and plant young vegetables and herbs between them. Cold spring winds can be deadly to seedling establishment
- **Liquid feed all seedlings at planting** - it gives nourishment at the root area and helps get the plants off to a good start
- **Tomatoes** are especially fast climbing, so construct climbing supports to manage the growth and aid access to picking them

### The ornamental garden

- **Wage war on the weeds** - actively removing or spraying them early in the season, leaves plenty of room for the desirable plants to flourish and reduces recurrent weed growth. Mulching around plants after weeding helps with this
- **Fertilise established lawns** with Prolawn Lawn Booster. Use a handheld spreader to apply the correct amount evenly. Lawn fertilisers should be watered in after application to avoid burning
- **For a summer of flowers** plant dahlia tubers, sow seeds of cosmos, hollyhocks and poppies. Daisies, perennial petunias and alstroemerias are all reliably long flowering and appear in garden centres now. Plant with Garden Mix
- **Keep the garden healthy** with foliar spray of Aquaticus organic Garden Booster. Apply early morning or later in the afternoon
- **Rhododendrons and hydrangeas** bloom from now onwards. Both plants grow as small or medium sized bushes and they come in a range of flower colours, so they're a worthy addition to a garden
- **Fancy some blossom?** Most ornamental cherry and crabapple varieties are available now. Plant into Garden Mix or Nutra Soil, stake well and mulch around the new tree

## Project for October

### Time to refresh the pots and urns

Planted pots are micro gardens where the plants are being asked to grow under harsher conditions. Re-planting them can refresh the look: use Potting or Garden Mix as these blends drain better and are packed with fertilisers. Fill to within 3cm and layer on mulch to finish the look.

Tip: if it's a very large pot, polystyrene can be recycled into the base to about halfway up, saving on mix.

For Potting or Garden Mix in bags visit [centrallandscapes.co.nz](http://centrallandscapes.co.nz)







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# 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.

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



## Home security

Coming into the festive season something we should all be thinking of is home security. Here at Blackout Electric, we offer alarm installation as well as CCTV installation to protect one of our most important assets, our home.

We recommend and install Arrow Head alarm systems. Arrow Head is a New Zealand based company, who design and manufacture right here in New Zealand. You can remotely access your alarm panel via your phone to control certain functions from anywhere in the world and they have a wide range of products available to suit everyone's requirements.

We offer a few different CCTV options, including hard wired, battery operated and solar powered camera systems. These can all be accessed via apps on your phone with



various different functions.

Your home is your castle so it's important to choose the right security system.

What Are the Benefits of a Home Security System?

**Deterrent to burglars:** Obvious signs of an alarm system, such as stickers and outdoor cameras for video surveillance, have been proven to deter a burglar, whose crime is often one of opportunism.

**Peace of mind:** With a home security system installed, you can achieve some peace of mind knowing that your home is protected whether you're away or sleeping soundly.

If you'd like to know more about home security systems and get a quote for an installation get in touch with Blackout Electric today.

## Searching for an expert builder in West & North-West Auckland?

Whether you have an idea of your dream home planned out or you're just starting your build journey, Signature Homes West & North-West Auckland are here to help.

Owners Dean and Amanda Pritchard, with over 20 years of experience, and their expert team will work with you to craft a space that aligns seamlessly with your lifestyle.



Enjoy peace of mind with the support of Signature Homes market leading building guarantees, including our fixed price guarantee.

It's all here for you - Whether you're looking for a House & Land package, or you're a landowner seeking a custom design & build solution, it's all here for you with new home builders Signature Homes West & North-West Auckland.

Our services cover knock-down & rebuild projects and subdivision services, all managed by our expert teams under one roof. No job is too big or small, and our expert teams will guide you through the new home-building process step by step.

Custom design your way - Signature Homes design & build service gives you the ability to create your forever home from scratch. Our dedicated expert team, from designers to building project managers and consultants, offers solutions tailored to your budget, all conveniently located under one roof.

We'll work alongside you every step of the way, taking the time to choose the right design and materials, so that you can create a



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# Home & Garden

home that is truly yours.

Visit our Huapai Showhome

Draw ideas from our stunning Huapai Showhome and experience the quality craftsmanship Signature Homes West & North-West Auckland has to offer, located at 190 Matua Road, Huapai and open daily from 12pm-4pm.

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

## October garden to kitchen

This is a month of rapid new growth for the whole garden, so there is plenty of work to do. Spring is well underway, keep an eye on the weather, pay attention to weeding and feeding. A well-fed plant will better survive diseases, pests and drought.

October is tomato and vegetable planting time, plant seedlings and seeds of salad crops. Finish planting the herb garden, small fruits and berries should also be planted now and time to feed all fruiting crops.

Protect cabbages and cauliflowers with Derris Dust to prevent white



butterfly caterpillar and diamond back moth. Make sure you get to the undersides where they like to lay their eggs.

Time to sow seeds: Beetroot, beans, carrots, cabbage, cauliflower, eggplants, kohlrabi, lettuce, cucumber, melons. Transplant to the garden as the weather warms and when they are showing at least two sets of true leaves.

Tomatoes can be planted now the weather is warmer. Dig compost into the soil before planting. Put the stake in at the same time to save root damage later on and it serves as a reminder to regularly tie them up.

Plant seedlings: Eggplant, capsicum, cucumber, melons, lettuce, capsicums, leeks, cabbage, corn, pumpkin, celery, onions, silverbeet, courgettes, beans, peas, cauliflower, carrots, radish, beetroot, pumpkin, spinach, corn, lettuce and tomatoes.

Plant passionfruit, if have an existing vine remember they need replacing after approx five years, plant its replacement now.

Plant tamarillos, red or yellow, they like a free draining soil, add compost to the soil and stake well.

Blueberries can be planted now, easy to grow and a great source of antioxidants.

Basil and coriander can be planted now as the weather is more consistent, pinch out the centres to encourage the plant to bush out. Use the pinched tips in the kitchen.

Feed all vegetable plants fortnightly with a liquid fertiliser, water and fertiliser at the same time!

Feed strawberries plants with strawberry food every two weeks, water in the fertiliser.

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*To experience the difference*



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# Home & Garden

Feed your potatoes with blood and bone every two weeks and remember to mound up the soil around as the foliage as it grows.

Citrus needs protection now from verrucosis, spray with Copper Oxychloride. Protect fruit trees with codlin moth traps and protect seedlings with slugs and snails with bait, scatter around each plant.

