

# the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report  
Supporting local

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

Tomi Ro

Circulation is 10,000 print copies.

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

April 2022



## Greetings

Dealing with our own physical and emotional pain is hard enough. We say we're fine when we aren't. But working out how to help someone else's pain can be very difficult to get right. Sometimes it seems easier to avoid them, not wanting to get involved, but that doesn't help. Asking what they need is a good start. It may be to have time alone, or just to have someone with them, but making assumptions about what they need will usually get it wrong. They may not want to share their feelings. It may seem helpful to give advice, but only if they ask for it. Don't say you know how they feel because you don't. If they ask for professional help, by all means assist in arranging it. If they just want to talk about their feelings, just accept them, rather than trying to talk them out of what they describe. Making judgements by trying to diminish the depth of their loss will not contribute to their healing. Check that you are not just sorting out your own discomfort, by fixing the problem rather than listening. Easy answers may just make them feel unheard and unseen.

There is plenty to see and hear in our part of the world in these difficult times. People who have been isolating at home will know how good the delivery service by the Student Volunteer Army is, and now they are looking for volunteers, in case you have some spare time. With the move into autumn there are plenty of things to do outdoors. Celebrate what's happening in our schools, as well as outdoor activities for kids. There is a realistic look at what's happening in the property market, but if you are thinking of using your KiwiSaver, there are a couple of articles you might benefit from reading.

As usual we have diverse views on a variety of topics, ranging from ideas from GPs and other health providers, suggestions for where to eat and articles on pets. Community issues such as recycling, social integration in sport, travel to visit overseas family, and ways to reduce your stress in these challenging times are all available in these pages. Read a little and come back for more. Don't forget we are here to print your article if you have an activity you would like to tell the community about.

John, editor



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### ENQUIRIES / FEEDBACK:

John Williamson

P 021 028 54178

E [jbw51red@googlemail.com](mailto:jbw51red@googlemail.com)

W [www.thewesterly.co.nz](http://www.thewesterly.co.nz)

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# People & Places

## Tomi Ro Westgate

Fresh glorious food

Tomi Ro's Sushi Train and Japanese Robata Grill restaurant offers a fresh offering with crisp and quick service and contact-less food delivery via the train.

A unique offering that is as much about the fresh and quick service as it is the presentation of the food, always at its best and always fast to table.



Sushi traces its origins back for millennia, to the rice fields of Asia - China, to be specific. This may be shocking to you, as most people assume that sushi was first created in Japan. However, this is not the case. While Japan is certainly the sushi capital of the world - and responsible for introducing the dish to travelers - sushi traces its origins back to a Chinese dish called narezushi.

This dish consisted of fermented rice and salted fish. And, despite what you may think, it wasn't fermented and salted for flavor. The dish's earliest known origin was in the 2nd century BC - so it predates refrigerators by nearly 2,000 years. Because of this, narezushi was actually a very practical dish. The rice was fermented to preserve it, and the fish was also salted heavily to prevent the growth of bacteria and microorganisms - keeping it fresh longer, even when stored without any kind of refrigeration. And, interestingly, the rice was typically thrown out when eating the fish. It was used only to wrap and preserve the fish.

The dish spread from China to Japan in the 8th century. The first reference to "sushi" appeared in the Yoro Code, written in the year 718. Over the following centuries, the dish slowly began to change. The Japanese began eating three meals a day, boiling their rice, and using rice vinegar to help ferment the rice more quickly. The smell of the preserved fish was still strong - but a faster fermentation process helped reduce the time it took to create the Japanese sushi dish.

By the middle of the 18th century, sushi spread to Edo, where three famous sushi restaurants - Matsunozushi, Kenukizushi, and Yoheizushi were opened. Thousands more of them followed in the late 18th century.

The Robata Grill is a local delicacy of Japan's countryside.

The best way to taste the original freshness and sweetness of seafood, besides eating them raw, is grilling! In Japan, there is a

cooking method called "robatayaki", often shortened to "robata". Select fresh seafood is grilled over hot charcoal in front of guests until the skin is crisp with a divine aroma, and they are then served directly to the diners. Imagine a large, fresh shrimp sizzling on a grill, and you can smell its rich aroma and see the juice dripping. Grilling seafood was common in the past as people back then had already developed the habit of preparing seafood this way. However, it wasn't until the opening of a restaurant named "Robata" in Sendai in 1950 that the name "robatayaki" was finally created. Not long after the end of World War II, fishing was booming in Sendai and the main source of food for the people there was seafood. Combined with the fact that cooking with gas had yet to become mainstream, most households, including this Robata restaurant, still resorted to using coal for cooking. Upon stepping into Robata, customers would see seats surrounding an elevated charcoal grill in the center, where the owner cooked vegetables and seafood, and then served them straight up to guests using a wooden paddle. The restaurant was not famous merely for its food though, but also the talkative and eloquent owner. A lot of wealthy people and intellectuals would come here to have a chat with the boss, and slowly the place had become a popular socializing and gathering venue. Proving a successful formula, soon more robatayaki restaurants followed and opened in different places. This method of using charcoal to cook seafood and other ingredients has been called "robatayaki" ever since.

This infusion of modern delicious cooking styles is available from Tomi Ro in the Maki Street, Westgate. Bookings are recommended by calling 09 200 1234.




**Geoff Dobson**  
MEDIA

P 027 757 8251  
E [geoffdobson2017@gmail.com](mailto:geoffdobson2017@gmail.com)

**Graham McIntyre**  
LICENSED SALESPERSON  
BRAND & TERRITORY OWNER



**Mike Pero**  
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M 027 632 0421  
P 09 412 9602  
FP 0800 900 700  
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[www.mikepero.com](http://www.mikepero.com)

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# Community News

## A fitting gift for special needs

Sometimes it can be challenging to find a fitting gift that is suitable for someone with special needs and is appropriate for their age and abilities.



When you are looking for a product or gift for someone elderly who needs extra support due to Alzheimer's disease, dementia or other age-related issues, it's helpful to find something that encourages conversation and connection with friends and family.

Products that support independence and individual choices help maintain self-esteem and encourage feelings of success.

For ease of use and to assist carers in their roles it's desirable to have products available that are easy to set-up, easy to use and easy to tidy away.

Mindjig offers resources for those who need a little extra support to stay connected, uplifted and as independent as practicable. Visit our website: [www.mindjig.co.nz](http://www.mindjig.co.nz). Feel free to get in touch with Jonathan or Julie via email at [info@mindjig.co.nz](mailto:info@mindjig.co.nz) or call 09 600 3251 or Mobile 022 480 3022.

## Lens on learning at Massey High School

Massey High School students are excited to be back in full-swing and taking advantage of the myriad of opportunities offered at the school. The glorious weather has allowed a full array of events and activities to get underway, with students involved in everything from clubs to sports and service committees. Learning is well underway in all classes with expert teachers leading learning in all areas.



Staff and students have taken time to celebrate the fantastic academic results achieved by mastering online learning, showing resilience, and reaching record levels of qualification success. 2021 achievement levels were well above national averages at Levels 1, 2

and 3 and record numbers of students achieved University Entrance. Despite all the challenges last year, we are certain Massey High School students are well equipped to be successful in their futures.

Photo credit: Charles Brookes.

## April school holidays at Te Manawa

Come join us at Te Manawa during the April school holidays as we explore going Over Under and Upside-down.

Pick up a free activity and reading log booklet to earn badges to go into the prize draw. During the holidays at Te Manawa there will be our popular scavenger hunt - featuring over, under & upside-down animals.

More events and craft activities will be revealed soon. Keep an eye on our Facebook and Instagram pages to find out details. Spaces will be limited, and registrations will be required. Te Manawa 11 Kohuhu Lane Westgate.

## SVA grocery delivery service

Volunteers needed. Are you keen to help those isolating in Hobsonville that are struggling to get their groceries? With so many in our community isolating and battling health challenges, Hobsonville Community Trust (HCT) has been asked to partner up with the Grocery Delivery Service, coordinated by the Student Volunteer Army (SVA). We are now urgently seeking local volunteers of all ages that are willing to pick up/drop off one or two grocery orders per week (or you can do more if you're up for it).



How does it work? Once you've signed up and indicated the day(s) and time(s) you're most available, you'll be given simple, online training that takes approximately 10 minutes to complete. As orders come through to HCT, you will be asked by text whether you are available to fulfil an order (sometimes two). If you say yes, you will then be emailed the order and you will drive to the Hobsonville New World to shop for it. No money changes hands as this is looked after internally by the SVA Team and the supermarket. You will then deliver the order to the home in Hobsonville and upload a photo of



**RYAN JACKSON**

M: 027 498 6202. E: [ryan@treehouseprint.co.nz](mailto:ryan@treehouseprint.co.nz)

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# Community News

the receipt and photo of where you have left the groceries to our email and notify HCT that the order is complete. It is all contactless.

Reimbursement of \$5 per order will be made to you to help cover the petrol, and deliveries will be within 7km of Hobsonville New World and mostly in the Hobsonville Point / Scott Point area and nearby surrounds. Masks are available. If you're confident with your smartphone, have a car and are available at least once per week, please sign up. The more of us that get behind it, the more we can share the load and help Hobsonville get through. Join the team and you could go in the draw for \$1000 worth of prizes. Sign up now: [hobsonville.org.nz/grocery](http://hobsonville.org.nz/grocery).

## Supporting local in Hobsonville

We know that times have been tough for so many of us so let's connect again with our neighbours and break through the isolation that many have been experiencing - get a \$100 local food voucher (think pizza, sushi etc) to put towards your next street / block gathering held between March and June 2022 (mini-mum of 5 households, 20 households or more can receive 2 vouchers). There is also an amazing free street kit available with outdoor games, gazebo, tables, speakers etc. to help. Contact [gavin@hobsonville.org.nz](mailto:gavin@hobsonville.org.nz) for more info.



## Final stages of village pre-selling now

Our stunning range of two-bedroom villas are the final stage of the village, so if you are looking to secure a home at Summerset at Monterey Park, this could be your last chance.

These villas offer you the opportunity to move into a brand-new, modern home in a lively and established village. Each home comes equipped with a contemporary kitchen, large bathroom and laundry, spacious outdoor living area, single garage with internal access and much more.



With a luxurious design, resort-style facilities and Summerset's renowned continuum of care, you'll love the life at Summerset at Monterey Park.

For more information or to view plans and pricing, book your private appointment with our Sales Manager, Nicola Redmond, today on 09 951 8922 or [nicola.redmond@summerset.co.nz](mailto:nicola.redmond@summerset.co.nz). [summer-set.co.nz/hobsonville](http://summer-set.co.nz/hobsonville) Office 1 Squadron Drive, Hobsonville Auckland.

