

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

Mike Pero Real Estate Hobsonville Wins National Awards



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



Stihl Shop Opens in Westgate

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 54178 or jbw51red@googlemail.com

September 2023



Greetings

Nobody really knows how much it would cost to avoid the worst impacts of climate change, yet the historian Yuval Noah Harari (author of Sapiens) indicates that humanity might avoid catastrophe by investing the equivalent of just two per cent of global GDP (gross domestic product, the market value of all the goods and services produced by countries) into climate solutions. Annual investment in clean technologies such as harnessing solar energy and updating power grids to distribute it would need a relatively small price and create jobs and economic benefits. Politicians spent much larger amounts in the past, for example to win the Second World War, to save financial institutions during the Global Financial Crisis, or to deal with the Covid pandemic. The amount required to invest in clean technologies is the same amount that is spent in two years on food that goes to waste. Governments spend that sum every 3 - 4 years in subsidising the fossil fuel industry. Nearly 12% of global GDP is hidden annually in tax havens or to avoid taxes, so the money is there. Fixing these problems isn't easy, especially when faced by some of the most powerful lobbies in the world. Search "Yuval Noah Harari: The Actual Cost of Preventing Climate Breakdown | TED" for details.

Welcome to this month's Westerly magazine. Please enjoy the wide range of articles sent in by our local contributors. If you have an event or enterprise you would like to share with your community, please let us know at editorial@thewesterly.co.nz. Do you like to sing? There is a local choir. Does live theatre or music interest you, or a film? Are you at a loose end and would like to join a group? Do you want to avoid food waste? Do you know about the Marine Centre being developed at Hobsonville Point? There is plenty to discover here.

Find out how local students are contributing to a Pātaka Kai project, or how Visionwest has been supporting those local families affected by the floods earlier this year. As always, see our regular features about the housing market, care for your pets and suggestions for your health, and the local news.

Keep safe and enjoy September.

John, Editor



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People & Places

New Stihl Shop to Open in Westgate

Attention all outdoor and garden enthusiasts! A brand new STIHL SHOP is about to open its doors in Westgate, offering a wide range of outdoor power tools and accessories to help you tackle all your property maintenance needs.

Established by the award-winning team at STIHL SHOP Kumeu, the plan for their new Westgate store is simple - to provide the same high level of service and quality products, with a strong focus and commitment to supporting the local community, just like they do at Kumeu.

For 8 years Craig and Margaret Walker have owned and operated the STIHL SHOP at Kumeu and thoroughly enjoy and embrace being part of a close-knit and supportive community. STIHL SHOP Kumeu prides itself on its involvement and connections with its surrounding community. They actively support the local Fire and Emergency Services in the district, donating product, advice and services as often as they can. As proud sponsors of local sports clubs, schools and early learning centres and active members of the NorthWest Business Association, the team are always looking for new ways to show their support to organisations and other local business operators.

While the STIHL SHOP Kumeu team hasn't been shy in supporting their local causes, they've still been overwhelmed by the very unexpected recent show of support to them from the community while setting up their new venture at STIHL SHOP Westgate. "We've been amazed by the kind offers and actions of many of our local business colleagues and customers", said Ben and Rae Deakin, who manage the marketing and business development for both stores. "Assistance with security measures, fit out and shop set up have been really helpful, and the genuine encouragement and support from our Kumeu community has been very humbling. We've loved having visits from our Kumeu customers and business



colleagues during our setup phase, and having the team from Fire and Emergency call in to check our progress certainly stamped our mark with the neighbours!"

The new STIHL SHOP is conveniently located in the heart of Westgate at 15 Kakano Road, just 250m from Costco. Whether you are a professional landscaper or a weekend warrior, you will find everything you need to keep your backyard looking its best.

From chainsaws and trimmers to blowers and mowers, STIHL SHOP Westgate has it all. Their knowledgeable staff is always on hand to help you choose the right tool for the job and provide expert advice on how to use it safely and efficiently, with the added bonus of all equipment leaving the store fully assembled, run-up and ready to operate.

In addition to their extensive selection of power tools, STIHL SHOP Westgate also offers a wide range of accessories, including safety gear, lubricants, and replacement parts. They even offer servicing and repairs for all STIHL products, ensuring that your tools are always in top condition.

The team at STIHL SHOP Westgate are looking forward to meeting their new community and customers when they open in September. Head on in to meet the team and discover everything they have to offer. With their unbeatable selection, expert advice, and top-notch customer service, you are sure to find everything you need to tackle all your outdoor projects with ease.

STIHL SHOP Westgate will be opening in September, with trading hours Mon-Fri 8.30-5pm, Sat 9-3 and Sun 10-3.



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Community News

NZ Mountain Film Festival

Look ahead to the NZ Mountain Film Festival being hosted at Sunderland Lounge 27 Hudson Bay Road, Hobsonville on Friday 15 September. Doors open 6.30pm. Films commence at 6.45pm. Event finishes at 9.30pm. Early-bird tickets just \$10pp (or \$15pp from Tuesday 12 September if not sold out). Under 5's free on laps. Free popcorn. BYO drinks & snacks.

There are six inspiring short films to see (featuring five NZ Award Winners in 2023). Janawaar (11 mins) USA. Turn the Corner (10 mins) NZ. Momentum (20 mins) Australia. Flow State (23 Mins). Changbang: Return to the Shining Mountain (21 mins) NZ. These are being hosted by Hobsonville Community Trust.

Registrations for tickets can be made at www.hobsonville.org.nz/mountainfilm or scan the QR code for tickets.

SCAN ME FOR
TICKETS



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: 022 068 3873. Email: beejaynz05@gmail.com Facebook 'Discoverers Hobsonville Point.'

Gig at the Rifle Range

The Wayne Taylor Band will be playing again at the Rifle Range amphitheatre in Hobsonville Point (opposite 6 Catalina Bay Drive) on Sunday 17 September at 2pm. This is a free community event. The band plays a nice mix of songs by The Beatles, Elton John, Lionel Ritchie and Billy Joel plus some originals. They will be playing several songs for the first time including 'Ebony and Ivory', 'Polythene Pam/She Came in Through the Bathroom Window' (from Abbey Road album), 'Get Back', 'Sorry Seems to Be the Hardest Word', plus some originals 'Seventy Times Seven', 'I'm Thinking' and an upbeat take of The Lord's Prayer. You can check out the band on their website www.waynetaylorband.co.nz and on the Facebook page and YouTube channel both called Wayne Taylor Music NZ.



Let's hope for a nice afternoon to enjoy the music. You might want to bring something to sit on as there is limited seating and the ground will probably be damp. Hope to see you there.

If you miss this gig, we will be playing next at the Tahaki Reserve, Maungawhau (Mt Eden) at 2pm on Sunday 19 November.

Discoverers Hobsonville Point

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

At its monthly gathering on the 24th September, Discoverers informal church will be following a study prepared by Dr Howard Clinebell that addresses the above theme. The study focuses on these points;

- The profound interrelationship of your mind with your spirit and your body.
 - The roots of mental wellbeing in the Bible.
 - How to develop more of your mind's many unused gifts.
 - New ways to use your mind for both self-healing and self-caring.
 - Methods for increasing your creativity, inner joy, and problem-solving ability.
 - Ways to use you mind to reach out with informed caring to others.
- Discoverers informal church meets in the Baffin lounge,



Scams

With Netsafe receiving over 28,000 scam reports in New Zealand in 2022 with over \$35 million in losses, it is always worth checking out any advice to keep safe with any unexpected communications. Criminals use phone, text and online scams because it is a cheap way to make money illegally, and scams are increasingly very well-designed. Specific groups, such as migrants, international students, and older people who may not be "tech-savvy" are often targeted. Up to 3 out of 4 people scammed don't contact the police, often



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Community News

because victims feel ashamed when they are tricked. They feel that people would laugh at them and say how could you be so stupid to fall for this scam, but it is easy to fall victim, even when being careful. If any deal sounds too good to be true, beware.

Be suspicious of unfamiliar phone numbers, names, and addresses, stay alert to unusual requests for personal financial information and seek out official phone numbers and websites if someone contacts you saying they represent a specific organisation. You can now type in (or copy and paste) the full web address hyperlink you want to check out and you will see background insights to help you see if a link is a scam or legitimate, at a new site checknetsafe.nz. If in doubt visit netsafe.org.nz for advice, support or to report a scam.

Te Kori planting

At the end of July, Auckland Parks Upper Harbour Local Board, Habitat Hobsonville and Kaipatiki Project led a team of over 100 volunteers from the local communities at a planting session at Te Kori Scott Point, the sustainable sports park being developed alongside Clark Road and Squadron Drive in Hobsonville. 2000



native shrubs and grasses were planted in, mulched and landscaped soil islands and into coconut weed matting, down towards a wetland area down to a natural aquifer.

Mike Pero Real Estate Hobsonville wins national awards

(Pictured: Graham McIntyre, Aaron Skilton, Gail McIntyre and Stacey Milne pictured with the Best Marketing Campaign Award 2023).



Kumeu/ Hobsonville Mike Pero Real Estate has been recognised at the annual Mike Pero Real Estate Nationwide Conference for representing the Best Marketing Campaign in New Zealand over 2022-2023 and also the Best Practice Franchise in New Zealand 2022-2023.

"This national recognition provides confidence to all our clients that

we provide exceptional marketing support and back this up with systems and processes that delivers the very best outcomes" says Graham McIntyre, Franchise Owner of Kumeu and Hobsonville Mike Pero Real Estate. "We invest heavily in ensuring our clients get the very best showcasing of their property and experience a Real Estate Customer Service Programme that is second to none. We also back this up with a gifting programme and an acknowledgement charter that delivers unique and long-lasting satisfaction and memories. For us it is about how our clients feel through the real estate journey and delivering experiences that make them feel happy, in control and confident in us achieving the best outcomes" says Graham.

In addition to the above two awards, the franchise was recognised as a finalist for Individual and Franchise Community Involvement Award, and finalist for Franchise of the year Award 2022- 2023. Recognition of the investment made by the team in building strong business and community partnerships.

For more information contact Graham McIntyre on 0800 900 700, 027 632 0421 or email graham.mcintyre@mikepero.com.

Love Tennis event at West Harbour Tennis Club

Sunday 10th September from 10am to 4pm

The West Harbour Tennis Club in Picasso Drive is participating in the Annual "Love Tennis" event.

This is a day for anyone to come and give tennis a go, or just have a look and something to eat and drink. There will be fun games for the kids, prizes, giveaways, BBQ. and more. There will a number of coaches to chat to, and discount memberships on the day. West Harbour Tennis Club has 7 tennis courts plus now also 8 pickleball courts.

 RSA Hobsonville

114 Hobsonville Road, Hobsonville, Auckland
Phone 09 416 7227 • Email 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

Worker wanted

Witt Limited has a fulltime job vacancy for plasterboard fixers and stoppers, to join our busy team. The pay rate is between \$22.70 to \$27.78 per hour depending on your skill level.

The job requires you to be able to work Monday to Friday at 8.30am to 4.00pm, worksite locations within the Auckland region. Having your own vehicle is preferable.

For more information, contact our administration Yorsaeng (Bella) at 021 058 1139 or Email wittltd@hotmail.com.

In Brief Updates

Spring clean for Hospice

Now is a great time to clean out your wardrobes, kitchen cupboards, spare rooms and garages. And by donating your quality, preloved goods to West Auckland Hospice Shops, you are helping your community and the environment by reducing waste into landfills. Drop your goods into one of the six Hospice Op Shops across West Auckland - household goods, appliances, clothing, bric-a-brac, linen, furniture and toys are all gratefully accepted. Hospice also offers a free pick-up service for large items or bulk loads - just phone 0508 4 HOSPICE / 0508 446 7742 and we will arrange a time to collect your goods free of charge.



Hospice Shops generate vital revenue that enables our doctors, nurses and social care teams to provide free specialist palliative care to those in need in West Auckland.

Party time at Flippin' Fun

Be the coolest parent in town and book your child's party at Flippin' Fun!

Flippin' fun parties are customisable. Your creativity is not held back by pre-existing themed rooms or restrictive fixed menus. Simple or extravagant? It's up to you.



'Got a theme? No problem. Make the birthday boy or girl's day extra special by enhancing the decorations - or just keep it simple. Your choice.

Flippin' Fun parties are great value too. We don't clip the ticket on food. As a party host, you get to bring what you want for your guests, both children and parents.

You get a whopping two and a half hours in your own party space as well. You don't have to send parents away to have them come back at pick-up time. It's your space so have a good catch up with friends and family over a coffee.

Our party planners will help you prepare a memorable event so on the day, you can kick back, relax, and let the party guests have a flipping good time on the tramps.

So, give your child the best gift of all- an awesome Flippin' fun party.

It's hassle-free and easy.

Call us on 09 833 6880 or visit www.flippinfun.co.nz/parties for more information.

The Trusts Arena

A truly unique venue, The Trusts Arena is home to a variety of concerts, shows, exhibitions, sports, and events for our local community. We also host a wide range of events in our various function spaces, from meetings and conferences to school balls, weddings, and funerals. Our team is always ready to get stuck in and make any event a reality. Recently, The Trusts Arena has been used as one of the training centres for the FIFA Women's World Cup, and it has been so exciting to be a part of this historic women's sporting event in New Zealand.