Mitre 10 MEGA Westgate & Henderson.

## 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](mailto:admin@dtplumb.co.nz).



## New committee members needed

We're pleased to see the end of the dismal winter that came on the back of a dismal summer. The ground is finally drying out and getting warmer and the growing season is upon us. It's welcome!

You're also welcome to join us. Even if you just have five minutes for some weeding, or some spare vege plants, pop along and pull those weeds, and leave any seedlings on the shelf behind the shed. Our main gardener Calvin is often down at the gardens on the weekend, but you don't need us to be there to make yourself at home.

Sadly our secretary and our treasurer are moving on from the committee so we now also need new people for these roles. We meet in person or via Zoom about four times a year, so won't take much of your time. Unfortunately we may have to reconsider our viability if we can't find more people to fill these roles and to help at the garden itself. If you are keen to help, we'd love your support, please message us on Facebook.



## Whenuapai Floral and Garden Circle

Margaret welcomed us back after the recess and informed us that we are still in need of a vice President. Details and changes to upcoming trips were relayed to members before our guest speaker, Jacqui Knight from the Moths & Butterflies Trust, enthusiastically described her interest.

"Since its inception in 2005, this not-for-profit organisation has been engaging with New Zealanders to ensure our biodiversity promotes a thriving moth and butterfly population. Most conservation efforts have focused on our birds and trees. Insects are the poorer cousins.

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# Home & Garden

And yet of all the insects, butterflies, with their colourful wings, inspire interest and respect. An understanding of and love for butterflies and moths can lead to reverence for all nature because butterflies rely so much on other aspects of the environment such as plants and flowers.

It is estimated that there are over 2,000 species of NZ butterflies and moths - mostly moths. More than 90% are found nowhere else - this is the highest proportion of unique butterflies and moths in the world. Of the butterflies, the red admiral was once found in most parts of NZ but has now retreated from many urban areas with gardens being 'tidied' and nectar-filled flowers disappearing with a change in lifestyle trends and gardening fashions. This butterfly, known to Maori as kahukura (red cloak) is only found in NZ."

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.

## Kaipara Coast Sculpture Gardens

Saturday 21st to Monday 23rd October (Open 9.00am to 5.00pm)

If you're looking for something to do over this year's Labour Weekend, maybe consider a trip to the beautiful Kaipara and check out our Sculpture Gardens. The 9th annual Helensville Arts in the Ville event which highlights the endeavours of local artists is also happening that weekend, so a great opportunity to also visit the township and check out some local artists whilst you're in the area.

Based a few minutes north of Kaukapakapa on SH16, Kaipara Coast Sculpture Gardens are located within the local Plant Centre and has 3.5km of walking trails, which begin with our 1km sculpture & gardens trail, containing 40 fun and interactive sculptures created by local and international artists.

There are also two forest trails that meander through native forest containing streams with four small waterfalls as well as wonderful rural and Kaipara Harbour views along the way.

These trails are open to the public from 9am to 5pm every day. There is a modest entry fee charged (see below) which goes towards the upkeep of the tracks and gardens. Annual passes are also available.

There are seats and picnic tables located along the trails, as well as a games area within the gardens, so bring your picnic and spend the day relaxing away from the hubbub of the city. A great alternative to local beaches or reserves.

If you're feeling energetic, there are additional walks available in

the Kaukapakapa area; just 3km further up the road is the Omeru Reserve, which has recently been upgraded, with a well-formed 10minute walking track to the Waitangi falls, which is a popular swimming spot in the summer.

There is also a great play area for the kids plus our cute little coffee shop and of course the garden centre for you to browse around.

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

\* Sculpture and Nature Trails are not suitable for wheelchairs or walking frames.

## Laser Plumbing and Roofing Whenuapai

Laser Whenuapai is your local one stop shop for all plumbing and roofing needs.

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# Home & Garden

means choosing a solid, reliable and experienced company that you can depend on. Not only can we offer you total solutions for all your plumbing and roofing needs, we stand by all our jobs by offering warranties...and we always use quality New Zealand made products.

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## Tile and grout cleaning and re-colouring

Are you tired of looking at your lovely tiled floor and walls only to be Are you tired of looking at your lovely tiled floor and walls only to be disappointed by the dirty stained grout lines?

Traditional cleaning methods actually leave your grout dirtier and bacteria laden than before you started?

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

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

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

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



exterior.

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

I've been a franchisee of The Pro Group for 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.

## Springing away

The sound of mowers and trimmers is echoing around most suburbs these days as homeowners and mowing & gardening contactors are busy tidying up the lawns and gardens to have them looking great over the months ahead. I've noticed many people busy in their gardens, tidying, trimming and re-planting, with many piles of trimmings ready to go to green waste. There is a lot of enjoyment to be had from this activity and hopefully you have been able to get your seeds and seedlings planted to make the most of the warm and wet conditions. There is some talk from forecasters of a warmer summer ahead so it may pay to think about irrigating your garden - a simple system typically available from the local hardware or garden centre on a timer is a pretty inexpensive way of getting the best out of your garden and limiting the amount of water you use.

It's time to get ready for the flush of growth of your lawns too. Keep mowing regularly and the keep the mower nice and high for a while yet so you maintain the grass at its best health with strong roots. With all the extra spring growth comes a need for extra nutrition for the grass, so feed it. You'll help get it in the best condition possible by giving it a good boost of slow release fertiliser right now. This'll support that rapid growth and help you to have a lush, healthy, green lawn bursting through and ready for summer.

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

## Waimauku Garden Club

The Garden Club had a beautiful early spring-like day for its August visit to Couldrey House and gardens and then out to Puhoi. Couldrey House is a Victorian-Edwardian family home and garden, dating back to 1857. The family home is located in the beautiful surrounds of Wenderholm Regional Park and the attractions include old colonial furniture and china, paintings and pictures of early New Zealand, displays of kauri gum, shells and private collections of newspapers, old maps and historic documents. Volunteers from the Friends of Couldrey House trust gave us a wonderful morning tea, talk and guided tour. We then went onto historic Puhoi. Puhoi was settled on June 29th, 1863 by people from villages near Pilsen in Bohemia. They came for gifts of promised land and endured extreme hardship before the land became productive and schools,

## Dirty Tiles & Grout?

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# Home & Garden

stores and the Roman Catholic Church of Sts Peter and John were established. We were again given talks and guided tours by extremely knowledgeable local volunteers of the museum and church, before we all lunched in the local Pub, enjoying a huge variety of food from the menu. Our thanks go out to the volunteers at both Coudrey House and at Puhoi. Our thoughts also go out to the local Puhoi community, where due to the recent floods and Cyclone, many villagers had to seek alternative accommodation and they have lost their library with over 6,000 books DVDs, records, diaries, maps plus much documented history being lost.