## Seniornet West Auckland

We had a few stops and starts during March when the RSA closed for a time but things are looking better for this month and we are looking forward to having an open meeting on the 19th April starting at 10am this is held in the Poppy Restaurant within the Henderson RSA all are welcome we will have a guest speaker and tea and coffee served after. Entry is by a \$2 Raffle ticket.



Our Help Days are on the second and fourth Tuesdays of the month from 10 - 11am upstairs in the Henderson RSA, 66-70 Railside Avenue, Henderson. Vaccine passes must be shown and masks worn please. We can help with questions on both Apple and Android tablets, phones and laptops. There is a \$5 charge if we are able to help you.

Please check on our web page for any changes or cancellations or ring our office phone 09 837 7600. Please leave a message as our office is not attended every day we will get back to you.

## Te Manawa Wriggle and Rhyme

At Auckland Libraries at Te Manawa (11 Kohuhu Lane, Massey) we are excited to bring back our regular children's programmes during term time.

Wriggle and Rhyme for babies on Tuesdays 11.00-11.30am and Rhymetime (recommended for children aged 18 months and over) on Friday at 11.00-11.30am. Location - L3 Kokiri ngatahi auditoriums.

Due to limited capacity, please register yourself and your child through the Eventbrite links: Wriggle & Rhyme: [www.eventbrite.co.nz/e/wriggle-rhyme-tickets-288182099417](http://www.eventbrite.co.nz/e/wriggle-rhyme-tickets-288182099417) Rhymetime: [www.eventbrite.co.nz/e/rhymetime-tickets-243874363787](http://www.eventbrite.co.nz/e/rhymetime-tickets-243874363787)

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# In Brief Updates

## Box Me Up

We are two women passionate about health and wellness and feeling our best. Annelies is a qualified nutritionist and has over 10 years' experience in the health and fitness industry. With a big passion for educating and helping people make small changes to their everyday lives that will in turn provide massive benefits to their overall health. Amelia is a mother of two, school teacher and passionate about health and fitness. Prioritising inner health and wellbeing is hugely important to us both and we believe your health is the best investment you can make. We created Box Me Up as an easy way to treat yourself or someone you love with the gift of health. Our boxes have been specially created with top quality, NZ made, nutritionist-recommended products and supplements. We have four ready-made boxes which focus on gut health, exercise recovery, energy enhancing and an indulge box. Our newest addition to Box Me Up is a mystery monthly box called 'nourish me' which is full of healthy goodies focusing on nourishing the mind, body and soul. Our goal is to make healthy living easy, one box at a time. Visit [boxmeup.nz](http://boxmeup.nz) and check out our Instagram [boxmeup\\_nz](https://www.instagram.com/boxmeup_nz).



## Kip McGrath Education Centres: A reputation for excellence

Kip McGrath Education Centres have been improving and extending the learning outcomes of NZ school children for over 40 years and is now a global institution with over 40,000 students in 20 countries. New Zealand centres, however, tailor their lessons to the NZ Curriculum Framework to ensure consistency with school programmes.



This reputation lies not only in the professionalism and compassion of the teachers that tutor at our centres, but also the quality, curriculum-based learning programmes we create to meet each

child's specific needs.

At Kip McGrath you will see your child... enjoy learning, develop confidence in his/her natural ability, make real progress and achieve better results at school, finally 'get it' and smile.

NZ relevant assessments and teaching method - To ensure your child gets the right help with learning, we will assess him or her against the National Curriculum and use teaching resources and activities best suited to your child's learning style.

A positive learning environment - Your child will also love the friendly, kind, positive reinforcement of our carefully selected teachers whose goals are to see that every child gets results, loves learning and grows in confidence.

Testimonial: "We cannot thank you enough for all the time and effort you have put into our son. He is now a confident young man and knows he can put his mind to anything - and succeed! His latest school report is the best he's ever had." Mrs M.

Call today for a free assessment - 09 831 0272 or book online [www.kipmcgrath.co.nz](http://www.kipmcgrath.co.nz).

## House of Travel Hobsonville: Longhaul specialists

With the borders finally opening there has been no shortage of clients booking incredible journeys with us. Just like you, each trip is unique and we have the ability to tailor make flights that don't exist anywhere online or with less experienced travel agents.



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# In Brief Updates

and back from another. This is great for people on a river cruise, backpacking, Mediterranean cruise etc as travelling in one direct saves time and money. A rookie mistake is flying in and out of the same airport and then doubling back at the end costing time and money.

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

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

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

Your ideas + our knowledge = better holidays.

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

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

## West Harbour Christian Kindergarten

In this editorial I would like to introduce the team at West Harbour Christian Kindergarten. While we are a small centre with a big heart we have a dedicated team of teachers - there is Suzy who is the Centre Manager, Sherryl and Tracy who are your full time teachers and then there is Jordan our Unitec student. We also have two regular relieving teachers to whom you will see often and are also valued members of our team and they are Ekta and Poonam.

At the moment our lovely Kindergarten is looking at what lives under the ocean (this all started with the Whales tails on the back of the buses - the power of advertising hmmm) this, and a teacher who went exploring to find these tails was the cause for much fascination. Seeing, learning and experiencing is what it is all about with children isn't it? Being able to offer a range a fun and cool ways to do this equates to some amazing teachable experiences.

That's it this month from West Harbour Christian Kindergarten, if you want to investigate further to see where our adventures are taking us then please reach out.



**MURIWAI  
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**Andrew Jackson**  
General Manager

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

Nga mihi from the team. 145 Moire Road, West Harbour, Auckland. phone 09 416 8091, or email info@whck.org.nz.

## Have you been victim of bullying?

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



The pain and destruction of being 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 it's like, I feel your pain, I see your tears, I hear your voice. As hard as it maybe, we can overcome this. It won't happen overnight, but it will happen and you will have your power back.

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 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 can BREAK that cycle.

I realised 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 been 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



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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 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](http://www.astramana.com) or email [astramana@gmail.com](mailto:astramana@gmail.com) with any questions or to make an appointment to help yourself to be a survivor.

## EcoFest West

Excitement is building for EcoFest West, which makes its return for the eleventh year running. Outdoor experiences, whānau activities and interactive workshops will be on offer from Saturday 19 March to Sunday 17 April, as part of the month-long celebration of our unique environment and sustainable living.



Hosted by groups and individuals across West Auckland, with in-person and online options, the annual festival is funded by the Henderson-Massey, Waitākere Ranges and Whau local boards and organised by EcoMatters Environment Trust.

EcoMatters' CEO, Carla Gee, says, "After a challenging few years we know that people are craving connection with each other and the environment more than ever. We're pleased that the community will still be able to enjoy a time of celebration, learning and exploring together in a way that suits them, either in small groups or online."

Featuring more than 100 events, the diverse programme presents opportunities to connect with nature on our doorstep, care for the places we love, and share skills and ideas for a better future. Many events are low cost and whānau-friendly, small-scale and outdoors.

Festival highlights include opportunities to:

- Experience peace amongst the trees at the Milan Reserve Nature Walk with the Friends of Milan Reserve, a volunteer group that has transformed this Glen Eden native bush.

- Bring the family and search for clues at The Great Te Manawa Adventure, a flora and fauna scavenger hunt hosted by Te Manawa in Westgate.

- Feed your creativity - get Nature Journaling at Olympic Park in New Lynn or Corbans Estate Arts Centre in Henderson.

- Hop on a webinar about gardening with Tikanga Māori with Rob Small, curator at Ngāti Whātua Ōrākei's Pourewa ethnobotanic garden.

- Take your camera on a coastal adventure with the Wildlife Photo Walk from Green Bay to Blockhouse Bay Beach, with Stephen Thorpe from iNaturalist and the Whau River Catchment Trust.

"This year's programme includes plant swaps, bat walks, stream care sessions and more. For those more comfortable participating online, the festival also has a range of webinars on topics as varied as reversing climate change, ethical investing and keeping chickens," says Carla Gee.

Five event categories are designed to cater to a wide range of interests, so foodies, cyclists and crafters alike will find an event to suit them. The categories are Waka Hourua/Clean Transport, Kīnaki Kai Reka/Foodies' Fix, Te Whaihanga/Makers' Mayhem, Torohē Nuku/Explore Nature and Mauri Noho/Conscious Living. To see full details of all EcoFest West events, please visit [www.ecofest.org.nz](http://www.ecofest.org.nz).

## Cookie Smash Choc Cross Buns

Countdown and Cookie Time team up to bring a new flavour to the table this Easter: Cookie Smash Choc Cross Buns



Countdown and Cookie Time have teamed-up to put a twist on a traditional Easter treat with a brand new, limited-edition flavour of hot cross buns: Cookie Smash Choc Cross Buns.

Michael Whorskey, Countdown's Bakery Merchandise Manager, says Countdown is really excited to have collaborated with Cookie Time to put a delicious new spin on an Easter classic that he's sure Kiwis will love.

"Our top bakers have been working hard behind the scenes with the Cookie Time team for months and, while we've been baking hot cross buns at Countdown for quite a few years now, we reckon this is the flavour to beat them all!"

"The Cookie Smash Choc Cross Bun has the classic, soft dough that we all know and love, but instead of raisins it has delicious Cookie Time chocolate chunks and cookie pieces throughout, a cocoa cross on top and a mini Cookie Time Chocolate Chip cookie nestled into the top of the bun."

Lincoln Booth, Cookie Time General Manager, says it's been a great

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# In Brief Updates

collaborative project, leveraging the expertise of each business.

"We're delighted to have the opportunity to bring Cookie Time into the Easter occasion, and to work with the Countdown bakers to create the most delicious hot cross bun in the land this season."

Freshly baked Cookie Smash Choc Cross Buns are available exclusively in Countdown stores throughout Aotearoa now. Each pack is \$8.00 and contains six buns.

## Doodlewear

A stunning doodlewear art print tea towel makes a wonderful Mother's Day gift.

Doodlewear quality large 100% cotton art print tea towels are designed by NZ based artists and make wonderful gifts.

A kitchen's decor is enhanced with colour and pattern added by our beautiful tea towels. These decorative kitchen tea towels are not only great for drying dishes but can also be used as gift wrap.

Use our tea towel to wrap a present, like a bottle of wine, olive oil, a small box or line a gift basket. A unique, usable, and eco-friendly



alternative to regular gift wrapping.

With over 80 tea towel artworks to choose from, our online store has the perfect tea towel for every Mum. We proudly support NZ based artists of every genre, so you can select exactly the right tea towel for her.