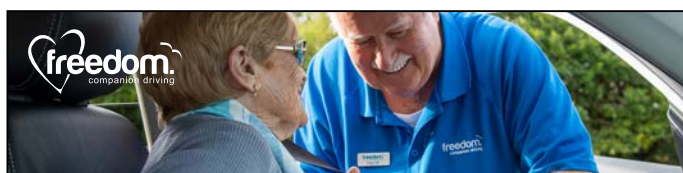
Having been designated as Civil Defence Evacuation and Covid Vaccination Centres, The Trusts Arena is always ready to assist our local community when they need it most. It is always fantastic to see Central Government, Local Government, and our local community uniting together to help those that need it! thetrustsarena.co.nz.

The Big Haul - loaded trailer giveaway

Mitre 10 MEGA Westgate & Henderson would like to congratulate local Mitre 10 MEGA Henderson shoppers Ryan & Tania on winning The Big Haul - loaded trailer giveaway worth over \$10,000.



The promotion ran through July and early August 2023, upon spending over \$50 per transaction customers received an entry to win The Big Haul - loaded trailer giveaway which was a JOBMATE 8 x4 caged trailer full of fabulous prizes including a lawn mower, power tools, hand tools, garden supplies and much more. The end total including everything was approximately \$13,500.



Paul Miller

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In order to be into win customers needed to register their entries online and had to be in-store during the time of the draw, in total nearly 3000 entries were received and over 1500 turned up to witness the draw. Whilst instore you could enjoy a sausage cooked up by The Rock FM, visit our many valuable suppliers exhibiting their products and brands, you could paint a pot with Resene and the kids could get their faces painted with the talented Rainbow Rascals.

We would like to make a HUGE THANK YOU to the major sponsors that helped made the giveaway possible and all our valued suppliers that supported The Big Haul - loaded trailer giveaway. Once again CONGRATULATIONS to Ryan & Tania and their family.

You can be a survivor of bullying

Many of us have experienced bullying at some stage in our lives, whether it has been at work, school, social media, church, kingdom hall or even at home, it can happen anywhere and by anyone.

Bullying, lately has featured in the news (not in a positive way), where school children



are being attacked and video footage been posted online on various social platforms. Is this acceptable? No. Bullying can take many forms, such as verbal, physical, or mental.

The pain and destruction of having been bullied can have lingering effects. It can cause low self-esteem, suicidal thoughts, thoughts of worthlessness and helplessness.

These thoughts and feelings can last for a lifetime unless you choose to take your power back and break the cycle.

As a victim of bullying myself, I understand what its like, I feel your pain, I see your tears, I hear your cries. As hard as it maybe, we can overcome this. It will not happen overnight, but it will happen and you will have your power back and become a survivor of bullying.

You owe it to yourself to take a stand against being a victim and stop the cycle. It is time to say STOP! It is time for you to take your CONTROL back. It is time for you to hold your HEAD UP HIGH. You are WORTHY to be your true self. You DO NOT need to HIDE. You are WORTH it and BREAK that cycle and be the SURVIVOR.

It took me a long time to realise that those who bullied me had the problem, not me. I had to find my self-worth and I had to learn and really believe, that I did not deserve to be bullied and you will too.

Hypnosis and Reiki are wonderful tools that are available to help overcome the aspect of being a victim of bullying. Using hypnosis, we can take the pains, the hurts and put everything and everyone who has hurt you into a bag and let it go. As they no longer serve us any good. Using the Universal Life Force Energy of Reiki, we can use this to heal our mental and emotional scars. We can send love

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 the trusts
Keeping it local

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In Brief Updates

to those bullies and cut the ties so they can never hurt us again and live the life that we rightly deserve.

Astramana™ Healing Services, was founded by International Reiki Master-Teacher and Hypnotist Jason Mackenzie. Having practised and taught Reiki here in New Zealand and internationally for over 20 years, Jason would like to help you to be the survivor that you are and help you gain your life and control back. Check out our website: www.astramana.com or email astramana@gmail.com or contact us on 021 0277 0836 with any questions or to make an appointment to help yourself to be a survivor.

Choir singing

I've always loved to sing, but never thought I was any good at it. I loved any chance I got to sing - the national anthem in school assemblies, waiata and action songs with the kapa haka group, carols at Christmas - all of it. As an adult, there haven't been many opportunities to sing - until I found the community choirs run by All Together Now. I've been a member of the Hobsonville All Together Now Choir since it started, and I'm addicted.



Every Thursday night, we meet in the Sunderland Lounge. Sometimes it's hard to get myself there, when I'm tired or it's cold and wet - but I'm always glad I do. Kate, our choir director, usually starts with stretches and breathing exercises, then voice warm-ups - which are often a bit silly and make us laugh. Then we spend two hours learning new songs, practising old ones, improving our singing techniques and learning how to sing in tune. Everyone is welcome - there are no auditions, and you don't have to be musical or be able to read music. All Together Now is founded on the philosophy that everybody can learn how to sing, and that singing together is good for us.

There's lots of research to back up what we feel every Thursday night. A recent article in the Washington Post sums up several studies that found singing increases lung capacity, eases post-partum depression, stimulates memory in people with dementia, and lessens anxiety. Singing in a choir can also reduce stress hormones and increase cytokines (proteins that boost the body's ability to fight serious illness), as well as foster trust, cooperation and social cohesion, and create a sense of belonging and joy. That's why it feels so good.

Our choir has regular performances (always optional), usually raising money for charities, and sometimes with other choirs in

fancy venues like St Matthews in the City and Parnell Cathedral. At Christmas we go busking, at the Hobsonville Farmers' Market and at malls around Auckland (also optional, and fund-raising for the City Mission). All of it is fun and light-hearted. While we are encouraged to practise, and over time I can feel my voice improving, it's more about joining in and making music together.

So, if you've always wanted to sing, but haven't had the confidence, or if you want to try singing in a choir - come along. Get in touch via the website: www.alltogethernow.co.nz/.

North West's only 5* Canstar Travel Agency

I just wanted to start this month's article with a huge thank you for all the support our branch has received from everyone since the border reopened last year. House of Travel is just the ticket for Kiwi travellers, earning top 5-Star ratings across five out of six categories and taking home Canstar Blue's 2023 Award for Most Satisfied Customers, Travel Agents.



The North-West sure is full of travellers planning amazing journeys. Lately we have been enjoying booking some fantastic and inspiring trips. So far these have included some super excited young couples on their first big European adventure, a multi-generational holiday to Fiji and multi stop around the world flights. We have arranged expedition small ship cruises to Antarctica, Alaska, Galapagos and multiple ocean cruises to all corners of the globe plus some closer to home like Disney. We were also excited to set up exotic, tailor-made Asian itineraries, packages to the Rugby World Cup in France, European tours and river cruises. We enjoyed organising family holidays to many sunny and sandy destinations and a group of friends to India. The list goes on and on. Wow, what a dynamic and exciting place we live and work in.

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?



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In Brief Updates

Your ideas + our knowledge = better holidays. Please keep us in mind when planning and booking your next trip.

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

Ben & bEartha: A community's compost love story

Auckland, New Zealand - The Tāmaki Makaurau Composters Network is proud to announce the Auckland premiere of "Ben & bEartha," a heartwarming and inspiring documentary celebrating the magic of community composting solutions. The event will take place at The Vic Devonport on Sunday, 10th September, starting at 2 pm.



The premiere aims to showcase the power of localised composting initiatives in addressing climate change, waste reduction, and fostering a regenerative food system. Attendees will be treated to

the screening of "Ben & bEartha," a film that follows the journey of Ben, a passionate compost educator, as he leads his team in developing a revolutionary composting machine that could serve as a replicable model for communities worldwide.

It was shown on Waiheke in August to a packed-out Waiheke cinema. The showing was a great success- completely selling out and was followed by a lively panel session with Chloe Swarbrick, Bianca Ranson, Darleen Tana and Mike Fogarty of Waiheke's Compost Co. The speakers for the upcoming September 10th screening in Devonport are to be confirmed but you can expect a similar high standard.

The Tāmaki Makaurau Composters Network is a regional arm of the Aotearoa Composters Network, aiming to empower communities, businesses, and individuals to compost their food scraps and organics. Through localised organic resource recovery and composting, the network seeks to create thriving communities and ecosystems.

When you have children and your relationship ends

The end of a relationship is a major stress, right up there with the death of a loved one. Important parts of daily life suddenly need to be

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In Brief Updates

sorted out, while intense emotions make decision-making difficult. Can you and your partner work out who stays in the house, how to share belongings and money, and create a schedule for childcare? If you can do that respectfully, well done. Write down what you have agreed. The Family Court can formalise it via a parenting order, but hopefully you can sort it out without needing to go to Court.

The Care of Children Act 2004 concerns children and families, emphasising that the child's welfare and best interests come first. Having the facts will help you to come to an agreement. Both parents are usually guardians of their children whether or not they live together. This means they both have responsibilities to support their children and make decisions about education and medical treatment. The Act also covers the legal process for moving children to a different town or country. The Family Court can appoint additional guardians.

Parenting through Separation is a useful course providing lots of useful advice centred on your child or children. Even if your partner doesn't attend, it's worth doing. If you do go to court, this course is compulsory. When you can't agree, or agreements are broken, the Family Court is there. Mediation is there to help you come to decisions about your child/ren. There's a fee for this, currently \$448.50 per person, though it can be free for people on low incomes. Local Family Dispute Resolution organisations offer this service. If after mediation you can't agree, you'll need legal advice to file affidavits in court. These are sworn statements, so the information must be truthful. Legal aid may be available.

The Family Court process can take up to two years, with conferences, hearings and judge's directions. When you start the court process, you ask the judge to make decisions for your family. There are fast track options if safety is a concern. Protection orders can be made where there has been family violence, but these don't always cover the children. To guide you through the process and help you with the paperwork, there are Family Court Co-ordinators and Navigators (Kaiārahi). The Navigator can take calls and meet in person.

CAB is also here to help. Our services are confidential, non-

judgemental, and absolutely free.

Useful Contacts: Citizens Advice - 09-833-5775 or 0800 222 367. Waitemata Community Law 0800 52 94 63 or 09 835 2130. Family Court 0800 224 733

Family Court Navigators /Kaiārahi 0800 268 787. For support where family violence has been involved, contact Family Action 09 8372491 or Shine 0508 774 633.

Juggling debt? A quick guide to debt consolidation

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

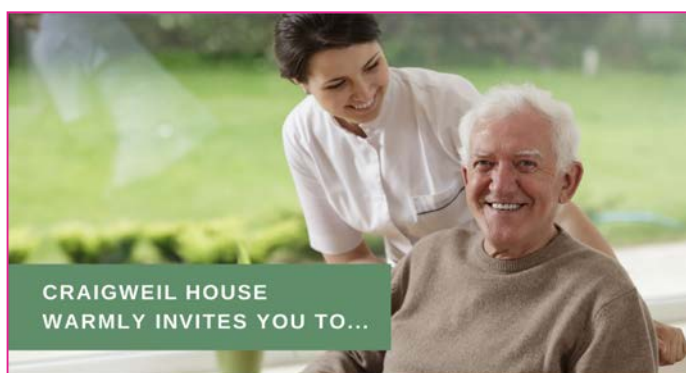
Debt consolidation involves combining all or most of your credit facilities into a single loan with one repayment. There are several benefits to consider:

1. Simplified Finances: Debt consolidation streamlines your finances by merging smaller payments into one easily manageable amount.
2. Potential Savings: It can save you money if you use it to consolidate multiple high-interest payments into a single low-interest monthly payment. Additionally, keeping the loan term as short as possible is crucial.
3. Faster Debt Repayment: Debt consolidation can help you become debt-free faster and reduce overall interest costs if you secure a lower interest rate and maintain your current monthly payment.

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

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

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



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News from Massey Birdwood Settlers Association Inc

Our Hall has been painted and is now ready for signage and the mural.



It is also being well used with the Waitakere Cake Decorators recently holding an open day to show off the talents of the ladies who attend the club.

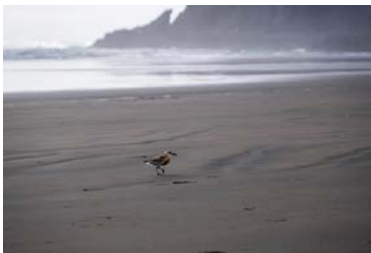
Please find four photos, the first what our new mural should look like. Our new colour scheme, and a couple of photos of cakes that we are not sure should be eaten or just put on display.

The Cake Decorators meet on the second Saturday of each month.

For hall booking, contact John Riddell by email masseybirdwood@gmail.com.

Dotterels emerge from a rough breeding season

It was a 'wild ride' for Auckland's threatened New Zealand dotterel population last breeding season as Mother Nature unleashed some powerful weather events.



Of the 172 pairs monitored by volunteers across 61 locations, 74 chicks were fledged giving a regional productivity for the season of 0.43 chicks per monitored pair.