If you wish to join our club and join us on our monthly outings, feel free to contact any of us: Ann (021 035 7406), Diana (027 478 8928), Gail (021 344 070), Maree (027 496 3006), Moira (027 498 9154), Sandi (027 318 4514). We are also on Facebook: [www.facebook.com/groups/358928941269802](http://www.facebook.com/groups/358928941269802). Love to have you join us.

## Calling El Niño! Are you prepared?

Have you been thinking about extra water storage? Now is the perfect time as October is the last month for savings of up to \$400. When ordering a tank, quote 'The Westerly' and receive up to \$400 off your water tank. T&Cs apply.

Pool party on the horizon?

We offer regular valet/pool cleaning and maintenance - weekly, fortnightly, monthly or on request. Water balancing. Pool pumps



and pool filter maintenance.

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Pop into our store with a sample of your spa or pool water and we will sort the rest for you.

We also offer plumbing services for residential and commercial, drainage work, roofing, wood burner installation, water storage and water pumps.

KPL 09 412 9108 - 156 Main Road Kumeu. Big Blue Building [www.kumeuplumbing.co.nz](http://www.kumeuplumbing.co.nz) or send us an email [info@kpl.co.nz](mailto:info@kpl.co.nz).

## SJB Window Cleaning

Established just over a year ago by Simon Ballantyne, SJB Window Cleaning is a locally owned business that is available to take care of all your window cleaning needs, both commercial and residential. Using eco-friendly cleaning products, we offer a range of services to keep the glass in and around your property looking sparkling.

We offer the option to have both the interior and exterior of the windows on your property cleaned, or just one if you prefer, along with the cleaning of the following; Pool Glass, Interior Mirrors, Shower Glass, Glass Balustrades and Balcony Balustrades.

Since we began, we have established a strong client database with our competitive pricing and friendly, reliable service and are trusted and recommended by local real estate and letting agents.

We operate Auckland wide, and can provide a free, no obligation quote for you so get in touch and we'll be happy to help. You can contact us on: 027 502 6200 or email us at: [info@sjbwindows.co.nz](mailto:info@sjbwindows.co.nz).



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# Pets

## Ever wondered if dog daycare might be good for your best friend?

Dog daycare can be a valuable option for your doggo for several important reasons:

1. Daycare provides socialisation opportunities for your dog.

Dogs are naturally social animals, and regular interaction with other dogs can improve their behaviour, reduce anxiety, and enhance their overall well-being. Socialisation at daycare can also help prevent behavioural issues stemming from fear or aggression towards other dogs.

2. Daycare can address the issue of loneliness and boredom in dogs.

Dogs left alone for extended periods can become bored, anxious, or even destructive. Daycare offers a stimulating environment with activities and playmates, keeping your dog mentally and physically engaged throughout the day.

3. Daycare can be a solution for busy dog owners who may not have the time to provide their dogs with the exercise and attention they need.

Dogs at daycare often engage in supervised play and exercise, ensuring they stay active and healthy.

4. Daycare can also be particularly beneficial for puppies or high-energy breeds.

Puppies benefit from the structure and routine of daycare, helping with their training and development. High-energy dogs can burn off excess energy in a safe and controlled environment, reducing the likelihood of destructive behaviour at home.

5. Monitoring of your doggo's health and wellbeing.

Daycare facilities typically have experienced staff who can monitor your dog's health and well-being. They can quickly respond to any potential issues, administer medication if necessary, and ensure your dog's safety throughout the day.

In summary, dog daycare can enhance your dog's social skills, alleviate loneliness and boredom, provide exercise and mental stimulation, and offer peace of mind knowing that your pet is in a safe and supervised environment.



It can be a valuable resource for dog owners who want the best for their furry companions while balancing their own busy lives.

From the doggo loving team at K9 Heaven [www.k9heaven.co.nz](http://www.k9heaven.co.nz).

## Keeping your pets safe and calm during firework season

As the festive season approaches, so does the excitement of fireworks displays. While these colorful explosions may dazzle us, they can be a source of distress for our furry friends. The loud bangs and bright flashes can cause anxiety and fear in pets, leading to potential safety hazards. Here are some tips from Pet Patch on how to look after your pets during firework season:



**Create a Safe Space:** Designate a quiet and secure area in your home where your pets can retreat to when the fireworks start. Fill it with their favorite toys, blankets, and their bed to make them feel comfortable.

**Calming/anti-anxiety products:** we have a range of products available at Pet Patch that are natural and can help to reduce anxiety. Note that some of these products need to be giving for at least two weeks before the event to work effectively.

**Stay In:** On firework nights, try to stay at home with your pets. Your presence can provide reassurance and comfort during the noisy celebrations.

**Close Curtains and Turn on Music:** Reduce the impact of loud noises by closing curtains and blinds. Play soothing music or white noise to drown out the fireworks' sounds.

**ID and Microchip:** Ensure your pet has proper identification. A collar with an updated tag and a microchip can help you reunite with your pet if they get scared and run away.

**Consult a Vet:** If your pet has severe anxiety during fireworks, consult your veterinarian. They can recommend medications or other calming strategies.

**Avoid Bringing Them to Fireworks Displays:** Keep your pets at home and don't bring them to fireworks shows. The crowds and noise can be overwhelming.

**Positive Reinforcement:** Reward your pets with treats and praise when they remain calm during fireworks. This positive reinforcement

## 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](mailto:editorial@thewesterly.co.nz) \* Distribution average is 500 magazines in your local neighborhood every four weeks.

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# Pets

can help them associate fireworks with positive experiences. You could do this before the fireworks season by playing fireworks on Youtube and giving them some exposure to the sounds and lights in a controlled environment.

Remember that every pet is unique, and their response to fireworks may vary. By taking these precautions and being mindful of their well-being, you can ensure a safe and calm experience for your beloved pets during firework season.

Pet Patch - 320 Main Road, Huapai - phone 09 412 2009, email info@petpatch.co.nz or visit [www.petpatch.co.nz](http://www.petpatch.co.nz).