Explore now: [www.doodlewear.co.nz](http://www.doodlewear.co.nz). Support local this Mother's Day - Hobsonville owned and based business, every purchase pays a NZ based artist, printed with love in the Bay of Plenty. Let's be social: Instagram & Facebook @doodlewear.nz.

## Netsafe and Instagram

Instagram is the popular app for sharing photos, videos etc with your friends and followers. It is important that you should feel in control of what happens on your posts. You can turn off comments on any post, or swipe right on a comment to hide it, or report abusive photos, videos or messages. There is a Keyword Filter to filter out comments with words you don't want to see. You should set your privacy controls, create a "close friends" group to send posts to, and you can restrict, block or mute individuals. If you see a post on Instagram from someone you feel may



# NEW STAGE *Released*



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# In Brief Updates

need mental health support, you can report it anonymously for Instagram to send them tips about how to get help. If someone is threatening to share things you intended to be private you can contact local law enforcement, report the person to Instagram or block the person. The safest thing is never to share something you wouldn't want other people to see. For further advice search "Privacy on Instagram" and the Instagram Help Centre at netsafe.org.nz.

## Being a new student at Scott Point School

Hi, I'm Talia and I'm in Year 7 at Scott Point School. I'm just an ordinary girl when it comes to differences. I originally came from the east side of Auckland. I came from a school called Mellons Bay School and I really enjoyed it there. I lived in Pakuranga for almost my entire life and it was a really busy place. I moved here a couple of months ago and I really enjoy it here. That was until the last day of the holiday, then it hit me. I don't have any friends at my new school! What if everyone stares at me? Do I have to eat lunch by myself? What if I'm laughed at? I was trembling when I came to Scott Point School on the first day. When I came into the classroom the teachers all greeted me really nicely and everyone was really kind, they made me feel included in the classroom. Throughout my time at Scott Point I found new friends and the feeling of having a friend was like the world had been lifted from my chest. From my new friends, I found my best friends. Sometimes I don't even remember why I was so scared. I love Scott Point School because the environment is nice, the school is so new and beautiful and it has amazing teachers and students! I feel included at Scott Point and I feel like I belong there. Photo shows Talia with her new SPS friends.



\$25 single and \$35 a couple. You can pay at our Office in the Te Atatu South Community Centre, or by internet or tele-phone banking. We appreciate your support as members. Wednesday 15th June 2022 at 1pm is the date of our Waitakere Greypower Association Annual General Meeting. We are fortunate to be having the Hon. Carmel Sepulomi as our Guest Speaker. Please put this in your diary. Wishing all members and friends A Happy and Healthy Easter. Mate Marinovich, President Waitakere Greypower Association Office 247 Edmonton Rd, Te Atatu South.

## Scouts update

The Scouts have been busy over the last couple of months. The long summer evenings have been ideal for groups to get outdoors and enjoy the fresh air, it also gets the youth off their devices for a few hours. We have seen groups kayaking on local rivers, playing Frisbee golf, going on walks through the Riverhead Forest, overnight camps, building structures with ropes and poles, completing night walks in the local area and much more.



It's been wonderful to see the youth not only in person but to see them having lots of fun, and pretty sure all the leaders are much happier with face-to-face Scouting.

For once the Covid-19 dilemma has worked in our favour, as the policies we follow have stated for us to make the most of fresh air and there's no better way than getting outdoors.

One of the Waitoru Zones groups took their Cubs sections up to Muriwai Beach to help clean up the beach and surrounding area of litter (a few sandcastles were built along the way). This is all part of the conversation work that we do, not only to help and protect our environment, but to make it safe for everyone. Sadly a number of bottles were collected from the beach, so if you are visiting beaches etc, please take your rubbish home or use the collection points if available so we can all enjoy the beauty of West Auckland.

The Waitoru zone covers the North/West Auckland area including Henderson, Te Atatu South, Te Atatu Peninsula, Hobsonville, Whenuapai, Riverhead, Massey, Waimauku and all the way up to Kaukapakapa. If you are interested in knowing more about Scouting in these areas, please don't hesitate to drop me an email, or head to [www.Scouts.nz](http://www.Scouts.nz) to find out more. Craig Paltridge, Waitoru Zone Leader. Email me at: [zl.waitoru@zone.scouts.nz](mailto:zl.waitoru@zone.scouts.nz).

## Waitakere Greypower

Waitakere Greypower Association held its first General Members Meeting in over a year on Wednesday 16th March 2022 at the Te Atatu South Community Centre to an attendance of 48 members and friends. Our Guest Speaker was Mr. Chris Fougere, Orthopaedic Surgeon who gave a most informative and enter-taining speech. A reminder to all members, Annual Subscriptions are now due, they are

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# Safer Communities



**Tom Kearney**  
Senior Fire Fighter  
Waitakere Fire Brigade  
Phone 09 810 9251

In the event of a fire or emergency we need to be able to reach you.

Ensure your address has a clear number outside it. Make sure your driveway clearance is at least four metres wide and four metres high. Obstructions such as overhanging tree branches can make it difficult for fire trucks to access properties. If possible, ensure there is adequate turning space for the fire trucks to turn around, especially if you have a

long / steep driveway.

Keep trees near your powerlines trimmed to avoid contact during high winds and heavy rain. When a powerline touches a tree it can result in arching and may cause the tree to catch fire.

To reduce the risk of wildfire endangering your home, ensure you have created a safety zone around your house, this is also known as a defensible space. This is the area around your home, where

vegetation can be modified, reduced or cleared to create a barrier and slow the spread of fire toward your home. A safety zone also allows space for firefighters to fight the fire safely.

For more information, check the Rural Property Checklist at [www.fireandemergency.nz](http://www.fireandemergency.nz).

## Advice for Rock Fishers Be smart around rocks

Drowning  
Prevention  
Auckland 

### Check conditions

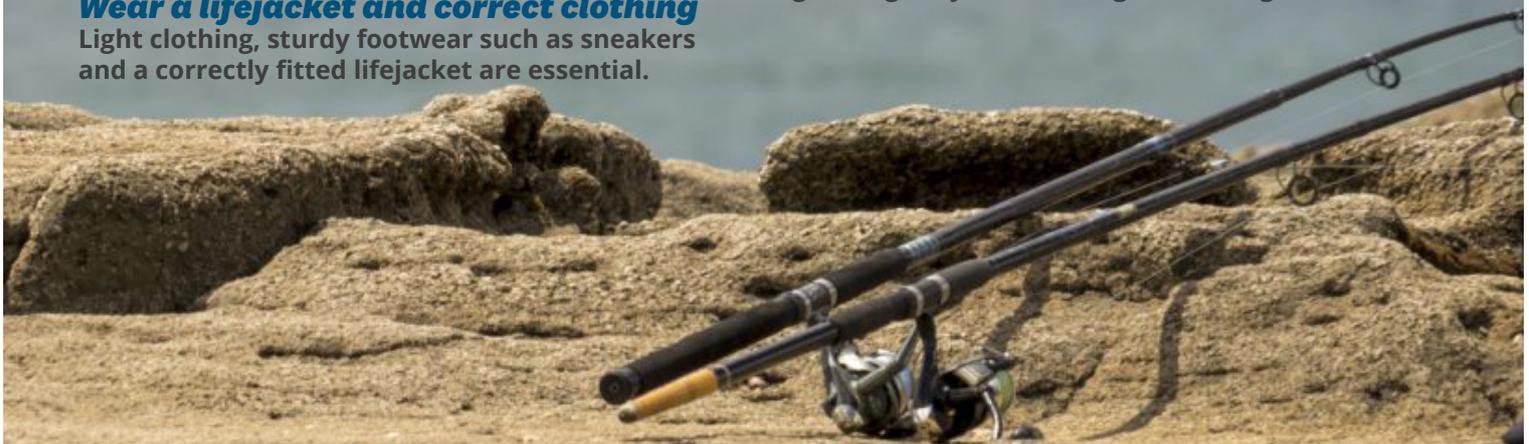
This includes swell, weather, and tide forecasts as well as advice on safety signs.

### Wear a lifejacket and correct clothing

Light clothing, sturdy footwear such as sneakers and a correctly fitted lifejacket are essential.

### Beware of waves and swells

Always face the sea, never turn your back. Have a clear escape path to safe ground and don't get caught by an incoming tide or large swell.



For 17 years, Drowning Prevention Auckland has provided a rock fishing advisor initiative with Auckland Council and Surf Life Saving Northern Region which seeks to reduce rock-based fishing fatalities and promote a safe culture among this high-risk group. The implementation of safety advisors who educate fishers through face-to-face contact has largely succeeded in reducing fisher drownings in West Coast beaches. To find out more about the West Coast Rock-based Fisher Safety Project and review the 2021 Rock Fishing report, visit <https://www.dpanz.org.nz/research/rock-fishing/>

**DPANZ.ORG.NZ | [info@dpanz.org.nz](mailto:info@dpanz.org.nz)**

# Property

## Property market report

Listing numbers up, sales numbers down, Auction results low, New House Prices high, Money hard to get.

In short we are experiencing a market that is crazy strange.

Buyers are having a greater number of options presented to them, with a greater volume of properties on market than we have seen in the last two years. Caused by a traditional listing surge of February and March sellers and a hang-over of properties caused by changes by Government and the Reserve Bank to heavily restrict the lending ability of banks and mortgage providers.

The tough measures imposed on banks by the Reserve Banks Loan to Income, Loan to Deposit and Loan to Debit Ratios making it difficult for Banks to operate and add to that the Governments new responsible lenders legislation called the CCCFA which makes lending money to first home buyers and Investors extremely challenging.

Auction results through Rodney and Waitakere wards have been very poor with only one result out of five put to Auction. This result is a direct result of the tightening financial restrictions that banks are working too which has seen a significant retraction in pre-approvals in the market and banks requiring more confidence in the lender and the asset.

New house prices continue to escalate due to supply chain disruption and soaring building material prices which in many instances have seen sunset clauses used by the seller not the buyer to terminate new builds that have become non-viable to sell at contracted rates or deemed undesirable with the contract below current market values. The creep in New Home pricing is one key factor that continues to keep the second hand homes value reasonably firm.

As we move through Covid version Omicron, the CCCFA rework, Interest rate increases and the shuffling caused by inflation and supply chain issues we see a convoluted market that does favour the sale of homes that are presented and marketed at their best.