Auckland Council's Senior Conservation Advisor, Ben Paris, says the cyclone and other significant storms over the summer had a major

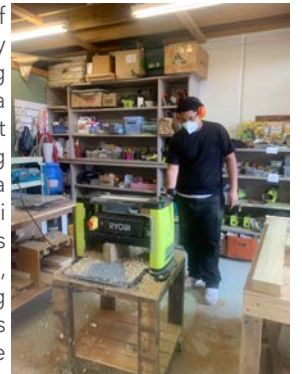
effect on the breeding season.

"Just like with people, the immediate impact that comes after a storm strike is often negative. Birds and other animals are adaptable because they've evolved in these dynamic coastal landscapes. The new or changed habitat a tropical storm produces can sometimes be beneficial but not in this case. So, for at least 74 chicks to make it through though, is very impressive. We urge people to follow the messaging on dotterel signage and stay away from any fenced areas where they are nesting, follow the relevant dog rules at the beach (check where you can take your dog before you head out), keep your cat inside at night and get involved in a local pest free group."

Auckland is a national stronghold for the species with an estimated national population of around 2,600 birds. As the population increases and with added human pressure on our beaches, dotterel pairs are continuing to turn up at new sites around the region, particularly non-beach sites, to nest each season. Six chicks fledged from the land surrounding the NorthWest Shopping Centre at Westgate.

The ReCreators partnering with youth to make a Pātaka Kai for community

The ReCreators and a group of students from ACES (Auckland City Educational Services) are collaborating on a Pātaka Kai project. The ākonga are really engaging with the concept of kai resilience community sharing and support. The project's Pātaka Kai is being built at the Te Mātāwai complex, located at 139 Grays Ave. This complex is managed by Kainga Ora, an organisation that provides housing solutions and in this case some residents will have been homeless in the past. The building is over a waterway and hence the name where te ao Māori has been incorporated into the design through carving, colours, stone and plant life. The project not only focuses on housing but also offers learning opportunities for the future. Specifically, the students from ACES are going to learn woodworking skills as part of this endeavour.



A design-thinking approach is being incorporated into the project. This likely involves a user-centred approach to problem-solving, considering the needs and preferences of the future residents

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and other stakeholders. By combining these elements, the project aims to not only address homelessness and provide housing but also to empower students with practical skills, promote community engagement, and encourage innovative problem-solving through design-thinking.

The students will learn woodworking skills, design-thinking and they will be able to include their own individual and cultural creativity into the design through carvings, weaving and painting. The reclaimed wood for this project has come from Auckland Transports Eastern Busway - old fencing panels that have been de-nailed and planed - ready for reuse. In addition we have framing timber that came from a construction and demolition skip audit. Both intended for landfill but now intended for an optimised new life.

Overall, the collaboration seems to be a wonderful example of a community-driven initiative that addresses multiple needs and fosters a sense of connection and responsibility among participants. It's heartening to see such efforts being made to create positive change and provide opportunities for learning and growth. The ReCreators are excited to be working with you, stilling skills but also a respect for the materials that exist on our planet.

New Zealand funeral duopoly

It would come as a huge surprise to many to know that the NZ funeral industry has been, for many years, controlled by two major Australian corporations, with one, only recently, having offloaded their significant holdings to an American corporation. Gone are the many long-established "family funeral homes", yet it is not something they care to publicise. Only a handful of funeral homes remain in private



Manning Funeral Cottage

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If you would like to discuss your funeral options in an open and relaxed manner, with no obligation,



please phone Martha-Louise on 09 377 9790 or email her on mla@manningfunerals.net.nz.

ownership today.

Manning Funerals however, remains privately owned since opening its doors to families in 2008 and whilst having had to relocate from their villa in Newmarket due to the effects of Cyclone Gabrielle, remain committed to caring for families. "Having experienced death from a young age (my mother died from breast cancer when I was 8) and battling cancer three times myself, I know how important it is to make families aware of all their options, allowing them to make the decisions and to engage with them in a way that assures them, I have their best interests at heart" says owner, Martha-Louise Asmus. "It sickens me to see the price-gouging that exists within the funeral corporates, the emphasis on up-selling and the propensity to "clip the ticket" on everything. I believe families would be shocked to know that the long-established funeral home they have entrusted their family member to, is now just part of a huge money-making corporation".

If you would like an honest and frank discussion on funerals, or you would like to meet on a no obligation basis, please call Martha-Louise on 09 377 9790 or email her on mla@manningfunerals.net.nz.

Navigating wet roads safely

Wet weather can pose unique challenges for drivers, especially in New Zealand where changing weather conditions are a norm. As the rain pours and roads become slick, ensuring tyre safety becomes paramount for a secure driving experience. Here are some crucial tips to help you navigate wet roads safely, keeping yourself and others out of harm's way.

- **Choose the Right Tyres:** The first line of defense against rainy conditions is selecting the appropriate tyres. Opt for tyres with a good tread pattern that can effectively disperse water and reduce the risk of hydroplaning. All-season or rain-specific tyres are great choices to enhance traction and grip on wet roads.
- **Maintain Proper Tyre Inflation:** Correct tyre pressure is essential for optimal performance, particularly on wet surfaces. Underinflated tyres can reduce grip and increase the likelihood of hydroplaning. Regularly check and maintain your tyre pressure according to the manufacturer's recommendations.
- **Slow Down and Increase Following Distance:** Wet roads demand cautious driving. Reduce your speed to allow more time to react and increase your following distance behind the vehicle in front. This provides ample space to brake safely without skidding.
- **Avoid Sudden Manoeuvres:** Rapid acceleration, sharp turns, and sudden braking should be minimised during rainy conditions. Such manoeuvres can lead to loss of control, especially on slippery roads.



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Gradual actions ensure a smoother and safer driving experience.

- **Brake Gently and Smoothly:** Apply the brakes with a gentle touch to prevent skidding. If your vehicle has an anti-lock braking system (ABS), maintain firm and consistent pressure on the brake pedal while steering to avoid obstacles.
- **Use Headlights and Indicators:** Turn on your headlights to enhance visibility for both you and other drivers. New Zealand law requires vehicles to use headlights during rain, so make sure you turn them on. Use indicators early to give other drivers ample notice of your intentions.
- **Stay Clear of Puddles and Standing Water:** Puddles might seem harmless, but they can hide potholes or deeper water that could damage your tyres or cause hydroplaning. When possible, steer clear of large puddles and reduce your speed when driving through water.

Wet weather need not spell disaster for your driving experience. By adhering to these tyre safety tips and exercising caution on wet roads, you can confidently navigate through inclement weather and arrive at your destination safely. Remember, proper tyre maintenance and smart driving practices are your best allies against the challenges of rainy conditions.

For advice and help on choosing the correct tyre, wheel alignment or for a free tyre check, visit the team at Bridgestone Kumeu or Westgate. You can find us at 1 Cellar Court, Westgate phone 09 833 8555.

Get funding now

There's nothing better to unite a neighbourhood than a project or event run by the community, for the community. Unfortunately, most funders can't support unregistered charities and that's where we come in.



At Gift Collective, we help community groups do charitable work and receive funding without getting burdened with financial admin. Register with us and you'll be set up with a page on our platform where you can receive grants, crowdfund, send updates and more. We hold your funds, and pay out as you submit expenses.

We love seeing the work community groups get up to - we currently host around 60 collectives, who work in fields ranging from the environment, to digital equity, to alternative health to business upskilling. If you're launching a charitable project and want to

Financial admin help for community groups

Our online platform and charitable status helps you get your project off the ground without having to set up a bank account or register as a charity.

Find out if your group is eligible:
[giftcollective.nz](https://www.giftcollective.nz)

 **Gift Collective**



execute it without the hassle of registering as a company, society or other legal entity, get in touch with us today.

Kaipātiki Project a winner for butterflies and moths

On the edge of the Eskdale Reserve people are working hard, not just for our native bush. Not just in a fight against climate change. Not just caring for NZ's environment, but also to help NZ's native butterflies and moths as well.



Kaipātiki Project has grown in leaps and bounds since it was formed in 1998, to enhance and restore the natural ecology of the greater Auckland region, in particular the North Shore. In their nursery sites in Birkdale and at Engine Bay, Hobsonville, thousands of native plants are raised which are later planted out around the north and north-west of Auckland city, in parks, reserves and other public areas.

"The edge of the Eskdale Reserve was once a bit of a dump," said Derek Craig, Restoration Nursery Manager. "It has been cleaned up by our hard-working volunteers and we have planted a selection of appropriate fruit trees and self-sustaining crops for use in the community."

"And in the nursery each year we raise nearly a hundred different species of native plants, all appropriate for this area."

Seeds are eco-sourced locally and then propagated and potted up. When the season is right - and the plants the right size - they are planted out.

"We also have a focus on our native invertebrates," added Blanka Ros, Marketing Strategist at Kaipātiki Project. "Invertebrates are invaluable for the eco-system, and we want to encourage them. Most of them are invaluable additions to the diets of our native birds as well."

At both nursery sites the team has planted stinging nettle, which is going to help see a return of the red admiral (Kahukura) to the Auckland region. Numbers have been depleted since Auckland was sprayed with insecticide around the turn of the century, to eliminate the painted apple moth.

Many people don't realise that butterflies need flowers as well as their host plant on which the caterpillars live.

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"When we see them, we don't get upset about the kawakawa looper moth, or the kowhai moth,"

said Derek. "Yes, they will eat some of the leaves, but the plants are healthy enough that they bounce right back."

This is exactly what the Moths and Butterflies of NZ Trust (MBNZT) wants to hear.

"We were thrilled to see this ecosystem flourishing under the direction of Kaipātiki Project," said Jacqui Knight from the MBNZT. "Not enough people appreciate that insects have a very important place in nature."

There are now 21 certificated butterfly and moth habitats throughout New Zealand. More information can be found on their website.

What's On at Te Manawa this September

Te Manawa is your local Community Hub located in Westgate opposite the Northwest Mall. This September we are celebrating Tongan Language Week, Te Wiki o Te Reo Māori, and the next School Holidays. From puzzles in our What's On booklet to an exciting movie screening to plenty of Treasure Seeking themed activities for your tamariki we've got an amazing line up this September.



Along with these highlighted events we'll be visited by our friends from Waipareira with their Community Health pop ups, Positive Parenting Programme, and Kai Ora cooking classes.

And don't forget to check out Bake & Chat on the last Thursday of the month. Bake something tasty and share your experiences with our Rainbow Culture Club, or just chat with other people in the queer community.

Lastly, Faye is back with more candle making, so get in quick to grab your spot with Fayora Candles and their stunning workshops.

To find out about our amazing programmes and activities you can pop in and pick up a What's On booklet or check out our social media. www.facebook.com/TeManawaAC.

Upper Harbour Regional Marine Centre, Catalina Bay

Efforts over the past few years by the Hobsonville Point Marine Sports and Recreational Centre Trust is now coming to fruition with construction now underway for a new Marine Centre at Catalina Bay in Hobsonville Point. Located at the end of Launch Road, when complete, the Centre will add a range of new opportunities



for the residents of the Northwest. This includes foundation youth and schools' marine focused programmes, water sports and recreation activities for all ages, marine stewardship and education programmes supported by the outstanding facilities. It will also provide a new base for the Hobsonville Yacht Club and the Westlake Boys' High Rowing Club. The Centre will include a new public wharf with deep-water access for the launching of light watercraft such as skiffs, dinghies, waka and kayaks, and provide secure equipment storage for a range of water-based activities. The upper floor will have large gathering and meeting spaces with catering/bar facilities and a deck overlooking the harbour. It will fulfil the Trust's vision of providing easy access to the water and a vibrant new community focus on the upper Waitematā Harbour. Further information can be viewed at www.uhrmc.org.nz/. Errol Haarhoff: Marine Centre Trust Board Member.

Final call to show your barn and win

Your time is almost up to achieve bragging rights on "Barns We Love" a showcase of really cool barns that you have inherited or created. It doesn't matter what you store or how full you have made it, just showcase the style and the feel and we'll be the judge of "Oh My God, I want one" measure.

The old, the new, and everything in-between, a visual tribute to the kiwi barn, shed and sanctuary.

Take a photo today and email to editorial@kumeucourier.co.nz with your name and email address or email the word barn to 027 632 0421.

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Safer Communities



September marks the start of Spring where we can expect to see the weather start to dry out and hopefully a little warmer too.

With Spring comes daylight savings on September 24th when we all move our clocks forward an hour and enjoy the additional time of (hopefully) sunshine to go about doing what we all do.

Daylight savings is the time of year when we are all reminded to check our smoke alarms and replace the batteries, to ensure we can all be alerted in our homes in case of a fire.

Why is it important to have working

smoke alarms?

When we are sleeping we lose our sense of smell. We will not wake to the smell of smoke in another room. Smoke will begin to fill your home and you will be inhaling the toxic carcinogens created by burning couches, curtains, carpets, etc. The chemicals in our furniture combust very quickly resulting in less time for us to evacuate than we had many years ago.

By having working smoke alarms placed around your home, a loud audible tone will alert you at the earliest possible moment for you and your family to wake and leave the house safely and call 111 from a safe meeting point away from the house.

Smoke alarms are inexpensive and are available as options for those that are also hearing impaired.

Fire and Emergency also offer free home safety visits to those who require safety advice. This includes advice around the placement of smoke alarms, installing smoke alarms you have purchased, discussing escape plans, and identifying

safe meeting points.