## 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 programmes and helps feed and care for many cats living in the community. Please visit our website for more information on volunteering and how to donate at [www.thenzcatfoundation.org.nz](http://www.thenzcatfoundation.org.nz). You can also email - volunteers: [volunteer@thenzcatfoundation.org.nz](mailto:volunteer@thenzcatfoundation.org.nz) donations: [info@thenzcatfoundation.org.nz](mailto:info@thenzcatfoundation.org.nz).

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



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# Food & Beverages

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## Spotlight on Pie Popeye

Looking for a delectable vegetarian option this week? Look no further than Jesters Pies Westgate. We're proud to offer a mouthwatering selection of freshly made in-store pies, and our spotlight pie for October is the "Vegetarian Popeye."

Indulge in the goodness of fresh spinach, button mushrooms, onions, and creamy feta cheese, all lovingly encased in our ultra-thin puff pastry. It's a delightful combination of flavours and textures that will leave you craving for more.

Visit our shop and discover the taste that has made Jesters Pies a local favorite.



Location: Jesters Pies Westgate

Westgate Shopping Centre (right next to Countdown)

Phone 832 6060.

## "Best of the West" burger battle

Hallertau, The Hunting Lodge, The Riverhead and Morepork have joined forces to serve up an epic burger showdown: "Best of the West" burger battle.

For just \$20 each, each eatery will craft a one-of-a-kind burger creation, and YOU get to be the judge. Taste them all, and vote for your top pick to crown the best burger of the West.



This showdown kicks off on Sunday 1st October and will run for the whole month. Keep an eye on the venues social media for updates.

## The Good from Scratch farm shop

On the first Saturday of every month here at Good from Scratch we run a Farm shop, open from 9am - 1pm. On these days, we welcome the public to grab a coffee, a bite to eat or to enjoy some of the local produce on offer, as well as to have a look around our kitchen gardens. It's a great morning to catch up with friends, to bring family or just to hang out.



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# Food & Beverages

Our next farm shops are taking place on the 7th of October and 4th of November.

We'd love to see you there. You can find us at 376 Taiapa Road Muriwai.

Check out our website for more details about Good from Scratch classes and events. [www.goodfromscratch.co.nz](http://www.goodfromscratch.co.nz).

## Champagne Breakfast at Soljans

Enjoy a classic Champagne breakfast at The Bistro at Soljans this month. Indulge in style with a shared fruit platter and a choice of main paired with a glass of our brand new 2020 Legacy Méthode Traditionnelle (available in our cellar door now) for just \$49 per person.



For those who like the bubbles more than the breakfast, book for a table of 4 and get your glasses upgraded to a bottle for the table to share.

Available from 9:00am every Sunday in October, bookings are essential and can be booked online or by calling 09 412 5858.

We look forward to seeing you again soon.

## Smart tips to slash food waste

Author: Juno Scott-Kelly, Communications Manager for Love Food Hate Waste NZ

In this second article on reducing food waste we look at more great ways to get more value from your food and significantly reduce food waste within the home.

**FIFO (First In, First Out):** When unpacking groceries, make sure to place newer items at the back of the pantry or fridge and move older items to the front. This practice ensures that food doesn't get forgotten and go to waste.



**Store Smartly:** Learn the best ways to store different types of foods. Keep fruits and vegetables separate to prevent premature spoilage, and store perishables at recommended temperatures to extend their freshness.

**Portion Control:** Serve meals in appropriate portions to prevent leftovers from becoming potential waste. You can always save smaller portions for later if you're unsure about how much you'll eat.

**Revive Overripe Produce:** Overripe bananas make the best banana bread, and soft tomatoes can be turned into delicious sauces. Get creative with ageing produce before they go to waste.

**Donation and Sharing:** If you find yourself with surplus food that you won't be able to consume in time, consider donating it to local food banks like Pātaka Kai, or sharing it with friends, neighbours, or colleagues.

**Composting:** Items that can't be consumed or repurposed can find a second life as compost. Composting not only helps divert waste from landfills but also enriches soil for gardening.

Reducing food waste doesn't require major lifestyle changes; it simply involves mindful planning and a willingness to be resourceful.

Juno Scott-Kelly is a passionate foodie, mother and writer. As Communications Manager for Love Food Hate Waste NZ, Juno enjoys sharing practical and creative tips for reducing food waste at home.

For more tips, recipes or information on how to reduce food waste at home visit [www.lovefoodhatewaste.co.nz](http://www.lovefoodhatewaste.co.nz).

## Hallertau

Spring has sprung and we are looking forward to longer sunny days here at Hallertau. The Hallertau Biergarten can accommodate, large, small and medium sized groups. A favourite destination for birthdays, Christmas parties, engagements, anniversaries and office do's. The festive season is filling up fast. Drop a line to [reservations@hallertau.co.nz](mailto:reservations@hallertau.co.nz) and we can give you all the options for party good times.





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# Health & Beauty

## Holistic eye care for every member of the family

Here at Westgate Optometrists we know that how we manage your vision today has a big impact on how well you'll see the world tomorrow. The key is spotting potential eye health issues before they become major or irreversible. To achieve this our practice utilises the latest technology, such as our OCT-A machine, which allows us to see changes in the blood vessels beneath the retina and macular, a warning sign for Glaucoma or Macular Degeneration. By picking up on these problems at the earliest possible stage we can advise you on the best options to manage your condition going forward. But along with caring for your vision, we want you to look great too. That's why we offer a wide range of contemporary frames, with something guaranteed to suit everyone in your family. Protect your future eye health by visiting us in-store or booking an appointment either by phoning our friendly team or visiting our website: [www.westopt.nz](http://www.westopt.nz) Located at 4/46 Maki Street, opposite the Kiwibank and NorthWest Shopping Centre and just around the corner from Goode Brothers Restaurant.



## Hobsonville Optometrists Glasses and Gifts

Spring is here.

Our little optometry and gift shop is filled with everything to welcome a much needed change of season.

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Open late nights and Saturday mornings.



## Mental Health is a Universal Human Right

Tuesday 10th October is World Mental Health Day. It's all about raising awareness of mental health and driving positive change. Although this is a day where it is encouraged to share about mental health, I believe talking about mental health should be part of our routine.

There is nothing wrong with you if you struggle with mental health issues - we all have our challenges. If someone has a broken arm or is sick with a cold, we tell them to look after themselves, rest up, take care, get the right help and that we are there for them if they need anything. We deserve that same level of care if we are struggling with our mental health. That's why this year's theme states, "mental health is a universal human right." We are all entitled to good mental health.