Let's look at the sales from last month:

Hobsonville	\$837,000 to \$2,563,000
Massey	\$790,000 to \$1,350,000
Swanson	\$1,035,000 to \$2,350,000
West Harbour	\$1,041,000 to \$2,765,000
Westgate	\$850,000 to \$1,394,000
Whenuapai	\$1,555,000

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## Home loans: Rules are changing

It seems the rules regarding lending which came into place in December are being changed again. You may have seen articles on new deposit requirements, debt-to-income ratios, the amended Credit Contract and Consumer Finance Act (CCCFA), and now the review of the CCCFA amendment....



The review has just come in - and it looks good, hopefully lending is going to get a bit easier again, but we don't yet know how and when changes will be implemented. The reality is some rules, regulations, and rates are changing fast, and others seem to take forever.

What should you do? How do you keep up to speed with it all? My suggestion is leave it to someone else (unless it's a particular hobby of yours). Find a professional you trust and let them work out what it means for your situation at the time that's right for you. The best thing you can do right now is focus on getting yourself in the best position to borrow, regardless of what happens.

This could include:

- To show you can meet lending requirements; don't impulsively cancel Netflix or go into caffeine withdrawal. Instead create a sensible budget you could stick to if you got the loan, and start living to it now.
- Show you're good at managing your money; avoid any failed payments or unarranged overdrafts from going over account limits, this goes for all your bills - not just the bank. (If you're unsure about your credit history - you can request a free copy of your credit report)
- Minimise short term debt and pay off those credit cards before they charge you interest.
- Get an expert on your side to help make a plan that works for you.

If you'd like to talk about your lending - I'm available free of charge, and if you want to meet in person, the coffee is on me.

Scott Wombwell, Managing Director & Financial Advisor, Better Borrowing, phone 020 4009 8944, email [scott@betterborrowing.co.nz](mailto:scott@betterborrowing.co.nz) or visit [www.betterborrowing.co.nz](http://www.betterborrowing.co.nz).

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# Property

## KiwiSaver- back to basics

By ClearStone Legal (Yolandie Rivas, Legal Executive)

So, you finally saved up that big deposit for your first home, but most of the funds are in your KiwiSaver. How do you go about getting these funds released? Good news is your lawyer will help you to withdraw your KiwiSaver. There are however a few basic requirements you should be aware of:

1. You need to have a signed Sale and Purchase Agreement to apply for your KiwiSaver. This makes it tricky if you consider buying at an auction, because you need to pay in the deposit on auction day. There are however ways and means to get around this and we can assist with this.
2. You need to be a member for KiwiSaver for at least three years and need to contribute to KiwiSaver on a regular basis.
3. You need to live in the property that you purchase. In other words, you need to buy it in your own name and you cannot rent it out for at least six months.
4. You need to get a withdrawal application form from your KiwiSaver provider, complete it and sign the statutory declaration in front of your solicitor or a Justice of Peace.
5. Your lawyer who helps you with your purchase will submit the application for you (you don't send it yourself) because the KiwiSaver funds are paid into your lawyer's trust account.

Most KiwiSaver providers can take up to 10 working days to process your withdrawal application, or even up to 15 working days if you worked overseas while being a KiwiSaver member. You can only use your KiwiSaver once when you purchase your first home and if you have another property or just a small shareholding in a property you will not be eligible to take out your KiwiSaver.

You can use your KiwiSaver to pay the initial deposit (usually payable when you satisfy your conditions in the beginning of the agreement) or you can use the funds when you settle on the property and become the owner. You are allowed to use all your KiwiSaver funds except for \$1,000 government kickstart that will remain in your KiwiSaver account, or you can indicate on your form if you want a partial withdrawal.

ClearStone Legal with offices in Huapai and Te Atatu can assist you in buying your first home. Telephone 09 973 5102 if you have any questions about buying property or using your Kiwisaver.



## Friends with benefits has its disadvantages

Couples who are planning to move in together, or already live together, now more than ever need to understand the implications this has for separate property rights.

A recent Court of Appeal of appeal case Sutton v Bell [2021] NZCA 645 has clarified that if a couple is even "in contemplation" of a de facto relationship, a court has the ability to set aside a disposition of property (e.g. to a trust) when the person knew it would defeat a partner's claim or rights.

In this case, a property was put in a family trust for the purposes of asset protection about eight months after the partner moved in as a flat mate. The Court said that even though the couple didn't yet qualify as a "de facto couple", the court could nevertheless set aside the transfer to the trust because they were "in contemplation" of a de facto relationship.

A couple is presumed to be "in contemplation" of a de facto relationship when they mutually contemplate living together "as a couple." Moving in together is one of a number of indicators a Court will look at in deciding whether a couple is "living together as a couple". So flat mates who are also in a sexual relationship ("friends with benefits") may not be living together "as a couple."

Interestingly, despite living together, the Court in this case held the couple were not in a de facto relationship until later when there were additional indicators of a mutual commitment to a shared future - in this case a holiday together and conceiving their first child.

However importantly, the law is now clear that it is not a requirement to be in a de facto relationship to receive protection for, or be subject to claims against, dispositions of land. If you think you may be affected and would like more clarity than this couple had, speak to a relationship property lawyer at Henderson Reeves: Taina Henderson 027 537 9222 [www.hendersonreeves.co.nz](http://www.hendersonreeves.co.nz).

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# Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HOBSONVILLE	1,285,000	325M2	161M2	1,303,000		930,000	421M2	160M2	1,037,000
	815,000	86M2	88M2	905,000		1,550,000	1135M2	113M2	1,060,000
	790,000	82M2	70M2	892,000		810,000	517M2	180M2	790,000
	1,125,000	78M2	168M2	1,250,000		1,300,000	748M2	140M2	1,135,000
	1,140,000	256M2	138M2	1,330,000		1,290,000	5667M2	140M2	1,245,500
	780,000	98M2	75M2	837,000		1,200,000	766M2	110M2	1,000,000
	1,105,000	112M2	153M2	1,200,000		840,000	376M2	103M2	849,000
	1,365,000	309M2	174M2	1,540,000		1,150,000	630M1	90M2	1,155,000
	1,965,000	952M2	130M2	1,808,000		950,000	549M2	53M2	1,000,000
	1,260,000	475M2	180M2	1,520,000		1,175,000	637M2	160M2	1,185,000
	1,650,000	351M2	292M2	1,850,000		960,000	601M2	99M2	1,055,000
	2,135,000	645M2	354M2	2,563,000		1,075,000	760M2	220M2	1,350,000
	1,575,000	337M2	265M2	1,900,000		1,275,000	823M2	160M2	1,000,000
	980,000	365M2	256M2	1,950,000		775,000	490M2	80M2	845,000
	1,145,000	168M2	140M2	1,355,000	SWANSON	1,940,000	1012M2	140M2	2,225,000
MASSEY	1,050,000	409M2	150M2	860,000		1,075,000	761M2	210M2	1,300,000
	1,100,000	1018M2	70M2	1,035,000		1,205,000	423M2	170M2	1,340,000
	850,000	613M2	111M2	1,060,000		1,895,000	6432M2	283M2	2,350,000
	960,000	928M2	140M2	1,000,000		960,000	519M2	130M2	1,035,000
	1,300,000	748M2	140M2	1,195,000	WEST HARBOUR	1,740,000	1863M2	250M2	2,765,000
	1,150,000	718M2	100M2	1,210,000		1,125,000	600M2	100M2	1,041,000
	1,050,000	576M2	110M2	948,000		1,100,000	260M2	80M2	1,296,800
	1,400,000	811M2	120M2	1,220,000		1,505,000	714M2	250M2	1,572,000
	850,000	363M2	81M2	1,035,000		1,250,000	608M2	143M2	1,525,000
	1,150,000	672M2	83M2	1,125,000		1,330,000	687M2	187M2	1,430,000
	1,300,000	696M2	217M2	1,440,000		910,000	187M2	178M2	1,300,000
	740,000	1017M2	100M2	859,000	WESTGATE	875,000	153M2	77M2	854,000
	1,050,000	450M2	154M2	1,150,000		1,200,000	450M2	158M2	1,394,000
	740,000	374M2	104M2	875,000		1,200,000	535M2	150M2	1,391,000

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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**5 Eyton Kay Road, Hobsonville**  
By Negotiation

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[www.mikepero.com/RX3070268](http://www.mikepero.com/RX3070268)



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3 1 1

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

5 10 3

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

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



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**Monalisa & Gerald**

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[www.mikepero.com/RX3074419](http://www.mikepero.com/RX3074419)



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**“Graham is an absolute Superstar!**

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**369A Hobsonville Road, Hobsonville**  
By Negotiation

A home that makes the most of its 392sqm section (more or less) with generous parking, single garage and wrap-around lawn peppered with shrubs and hedging. Bigger than it looks, this three room home delivers more than many others with open plan kitchen, dining and lounge and direct access into the roof loft for storage. Located in the heart of Hobsonville, a short walk for groceries and convenience shopping, with access to schools, parks and the inner harbour close by. Fee simple freehold title and an honest pedigree, take a look today.



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# Central's Tips

## April 2022



Take out the spent summer vegetables and dig in compost. Plant lettuces and brassicas and sow peas and broad beans. Harvest pumpkins and store for winter.



Give the garden a good clean-up and apply fertilizer around shrubs. It's Nature's best planting time so dig in new shrubs trees and perennials. Sow lawn seed and plant spring flowering bulbs.

### In the veggie patch

- **Directly sow broad beans and peas**, ensuring there's room for them to climb
- **Plant out seedlings of silver beet, cauliflower and hardy lettuce** such as Cos and Iceberg
- **Cut back globe artichokes** to fresh growth at the base of the plant. They can also be divided now
- **Remove cucumber, tomato or zucchini plants** that are no longer producing and dig compost through the soil where they've been to add back organic matter before the next crops go in
- **Apply Morgamics**, an organic certified granular fertiliser, across the vegetable beds ahead of rain
- Watch for **self-seeded herbs** such that can provide you with free crops over winter. Liquid feed the young seedlings.
- **Harvest pumpkins** and store in a dry area for use in winter soups, roasts and salads
- **Harvest apples and pears.** Pears should be placed on newspaper in the laundry or garage for a fortnight to ripen
- **Sow calendula** for its crop of orange flowers in winter which brighten the vegetable bed. The flowers are good in winter salads too

### The rest of the garden

- **Garden flowers for an early spring display.** Sow cornflower, dianthus, nigella seeds and sweet peas
- **Plant a hedge of sasanqua camellias** - these early-flowering varieties avoid the petal blight that turns late season flowers brown
- **Garden clean-up**, weed garden beds and pick up any diseased leaves. To encourage strong growth ahead of winter, apply our Prolawn All-Purpose Garden and Lawn fertilizer
- **Planting time for all** - ideal soil temperatures to get plants big and small into the ground. Use compost or Garden Mix and mulch well. If the soil is dry, water well around the roots
- **Plant tulips, narcissi and hyacinths** in pots for some spring colour. Place in semi-shaded areas until the bulbs shoot, then they can be moved into more light
- **Sow lawns.** There's a grass seed blend for all Auckland soil types and this is the season to get a great lawn at your place
- **Remove dead foliage of perennials** such as dahlias and daisies, and give tired lavender bushes a prune. Cut and dry hydrangeas with beautiful autumn colour that will last indoors

## Project for April

### New and exclusive to Central Landscapes

Start your lawn on its organic journey with our new range of fertilisers. Lawnganics is designed to aid plant and soil health and bring back healthy soil biology that can be lost with the use of traditional chemical fertilizers. Applied with a sprayer or watering can, Lawnganics ROOTS will promote strong, healthy grass for autumn.