Should you wish to arrange a safety visit, please call 0800 693 473.



Jamie Shaw

Deputy Chief Fire Officer
Waitakere Volunteer Fire Brigade
Phone 09 810 9251

FLOAT first Survival Steps

1 Float on your back

Keep your airways (mouth and nose) out of the water and fight your instinct to swim. Tilt your head back and use gentle arm movements. Keeping your airways clear will stop you from breathing in water.

2 Control your breathing

Get your breathing under control and conserve energy. Your breathing and heart rate will slow down as the cold water shock passes. This takes around 60-90 seconds.

3 Call for help

Call out, or signal with your arm to let someone know you are there. If you can phone, ring 111.

4 Swim to safety

Look for an exit and only swim if it is safe to do so. If you are unable to get out of the water, look for items that can provide additional buoyancy, take steps to keep warm and continue to float until help arrives. Staying still will preserve body heat.

Property

Property market report

If there was one word to describe the Auckland Property Market it would be - resilient.

We are not seeing a mad panic, nor desperation fire sales, but we are having plenty of intelligent conversation about values, the lack of listings in our area and the stability that that has delivered to our property price balance sheet.

The last two properties I have sold under multiple offers of four and six respectively. So, is it a good time to sell? Let's not beat out a long winded answer... Yes it is. And why? Because buyers are feeling more confident, the market has some stability, the Official Cash Rate seems to be at its peak, and Banks are seemingly more customer service orientated. Prices are likely to remain stable over the next 12 months, so it's a good time to get your property goals onto paper and let's get together and work out how we can make the goal a reality.

The economy is likely to be fairly flat overall into early 2024, potentially dipping and peaking at times. Domestic demand is soft on most fronts, compounded by export and import volumes tapering off. Strong migration flows have made some difference in holding up headline GDP. So far though, the more noticeable impacts of the migration boom are in boosting labour supply, with demand-related inflation pressures soft. More important, most people have a job which certainly keeps money circulating.

So is it a good time to buy and sell...the answer is yes, indeed it is. Let's look at the sales

Hobsonville \$663,000 to \$1,240,000



Massey	\$660,000 to \$1,140,000
Swanson	\$845,000 to \$2,133,000
Westgate	\$650,000
West Harbour	\$990,000 to \$1,550,000
Whenuapai	\$1,491,000 to \$2,570,000

If you want to have a chat about value, progressing to another home, or renovation, give me a call today on 027 632 0421. A small investment in time can pay healthy dividends in this confused market. Contact me on 027 632 0421 or email graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

Building the dream ... or a disaster waiting to happen?

Many of us dream of building our own home, however this dream can quickly become a nightmare with escalating costs, delays, disputes with builders and a complex dispute resolution process. There are ways to minimise the risks involved, so that the experience you have worked hard to achieve, doesn't leave a bad taste in your mouth.

The three most common risks are:

- Defective work and materials
- Excessive delays
- Unjustified overcharging

Firstly, do your research, not all builders are created equal. Ask for references and speak to some of their current and past clients.

Secondly, engage a project manager and a quantity surveyor if you can afford it. We've all watched reality TV shows where the budget blows out. Spending a little more here can help keep the budget under control and save you money (and stress) in the long run.

And finally - do not sign an agreement without first getting legal advice. There are different types of agreements, fixed price, or cost-reimbursement, and each has their own risks associated with them. There can also be clauses in what appears to be a fixed price agreement, which can allow a builder to increase the costs on you. It is important that you understand these before you embark on the build process.

Once you have an agreement in place, good communication with your builder is the key and if things start to go wrong, make sure you get legal advice early - don't try to manage the process on your own or on a hand shake.



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Property

This is one of the biggest investments you will ever make. Taking a little time at the beginning to get it right can make a big difference. We are happy to provide advice before you sign an agreement, so give us a call on 09 973 5102 and make a time to come and see us at either our Kumeu or Te Atatu Peninsula offices.

The crucial role of property manager-tenant relationships

In property management, the relationship between a property manager and a tenant is more than just a business transaction. It forms the foundation of a successful and harmonious rental experience for both parties involved. This symbiotic partnership goes beyond the exchange of rent for a living space; it shapes the quality of life, satisfaction, and overall well-being of tenants. In this blog post, we'll delve into the importance of fostering a positive and productive relationship between property managers and tenants.



Clear Communication is the cornerstone of any healthy relationship, and the property manager-tenant dynamic is no exception. From the initial property viewing to day-to-day interactions, open and transparent communication sets the stage for mutual respect and understanding. Regular updates, whether about maintenance schedules, rent payment procedures, or policy changes, help tenants feel informed and valued. Conversely, tenants are encouraged to communicate their concerns, feedback, and repair requests promptly to ensure that their needs are met. This communication loop enhances trust and avoids misunderstandings, fostering a cooperative environment.

Tenant Satisfaction. A strong relationship between a property manager and a tenant directly influences tenant satisfaction. When tenants feel heard and respected, their overall living experience improves. Responsive property managers who address issues promptly, maintain the property effectively, and enforce policies fairly contribute to a positive living environment. Happy tenants are more likely to renew their leases, which reduces turnover costs and keeps the property's revenue stream steady.

Timely Maintenance and Repairs. A positive property manager-tenant relationship streamlines the maintenance and repair processes. Regular property inspections, prompt responses to repair requests, and scheduled maintenance not only enhance the property's condition but also demonstrate the landlord's commitment to the tenant's well-being. A well-maintained property

fosters a sense of security and comfort, encouraging tenants to take better care of their living space.

Trust and Transparency. Trust is the cornerstone of a successful relationship between property managers and tenants. When tenants believe that their concerns are being addressed fairly and that their privacy is respected, a strong sense of trust is established. This trust encourages tenants to adhere to lease agreements, report issues promptly, and communicate openly. On the other hand, landlords/property managers can trust responsible tenants to care for the property and adhere to rules, creating a more harmonious environment for all.

Conflict Resolution Disagreements and conflicts are inevitable in any relationship, but a positive property manager-tenant relationship provides a framework for effective conflict resolution. By maintaining open lines of communication and a willingness to find mutually beneficial solutions, conflicts can be addressed in a constructive manner. Swift resolution helps prevent minor issues from escalating into major problems that could damage the relationship or the property itself.

The relationship between a property manager and a tenant is far more profound than a mere financial transaction. It's a partnership that shapes the quality of life for tenants and impacts the overall success of the property investment. By fostering open communication, prioritising tenant satisfaction, ensuring timely maintenance, building trust, and addressing conflicts constructively, both parties can create a harmonious living environment that benefits everyone involved. Investing in this relationship pays off in the long run, as it contributes to higher tenant retention rates, improved property conditions, and a positive reputation within the rental market. If you're wanting a property management company that has great relationships with their tenants and owners, then feel free to drop us a line. mike.james@therentshop.co.nz.

Sorting out your relationship property

The Property (Relationships) Act 1976 ("PRA") applies to couples who are married, in a civil union partnership, a de facto relationship, as well as same-sex couples. The PRA presumes an equal contribution by each partner and aims to achieve a just division of relationship property when the relationship ends. A partner's contribution is not limited to financial contributions but also other things such as looking after the children, the household or property belonging to the couple.

Couples may prefer that the PRA does not apply to all or some of their relationship property. This could either be in anticipation of or during a relationship, or at the end of a relationship. A contracting-

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Property

out agreement would then be necessary to achieve this. The PRA sets out certain formalities which are required for a valid contracting-out agreement. These requirements include that:

- each party must have independent legal advice before signing the agreement;
- the signature of each party must be witnessed by a lawyer;
- the lawyer witnessing the signature must certify that he or she explained the effect and implication of the agreement to that party.

It is important that these requirements are met to have a valid agreement. Otherwise, you may have to approach a court to validate the agreement (which can be expensive). It can also result in assets being exposed to creditors which you may have thought were taken out of their reach.

For any advice on PRA or any other legal matters you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

Selling a property when you're splitting up

I appreciate the end of a relationship is tough on you and those around you. Many find it hard to divide their assets, big and small. If you are struggling to find common ground it's a good idea to get legal, accounting and banking advice so you clearly understand your position, your rights and your responsibilities. Often the real cost is in how you feel and express yourself, so having a strong network around you is a priority. Your team should involve the following a) Level headed friend or confidant, b) Solicitor, c) Accountant, d) Banker or Mortgage Broker, e) AREINZ qualified Real Estate Agent. These are the individuals that can provide accurate and measured advice and provide structure around you when things don't look right. Many of these people and services look sensible but many

may ask why an AREINZ qualified Real Estate Agent. The point is this, you need the best experience and the best advice when you're in a time of change. You may be selling and buying property, you may be renting, and having someone alongside you that can assist in the decision making provides clarity and peace-of-mind. It may be the assurance you need to move ahead. Over the years I have pulled together a checklist for couples seeking clarity on the things to cover off when splitting up. If you would like this checklist please email graham.mcintyre@mikepero.com and for more information within this series on selling a property when you're splitting up, go to www.graham-mcintyre.mikepero.com/blog/. Contact Graham McIntyre AREINZ on 0800 900 700 or 027 632 0421. (Licensed REAA 2008)

The 4 must-do things when selling

After 17 years in real estate selling it is fair to say that I have seen it all. However, if you are on market or about to go to market you may seek solace in understanding the most important things that will influence and motivate Purchasers and pricing.

1. Remove your personal effects - Purchasers are buying your property not your things. The more you have in your house or on your section the less a purchaser will see. Their perception will be clouded by your things, the clutter and how much will be left behind for them to deal with. Often a house filled with personal effects will look a lot smaller and feel cramped. When buying a car from a dealer you'll see the inside and outside is groomed, tires black, interior smells good, and is clear of distraction. Consider this as being the clean and minimalistic standard your house should be presented in.
2. Remove any damaged chattels - Any curtains, drapes, rugs, furniture, personal effects that are worn, old, dirty or tired need to go. Simply remove, transfer to your garage or skip bin, but start moving things out of the home. If it is past its best Purchasers will feel that about your house, therefore get rid of it.
3. Fix or repair any damage or unfinished projects - Typically Purchaser will over exaggerate the cost in time and money to fix any broken items or unfinished projects. This exaggeration is often three fold the actual cost of remedy. Further it will reduce the number of purchasers and the value of the house. Make a plan to remedy defects as it will affect the sale time and the sale price directly.
4. Paint and plaster where necessary - It does not cost a lot to identify blemishes, cracks, bangs and knocks and plaster them up and paint them but it will make a big difference. It will make the house feel and look fresh and attractive. Further it makes the Purchaser appreciate the house has been looked after and maintained. The small

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1/547 Te Atatu Road
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Property

investment in paint and plaster can make a difference in thousands of dollars and a quicker sale.

It doesn't cost a lot of time or money to do the simple things in preparing a house for sale. Simply start at one door and move room by room, likewise outside, start at the drive and move around the property doing a little bit at a time gets the job done, but do start now. For a free and independent pre-sale inspection report or for our pre-market check-list please call Graham on 027 632 0421 or email graham.mcintyre@mikepero.com.

The 3 reasons that a property sells

It is not a mystery, and it is certainly not shrouded in secrecy, however it is sometimes confronting that even Sales People do not have the clearest grasp on what has to be right in order for a property to sell at the best price and in a timely manner.



After 17 years operating at the highest level in residential property sales in the Auckland market, these are the key things you need to get right in order to sell well.

1. Marketing - The marketing of a property is not words on paper and seldom is it the 45 second video but it is a careful mix and understanding of the audience, the competing houses in market and the advertising mediums that best convey the messages to a Purchaser. Sometimes the simplicity of the message gets lost in marketing mumbo-jumbo and the agent ignores key search words and localised interest. A clear understanding of audience and competition defines who is going to buy the property and highlights the mediums that will deliver the best message to the Buyers.

2. Energy of the Real Estate Sales Person - If your Sales Agent lacks engagement, motivation, energy and charisma there is a good chance that the Buyers will have the same opinion. Your agent must be positive, communicate well, be upbeat and thorough. They need to deliver a buying experience that provides information and also listens for key pieces of information. High energy agents tune into a Buyers and discuss value, motivation and emotion. Energy is a result of drive, and motivation and results in greater satisfaction to both the property Owner and the Purchaser.

3. Price - This is the least important of the three and is confused by many Real Estate Agents as the main reason a property sells or does not sell, this is not so. The price afforded a property is a direct result to a range of factors being affordability, desirability, and

competition for ownership. Any combination of these elements can deliver an increased sale price but failure to generate any or all will see the sale price of a property continue to reduce.

You may have had experience in the past that resonates with these reasons and likewise the information here may have provided some timely in-put into historical non-performances. The reason that Mike Pero Real Estate exceeds our customer expectations is our low fee structure and our excellent and customised marketing. We focus on the Purchaser audience and the words that motivate action. We are aware of competing properties and focus our messages to highlight the unique advantages/ perceived advantages that will resonate. In addition, we can use the complete suite of marketing mediums including television, glossy magazines, High traffic web sites, premium social media content, signage, database targeting, community flyers including but not limited to editorial, photography or videography.