Lorraine Maguire  
Transformational Therapist

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# Health & Beauty

My top tips for good mental health include talking to someone about your feelings, getting good sleep, spending time in nature alone & with good friends, moving your body and doing something you love. I also highly recommend talking to others about mental health and how important it is - check in with your friends and family and really ask them how they are.

Need help with your mental health - contact me

Lorraine Maguire - Rapid Transformational Therapist

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

## Royal Heights Doctors

For those of you following my editorials, you would know that I wrote recently about being diagnosed as an early diabetic and I went back to basics doing my own Liberty Diet and I started losing weight.

This weight loss has reaped great benefits to my HbA1C, Lipids, Ferritin, liver enzymes.

Over the weekend I woke up from my sleep with a full bladder, got up to go to the restroom and next thing I knew I was on the floor and my family were standing over me.

I had lost consciousness and fell backwards, thankfully against my bed preventing me from a nasty head injury.

I checked my blood pressure (BP) and it was only 86/54 (for most people, normal BP is 130/80).

You see I had forgotten that one of the benefits of weight loss is a reduction in blood pressure and I was still on the 2 pills I used to take for my BP.

The important take home message here is NOT about reducing your BP medications (that is a job for your GP!).

The take home message is if you are on any BP medications and you are on a diet or losing weight, go buy a BP machine and start taking your BP up to 4 times a day to monitor for any low BP, especially if it is less than 110/70.

This may suddenly drop more if you stand up from lying down or squatting to do gardening causing a postural drop that could lead to a fall like mine.

My trusty OMRON BP machine (had it for 20 years and it's still working fine) is now my new daily friend.



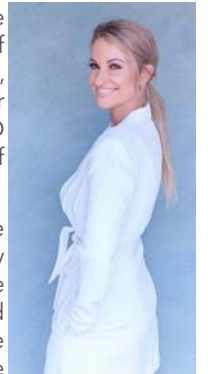
Check your BP daily because it's not just high blood pressure that can cause you trouble.

As an additional note, check out the St. John's website ([www.stjohn.org.nz/](http://www.stjohn.org.nz/)) for home emergency / ambulance services as well as home alarm services just in case you do have a fall like me and need help - they are saving lives every day and they may just help save yours.

Dr Frederick Goh - Royal Heights Shopping Centre, phone 09 393 6313. [www.rhdoctors.nz](http://www.rhdoctors.nz).

## 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

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## Walkers Wanted

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

# Health & Beauty

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](http://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](http://www.skinmednz.co.nz) or contact me directly to book a consultation at [contact@skinmednz.co.nz](mailto:contact@skinmednz.co.nz) or 021 825 464.

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## How Ugly Fish can save your sight

Calling all gardeners and home handy-persons out there - have you thought about a pair of safety glasses to put on along with your work gloves? When it comes to eye protection, sun and safety glasses specialist brand Ugly Fish has your peepers covered.



Started by a pair of enterprising Australians with a hand-drawn logo

designed on the kitchen table, unbreakable frames and anti-fog and salt resistant polycarbonate polarised lenses, the glasses gained traction fast and quickly crossed the Tasman. Essilor NZ has teamed up with selected optometrists, including For Eyes in the Kumeu Shopping Village, to offer Ugly Fish's certified safety range in your prescription.

Designed for tradies working hard Monday-to-Friday, the safety range offers protection against dust, glare and projectiles while also being comfortable to wear. And they can be sunglass-tinted and polarised as well, making them a great practical pair of specs for the summer ahead.

"Customers try Ugly Fish sunnies, have a great experience and come back for more", says founder Faraz. "It still makes our day when we meet customers at expos and hear they've been wearing Uglys for two decades. They come back for the same style again and again!"

To contact For Eyes in the Kumeu Shopping Village, phone 09 412 8172.

## The power of physiotherapy strengthening exercises in managing osteoarthritis

Osteoarthritis (OA) is a degenerative joint condition that affects millions of people worldwide. While there's no cure for OA, physiotherapy and strengthening exercises have emerged as powerful tools for managing the condition.

- 1. Improved Joint Function and Reduced Pain:** Research consistently demonstrates that physiotherapy strengthening exercises significantly improve joint function and reduce pain in individuals with OA. A study published in the "Journal of Orthopaedic & Sports Physical Therapy" found that a structured strengthening programme tailored to OA patients led to significant improvements in pain reduction and functional capacity. By targeting specific muscle groups, such as quadriceps and hamstrings for knee OA, these exercises help stabilise joints and reduce the load on them.
- 2. Enhanced Quality of Life:** A study featured in the "Arthritis Care & Research" journal revealed that individuals with OA who participated in a physiotherapy strengthening programme reported enhanced quality of life and increased physical activity levels. These exercises not only alleviate pain but also boost mobility, allowing patients to engage in daily activities with more ease.
- 3. Preventing Progression:** Another crucial aspect of physiotherapy strengthening exercises is their potential to slow down the

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# Health & Beauty

progression of OA. Strengthening the muscles around the affected joint helps provide better support, reducing the wear and tear on the joint. This can be particularly beneficial in preventing the condition from worsening over time.

Incorporating Strengthening Exercises into Your Routine:

- Consult a physiotherapist: Seek guidance from a healthcare professional to design a personalised exercise plan tailored to your specific OA condition.
- Consistency is key: Regularity in performing these exercises is vital for reaping their benefits.
- Gradual progression: Start slowly and gradually increase the intensity to avoid overexertion.

In conclusion, physiotherapy strengthening exercises are a valuable component in the management of osteoarthritis. Backed by research, they offer relief from pain, improved joint function, and an enhanced quality of life for individuals living with OA. Remember to consult with your healthcare provider or physiotherapist before beginning any exercise regimen for osteoarthritis.

At NorthWest Physio + we have a functional rehab gym and physio's trained in providing strengthening programs for your rehabilitation needs. Contact us on 09 412 2945 or check us out at [www.northwestphysioplus.co.nz](http://www.northwestphysioplus.co.nz).

## Safe pain management: Get your life back

I personally feel much happier after I go for a run, do a yoga class or a gym class. I'm not the only one who thinks the best "happy pill" is exercise. However, if you are in pain, exercise might not be possible. If aches and pains are stopping you from doing what you love, then you need to chat to our team about strategies to safely manage your pain.



Conventional pain killers available in pharmacies include paracetamol and a group of medicines called NSAIDs (like Nurofen and Voltaren). Both have a place in uncomplicated short term pain relief. However, I would not rely on either for long-term pain management due to potential side effects, which for some people can be serious. Another concern is that some of these medicines can worsen the underlying disease processes that cause pain.