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## Big on value – small on price

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A home that makes the most of its 392sqm section (more or less) with generous parking, single garage and wrap-around lawn peppered with shrubs and hedging.

Bigger than it looks, this three room home delivers more than many others with open plan kitchen, dining and lounge and direct access into the roof loft for storage.

Presented to a good standard, and with tenants in situ that are happy to stay on.

Located in the heart of Hobsonville, a short walk for groceries and convenience shopping, with access to schools, parks and the inner harbour close by.

Fee simple freehold title and an honest pedigree, that is honest and humble to its beginnings, but handy, so handy to everything that Hobsonville has to offer - take a look today.

# Hot Property



For more information on this property or a discussion on your next property change, call Graham McIntyre on 027 632 0421 or 0800 900 700 or [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

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# Home & Garden

## Tile Wright

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## Lawn Mowing 4U

Lawn Mowing 4U is a local family owned and operated business committed to providing a high standard of lawn care in the West Auckland area.

Our service includes lawn care, hedge trimming, weed spraying, gardening and general yard care. We take pride in our work and aim for our customers to be 100% satisfied. We have been servicing the West Auckland area for over three years now.



Lawn Mowing 4U are helping property owners whether it is residential or commercial to have a perfect lawn.

Lawn Mowing 4U is your first choice if you need regular maintenance for your lawn or a one-off job. If you are thinking about selling your property and want top \$\$ our team will help to present your lawn and backyard to amazing looks. If you are moving house or want to tidy up your section for an end of tenancy, call Lawn Mowing 4U to help.

Contact us on 021 071 4610 Alawnmowed4u@gmail.com  
Facebook: - @nzlawnmowing4u.

## City Botanics

City Botanics, who specialise in creating stunning gardens and plantscapes for people living in smaller homes and offices, are holding an open garden in Hobsonville on Saturday April 9th, 10am - 2 pm. We know that gardening in small spaces can present many challenges. Even though our garden is only 50sqm, we managed to fit in multiple seating zones, a water feature, two trees and plenty of seasonal colours to keep the garden interesting.

If you're thinking about landscaping, or know someone else that is, we invite you to visit the garden and take the opportunity to chat with our experts about what it takes to create a functional and aesthetically pleasing garden in a small space.

While entry is FREE, this is a ticketed event to balance out the crowd numbers on the day. Please visit [www.citybotanics.co.nz/events](http://www.citybotanics.co.nz/events) to book a time-slot to come and see us.



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## Hobsonville Community thriving Compost Hub

Only a year old, a local Compost Hub tucked along a coastal walkway within the Hobsonville Point community, is thriving. The hub has already been recognised as the Finalist at Zero Waste Awards that celebrate local zero waste heroes who are raising awareness and inspiring change.



Along with regular volunteers, Judith Rosamund, Kaipātiki Project's Teaching Garden coordinator and the team have transformed the native nursery site at Hobsonville Point and launched a new Hobsonville Community Compost Hub in late 2020. First, they ran a pilot for a few months to ensure the process works well and to get ready to become an effective community compost hub.

"The Compost Hub is a place where the local community can drop off

their Bokashi food scraps, and we turn it into nutrient-rich compost. We're enabling and encouraging people to divert their food scraps away from landfill, and instead use it to increase the fertility of local soil. We also want people to understand that our food scraps are a valuable resource that is wasted when sent to landfill," says Judith.

The group recognised the need for a community compost hub to address the lack of garden space (and therefore composting area) in a densely populated residential housing environment filled with apartment living. Kaipātiki Project is an innovative eco-hub growing a sustainable future for people and nature, running a thriving native plant nursery where they grow 40,000+ native plants every year and plant them back in the local reserves.

## Autumn for your lawn

I do bang on a bit about it but autumn is the perfect time to begin increasing the mowing height of your lawn, especially in sheltered and shaded regions of your garden. You ought to be leaving at least 50mm (5cm) of leaf on your lawn, even up to 60 - 70mm (6-7cm) in substantial shade. To be specific this offers a greater leaf surface zone for your lawns for photosynthesis, allowing the grass to create essential sugars which are key for its general wellbeing. Keeping that additional length will also be valuable when winter arrives, as the grass leaves have a tendency to end up less frost affected with just the very tips dying off, leaving green growth underneath and a stronger spring recovery.

Getting the soil pH correct

And to be a bit more technical, pre-winter is a good time to check your soil pH. Out of balance pH levels not only affect the way your lawn looks, but will also reduce the impact of fertilising your lawns. The ideal lawn pH level is 6.5, which is a bit acidic. If you do need to adjust a low soil pH, you can use Sulfate of Ammonia, which will work to correct alkaline soils.

Improve your lawn before winter

You should always apply a decent fertiliser to your lawn before winter arrives. This is probably the most important feed you will give your grass all year, and Easter Weekend is usually a good time to



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# Home & Garden

schedule it. Give your grass a decent feed with a NPK fertiliser, so that your grass has the capacity to create that sound matt of leaf development I often talk about, it'll help keep out those winter weeds, and build the solid roots to battle the winter coolness.

Gary Turton - Jim's Mowing phone 0800 454 654.

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requires a lot of important decision making, which is why we will take the time to discuss your plumbing and drainage requirements with you and help to create your house into a home. We can offer full plumbing solutions for new builds as well as renovations.

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## Rabbits, rabbits, rabbits

The summer has passed and the days are shorter, and all of a sudden we notice rabbits everywhere. What seemed like one or two has now changed to 20. Experts say for every one rabbit you see above ground there are 10 underground.



Rabbits are destructive in gardens as well as in pasture and breed all year round in our warm climate. Culling rabbits in autumn is a good idea as you can see them easier at dawn and dusk, and it keeps the population down heading into next spring. NZ Biosecurity Services can help you with your rabbit culling, give us a call any time and speak to one of our animal control experts. 09 447 1998. Source: Auckland Council [www.tiakitamakimakaurau.nz](http://www.tiakitamakimakaurau.nz).

## Top tips for saving power

1. Appliances - Not using it? Switch it off at the wall. If the wall switch is on, you're still using a bit of power.
2. Lighting - LED lights are slightly more expensive to buy, but they last 10 to 20 years - and use far less electricity.
3. Hot water - Make sure your hot water cylinder is the right temperature. Too high and it'll cost you more to heat, too low and bacteria may breed. We recommend a temperature of 60 degrees Celsius or higher to prevent the growth of Legionella bacteria
4. Washing Machines - Put your washing on a cold setting. It cleans just as well, and the Energy Efficiency and Conservation Authority (EECA) says it saves up to 10 times the power.



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5. Timers and sensors - Timers and sensors are a cheap and cheerful way of turning off things that aren't being used.

Group your appliances (for example the TV, gaming console and decoder), with one timer. It'll sense when the primary load, such as the television, is switched off - and turn off all the rest. Clever, and cheaper.

6. Heating - Good insulation and efficient heating make it easier and cheaper to heat your home to healthy and comfortable temperatures.

If you'd like to discuss some of these tips further and hear about how we can help you save money get in touch with Blackout Electric today. Phone: 022 500 5856, Email: info@blackoutelectric.co.nz.

## Unlock the value of your property

Do you love where you live, but not the house you're living in? Or perhaps your home is on a larger site and you've been thinking of subdividing and building a new home - whether it's to sell or rent out for extra income. Signature Homes makes it easy with their Subdividing Services and Knock-Down & Rebuild process.



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Right from your initial site appraisal to the handing over of your keys on settlement day, you'll have your own Signature team beside you to guide you through your journey and ensure your home is exactly what you envisioned. There's plenty of pre-designed plans to choose from, or the team can work with you to design something bespoke to your needs and lifestyle.

A range of minor dwelling plans are also available, all below 65m<sup>2</sup>. These plans allow you to bypass the council's subdividing process and are great if you have a smaller site or just need some extra room for the kids or extended family.

For an obligation-free consultation and site appraisal, contact Signature Homes West & North-West Auckland on 0800 020 600 or visit signature.co.nz.

## Waimauku Garden Club

Writing in mid-March with the end of summer and very, very dry gardens, most of us are hoping for rain. We are also hoping that the Omicron virus will peak and fade away somewhat to allow us to resume some semblance of previous normality. As it is, the Waimauku Garden Club has held off on our usual garden visit for March and our April trip is still uncertain due to the virus.

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# Home & Garden

We have, however, a number of plans for day outings throughout the year which include a trip to Matakana and another to Whangarei, a visit to gardens in Clevedon and a spring day out to Cornwall Park and environs. During winter we will have more of an indoor theme including a mid-year lunch, a movie and a Weta Workshop visit.

In the meantime, we are preparing for autumn in our gardens, gathering in the figs and feijoas and seeing the end of the fruits and their preserving. The grape harvests are over and we see the leaves on the vines of the local vineyards turning to their autumn colours. Once we have some rain our thoughts will turn to improving our soils and planting bulbs and seeds of winter flowers, amongst the myriad of constant demands from our gardens. At least Covid has not affected our gardens and has instead kept many of us busy during lockdowns.

The Garden Club welcomes new members and we encourage you to join us on our outings. We have a Facebook page which you can view and if you have any queries please feel free to contact any of the committee members as listed below.

Ann 021 035 7406, Diana 027 478 8928, Moira 027 498 9154, Donna 021 233 0974.

## Planting advice

It is planting season with many plants heading out the gates at Awa Nursery to our customers' gardens. We thought it might be an opportune moment to pop in some planting advice in order to achieve the best results for your plants and trees.



- Soak the root ball by putting the tree in a bucket of water until the air bubbles stop, or pour a bucket of water over it.
- Dig a hole twice the size as the root ball if possible.