All the sales team within Mike Pero Real Estate are high performers from other brands that understand great process, high energy and uncompromised motivation. We work with most agents from all brands and promote your property to the public directly and via buyers' agents within other brands. We engage other agents by sharing our commission which ensures the Property Owner gets the lowest commission available but the biggest pool of potential Buyers regardless of who they are working with. If a sale is not concluded, we don't get paid and the rest is history. Our motivation, energy and drive is uncompromised.

Mike Pero Group enjoys a wide spectrum of independent Mortgage Brokers that provided first tier and second tier lending to Purchasers wanting to own a home. This relationship between Mike Pero Real Estate and Mike Pero Mortgages ensures that Purchasers get the very best mortgage advice to increase the ability to access funds, the right banks and financiers who are doing the business and the professionalism to bring all the elements together.

Once all is said and done, if you are on the market and seeking to sell and find this information helpful, it might be time to call me directly, Graham on 027 63 20421, or email graham.mcintyre@mikepero.com. It will provide clarity to a sometimes uncertain and uncomfortable situation.

\$100 = Exposure for a month

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



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Area Property Stats

Every month Mike Pero Real Estate Hobsonville assembles a comprehensive spreadsheet of all the recent sales in the area that reviews the full range of Residential transactions that have occurred.

To receive the full summary simply email the word "full statistics" to hobsonville@mikepero.com. This service is free from cost.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HELENSVILLE	640,000	463M2	70M2	645,000		1,400,000	726M2	150M2	1,005,000
	660,000	465M2	80M2	502,250		850,000	353M2	114M2	801,000
	860,000	629M2	117M2	870,000		1,200,000	812M2	110M2	810,000
HOBSONVILLE	1,275,000	225M2	174M2	1,240,000		900,000	587M2	90M2	864,000
	1,150,000	206M2	185M2	1,120,000		1,400,000	300M2	193M2	1,140,000
	1,010,000	141M2	138M2	960,000	RIVERHEAD	1,600,000	806M2	230M2	1,785,000
	985,000	136M2	119M2	903,000	SWANSON	970,000	809M2	128M2	845,000
	1,130,000	179M2	167M2	1,140,000		720,000	571M2	344M2	1,643,000
	1,275,000	158M2	191M2	1,165,000		1,775,000	1.82HA	210M2	2,133,000
	1,170,000	154M2	161M2	1,140,000		1,125,000	1202M2	163M2	1,100,000
KUMEU	2,525,000	2.13HA	150M2	1,750,000	TAUPAKI	2,325,000	4.2HA	208M2	1,800,000
MASSEY	1,100,000	470M2	137M2	978,000	WAIMAUKU	1,800,000	1500M2	282M2	1,585,000
	1,250,000	1004M2	189M2	1,065,000	WEST HARBOUR	1,515,000	500M2	238M2	1,250,000
	420,000	1436M2	107M2	830,000		1,375,000	703M2	269M2	1,270,000
	1,600,000	809M2	90M2	950,000		1,705,000	965M2	238M2	1,550,000
	980,000	475M2	158M2	1,047,000		1,430,000	762M2	192M2	1,362,000
	1,150,000	4581M2	158M2	935,000		860,000	203M2	147M2	990,000
	740,000	86M2	78M2	660,000	WESTGATE	1,205,000	423M2	160M2	650,000
	980,000	555M2	152M2	860,000	WHENUAPAI	2,145,000	2061M2	167M2	2,570,000

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

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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.



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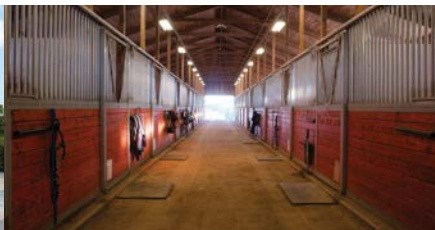
*So come on rural communities – take a photo of your barn, especially those with the “wow” and the “OH MY GOD I want one” factors and enter **Barns We Love**, there are fantastic vouchers to be won!*

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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.



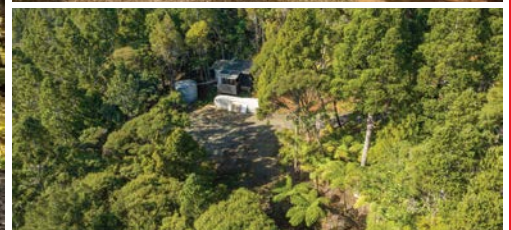
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ELEVATED NATIVE GLADE - OUTSTANDING BUILDING SITE

By Negotiation

15 Te Aute Ridge Road, Waitakere By Negotiation

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



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POOL, STABLES, ELEVATED ENTERTAINERS PARADISE

5 1 3

By Negotiation

296 Taupaki Road, Taupaki
By Negotiation

Set high atop the Northern rolling hills that frame the Taupaki valley in this family friendly lifestyle oasis. A generous parcel of 1.5 hectares with extensive shedding/storage and stables offering options to equine buyers. The home has been crafted to make the very most of Northern in-door out-door flow into pool area and stylish bbq saloon leading onto grassed lawn promenade and easy care garden edging, suitable for marques and grass-court games. Large five bedroom house including master suite, office/study and bedrooms with three bathrooms, media room and entertainers kitchen/dining and lounge. Multiple garages/ stables in place with separate entrances and easy drainage. A short distance from Northwest Mall, Kumeu, Motorway access, Taupaki School, Parks, cafes and restaurants.

www.mikepero.com/RX3760437



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Mike Pero Real Estate Ltd. Licensed REAA (2008)

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Testimonial

"We are thrilled.

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

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

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

Top Agent..."

Nicky & Ralph

Get in the know with
Graham McIntyre

Brand and Territory Owner
Kumeu & Hobsonville



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Hot Property



Pool, stables, elevated entertainer's paradise

Taupaki's past was the fruit bowl of Auckland at the turn of the century. An area that produced generous crops and fruits with fertile alluvial soils, warm climate and access to streams. Today it is largely countryside living, offering small acreage with easy commute to Auckland CBD and Airport.

Set high atop the northern rolling hills that frame the Taupaki Valley

in this family friendly lifestyle oasis.

A generous parcel of 1.5 hectares with extensive shedding/storage and stables offering options to equine buyers.

The home has been crafted to make the very most of northern indoor out-door flow into pool area and stylish BBQ saloon leading onto grassed lawn promenade and easy-care garden edging, suitable for marquees and grass-court games.

Large five-bedroom house including master suite, office/study and bedrooms with three bathrooms, media room and entertainers kitchen/dining and lounge. Multiple garages/ stables in place with separate entrances and easy drainage.

Hot Property



A short distance from Northwest Mall, Kumeu, motorway access, Taupaki School, parks, cafes and restaurants.

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



FLAT LAND - BIG SHED - AQUAFER BORE

By Negotiation

Lot 2 / 337 Ararimu Valley Road, Helensville By Negotiation

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

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

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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

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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.



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Testimonial

"Great Communication, professionalism and empathy.

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

Don & Angela

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We had the most amazing morning with this awesome school Road Patrol Team from Marina View School. So much fun!

Marina View School welcomed us with their Road Patrol Team for hot milos, marshmallows and choccy fingers. Again, it warmed our hearts and reminded us that some of our most precious ones are these little future stars out there in those conditions helping get our families to and from school safely.

Thank you, Marina View School, for the massive welcome and letting us support you by being Safe & Seen on the roads. We are



enormously proud to be able to provide Marina View School with new wet weather protection.

We can also look after our wider community by offering complete solutions for all your plumbing, drainage, and roofing needs. No job is too big or too small - our team is happy to do any job from basic tap washers right into full re-piping, re-roofing, drainage, or gas systems.

Get in touch today. Laser Whenuapai today on 09 417 0110 or whenuapai@laserplumbing.co.nz for all your service needs. We are open five days a week from 7:30am-4:30pm and conveniently located at Unit 4, 3 Northside Drive, Westgate. Visit our website whenuapai.laserplumbing.co.nz for more information.

Time to rewire your home?

If you're worried about your home's electrical and wonder if it's time to rewire, here are some signs that can help determine whether you should be calling us in.

If a home is more than 30-40 years old, and the wiring has never been replaced during that time, then it's probably time to plan this project. Even if there are no obvious issues, it's likely a matter of time before problems occur. So, it is worthwhile to get on top of any issues.

Lights that flicker and dim unexpectedly could be among the first signs a home might need rewiring. A faulty lightbulb may be the cause of this issue, but it's important to check. If it continues happening, regardless of which light bulbs are in use, then the problem may be loose wiring or perhaps faulty circuits, and it's time to call an electrician.

Blown fuses are another problem that may not be a significant issue if it happens only once in a while. However, if the fuses blow regularly, they may be older style fuses that can't support all the home's electrical appliances. Old fuses could be a sign that a home needs a circuit upgrade.

If a mild burning smell can be detected in a home, especially around the switches, that might mean the wiring is shorting out. These shorts can be small sparks behind the walls and floors and can eventually cause major damage. If you can detect this faint smell, it's crucial to call an electrician to check it out.

An obvious sign that a home needs rewiring is a need for more and more extension cords. As the number of appliances in the home increases, there may not be enough PowerPoints in rooms, so the family relies on extension cords. The uneven distribution of electricity can lead to fluctuations in power when one point





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Home & Garden

becomes overloaded.

If a home is in the process of home renovating, it's a perfect time to check the wiring. If the project includes adding large appliances, then there's a good time to rewire the home first. If the wiring system is not brand new, adding new electrical appliances could significantly strain the existing system.

If you think your home is due a rewire, give us a call and we can offer you a free no obligation quote for the job.

Contact Blackout Electric for all your electrical service needs. We can be found at 021 708 097 www.blackoutelectric.co.nz or info@blackoutelectric.co.nz.

Start your new lifestyle with Signature Homes

Signature Homes West & North-West Auckland is one of the most sought-after and respected builders in Auckland, where no new build project is too big or too small.

Owners Dean and Amanda Pritchard bring unrivalled new home experience to West Auckland. The unique combination of Dean's decades of experience



as an award-winning builder with Amanda's expertise in sales and marketing enables them to provide a full-service building solution that is second to none.

Searching for expert guidance? Change is inevitable and sometimes beyond our control. Having access to guidance and expertise to facilitate these transitions can provide a sense of reassurance. Signature Homes West & North-West Auckland aim to empower individuals to transition into the process of rebuilding for a secure future.

Signature Homes Knock Down & Rebuild service goes beyond the design phase—it begins with assessing the viability of your project. Offering a no-obligation, complimentary site assessment and consultancy to get you started.

As trusted experts in the Auckland Unitary Plan, all details of the process are handled for you. From architectural design to the seamless removal of your existing building, securing consents, and executing the entire build process.

Throughout the entire process, Signature Homes' expert team will be by your side to provide unwavering support and the best industry-leading guarantees in New Zealand, ensuring your new home journey is smooth and worry-free.

If you're seeking knowledge and direction, let's join forces to discover your current standing, and the remarkable possibilities that lie ahead. Together, we can determine what can be achieved and create a plan to make your dream home a reality.

Time to be inspired? Looking for new home inspiration? Visit our Huapai Showhome to experience the difference, located at 190

VISIT OUR NEW HUAPAI SHOWHOME

To experience the difference



199m² 3 2 2 2

190 MATUA ROAD, HUAPAI

OPEN MONDAY - SUNDAY | 12PM - 4PM

Home & Garden

Matua Road, Huapai. Open daily from 12pm-4pm.

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

Whenuapai Floral and Garden Circle

With the club still in recess for the winter, I thought I would share a recipe. Our rhubarb is growing well and I recently made Rhubarb & Ginger Muffins.



Ingredients are 100 g melted butter, 1/2 cup sugar, 2 eggs, 1/2 tsp baking soda, 1/2 cup warm milk, 1 tsp vanilla essence, 2 cups finely chopped rhubarb, 2 tbsp finely chopped glace ginger, 2 cups self-raising flour, 2 tsp ground ginger. Preheat oven to 200 degrees C, grease 12 muffin pans. Beat together butter, sugar & eggs, dissolve soda in milk and add to batter, along with essence, rhubarb & ginger. Fold in flour & ground ginger until just combined. Divide mix into pans. Bake 15 minutes until risen and lightly golden and bounces back to the touch. Best eaten on the day but can be frozen. Variations include swapping rhubarb for feijoa, pear or apple. Or ginger for cinnamon and chopped walnuts. From Anyone can Bake by Annabel Langbein.

For more about our Garden Club, and if you wish to come along, please phone Doreen Brown on 09 832 3020 or Judy Garrity on 09 833 5592. Entry fee is just \$4 plus another dollar (optional) for the raffle (good prizes). Until next time, Happy Gardening from Mary Anne Clark.

Tile and grout cleaning and re-colouring

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



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

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

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

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

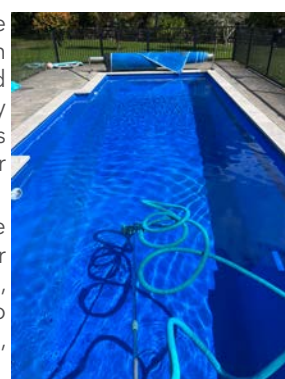
Another service we offer is a high-quality Belgian garage carpet (suitable for office spaces and rumpuses, etc.)