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Preventing Pain: My preference is to balance the body and improve the underlying metabolic disturbances that manifest as pain. For example, after being diagnosed with ankylosing spondylitis, I changed my diet, started yoga, and used key supplements to reduce my body's tendency to go into a state of painful inflammation. 20 years later, I don't need any pain relief.

One of the most important dietary changes I made was to incorporate good fats, and reduce inflammatory foods, such as refined carbohydrates. We can provide you with some written advice on what an anti-inflammatory diet looks like.

Natural Pain Relief: There are some great herbs like boswellia, curcumin, devil's claw, and ginger that have proven ability to reduce pain. Combinations of these herbs often give the best results. We have a range of natural pain killers including very fast acting ones, through to ones you can safely take long term. The good news is that these pain killers don't have the potential side effects of conventional pain killers.

The best solution for you depends on your needs. For example, some people lack the ability to switch off their inflammatory cycle. In this instance, taking some SPMs (Specific Pro-Resolving Mediators of Inflammation) can flick the switch, turn off inflammation, and give you your life back.

Immune system disorders often respond well to high dose EPA (a component of fish oils) over a prolonged period. This can result in long term pain reduction.

I have previously written about the superstar nutrient in osteoarthritis (glucosamine). Taken appropriately, this could be the difference between ageing actively and gracefully, and being limited by pain and lack of mobility.

Some of these nutrients can interfere with medicines. So, bring your list of medicines in with you when you pop in to Massey Unichem Pharmacy for a chat about the best way to become pain-free.

Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.

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## Time to back hardworking Kiwis

Many Upper Harbour households are drowning in rising costs. In the past two years, the fortnightly cost of a \$500,000 mortgage has increased by \$750, and food prices have been increasing at rates not seen since the 1980s.

Treasury's latest forecasts show a sustained economic slowdown, high inflation, and high interest rates. The return to surplus is again delayed and Government debt will blow out to over \$100 billion next year.

Nearly 40,000 Kiwis permanently left the country in the last year, and I've met many of their family and friends on the doorstep in the past few months throughout the Upper Harbour electorate.

I will be a relentless advocate against wasteful spending and getting the books back in order. Tax relief for every working Kiwi is also well overdue.

Thank you for your encouragement, cups of tea, and many suggestions. It's time to get the country back on track.

Authorised by C E Brewer, 107 Great South Road, Epsom, Auckland



## Shai Navot

If you want to see a fairer future, and solutions that tackle the systemic issues New Zealand is facing, then this is the election to give your party vote to The Opportunities Party (TOP).

I am a lawyer, and a former Crown prosecutor, and I have seen firsthand the consequences of the same old parties failing to address NZ's underlying social and economic issues. We need TOP's fresh voice and bold, sensible policies.

TOP is committed to investing in future



generations and addressing housing affordability, that will reduce poverty and inequality that has led to rising crime and a break down in social cohesion. TOP's plan is critical to improve social stability and individual wellbeing.

I am running for TOP in Upper Harbour because I am passionate about living in a fairer society and solutions that will improve people's lives, and I believe TOP's policies are our best chance of achieving that.

TOP's plan will improve the tax system, with the first \$15k tax-free, updated tax brackets and a Land Value Tax. Combined, these changes alone will improve housing affordability and the cost of living. TOP's Teal Card is an investment in the next generation, with free healthcare, free public transport and financial equity.

When TOP's leader Raf Manji wins Ilam, every vote will count. This election, vote for a fresh voice with a plan to move NZ forward. This year, party vote TOP.

## Chris Newman, I am the NZ Loyal candidate for Upper Harbour

Chris Newman, an educator, businessman, author and community leader is standing for you in Upper Harbour with Liz Gunn and the New Zealand Loyal movement. Chris's favorite George Orwell quote is, "A people that elect corrupt politicians, imposters, thieves, and traitors are not victims, but accomplices."

Your vote reveals the maturity of your inner convictions. We the Kiwi people have lost control of our parliament to interests hostile to our nation. Now NZ Loyal offers you the opportunity to take back what is yours. Our policies bring Localism not State control, small government, and our 1% transaction tax will return you control of your money. Let's make our nation, streets and homes once again safe places for kids of all ages.



# CAMERON BREWER

## FOR UPPER HARBOUR





# Area Columnists

It's not a smart vote to change Tweedledum for Tweedledee. Remember the suffering, the needless lockdowns, the politically engineered past six years of social and economic breakdown. All the MPs bowed needlessly to Big Pharma and the globalist agenda. They quietly surrendered our sovereignty. And the Big Guys are coming back for more.

Only a determined "local based" network of True Kiwis can save this nation from the lurch toward servitude and race-based division that is baked into the traditional political system. Choose life, choose sanity, and choose your own family's future over their sugar-coated junk politics. Choose NZ Loyal, we are recognisable as the living grassroots you have hoped for.

## Building a business from the top down

Too often businesses are built from the bottom up. A business owner has a product or service to offer, but then has to get some customers, and work out how to market the business. They may have a basic accounting system in place, but then realise they need to manage jobs and / or inventory and need to implement additional systems.

As they get busier, they need to add staff (contracts, training, staff management), then they may need to find or expand premises.

The business continues to grow organically, but there is no clear direction in where the business is heading, no vision to guide decision making, and mistakes get made.

Building a business from the top down is being clear about knowing where you are heading and why are you doing it, building your capability, then being deliberate about the milestones needed to get to your dream business.

1. Vision - What do you want your business to look like, and how does that fit into your personal vision for you and your family?
2. Advantage - What makes you stand out compared to your competitors? What is the gap in the market that you are filling? What strategy are you using to leverage your advantage?
3. Set a direction - How are you going to take your business from its current state to its future visioned state?
4. Right people - Who do you need to have in your business at each stage of growth?
5. Good systems - What systems do you need to have in place to manage your customers, operations, accounting and staff?

6. Sell and market - Now that you know where your business is headed, what your advantage is, and have the capability of the right people and systems, you are ready to market your business and put a sales process in place.

7. Accurate financials - Knowing where your business is at and if it is profitable, comparing your results to what you planned.

8. Set and achieve milestones - Breaking your vision down into smaller steps, and making sure you stay on track

Building a business from the top down enables a business to be more resilient, grow faster, and be less stressful.