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- Put plant food tablets in the hole to encourage the roots to grow out and provide anchorage for the plant. This will get the plant off to the best possible start.

- Take the tree out of the bag and put in the hole making sure that the trunk is straight, and the tree is slightly higher than ground level. Use a good garden mix to fill the hole and compact the soil around the roots.

- Water well

- Mulch, making sure the mulch does not go higher on the trunk than the original soil level.

- In clay soils, drainage is vital. Fork the edges of the hole to help the drainage and replace with good garden mix.

- Stake tall trees if they are being planted in a windy site. Make sure the stake is away from the root ball. Use a tree tie that will break down over time to prevent the tree from being ring barked.

- Feed with balanced fertiliser spring and autumn and top up mulch to help conserve water and discourage weed growth.

- Water trees regularly until established. Give big trees a good bucket full of water every second or third day during summer until established. Light hosing and showers will only encourage the roots to the surface and delay the growth of anchoring roots.

Pop along to Awa Nursery and get your next gardening project underway.

## 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 more 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.

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## Kumeu Community Garden

The first summer season has flown by at Kumeu Community Garden and with it has come great joy. Two years ago I looked at an empty lot, today I look at a space full of life, colour and food. Creating this community garden has been the work of many who are passionate about our community. Auckland Council, local residents and businesses have provided the support needed to establish the Garden and for that we are grateful.



Last year we welcomed our new Garden Manager, Rebecca. You will see her most Sunday mornings working up a sweat. The Garden looks fabulous and everything you see has a purpose. Earlier this month, we held the first Working Bee since July last year and it was great to see new faces coming along to work and learn. One of our current projects is getting the shed in shape. Dulux has

provided free advice and donated the paint needed, Waimauku Scouts will be painting in the upcoming months.

Rebecca is there most Sunday mornings and welcomes anyone who is interested to come along and join in.

Follow us on Facebook for updates and support us through our Givealittle page [www.givealittle.co.nz/cause/Kumeu-community-garden](http://www.givealittle.co.nz/cause/Kumeu-community-garden).

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# Easter

# HUNT

SATURDAY 9th APRIL

Between the Hours of 10am and 1pm,  
We Recommend Starting Before 12.15pm

Pick Up Map from the Waitakere Fire Station,  
Follow the Clues Along the Way  
and Collect Your Easter Treat at the End!

You Will Need: Sensible Walking Shoes \* Sun or Rain Protection  
A Responsible Adult \* Map Reading Skills \* A Water Bottle  
A Phone with Google Capabilities (Optional)

OUTDOOR WALKING EVENT

ON RAIN or SHINE!

Before you Go, Read all the Instructions so you Don't Miss any Little Tips!

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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](http://www.thenzcatfoundation.org.nz). You can also email - Volunteers: [volunteer@thenzcatfoundation.org.nz](mailto:volunteer@thenzcatfoundation.org.nz) Donations: [info@thenzcatfoundation.org.nz](mailto:info@thenzcatfoundation.org.nz).

## Midnight marauders

As New Zealand works its way slowly towards becoming predator free by 2050, there's an elephant (well, actually a pussycat) in the room. Rats, possums, ferrets and stoats are, most of us would agree, not welcome in our environment and should be humanely eradicated, so that our native birds and other wildlife can thrive.



But what about a 'pest' that's also one of our favourite pets? How much of a problem are cats, and what can we do? One estimate is that there could be 2.5 million feral and stray cats roaming around New Zealand. Most of them survive by hunting whatever they can find, and while they do catch mice, rabbits and rats, they also happily eat wētā, native lizards, native bats, and of course our precious native birds.

There's a tricky balancing act to pest management, because in any area, removing cats may mean other pests such as rats increase in number and do more damage. If rats and mice are removed, feral cats may eat more native species.

The good news is there's now a National Cat Management Strategy Group working on this issue. Their draft plan states that their long-term strategic vision is for all cats in New Zealand to be responsibly owned and valued. They plan to work towards that vision in collaboration with pet owners, vets, the RNZSPCA, the Department of Conservation, and others.

Another of the group's goals is that there is no adverse effect of cats on native species in New Zealand. There is already proof of the difference this would make. On some of our offshore islands in the Hauraki Gulf, removal of feral cats has had immense benefit, including allowing tuatara to be introduced safely on Motuihe, and a kokako and tieke (saddleback) breeding programme to be established on Hauturu (Little Barrier).

Meanwhile, if you own a cat (and 44% of NZ households do), you can do your part to help. Making sure they are micro-chipped and de-sexed, are well-fed and played with, kept in at night, and looked after if you go away can prevent your cat from being a midnight marauder, or worse, running away and becoming a stray.

## K9 Heaven

If you own a dog and you're wondering where to send your best friend for daycare, boarding or grooming, K9 Heaven (The Country Club for Dogs) may just be what you're looking for. Their 10 acre fully fenced property with farmland and pond for your dog is conveniently located just 6 minutes from the Massey off-ramp on the North-western motorway, or 7 minutes from Westgate.



The focus of new owners, Tanya Arnesen and Ollie Such, and their dogs Merc and Cleo, is to bring love, care, and fun to your dogs ... and a great experience for you.

Whether it's:

1. Socialisation for your best friend for a full-day or half-day stay.
2. An overnight, long weekend or multi-day get-away for you, knowing your dog is loved and specially cared for.
3. A grooming to get them sparkling and fresh.
4. Or even a birthday celebration and treat for them on their special

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**Advice for Rock Fishers**  
**Be smart around rocks**

**Check conditions**  
This includes swell, weather, and tide forecasts as well as advice on safety signs.

**Wear a lifejacket and correct clothing**  
Light clothing, sturdy footwear such as sneakers and a correctly fitted lifejacket are essential.

**Drowning Prevention Auckland**

**Beware of waves and swells**  
Always face the sea, never turn your back. Have a clear escape path to safe ground and don't get caught by an incoming tide or large swell.



For 17 years, Drowning Prevention Auckland has provided a rock fishing advisor initiative with Auckland Council and Surf Life Saving Northern Region which seeks to reduce rock-based fishing fatalities and promote a safe culture among this high-risk group. The implementation of safety advisors who educate fishers through face-to-face contact has largely succeeded in reducing fisher drownings in West Coast beaches. To find out more about the West Coast Rock-based Fisher Safety Project and review the 2021 Rock Fishing report, visit <https://www.dpanz.org.nz/research/rock-fishing/>

DPANZ.ORG.NZ
info@dpanz.org.nz

# Pets

day.

Your dog(s) will be in caring hands with a marvellous team who are all passionate about dogs and giving them a great experience.

As Tanya says: "If you're anything like us, you treat your dogs as though they're your children, after all, they're part of the family. What's most important is that whoever you entrust your furry friend with for the day treats them the same way. That's exactly why we make sure everyone on the K9 Heaven team is just as passionate about dogs as you are."

Dogs are separated by size and temperament, so no matter whether they are small, medium, or large they'll be with their own kind to make sure their day (or days) are fun, interesting and a great experience. Including a pack-run on the farm, a swim in the pond, or even a snooze when they're worn out after all that activity.

It seems many of their regular dogs enjoy it so much they can't wait to get back again. As Ollie notes: "The dogs who have been coming for a while are often chomping at the bit to get out of the car when they arrive."

Tanya, Ollie, and the K9 Heaven team run a "trial-day" so you and your dog can see and experience what K9 Heaven (The Country Club for Dogs) has to offer. Check them out on Facebook or Instagram - K9 Heaven.

## Sunny's request – stop and smell the roses tree stump

Sunny would often stop on a walk and just take it all in. Now Vicki has a greater understanding of how exquisite this sensation-al immersion is for her. She truly is a connoisseur of life. She notices the details and wants time to revel in the multi-sensory delights.

Sunny by name and personality. She is a dearly loved family member, who's humans wanted to check in on a few behavioural changes as she aged and find out if there was anything they could do to improve her life. One of the first things Sunny wanted to share was how much she enjoys pausing and taking in the smells, sights and sensations of the natural world.

She communicated this with a mind movie of her explaining in great detail what she experienced standing by a rotten tree stump. 'This



smells wonderful' she said, with so much to pick up on - the complex earthiness and animals that have visited. She then expanded the vision to her paws enjoying the cool, soft, giving texture of decomposing wood fibers and the sunlight dancing through breeze tickled leaves and sparkling on a body of water with dark shapes moving languidly below the surface.

What a lovely invitation for us to get to know our beloved animals even more deeply by opening ourselves to experiencing their world as best we can.

Stopping to sniff the post at the entrance to the forest is a must for our dog Marby - we call it reading the newspaper. Our hurried human agendas don't tend to prioritise total immersion in an experience, absorbing every last detail. Yet when we do its glorious how life reveal itself.

Got the feeling your animal is trying to tell you something? All Animal Communications are done remotely, via a photo and insights are shared via a recorded Zoom call so you can re-listen as often as you wish. Please contact Suze Kenington at facebook.com/AnimalsInYourHeart or AnimalsInYourHeart.com.

## Why do cat eyes glow red at night?

Good question. Your cat's large, round eyes are designed to operate better in low light conditions and in the dark than our eyes. Cats can see as well in pitch black as we can see in full moonlight. Two reasons cats' eyes glow in the dark.



1. Their pupils are elliptical in shape. In lamplight, the pupils are narrow slits because they are protecting the sensitive retinas from damage. Turn the lamp off and notice the pupils dilate to accommodate the lower lighting. In very dim light, the pupils will fill her eyes, making them look almost completely black.
2. That red glow, is caused by light reflected from a layer of tissue called the "tapetum lucidum," which lines the back of the eyeball behind the retina. The result is an eerie glow as your cat's eyes catch a beam of light in a dark room. This term, tapetum lucidum, is a Latin phrase that means "bright carpet."

Interestingly, blue eyes, which Siamese cats have, glow red, while golden and green eyes cast green glows. Kanika Park Cat Retreat - phone 027 550 1406, email info@kanikapark.nz.

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# Food & Beverages

## Peko Peko

It has been a tough time for everyone to get through this pandemic, and we really appreciate your ongoing support. We have been in ups and downs with the traffic light system, however, takeaway is always available with our best quality. If you haven't tried our food yet, please come along. We are the only Japanese-owned Japanese restaurant in the neighbourhood. We only use rice bran oil, free range chicken and eggs, homemade sauces and we pride ourselves on serving fresh and honest food. You can find us on 102c Hobsonville Rd, check our FB and Instagram @pekopekonz or visit our website [www.pekopekojapanese.nz](http://www.pekopekojapanese.nz) Fully licensed. Phone 09 416 1197.