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

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Home & Garden

Whether you have a residential pool, spa, or a community pool, Go2Guy has the knowledge and expertise to handle any maintenance challenge. We take pride in our attention to detail and commitment to customer satisfaction.

Go2Guy has flexible service plans that are designed to accommodate your schedule and budget, ensuring that you receive the level of care that suits you best.

Don't let pool or spa maintenance stress you out. Contact Go2Guy today and let our experts take care of all your maintenance needs. Trust us to keep your pool crystal clear and your spa a haven of relaxation.

For the past four years, Go2Guy has also offered a stump grinding service. Phone 029 124 1191. Go2Guy2019@gmail.com. facebook.com/go2guy78/

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KPL 09 412 9108 - 156 Main Road Kumeu. Big Blue Building www.kumeuplumbing.co.nz or send us an email 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.

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Gardening with pots – easy as 1-2-3

We love landscaping with pots. Whether you have a tiny balcony, poolside patio or a sweeping backyard, adding pots and plants will instantly give form, structure and interest to your outdoor space.



You can use them to create zones, add greenery or blooms, grow veggies, or hide unsightly features. They are a landscape designer's best friend.

If you want to joosh up your outdoor space with pots and plants, our top design tip is always to remember the 'Rule of Threes'; a design concept so easy to use you almost can't go wrong. Here's what we mean.

Three pots - For maximum impact, we suggest selecting three pots of the same colour or material in the same style and shape.

Three colours - Choose three plant colours or shades that complement one another. The colour doesn't have to be in flower form either; foliage can be just as colourful, and remember, green is a colour too.

Three textures - If you prefer the look of the more reserved, all-green colour palette, consider mixing three different textures to make it more engaging. Mix spiky grasses, large-leafed shrubs, and softer mounding perennials to create visual interest.

Dirty Tiles & Grout?

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

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Three words - "Thriller, filler, spiller" - Keeping this handy phrase in mind will help you to create harmony and balance in your larger containers (60cm + in diameter). The "thriller" is the centrepiece, usually a tree or taller shrub that grabs attention. The filler "fills" the pot and covers the soil. The "spiller" is a trailing plant that spills over the edges of the pot to create balance with the thriller.

Would you like help choosing the best pots and plants for your space? Visit one of our monthly Pop-up Studios at our warehouse in Hobsonville. Bring some photos, measurements and the aspect of your space, and one of our design experts will help you to the most appropriate pots and plants. Easy as!

Our next event is Saturday September 16th.

Visit our website events page for more details.

City Botanics specialises in small urban gardens, courtyards, patios and balconies. If you are thinking about transforming your small outdoor space, contact Martin for a free consultation on 027 215 7884 www.citybotanics.co.nz.

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, 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 Couldrey 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. Love to have you join us.

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"Personable and amazing agent! Graham is knowledgeable, patient and happy to answer any questions. His communication is fantastic; he kept me updated and made the selling process very smooth. I highly recommend him."

Angie 



Kumeu/Hobsonville

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Pets

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. You can also email - volunteers: volunteer@thenzcatfoundation.org.nz donations: info@thenzcatfoundation.org.nz.

Why does my dog put its paw on my arm?

As a dog owner, when your furry companion puts their paw on your arm, it's likely their way of communicating and expressing their emotions. Dogs have a rich repertoire of body language, and this behaviour can convey a variety of meanings:

1. Seeking Attention - Dogs often use their paws to get your attention, especially if they want to be petted, played with, or simply acknowledged. It can be a gentle and non-verbal request for you to engage with



them.

2. Affection and Bonding - Dogs are social animals, and they form strong emotional attachments to their human caregivers. Touch is an essential way for dogs to show affection towards their owners. By placing their paw on your arm, they are trying to connect with you and express their love.

3. Comfort-Seeking - Dogs may put their paw on your arm when they are feeling anxious or seeking reassurance. The touch provides them with a sense of security and comfort.

4. Requesting Something - Dogs are clever communicators and can use their paws to ask for something they want, such as food, water, or to go outside for a walk.

5. A sign of Trust and Submission - In a canine social context, submissive dogs may offer their paw to more dominant ones as a gesture of respect and acknowledgment of their higher status. Similarly, when your dog does this to you, they might be displaying trust and acknowledging you as their pack leader.

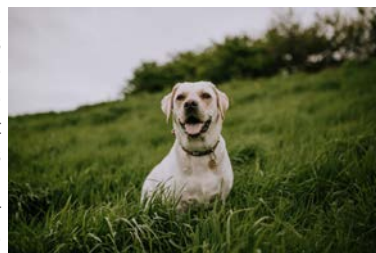
It's essential to pay attention to your dog's body language and context to better understand what they might be trying to communicate.

If your dog seems distressed or is excessively pawing at you, it could be a sign of discomfort or a medical issue. In such cases, it's best to consult with a veterinarian to rule out any underlying health problems.

Otherwise, enjoy the affection and connection your dog is trying to share with you. From all the team at K9 Heaven. www.k9heaven.co.nz.

Fun activities to enjoy with your furry friend

As the snow melts away and flowers begin to bloom, it's the perfect time to embrace the outdoors with your canine companion. At Pet Patch Pet Store, we believe that spring is all about bonding and creating wonderful memories with your furry friend. Here are some exciting activities to make the most of this vibrant season together:



1. Trail Treks: Explore local hiking trails or parks with your dog. The milder weather and blossoming landscapes provide a picturesque backdrop for your adventures and pictures.

2. Picnic Playdates: Pack a pet-friendly picnic and head to a pet-

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Pets

friendly park like the Huapai Domain. Bask in the sunshine, play fetch, and enjoy a delightful meal together.

3. Splash and Swim: If your pup loves water, spring is the ideal time to introduce them to a nearby dog-friendly beach. Remember to prioritise safety and bring along a doggy life vest.

4. Agility Amusement: Set up a mini agility course in your backyard. It's a fantastic way to stimulate your dog's mind and body.

5. Outdoor Training: Spring offers a refreshing environment for training sessions. Teach your dog new tricks or reinforce obedience commands amidst the rejuvenating surroundings.

6. Blooming Bonding: Engage in calming activities like a serene stroll through botanical gardens.

7. Doggy Playdates: Organise playdates with fellow dog owners to let your pup socialise and burn off some energy with their furry pals. or go to the local dog park at Hobsonville Point.

Embrace the season of renewal by embarking on these heartwarming adventures with your four-legged friend. Remember to prioritise your dog's safety, pack essentials like water, treats, and waste bags, and cherish every moment of springtime bliss. At Pet Patch, we're here to support your pet's happiness and well-being all year round.

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

Photo by Mitchell Orr on Unsplash.

Pet Patch pet of the month

Meet Fang.

Fang is a lovely wee dachshund puppy.

He is a big Warriors and Football Ferns supporter. He also loves visiting The Food Vault and going for walks at the local parks and beaches.

If you would like to be featured as next month's pet patch pet of the month send your entries to info@petpatch.co.nz and if you get featured you get a \$20 store voucher.



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



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Food & Beverages

Don Buck Honey - Far North Four Pack

Another honey combo offered by Don Buck Honey showcases some of the honey types produced by New Zealand's Far North. This pack includes: 1x 370g Pohutukawa Honey from hives on islands in the Bay of Islands, 1x 500g Far North Bush honey (with lots of kanuka), 1x 370g Far North Manuka Blend 85 MGO, and 1x 500g Towai Blend honey from the Puketi Forest. A great way to sample a range of tastes from the Northland summer harvest.



These Far North Four Packs sell for \$45 each or 3x for \$120. Orders can be picked up from my address in Massey, or couriered to you using Post Haste Couriers.

Order through www.DonBuckHoney.co.nz or email DonBuckHoney@gmail.com.

Home baker to professional cake artist

I'll never forget the excruciatingly long wait, baking cake layers one by one in a pizza oven, 30 minutes on each layer. Now, I bake an average of 30 layers per week, but thankfully, not one by one.

Baking cakes for fun began from my small little house with a newborn baby. After becoming a mum I knew I wanted to work for myself and run my own business, giving me flexibility around my kids. I used to bake during my baby's nap time, until she grew and was in a front pack while I decorated.

Two years and two kids later, I discovered myself launching a proper cake business, Sweet Retreat New Zealand. I registered my home kitchen with the council, gained my A grading and started navigating life as a mother of three under the age of three, as well as a business owner.



Starting a business is no easy feat and can be quite daunting for any entrepreneur. However, the rewards that come with it are absolutely worth the effort.

Being self-taught, I've gained several skills and techniques through trial and error. Amidst all the chaos of life, I've discovered a talent that I'm absolutely proud of.

Despite numerous obstacles and setbacks, my business has continued to grow for the past three years. I have persevered through it all. When I'm not busy working my full-time job as a chef or taking care of my children, I spend my nights in the kitchen bringing everyone's buttercream dreams to life.

Sharna Griffiths - Sweet Retreat New Zealand, email info@sweetretreatnz.com.

Unlocking the value of every bite

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

In a world where every dollar counts and sustainability takes centre stage, discovering the art of minimising food costs without sacrificing flavour has become a priority for many. By reimagining the way we approach food at home, we cannot only help the environment but also stretch our budgets further.



From using up odds and ends in the cupboard to getting creative with food scraps, here are some great ways to get more value from your food and significantly reduce food waste within the home.

The Power of Meal Planning: Before you embark on your next grocery shopping trip, spend a few minutes planning your meals for the week. Take inventory of what you already have in your pantry and fridge to avoid overbuying and duplicating items.

Love Your Leftovers: Transform yesterday's dinner into today's gourmet lunch. Leftovers can be the foundation of exciting new dishes. For example, roasted vegetables can be transformed into hearty soups, and grilled chicken can become a flavourful wrap or sandwich.

Embrace Freezing: Your freezer can be your best ally in reducing

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Food & Beverages

food waste. Freeze excess fruits for smoothies, and store leftover sauces, soups, and stews in portioned containers for quick meals in the future.

Get Creative with Scraps: Vegetable peels, stems, and other typically discarded parts can be used to make nutrient-rich stocks, broths, and soups. Citrus peels can be dried and ground to add zesty flavour to dishes.

By adopting these simple strategies, you'll not only help the environment but also discover the hidden value in every ingredient. As the saying goes, waste not, want not.

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.

An eye-healthy tasty treat

Carrots are an amazing source of beta-carotene, so adding carrots to your meals regularly means that the cells of your eyes will be well guarded. Apart from using them to make delicious cakes, you can also include carrots when making salads and soups.



You will need: 3 eggs, 2 cups Chelsea Soft Brown Sugar, 1 cup Olivani Olive Oil Pure, 3 cups grated carrots, 2 1/4 cups Edmonds Standard Grade Flour, 1/2 cup Meadow Fresh Original Milk (warmed), 1 tsp salt, 2 tsp cinnamon, 2 tsp Edmonds Baking Soda, 1/2 cup walnuts. Cream Cheese Icing: 50g Tararua Butter, softened 1/2 cup cream cheese, 2 cups Chelsea Icing Sugar, 1 tsp vanilla, 2-3 Tbsp Meadow Fresh Milk Method:

-Preheat oven to 160°C bake.

-Line a 23cm cake tin with baking paper and grease the sides and bottom.

-Beat eggs and Chelsea Soft Brown Sugar together. Add oil then all other ingredients - mix well. Pour into cake tin.

-Bake for 45 - 55 minutes, until a skewer inserted comes out clean. Stand in the tin for 20 mins then turn out and cool on a cake rack. Spread with cream cheese icing when cold. For the icing:

-Beat butter and cream cheese together. Add Chelsea Icing Sugar, vanilla and sufficient milk to make a light fluffy icing consistency. Spread over cake and decorate with chopped nuts if desired.

ENJOY! For more information on your eye health, or to make an appointment contact the friendly team at Westgate Optometrists. Phone: 09 831 0202 Website: www.westopt.nz Facebook: www.facebook.com/westgateoptometrists.

The Boat House at The Riverhead

Nestled on the banks of the upper Waitemata Harbour, and adjacent to the historic Riverhead Tavern is The Boat House Wedding and Function centre.



This architecturally designed space flows out to expansive decks and extensive lawns.

It's a versatile space that can be arranged to suit most gatherings. Weddings are a specialty, plus big birthdays, corporate functions and community events.

And of course, we make it happen with our highly polished service and top-notch food and beverage. So simply sit back and let us take care of everything.

We are now taking bookings for Christmas Functions in The Boat House - get in touch to for more information. functions@theriverhead.co.nz.

Spring Garden Party

Join us for our celebration of Spring here at the Good from Scratch cookery school on Sunday the 1st October. With tours of our blooming kitchen gardens, a beautiful high tea, bubbles and a talk by guest speaker and editor of the NZ Gardener magazine Jo McCarroll - it is sure to be a great morning.



There are limited spots so head over to our What's on page to book your tickets!

www.goodfromscratch.co.nz/whats-on/ or get in touch 09 411 8808 or info@goodfromscratch.co.nz.