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

## Ultra-convenience jumps the Tasman

More than 10,000 grocery items will be available to order in minutes from today, thanks to the launch of app MILKRUN, a new ultra-convenient grocery experience brought to you by Woolworths New Zealand.

The grocery retailer announced its commitment to delivering the best supermarket experiences for New Zealanders and accelerating its transition from Countdown to Woolworths New Zealand. Providing more convenient shopping solutions is a key part of that and this innovative milestone is the first of many to come.

Hot chickens and flowers are some of the things customers will be able to order via MILKRUN that are not available in standard online grocery orders from supermarkets.

The delivery, at under one hour, is faster than normal supermarket delivery services which are typically next day. Many trial orders have reached customers in under 40 minutes. The products are picked and packed by Countdown supermarkets team members in store.

At launch, customers will also receive free delivery on their first three orders. After that, MILKRUN has a flat \$7 delivery fee with no service fees.

"MILKRUN has proved incredibly popular for Woolworths customers



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in Australia, and we're excited to share the ultra-convenient experience with our New Zealand shoppers," says Mark Wolfenden, Director of Digital and Loyalty for Woolworths Group New Zealand. MILKRUN is now available in the Wellington region and selected parts of central Auckland, with coverage expected to grow significantly in the coming months. Orders will be fulfilled from local Countdown stores. MILKRUN is available to download on Apple's App Store and Google Play.

## Local Board Update

July and August have been busy months for the Local Board. In July we approved spending for the next 12 months and approved 'in principle' amounts for Capex for the following two years. Highlights include funding for ecology programs, remediation of storm assets, local crime prevention, an Albany plan, funding for community groups, an ethnic peoples plan and a movie in the park at Luckens Reserve.



The Hobsonville / West Harbour / Whenuapai area are planned to have many upgrades to assets over the next three years including:

- Completion and opening of Observation Green playground (opening October 2023)
- Te Kori Scott Point Stage 1a and 1b
- Whenuapai public toilets (hopefully in the playground beside the Parkhouse café)
- Fenced dog exercise areas in Whenuapai and Rosedale
- Starlight Park playground renewal
- Drinking fountains installed in selected playgrounds

Thank you to everyone who submitted and supported the local board over the Annual Budget process. It's a crazily busy time and there simply isn't enough money to do everything that both we and the community would like. Prioritisation is hard, but I feel we have achieved a good balance of projects across the board area.

To find our more information look at our Facebook Page or sign up to our e-newsletter which contains regular updates about everything going on in Upper Harbour. The QR code below will take you directly to the sign-up page. Anna Atkinson, Upper Harbour Local Board Chairperson.

## Don't let fears and phobia's control your life

We all have things that we are afraid of or just do not like. But does our fears and phobia's control our life? Sometimes they do, so what can we do to prevent this happening? But before we look at this, we need understand what a fear and phobia are.



What is a fear and what is a phobia? A fear is an emotional response to a real or perceived threat, whereas, a phobia is like a fear but it has one main difference, it is the anxiety levels that the person experiences is very strong to the point where it interferes with their quality of life and/or the person's ability to function normally, it causes great distress. The word phobia comes from the Greek word phobos, which means fear or horror. Most phobias, have the word phobia within it. Example: fear of water is hydrophobia.

Fear can be healthy to us. For example, we may be on a high mountain and we know that if we go to close to the edge, we may fall and possibly kill ourselves, that fear of falling is healthy. On the other hand, a phobia of heights may prevent us climbing that mountain and enjoying the view because of the built-up anxiety we

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have created within ourselves.

People suffer with many different types of fears and phobias, they may sound strange or silly to us, but to the person it is a huge issue, it may affect their lives.

Examples of fears: abandonment, change, death, pain, people, failure, sexuality, success, disease, the unknown, truth

Examples of phobias: acrophobia = fear of heights, claustrophobia = fear of confined spaces, hemophobia = fear of blood, arachnophobia = fear of spiders, ophidiophobia = fear of snakes, aerophobia = fear of flying, noctiphobia = fear of the dark

Astramana™ Healing Services has many different tools to help you overcome your fears and phobias. Some tools we offer are:

Hypnosis - this is a proven tool to help people overcome their fears and phobias. Using various techniques, hypnosis is a simple and cost-effective way to overcome fears and phobias.

Past Life Regression - A journey back in time will allow you to take a soul journey to a past life where that fear or phobia may have started. A Past Life Regression session may help heal past issues and provide answers as to why you have the fear or phobia.

Astramana™ Healing Services founder Jason Mackenzie is an internationally certified hypnotist and energy teacher who can help you overcome your fears and phobias, so you can move forward and enjoy life to the fullest. Contact us if at [astramana@gmail.com](mailto:astramana@gmail.com) or visit our website [www.astramana.com](http://www.astramana.com) or call us on 021 0277 0836 or check out our Facebook page Astramana Healing Services.

## Southern Pacific Inflatables prepares for busy summer ahead.

As summer approaches, the team at Southern Pacific Inflatables are getting ready for a busy season ahead. With a legacy of crafting high quality New Zealand-made inflatable boats, the team have been working hard as many customers prepare for the warm El Niño summer.



Since 1988 they have been building inflatable boats for Kiwis, designed to withstand the harsh Southern Pacific conditions. The

company produce a range of boats, from 2.4 metre tenders to six metre chase boats. Since moving to their current Kumeu premise in 2008, they've been able to increase capacity, and expand into boat re-tubing services as well.

With a new boat design due to launch this season, Summer 2023/2024 is looking to be a busy one for Factory Manager Simon and his team. Pop into the showroom today to make use of their current promotion, offering 10% off the Puffin and Shearwater range.

## Craigweil House

The residents of Craigweil House have been keeping busy with in-house events, special visitors and unique outings. The rest home van drives are very popular. Craigweil House residents hopped on board the van for a delightful ride to Eric Armishaw Reserve on a beautiful sunny day, where they enjoyed a walk and a cup of tea.



"Armchair travel" was a great session, it took our residents to Canada. With their passports stamped they explored the red and white decorations in the lounge, where Canadian movies played to set the scene. Air hockey and ball games are also well enjoyed indoor activities with plenty of fun and movement.

There have been many fantastic furry and feathered visitors to Craigweil House. It was lovely to see the residents' faces light up as they stroked Lambo the sheep, cuddled a bunny, and held a parrot, definitely not an everyday occurrence.

If you would like to enquire about Craigweil House for your loved one, please get in touch. We are a boutique rural facility with personalised compassionate support and care for rest home, hospital, and secure dementia levels of care - 09-420 8277.