## Make Your Own Herb Salt

Herb salts are a great way to add delicious flavours to your cooking. You can create any number of herbal combinations to suit your taste. Use the below recipe for either fresh or dried herbs. If using fresh herbs, the ratio of herbs to salt will be less and the flavour not as strong as using dried herbs.

You can also grind some, all or none of your finished herb salt, depending on whether you prefer a chunky texture or a more powdered texture.

### Herb Salt Recipe

Ingredients: ½ cup pink salt or sea salt, ½ cup of the main herb of choice e.g. rosemary/basil/mint/sage, ¼ cup chives, ¼ cup garlic granules. (For additional flavour and interest, you can also add 1-2 teaspoons of fennel seeds to the rosemary version or 1-2 tablespoons of chive flowers to the other versions)

Dry Herb Method: You can use either purchased dried herbs or dry your own finely-chopped fresh herbs in a dehydrator at 50C for approximately 3 hours or an oven on its lowest setting for approximately 1 ½ to 2 hours. Ensure the herbs are very dry. Combine all ingredients together in a bowl and mix well. Grind or



leave chunky and store in an airtight jar for up to 12 months.

Fresh Herb Method: Finely chop your herbs and add together with the garlic and salt. Mix well and dry in a dehydrator at 50C for approximately 3 hours or in your oven as described above. Stir every 30 minutes and break up any clumps. Once completely dried, either grind or leave chunky and store as above.

Herb salts are delicious on roasted vegetables and meat, add to scrambled eggs and egg dishes, sprinkle on savoury scones and over steamed vegetables with a little fresh lemon juice.

Recipe by New Zealand Herbal Brew. We offer a range of Certified Organic herbal teas via our online store. Visit our website: [www.NewZealandHerbalBrew.co.nz](http://www.NewZealandHerbalBrew.co.nz).

## The Bistro at Soljans

Ever wondered what it looks like after the grapes have been picked? Well, with rows of golden leaves and the sky holding on to the last bit of warmth, autumn is a great time to come visit The Bistro at Soljans to find out. Explore our new menu from Executive Chef Rob Baxter, taste the tail end of summer and come support local at Soljans Estate Winery, we would love to see you again. So come, sip and enjoy! Call the Bistro on 09 412 5858 or book with instant confirmation online at [www.soljans.co.nz](http://www.soljans.co.nz).



## Hallertau

When our new Chef, Logan Coath, joined the Hallertau family in August 2021, he wasn't expecting his first task to be all about creating people-pleasing takeaways during a lockdown. Based on the number of Haloumi Burgers and Fish 'n' Chips you guys got your sandwich grabbers on during that time, it's safe to say he nailed the brief and pleased the people.

A longtime Westie, Logan shares our passion for this community. When Logan first sat down with Hayley and Steve, the thing they





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# Food & Beverages

chatted most about was the abundance of delicious, local produce accessible to each Hallertau venue. It was then we knew we'd found a kindred spirit for the kitchen and our next Hallertau hero.

Logan is determined to create menus that harmonise with the Hallertau beer list and feels familiar.

He states that "Putting a menu together is a bit like a journey. It's about looking at your surroundings and letting those surroundings inspire you. I'd like to get the team to visit the farms where our produce comes from too. Those relationships are good to develop. After all, our local farmers are also our local beer drinkers.

## Āhuru Coffee Co.

As coffee lovers, moving to Scott Point, Hobsonville 3 months ago made us realise the distance people had to travel to find a coffee shop that was serving good coffee.



This sparked the idea of bringing something local but also unique to Scott Point, that could bring the community down to grab their daily brew on their morning stroll. The name āhuru was inspired by the atmosphere we aimed to create - warm and cosy, right here on our beautiful little beach. As well as coffee, we also sell artisanal Italian baked goods, such as almond croissants, Danishes and bomboloni (Italian doughnuts) that are baked daily for you to enjoy with your brew. Our operating hours are Wednesday - Friday 7am- 11am. Saturday, Sunday 8am- 11am.

## Don Buck Honey

For Don Buck Honey and residents of Henderson-Massey, this is as local as honey can get.



This wee batch was made by bees that live in my backyard in Massey. Everything else my bees produce comes from forests or the farms, but this batch was foraged from the parks, gardens and gullies of our neighbourhood. I call it Neighbourhood Honey.

It is a very runny, bright, and clear honey compared with what my other hives produce, and likely contains nectar from at least a few of the following: Clover, lotus, pohutukawa, bottlebrush, penny royal, tea tree, borage, lavender, dandelion, cosmos, mint, rosemary, and anything else growing within a few kilometres of my back garden.

\$12.00 - 370g Limit of one per order.

Very limited reserve - get one quick. Discounts for mix-and-match purchases. Order via online store - pickup option available at checkout for Auckland-based customers. Chris Northcott. [www.donbuckhoney.co.nz](http://www.donbuckhoney.co.nz).

## Jesters Westgate

We're spicing things up at Jesters Westgate. Our new pie for autumn is the Chilli Cheese Fiesta. Spice up your taste buds with NZ prime beef mince in a Mexican inspired chilli, topped with creamy cheese sauce. It's fiesta time! Available in store and from our mobile pie vans.

## Vintage 2022 - that's a wrap

After a wonderful summer, with loads of sunshine to ripen the berries (that's what grapes are - did you know?), our awesome wine-making team and their merry band of helpers have finished hand-picking, and can now enjoy sleeping in past 4am. Let the magic begin! Check out the photo - what will this be, when it grows up? This vintage marks Westbrook's 87th year of wine-making in NZ. It's been a rough ride out there for hospitality businesses like us, so a BIG thank you to you, our amazing local community, for continuing to support us by bringing your family and friends here to dine, or buying wine directly from us at Cellar Door prices. As the temperature drops, the leaves on the vines and trees are changing their wardrobe out for autumn colours. Autumn in the Ararimu Valley is truly beautiful. Come and visit us - there's plenty of space to sit and enjoy the park-like surroundings while you try some of our award-winning wines and delicious pizzas and platters made for sharing. Bookings are highly recommended for all visits but especially so for weekends and public holidays. Book online at [www.westbrook.co.nz/book-now](http://www.westbrook.co.nz/book-now) or call the friendly Cellar Door team on 09 411 9924.





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# Health & Beauty

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We look forward to seeing you at Hobsonville Optometrists 413A Hobsonville Road, phone 09 416 3937 for an appointment for an eye exam.



## Constipation

A 2019 UK report showed that 1 in 7 adults and 1 in 3 children have constipation. Between 2017 and 2108, 196 people a day were admitted to hospital with constipation. Yet in another study that interviewed 2352 adults with constipation, over half of them said they managed constipation themselves and didn't consider it a big deal.

Why is it that we think minor digestive problems are not a big deal?



Constipation occurs when the food waste that is left travels down into the large intestine where it would be normally fermented by the gut bacteria and then removed when we poo. If it doesn't travel on and out then the longer it stays the more water gets reabsorbed and the drier and harder it gets and the more difficult it is to pass it out.

Constipation can look like:

- Chronic straining and hard to pass
- Feeling like you haven't fully evacuated,
- Hard, lumpy ball like 'Maltesers' or long and lumpy stools,
- Fewer than 3 stools/week.

There are lots of reasons why you might get constipated and sometimes taking a laxative isn't always the answer.

It's really important to find the cause of the constipation.

My tips if you have constipation are:

1. Look at whether you need to increase your fibre or pull back a little for the time being.
2. Look at whether you need to increase your water intake to 1.5 - 2L/day.
3. Ask your GP or health practitioner whether it could be the medicines or supplements that are causing your constipation.
4. See a women's health physio to assess your pelvic floor function or osteopath or chiropractic to check for structural reasons.
5. Get checked for underlying causes (oestrogen, progesterone or thyroid imbalances, bacterial overgrowth or even physical blockages). If you have blood in your stools, unexplained weight loss and persistent tiredness alongside the constipation you MUST go to your GP.
6. Come and join my 'Reduce the Reactivity Reset' to test for food intolerances (6-8 week programme where we remove the food you might be reacting to and then test them).
7. Try magnesium oxide or citrate 500-2000mg 2 hours before bedtime and away from food - start slowly and work your way up until it works. You can also try a warm glass of water on waking that you 'chew' add a squirt of lemon juice or a lemon slice to improve bile flow which can work as a natural laxative. 'Phloe' can also be helpful or 2 kiwifruit/day.
8. Make an appointment with a naturopath, nutritionist or ME and we can come up with an individualised plan to get you pooping again.
9. Don't wait - chronic constipation can lead to haemorrhoids, bowel incontinence, damage to the gut lining, diverticulitis and some other nasty conditions. There is also an increased risk of asthma. This is your body's way of telling you something is wrong - please listen to it.

Go to [www.sarahbrenchleynaturopathy.com/links/](http://www.sarahbrenchleynaturopathy.com/links/) to connect to Sarah.

## Cracked heels

Stressed and worried about your cracked skin on your heels? Constantly getting dry, hard, thickened skin on the same spot in your feet? We can help you.

Dry, hard, thickened skin is called callus. Callus develops from repetitive loading on one area and a lack of moisture in the skin. Skin hydration can be affected by some medical conditions such as diabetes, eczema, hypothyroidism and athlete's foot. Skin starts to crack when the callus gets thick and dries out. The skin of our feet does not have sebaceous glands, so the dry skin builds up





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# Health & Beauty

easily with friction and pressure.

If you leave cracked skin on your feet untreated, not only does it become sore, it can easily become infected & lead to serious skin conditions such as cellulitis.

There are simple treatments you can do at home: exfoliating using a foot scrub or foot rasp, followed by moisturising your feet daily with foot cream. Also, drinking plenty of water to stay hydrated and wearing enclosed shoes. If you have tried the above and are still struggling to treat your cracked heels at home, get in touch with us at Hobsonville Podiatry on 09 39 04184 and one of our friendly team will be happy to help get rid of the cracks and suggest other changes to help prevent the cracks coming back.

## What is a dental emergency?

Wondering if you have a dental emergency and whether you should seek help? If in doubt - reach out.

If you're not sure if you have a dental emergency, we always recommend getting in touch with us. Sometimes it's very obvious, such as a knocked out or chipped tooth. But other times you might have a niggle or pain and wonder if it needs treatment. Unfortunately, problems in your mouth can escalate quickly which is why it's always wise to get professional advice.