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Health & Beauty

ALLOR Cosmetic Medicine

For the locals that like to stroll down the serene Waimarie Road in Whenuapai, some may have noticed a new clinic pop up at Number 72. ALLOR Cosmetic Medicine is a boutique clinic, a labour of love for Dr. Heather Anderson, Aesthetic Doctor and Urgent Care Doctor. Dr. Heather has lived on Waimarie Road since moving to the area in 2021 with her husband and two young boys. Passionate about Cosmetic Medicine she decided to open up her new clinic, offering bespoke treatments to the community with personalised care. The name ALLOR stems from the phrase "all-or-nothing", as a reflection of her ethos as a clinician where she takes great care with every client.



Dr. Heather is offering free initial consultations to discuss treatment options and is happy to be contacted on 022 262 6762 or at enquiries@allor.co.nz. Her new website is launching soon at www.allor.co.nz.

You Are Lovable

As I celebrated 5 years with Julian, I reflected on my journey to find love. I was single for 11 years before we got together. I didn't believe I was lovable.

Many of us, as children, pick up the belief that we are not lovable. We think; "if I was lovable Mummy wouldn't do that, if I was lovable Daddy would be here, I mustn't be lovable because Mum and/or Dad said/did that," and so on.

This then sets some of us up with the belief that we need to be perfect to be loved. We need to look perfect, speak perfectly and act perfectly. This is impossible. There is no such thing as perfect.

It led me to avoid relationships as it felt easier that way. I was very lonely and I yearned to be loved for who I was, not for who I was projecting myself as. This has been a journey of self-discovery into who I really am, what I like & don't like, what my interests and values are and then sharing them vulnerably. I love and accept myself



exactly as I am. I am open about what I believe, and I know I am lovable no matter what. You are too.

I can help you know you are lovable. Get in touch.

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www.lorrainemaguire.com/emotions-tips

Hobsonville Chiropractic Centre

As the flowers bloom and the weather warms up, it's the perfect time to prioritise your health and well-being. Welcome the season of renewal by getting your spine checked and adjusted, allowing optimal functioning of your spine and nervous system. Give us a call if you would like to book in. Hobsonville Chiropractic Centre, 295 Hobsonville Road, Phone 09 416 7589. Open late nights and Saturday mornings. www.hobbycc.co.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 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

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Health & Beauty

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 Feb22 to allow customers to purchase products to use between visits or for when they simply could not physically see clients during Covid. Be sure to check out our website at www.skinmednz.co.nz and our 5 Star Google Reviews.

If you would like to know more about the services I offer and our products range, please visit www.skinmednz.co.nz or contact me directly to book a consultation at contact@skinmednz.co.nz or 021 825 464.

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

Always tired?

Want to have abundant energy and zest for life? Believe it or not, some people do achieve this. I don't want to skite, but this is me (most of the time).

We all have times when we feel tired. But if you always feel tired, something is not right with your lifestyle, nutrition, medicines, or health. The tricky thing is finding the cause. It could be as simple as a lack of quality sleep due to having a young child, or a stressful job. Or it could be as complicated as multiple nutrient deficiencies, caused by a medicine side effect impairing your energy production pathways.

To produce energy in your body, you need lots of mitochondria, and lots of fuel to drive them. If you have low energy then the most likely nutrient culprits would include iron, vitamin B12, folic acid, nitric oxide, vitamins B2 and B3, protein, magnesium, CoQ10, ribose, and the essential fatty acid EPA. I warned you it could be complicated.

Exercise increases the number and the efficiency of mitochondria. So the more you exercise, the more energy you have. But that only works if you are well rested and well fueled. Otherwise, exercise may just make you more tired.

Some medicines can make you tired directly (like some anxiety and pain medicines). Others can make you tired by causing nutrient deficiencies (like omeprazole or antacids).

Some medical conditions can make you tired. An example of this is heart disease or thyroid disease.

My recommendations:

Get checked out for serious causes of tiredness (like heart disease).

Check your diet for optimal protein levels. Too much sugar or carbohydrate can make you tired.



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Remove stress in your life. Easy I know.

Get a blood test for iron and B12 levels (these tests aren't always accurate), and take supplements of iron only if needed.

Take a nutrient supplement designed to support your mitochondrial function. One of my favourites is Myomax which has been shown to increase energy (ATP) production in mitochondria by 40%, and increase cardiac output by 12%.

Talk to the health coaches at Massey Unichem Pharmacy about what nutrient support would be best for you, and compatible with your medicines. Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.

Meet the team - Rebecca Gatland

Rebecca is the newest member of our growing team of fantastic physio's...

Rebecca is up bright and early on Tuesdays and Wednesdays to see you at 6am. Book online or call us today.

Rebecca studied Physiotherapy at Auckland University of Technology, graduating in 2018. She was awarded the AUT Sportsperson of the Year award in 2018 for sporting and academic excellence. She has spent many years competing in elite sport, having represented New Zealand in Underwater Hockey from 2013 to 2018. She reached her career pinnacle in 2018, winning the World Championships for the New Zealand Women's Elite Team.

She was drawn to studying Physiotherapy through her own positive experiences, seeking treatment for injuries with Physiotherapists throughout her sporting career. This elite sport experience gave her



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Rebecca knows how to help patients achieve the best outcomes from physiotherapy by finding the root cause and working to make positive changes through strength, flexibility and alignment of the body. Rebecca has a passion for helping athletes reach peak performance with a focus on injury prevention, longevity, exercise prescription and rehabilitation.

She is certified in kinesiotaping and dry needling. While having a passion for sporting injuries, she enjoys working with all ages and all types of injuries from sprains and strains to neck and back problems.

In her spare time Rebecca enjoys talking her dog Banks for a walk or doing CrossFit.

The benefits of massage and acupuncture

Pregnancy is a beautiful journey, but it can also bring along physical discomfort and emotional stress. Fortunately, expectant mothers can find solace in the healing powers of massage and acupuncture. These complementary therapies offer a range of benefits, promoting relaxation, alleviating common discomforts, and enhancing overall well-being during pregnancy. Let's explore the benefits of massage and acupuncture for pregnant women.

Massage for Pregnancy: Massage therapy tailored for expectant mothers can be a game-changer. It not only provides a nurturing and



calming experience but also helps relieve muscle tension, reduce swelling, and improve circulation. A study published in the Journal of Psychosomatic Obstetrics & Gynecology found that regular massage during pregnancy led to reduced anxiety and depression levels, as well as decreased leg pain and improved sleep quality. Massage also enhances the release of endorphins, which not only lift mood but also help manage pregnancy-related discomforts such as back pain and joint stiffness.

Acupuncture for Pregnancy: Acupuncture, an ancient Chinese practice, is another valuable modality for pregnant women. It involves the insertion of fine needles at specific points on the body to restore balance and promote optimal health. Research has shown that acupuncture can effectively relieve pregnancy-related nausea, fatigue, and musculoskeletal pain. A study published in Obstetrics & Gynecology demonstrated that acupuncture reduced the severity and frequency of pelvic girdle pain in pregnant women, improving their quality of life. Acupuncture also assists in turning breech babies, reducing the need for invasive procedures.

Massage and acupuncture offer pregnant women safe and natural ways to enhance their well-being during this transformative phase of life. From easing physical discomforts to promoting relaxation and reducing stress, these therapies provide holistic support for expectant mothers. However, it is crucial to consult with a qualified massage therapist or acupuncturist who specialises in prenatal care to ensure a personalised and safe experience. Embrace the benefits of massage and acupuncture, and let them nurture you throughout your incredible pregnancy journey.

NorthWest Physio + have a Neuromuscular massage therapist and acupuncturist with specialised skills in looking after pregnant women. Visit our clinic to meet Nicky and May to help you with your journey.

It can happen to anyone...

On 22 June 2023, after a year of being busy with COVID and work, I had a headache. My blood pressure was up despite me taking BP and cholesterol medications. I spoke to my GP and had blood tests done.

My HbA1C was up into the diabetic range of 54. My liver function and ferritin was elevated as well.

As a GP I know that medications are the answer. I also knew I had to revisit and restart the diet and lifestyle changes I wrote about in my book in 2005.

Will my Liberty Diet still work?

I spent time re-reading my book and doing all the changes I devised. I reduced my carbohydrates and started eating more vegetables. I

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parked my car far from the supermarket door just to get the extra steps. I stopped snacking chips while watching television and ate fruits instead.

I also took the acarbose diabetic tablets my GP gave me, once a day after my largest meal.

In the last 6 weeks, I have lost 6 kilograms. My BP has come down. I had repeat blood test and my HbA1c is now 46 and below the diabetic range. My ferritin, liver enzyme and lipid profile has improved as well.

So I proved to myself (again) that my Liberty Diet still worked. And I just reminded myself that I wrote the book for me.

It's not a miracle cure. I am still taking my blood pressure, cholesterol and diabetes medications.

But diet and lifestyle change is a great add on to the management of any chronic health condition like diabetes, hypertension and high cholesterol.

If you eat well and live well, you will be well.

If you would like a free copy of my book, The Metabolic Apocalypse and The Liberty Diet, you can collect it from Royal Heights Pharmacy (www.airportoaksparmacy.co.nz/contact/royal-heights) or from our clinic (www.rhdoctors.nz).

I don't want any of your money for it. I'm just asking for some of your time and effort to read the book and hopefully change your life and gain back your health. Just like me. Dr Frederick Goh Royal Heights Shopping Centre phone 09 393 6313.

The incredible benefits of Cezanne Keratin Treatment

Cezanne Keratin Treatment is a revolutionary hair-smoothing solution that offers a myriad of benefits to those seeking luscious, manageable, and frizz-free locks. Unlike traditional keratin treatments, Cezanne employs a unique blend of naturally derived ingredients and cutting-edge technology to achieve stunning results without compromising hair health.

The primary advantage of



Cezanne Keratin Treatment lies in its ability to tame unruly hair and eliminate frizz, making it an excellent option for individuals with coarse, curly, or damaged hair. The treatment works to repair and rejuvenate each strand, leaving the hair with a glossy and silky finish.

Furthermore, Cezanne Keratin Treatment is formaldehyde-free, making it safe and non-toxic for both clients and hairstylists. This means there are no harmful fumes or side effects associated with the process, allowing for a more comfortable salon experience.

Another significant benefit is its long-lasting effects. The treatment can last up to three months, making it a cost-effective and low-maintenance solution for maintaining smooth and manageable hair.

In summary, Cezanne Keratin Treatment offers a host of advantages, from frizz control and hair repair to being formaldehyde-free and long-lasting. Embrace the transformation and enjoy the benefits of Cezanne Keratin Treatment for truly stunning and healthy hair available at Zash Hair today. Phone 021 814 663.

New toiletry range

It's gorgeous. Huxter has made a lovely range of body lotions, room sprays, soaps and hand creams.

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Area Columnists

Karen Chhour

Kiwis reading the news today see a country in terminal decline. Almost every part of life is becoming more expensive, more divisive, and less safe. This year's election can't be about just changing the Government, it needs to be about changing the direction of the country.

I'm standing for ACT because it is the party offering real change. We have put forward policies that address the cost-of-living crisis, restore law and order, get rid of divisive race-based policy, and make it easier to build affordable homes.

The other parties like to dream up ways to spend your money and make new rules. ACT thinks about how we can get out of your way so you can earn more money and get on with your life. We're the only party to produce a fully costed alternative budget that significantly lowers taxes by cutting wasteful government spending.

This is what ACT will bring to the next government. The simple question for voters is, do we want to carry on in comfortable decline, or do we want to seize the initiative and make our country the preferred destination for talent and investment to stay in and come to?



Vanushi Walters

As we lead up to the election, I am delighted to have the opportunity to write to readers about who I am and what I've done as your local MP and will continue to do if re-elected on October 14.

Before being your local MP, I worked in different roles in legal practice, as a company director and a senior manager in an independent crown entity. I've also held several social advocacy positions in operations and governance, both in New Zealand and overseas. I'm also a mum of three and the wife of a small business owner in West Auckland.

In my capacity as your local MP, I have been squarely focused on



the issues that matter most to you. I surveyed our community early last year and found that some of the biggest issues were education, crime, and local transport options. This has shaped the focus of my advocacy.

I've met with our local principals frequently to ensure that our school communities have an avenue to raise issues that are experienced on the frontline.

Community safety has been a priority issue for me and as Chair of the Justice Select Committee, I've overseen the passage of new laws that prevent gang members benefitting from the proceeds of crime while our government has also made key interventions that have reduced youth offending.

I've also advocated for better transport options in the Northwest which has already led to a direct investment in our community through the Transport Choices Package and the recent announcement regarding investment into the Northwestern Busway.

Upper Harbour locals deserve a safe community, kids engaged at school and investment in our roading and local infrastructure. If re-elected I will continue advocating relentlessly for our community.

Vanushi Walters - Candidate for Upper Harbour

Authorised by Rob Salmond 187 Featherston Street, Wellington.

Shai Navot

You have the ability this election to use your vote and genuinely make a difference. With your vote, you can demand a fairer future for our country. For the past 30 years+ the same old parties have shared power and have not addressed many of our country's underlying social and economic issues. They have held back progress. With your vote, you can change that.

You can give your party vote to The Opportunities Party (TOP), who is committed to investing in our future and addressing housing affordability with fresh ideas, to get New Zealand on a fairer path, and improve opportunities for everyone.