## The frustrating task of finding someone to talk to

Chatbots and online messaging have taken over as the customer point of contact at many large organisations, making them less accessible for everyone.






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On many websites the contact us feature is very hard to find, and even then it is only a chat or email function. Finding someone to talk to, to resolve your issue can be very frustrating

Many large businesses have ditched email communication as an option and now offer customer service through automated chatbots or Facebook Messenger, which causes further frustration as most people prefer to deal with a person. Unfortunately even when call centres have been maintained, many have moved offshore and the person you speak to doesn't really know the local context, and accents when talking can hinder clear communication.

Our team at CAB Massey is "definitely familiar" with the challenges people face in accessing businesses and also public services due to decreasing in-person and phone accessibility and increasing reliance on chatbots and online forms.

"In our experience, the drive to digital means that some people are being left behind, shut out, and in some cases, being made invisible to processes they can no longer participate in.

"The issue is less about finding an email address for a business, and more about getting through to a person who will respond to your specific inquiry and work with you to resolve the issue."

CAB had been running a campaign for inclusion and pushing for services to be delivered through a multichannel approach, in a way that allowed equitable access for people whether they needed to access those services in-person, by phone, or online.

Even when a phone number was available, it was not always answered quickly. Consumer NZ recently investigated the call times for businesses and government agencies.

It found when it came to time spent on hold, Hello Fresh was the speediest responder, with a 15-second wait time. 2degrees had a wait time of 54 minutes and 50 seconds. Kiwibank had a wait time of 40 minutes and Air NZ was 38 minutes.

The average wait time was about 12 minutes.

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Uber's service was the worst the watchdog encountered. When it eventually found and dialled the contact number for Uber, it was promptly hung up on by an automated inbox as the customer call centre was only available to "Diamond Riders".

Of the 21 companies it investigated, only 11 contact numbers could be found quickly and easily.

Meanwhile, Government agency Work and Income kept Consumer's caller waiting for more than 90 minutes.

Some departments, such as Inland Revenue, picked up the phone in less than two minutes.

Immigration NZ was the hardest agency to contact with it taking two attempts for a total hold time of more than two-and-a-half hours.

Under the Consumer Guarantees Act service providers need to provide services using reasonable care and skill. "That would include being contactable within a reasonable timeframe."

At Citizens Advice Massey we do use people to answer your calls by email - [massey@cab.org.nz](mailto:massey@cab.org.nz) in person at level 2 Te Manawa, 10 Kohuhu Lane, Northwest or by DDI 09 833 5775 or 0800 367 222. Hopefully we can help you soon.

## Kumeu Clothing Swap & Shop

September 10th saw the 7th annual Kumeu Clothing Swap & Shop at the Kumeu Showgrounds in support of Parent Aid North West. A day of community, camaraderie and fun, showcasing a growing eagerness for us all to embrace sustainable fashion choices.



It is with great excitement and gratitude that we share that this year's event raised \$21,779.80 for Parent Aid North West, as well as a huge amount of awareness and knowledge shared about the services this fantastic local charity provide to support young families in our North West community.

In the lead-up to the event, we were thrilled to see hundreds of swappers generously contributing over the course of three days. The volume of clothing donations was awe-inspiring, with each piece carrying its own unique story and style. From the first drop-off on Thursday afternoon, an energy filled the air, setting the tone for an unforgettable event. The three days dedicated to drop-offs and setup were a hive of activity, culminating in the highly anticipated main event on Sunday.

Guests eagerly started lining up at 8am on Sunday, and the queue

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steadily grew throughout the morning. The atmosphere was abuzz with a blend of freshly brewed coffee, delectable crepes, and live music courtesy of the talented duo, Charlotte and Phil Priestly - who you may have seen at the Kumeu markets. Raffle tickets were in high demand, with participants eagerly vying for a chance at our two epic raffle prizes. Sporting their pink wristbands, everyone was poised and ready to dive into the shopping experience.

At 10am the doors opened, and the energy was awesome. With thirty new racks this year, and clothing sorted by size within each category, attendees had more space than ever to peruse for new-to-them gems. Additionally, we expanded the size of our changing room by double, providing ample space for everyone to explore and try on their newfound treasures.

The silent auction gained significant attention, with spirited bidding taking place throughout the day. We would like to extend a heartfelt thank you to each and every one of our silent auction donors for your contributions and generosity. Your support played such a huge role in making this event the success that it was, thank you.

At 12pm, we welcomed 'shoppers' (those that hadn't donated clothes). It was heartening to see a steady flow of enthusiasts exploring the clothes, and at just \$5 an item with no entry fee, it was a bargain for all. One standout moment was when our top shopper invested \$350 on 70 items - they were absolutely delighted with their new wardrobe!

A huge thank you to the Kumeu Show Grounds for hosting us once again with a special shout-out to Lizelle and Greg for their invaluable assistance. It truly is the perfect venue for this event.

We would also like to extend a massive thank you to Sweet As Crepes, Harcourts Coffee and Cone (graciously sponsored by Simone du Bernard), Cipe Designs, Charlotte Priestly Music, A Gazillion Balloons, Mini Oak, Rollercoaster, The Smooth Mover, Country Lane Storage, North West Rentals and The House Company, for their invaluable support throughout the weekend. Your contributions played a vital role in making this event a resounding success.

Very special appreciation goes out to our extraordinary team of volunteers, who worked tirelessly for four days to bring this event to life, and ensure the smooth running of every aspect. Your dedication was invaluable, and we can't thank you enough.

Finally, thank you to all who joined us in supporting the Kumeu Clothing Swap & Shop 2023 and Parent Aid North West. We look forward to seeing you next year for another wonderful event.

For further information about Parent Aid North West, please their website at [parentaidnorthwest.org.nz](http://parentaidnorthwest.org.nz)

Instagram @kumeuclothingswapandshop

Facebook - Kumeu Clothing Swap & Shop group.

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**Nouveau**

Montego Outdoor Park Bench



SKU: 371967

**\$ 999**

**Grilled**

Omaha Portable BBQ 2 Burner



SKU: 393375

**\$ 299**

**Grilled**

Atlanta 4 Burner Gas BBQ - Blue



**\$ 599**

SKU: 2000811

**Grilled**

Buffalo 6 Burner BBQ - Black



**\$ 999**

SKU: 2000628

**Masport**

Maestro 4 Burner BBQ - Black



**\$ 999**

SKU: 397907

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Low Price,  
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