I am running for TOP in Upper Harbour because I believe access to safe, adequate and affordable housing is essential if we want to start addressing poverty and inequality, and improve social stability and individual wellbeing. I am passionate about solutions that will improve people's lives, and genuinely support everyone to reach their potential and live a fulfilling life, and I see TOP's policies as our



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best chance of achieving those outcomes.

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.

This election you can vote for a fresh voice that is forward looking and future-focused. This year, party vote TOP.

Shai Navot is The Opportunities Party's Candidate for Upper Harbour, practising lawyer and a former Crown prosecutor.

shai.navot@top.org.nz

Authorised: H Cargo 90 Crawford St Dunedin.

Bernadette Soares candidate for the Vision NZ Party

With over 22 years of extensive experience in establishing and managing businesses, Bernadette brings a wealth of expertise to the table. Complementing her practical experience, she holds a Master's degree in Business Innovation and Entrepreneurship, combined with a Degree in Economics and Commerce. Bernadette's commitment to fostering growth is showcased through her role as a Business Mentor at the Auckland Chamber of Commerce, where she has offered invaluable support and guidance for over seven years.



However, Bernadette's accomplishments extend beyond her business pursuits. A devoted mother to her three children, nurtured alongside her husband Clyde, she has instilled qualities of compassion, articulation, and achievement in each of them across diverse fields. This nurturing approach, paired with her extensive business acumen, has fortified her for a potential career in politics, providing a sturdy foundation for continuous learning and development.

Driven by her profound Christian faith, Bernadette is deeply thankful for her blessings and the chance to make meaningful contributions to society. Her longstanding connection with the Upper Harbour

Electorate, spanning more than 34 years, has fostered a deep sense of community and belonging. The prospect of serving the people of Upper Harbour is one that she anticipates with great honour and enthusiasm.

Furthermore, Bernadette's commitment to advocacy is noteworthy. Over the course of six years, she has been a steadfast advocate against workplace bullying, collaborating closely with New Zealand's foremost advocate, Allan Halse, she has tirelessly worked towards finding solutions and alleviating the challenges faced by bullied workers. This dedication underscores her unwavering commitment to promoting fairness, respect, and well-being within workplaces.

Incorporating her experience, expertise, and passion, Bernadette emerges as a multi-faceted individual poised to bring positive change and meaningful representation to the Upper Harbour Electorate.

Authorised by Bernadette Soares, 13 Hueglow Rise, West Harbour, Auckland 0618

National will fight to keep young Kiwis here

A statement I often get when out doorknocking is 'If I was 25 again, I'd be out of here'. Sadly, Kiwis moving permanently overseas in large numbers is now a reality.



In fact, New Zealanders are fleeing the country in droves, with new figures showing 35,000 Kiwis left for good in the year to June - the highest number in a decade.

This is on Labour's watch as Kiwis suffer the effects of their economic mismanagement. Families unable to pay mortgages and struggling to buy food have made the decision that Australia in particular, offers a far better future for them.

Add to that the social consequences of escalating violent crime, declining educational achievement, and a health system in crisis and it's understandable why some are voting with their feet.

Six years of a Labour Government have seen Kiwis reach breaking point. Wages are not keeping up with inflation, families cannot make ends meet, are frightened of crime, and are worried there is no future for their children.

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Labour's policies have contributed to the cost-of-living crisis that is driving Kiwis out.

Their current approach of more spending, more taxes and more regulations have New Zealanders leaving in droves. The Government needs to deliver a plan that will grow the economy.

A National Government would focus on removing bottlenecks in our economy - improving immigration pathways, eliminating deadweight regulations, and lowering the tax burden on Kiwis.

Cameron Brewer is a North West resident and National's candidate for Upper Harbour.

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

It takes a community to help a community

"It takes a community to help a community," is an apt description of the days, weeks and even months that followed 27 January as Visionwest joined other community organisations to ensure the essential needs of those impacted by Tāmaki Makaurau's flood events were met.



In Adam's (a fictitious name) street, water was up to the roof lines of many low-lying houses and cars were fully submerged. Eventually the rising water level reached his home and, in less than 20 minutes went from soggy carpets to the top of the internal door frames. Adam's family escaped but it wasn't easy. Rising water levels make doors difficult to open and Adam is grateful they were able to get away from the flood waters and that his children were strong enough to swim to safety.

Through their 0800-phoneline, Visionwest has been fielding calls from those affected by the flooding. By the end of June, 296 enquiries had been received from people needing accommodation. 84 households reported all their household goods had been lost and Visionwest has spent over \$200,000 on replacement items. Food support has been provided to over 3,500 whānau (7,381 individuals), and 171 counselling sessions have been provided to whānau plus sessions at five West Auckland schools.

As things return to normal for many of us, it's important that we remember those who are still struggling in the aftermath of what was a traumatic event for many. There are whānau who are without housing, struggling to recover financially, or grappling with the

resulting trauma of seeing flood waters sweep through their home. If you or someone you know needs support, phone Visionwest 0800 990 026.

A copy of Visionwest's Flood and Cyclone Report can be downloaded at - www.visionwest.org.nz/report/flood-and-cyclone-report/. Visionwest exists to address homelessness, reduce poverty, support the elderly, and ensure young people have hope for the future. visionwest.org.nz.

Distance Families: Temperature troubles

In April 2023, I wrote of global warming, weather bombs, and how they affect Distance Families. New Zealand had recently experienced unprecedented weather disasters and we all know recovery is still a long way off for many. Global warming has created an uncertainty for many affected by globalisation.

At the end of July, world headlines reported the hottest month in both the Northern Hemisphere and Southern Hemisphere. Rising temperatures affect Distance Families as well.

When moving permanently to a new location, our bodies adjust over time to the local temperatures. But when you're temporarily thrown into extreme weather on a holiday, for example visiting family, it can be overwhelming.

Coming from New Zealand's temperate climate, I don't cope well in intense heat. A few years ago I spent a couple of months in the southern states of the U.S. in June and July. I saw locals clad in jeans, while I was expiring in my coolest sun dress. I vowed and declared I would never visit family again during those months.

We said we wouldn't visit our son in Chicago during winter due to lack of experience with snow and ice. Reducing the risk of an accident and ending up in a hospital remains a top priority. However, an impending grandson arrival in December is changing those plans. What a nice problem... we'll need to be super careful.

So what are Distance Families left with? Perhaps just April & May and September to November, depending on where you're travelling to. Even with open skies and lifted restrictions, Distance Families may not be able to connect in person because of extreme temperatures.



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

A visit from Worksafe – what could go wrong

Over the past few months, I have been in attendance to assist a client when Worksafe has called. I am aware of other clients that have been visited however they have been prepared.

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

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

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

This primarily involves these industries and/or working environments:

- Construction
- Transitional facilities
- Dusty and hazardous substance environments
- Noisy working environments
- High traffic sites – vehicles, forklifts
- Operating machinery – moving parts

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

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



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

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

What happens next:

The day of the inspection:

- This normally commences with a short interview where the inspector wants to establish what happens in your workplace – what work activities take place, types of machinery and equipment, hazardous substances in use and vehicles operating in work areas.

- From this the inspector will form a checklist ready for the walk around the site.

- Under no circumstances allow the inspector to go anywhere unaccompanied. Ensure you, and preferably your Securo consultant as well, stay with the inspector as he or she walks around the site.

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

1. Leadership – Is there demonstrative evidence that Health and Safety is a priority.

2. Involvement and participation – Do workers have the opportunity to be involved in H&S matters.

3. Hazard management – Are hazards in the workplace identified, assessed, and controlled.

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

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

Current priorities/hot buttons:

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

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

This could involve as described above excessive noise in the workplace, Unguarded machinery and/or lack of control over



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Area Columnists

movement of traffic likely to cause harm.

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

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

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

If you have any concerns around this topic or other Health & Safety matters, feel free to contact John Riddell Securo Health and Safety Consultant, email securo4@securo.co.nz or visit our website www.securo.co.nz.

Productivity and business collaboration

Productivity is a topic that regularly comes up in conversation at our Oxygen8 team meetings

We are reminded regularly that New Zealand has a low productivity rate. How can we improve productivity (more output without any more labour hours)? Some ideas might include:

- software systems (eg accounting, job management, scheduling)
- capital enhancements that make the job quicker through automation (eg CNC machines, labelling and packaging machines)
- system and process enhancements ensuring no duplication of effort
- staff training / up-skilling
- collaboration between businesses to remove duplication of effort

New Zealand has a large number of small businesses, so I am particularly interested in the last point, as this is an area where I see a huge wastage of resources and time. Every business needs to market their business, manage sales, and get their accounts done. While business operations may vary, the basic building blocks in the other areas are largely the same for similar businesses.

Businesses working together can go some way to removing this duplication. This may include informal connections established through a networking group, industry group connections, co-operatives, agencies, buyer groups, or even franchises.

Availability of capital financing may be also an inhibitor to implementing productivity improvements. High interest rates and bank and other funder appetite for risk currently create a challenging

borrowing environment, but there are options available.

Start by having a conversation with your team about how productivity could be improved. Read industry publications. Talk to other business owners. Get help from a trusted business advisor. While the labour market is starting to ease, growth must be focused on productivity and not just more labour hours.

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 or 021 682 014.

Netball NZ announces new partnership with Woolworths

The supermarket, which has announced an increased and ongoing commitment to New Zealand including updated stores, a new rewards programme and a rename from Countdown to Woolworths New Zealand in 2024, will become the naming rights partner of the popular futureFERNS.



FutureFERNS is the official national junior programme for Years 1 - 8 designed to help grow the next generation of netball talent. Woolworths futureFERNS is a game designed to grow with the players and progresses through modified formats aimed at meeting the needs of players in each group.

As well as being the Principal Partner of the futureFERNS, Woolworths New Zealand will also hold an Official Partnership with the Silver Ferns becoming the Official Supermarket of Netball NZ.

Woolworths New Zealand Managing Director, Spencer Sonn, says: "Our involvement with the Woolworths futureFERNS is a perfect fit. We want to support the next generation of New Zealanders to thrive, and backing the youngest of our netball players is just one more way we can do this. We are proud to be playing our part in furthering one of New Zealand's most loved sports."

Netball New Zealand CEO Jennie Wyllie welcomed Woolworths New Zealand to the netball fold.

"The futureFERNS is a cornerstone to our young players getting their first taste of netball and developing their early skills," she says.

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Area Columnists

Communicare

Every day around Auckland Communicare Coordinators and volunteers are running friendship groups for local seniors who feel lonely and isolated. Established in 1959 our vision is to connect the senior community by running groups to support their needs. We often hear comments like. 'I would not get out of bed if it were not for the group'. 'The group is the only outing I have' from participants. The groups are diverse with a focus on what guests love to do and their abilities.



With 17 centres around Auckland, our west centres in Sturges West Community House on Wednesday and Massey at Massey Hub on Tuesday are enjoyed by a diverse group and a passionate team of volunteers

All our guests enjoy various activities, suited to their interests and abilities. This may include crafts, cards, indoor bowls and music, all in a relaxed, friendly environment.

Communicare is a charity and relies heavily on donations and volunteers.

We also offer total mobility assessments. All groups run from 9:30 to 12:30 where lunch is provided

Give us a call to arrange a visit or if would like to volunteer we would love to hear from you Phone 09 631 5968 or www.communicare.org.nz.

Do you fancy stepping out?

Each Thursday night, ex-professional dancer Mavis Turner holds a tap-dancing class for a diverse group of women (Maxine, Rose, Sylvia, Andy, Dorothy, Lynne and Vera) and one awkward man (Geoffrey). It's just for fun - until they're given the opportunity to perform in a show. As their dancing journey develops, so do their social interactions - and secrets are uncovered.



Richard Harris' play Stepping Out has been delighting audiences

for decades. Described by The Scotsman as "side-splittingly funny... heartachingly poignant" and by The Guardian as "sure to have you grinning from ear to ear", now is your chance to join the relatable characters on their journey and experience the warmth and laughter that comes with doing what you love - and aiming that little bit higher.

As is often the case, the actors involved in this community theatre production have found life to be imitating art, as they learn and rehearse both spoken lines and dance routines. And with the setting being the 1980s, the fashion and props provide a chance to reminisce.

Orewa's Centrestage Theatre's season of 'Stepping Out', by special arrangement with Samuel French and The Play Bureau, is on from 1-9 September for 8 performances only. Visit centrestage.co.nz for details and to book.

Helloworld Travel Westgate

Scenic Cruises Event - We have over 40 people at our event recently held at Huapai Golf Club. They were interested to listen to our New Zealand representative talk about River Cruising in Europe for 2024 and Carolyn spoke briefly on her recent cruise on the luxurious Scenic Eclipse.



As a side note if you missed the screening of Maritime Masters on TV, it is going to be rescreening on TV3 so look out for it. It is Scenic Eclipse starting her journey to Antarctic from San Diego, so it was really interesting.

We are a specialist store for Scenic Cruises so come and see us if you are interested in River Cruising or Antarctica.

Canada and Alaska Evening - Please register for our Canada and Alaska evening for September. We will be covering Rocky Mountaineer and Princess Cruises.

If you want to be kept up to date with what is happening and the latest specials please register for our emails on www.helloworld.co.nz/westgate and hit subscribe. Contact us on 09 416 1799 or email westgate@travel.helloworld.co.nz.






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