Problems in your mouth could include pain, breaks or chips, broken or lost fillings, swelling in the mouth, jaw pain, red gums or ulcers, broken orthodontic appliances, broken dentures, painful wisdom teeth or bleeding in the mouth. Problems virtually never resolve on their own, and very often early intervention can save significant pain, stress and even cost due to less extensive treatment being required.

The friendly Fraser Dental team at 1 Wiseley Road, Hobsonville is open 6 days per week, including some early mornings and late nights. Please phone us on 09 416 5050 if you have any dental concerns - we're here to help.

## Unichem Hobsonville Pharmacy

Unichem Hobsonville Pharmacy offer many services including prescription dispensing, medicine management, and blister packing. We accept faxed prescriptions and utilise Southern Cross direct claiming. We will look up exemption card numbers and prescription count for free.



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## The Doctors Massey Medical

We welcome Dr Charlotte Chapman to The Doctors Massey Medical. Charlotte joins us while Dr Trinh Wright is on maternity leave. Charlotte works on a Monday PM, Tuesday, Wednesday and Fridays all day.

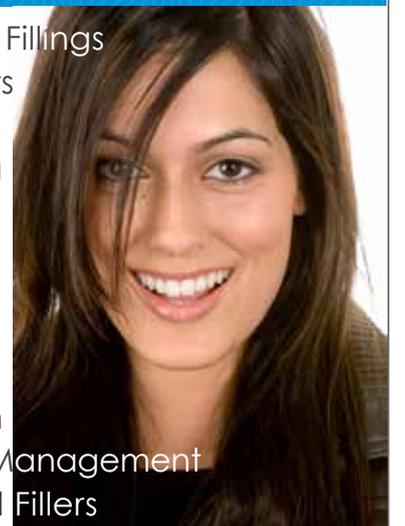
Charlotte was born in the UK and moved to Auckland when she was 10 years old. Her



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# Health & Beauty

family then moved to Toronto, Canada where she attended and finished high school. Charlotte completed Medical school in the UK and attended The University of Birmingham graduating in 2016. She worked for a few years in the NHS before making her way back to Auckland. Her special interests are Paediatrics and Women's health.

Please make an appointment to see Charlotte while Dr Trinh is away. The Doctors Massey Medical, 394 Don Buck Road, Massey 09 831 0170.

## Nutrition medicine approach to COVID wellness

With the high prevalence of the Omicron variant, I thought it was time to share my ideas about the Nutrition Medicine strategies that can reduce the likelihood of a serious COVID infection. There is a lot of evidence about nutritional remedies that can support a healthy immune system and lessen the risk of getting very sick from COVID. I have included a summary here and have written about it in more detail on my website [www.NutritionMedicine.nz](http://www.NutritionMedicine.nz).

Vitamins:

A, C, D and E are all important to improve the function of key immune cells like lymphocytes, as well as antimicrobial peptides. By enhancing these immune cells, you are less likely to be infected, and more importantly you are less likely to get a serious bout of COVID. Have you wondered why one person in a household can get a COVID infection and other people in the house sometimes don't get infected? Surely it must have something to do with the immune system of the house mates.

Minerals:

Zinc is the immune hero amongst the minerals. It has direct immune modulating activity working through T-lymphocytes and Natural Killer Lymphocytes. As well as making your immune system stronger it may also have direct anti-viral properties. It is critical for mobilising

vitamin A stores too. Iodine, iron, and selenium should also be considered to support a healthy immune system.

Herbs:

I have lots of faith in the anti-viral effects of herbs like echinacea, Pau D'Arco and Andrographis. Elderberry is one of my favourites for COVID. These herbs may help stop viral replication and prevent viruses from entering cells.

NAC:

N-Acetylcysteine (NAC) has been shown to inhibit many of the pathways that the COVID virus relies on to grow or replicate. This includes inhibiting the NFKB pathway and Mpro (main protease). NAC can also inhibit the production of inflammatory cytokines and thereby lessen the cytokine storm that causes severe and long-lasting COVID infections.

For more information on these nutrients and whether they are right for you and compatible with your medicines, talk to the health coaches at Massey Unichem Pharmacy. Martin Harris, Massey Unichem Pharmacy 396 Don Buck Road, Massey. 09 833 7235.

## To eat well is the greatest fortune

Food nourishes our bodies but consider how food enriches all five of our senses.

We hear the chopping board and clanking pots.

We see the colours piled high on each other.

We smell the hot aroma from a steaming plate.

We touch the food with our hands to convey the morsels lovingly into our eager mouths.

And last but not least, the taste!

This ecstasy of emotions and feelings helps us enjoy the food in front of us but also transports us back to another time and place as our minds and memories fill with the thoughts of "just like Grandma and Mama used to make!"

An empty nester asked me recently how to draw her children back home to her. I asked her to remember the recipes her mother and grandmother taught her and cook those for her children to come back to savour.

Better still, invite them home and teach them how to cook it so that Grandmother lives on in those family recipes, full of goodness and love.

My great grandmother's last words to me were: "To eat well is a



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# Health & Beauty

great fortune." Indeed, a fortune worth passing on.

Dr Frederick Goh - Royal Heights Doctors. Royal Heights Shopping Centre, Shop 12, 138 Royal Road Massey. Phone 09 393 6313 www.rhdoctors.nz.

## Pharmacists urge Kiwis with asthma to use preventative medication daily

Pharmacists are urging thousands of Kiwis living with asthma to use preventative medication for the chronic disease every day - prior to exposure to COVID.

The call comes following analysis of discussions with hundreds of COVID positive patients, which found a number of those with pre-existing respiratory conditions such as asthma or Chronic Obstructive Pulmonary Disease (COPD) are struggling with the impact of contracting Omicron.

New Zealand has a high prevalence of asthma, with one in eight (12%) adults having been prescribed asthma medication. Up to 15% of the population are believed to be affected by COPD. NZ also has one of the highest hospital admission rates for asthma of all OECD countries.

Adherence to prescription medicine is also a significant issue for the country with research finding a third (33%) of Kiwis have had a doctor's prescription which they have not filled.

Din Redzepagic, pharmacist at Zoom Pharmacy, says his team have interviewed hundreds of COVID positive patients as part of a new DHB programme to deliver free medicines to those isolating.

He says the health care intervention model developed by the DHB requires pharmacists to have a virtual consultation with COVID to understand how well they are managing.

"The new DHB initiative means pharmacists are now talking with a large sample of patients who have COVID and it is giving us unique insights into how those with other chronic conditions are managing with the symptoms of the new virus.

"What we know about the current surge in Omicron cases is that around one in every twenty patients we are talking to are getting very sick.

"There are obvious signs of severe respiratory distress among many of them and further analysis reveals that many have been diagnosed



with asthma, but are not regularly using their preventative inhaler. "It is concerning to see that some of those already living with respiratory diseases such as asthma and COPD have let their management plans lapse and are not adhering to their doctor's advice on the frequency of using a preventer.

"As a result we have advised three of the patients isolating with significant breathing difficulty in the last two days to call an ambulance," he says.

Redzepagic says the preventer is designed to deliver medicine into the respiratory system, preventing symptoms and reducing the potential for asthma attacks.

He says the trend is particularly noticeable in areas with traditionally poor access to health care services but higher concentrations of COVID positive patients - such as South and West Auckland.

"What we may be seeing at the moment is a combination of two aspects of healthcare which are relatively unique to New Zealand - our unusually high prevalence of asthma and high rates of Maori and Pasifika with pre-existing respiratory diseases who are also testing positive for COVID.

"In addition to ensuring they have had all three doses of the vaccine, it is important that those with pre-existing respiratory conditions such as asthma take a number of additional steps to prepare for the possibility of a COVID infection.

"The first thing to do is to check their stocks of preventer inhalers - including their expiry date, if they have lapsed in taking the medicine every day they need to restart this according to the advice given to them by their HCP.

"This is important as they may be out of practice with timing their breathing with delivery of medicine through the inhaler.

"This inhaler should be used every day as it may take two to four weeks before it reaches its full effect.

"They should then look at talking to their GP about how well their asthma is being managed - this may require using a peak flow meter which can be done at home as part of a virtual consultation," he says.

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# Health & Beauty

Redzepagic says Zoom Pharmacy are expanding capacity to cope with the growing demand from patients required to isolate at home.

He says they now have a team of motorcyclists who can more easily navigate peak hour traffic - to ensure same day deliveries to patients in need.

"The level of demand at the moment from the thousands of patients which are isolating is so high, that our morning shift is starting at 3am.

"In the past two days we have delivered over 750 medicine packs and we expect this number to grow significantly over the coming weeks," he says.

## Working from home?

With a large portion of Kiwis still working from home we are using computers and digital devices more than ever before, and all of that screen time can be hard on our eyes. Dry eyes, eye fatigue and headaches are just a few of the symptoms you



can experience following extended periods of screen use. Talk to the team at Westgate Optometrists about a pair of blue-light-blocking computer lenses specifically designed to optimise your eyesight while viewing your computer screen or digital device. These lenses give you a wide, clear field of vision without forcing your eyes to continually refocus (or excessively focus) and reduce the amount of work your eyes have to do to keep objects at various distances in focus. The blue-light-blocking coating is a key part in not only reducing glare and unwanted reflections, but also controlling the amount of blue-light exposure, which has been linked to being an accelerant to age-related macular degeneration, as well as causing poor and interrupted sleep at night.

All of this contributes to significantly affect your overall well-being

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throughout the day, and the addressing of which has been shown to significantly increase productivity. So, are you experiencing some of the symptoms of digital eye fatigue? Phone the friendly team at Westgate Optometrists on 09 831 0202 to arrange an appointment. Located at 4/46 Maki Street. Opposite NorthWest Shopping Centre and the Kiwibank, around the corner from Goode Brothers Restaurant.

## Do you suffer from anxiety, depression or sheer exhaustion?

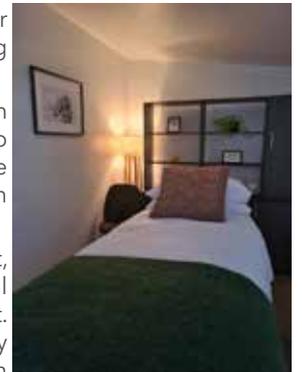
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Have a wonderful week and see you at The Cabin. Nicola James



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

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

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

In response to advertiser demand we offer the following options:

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## **Display Advertising:**

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



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

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

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



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# Area Columnists

## Community sport needs more ethnic leaders

Report finds racism and discrimination alive on and off the sports field.

The Asian community is being left on the side lines when it comes to getting involved in leadership roles in community sports organisations.



A West Auckland study undertaken by Sport Waitākere and funded by the Ministry for Ethnic Communities looked at diversity and inclusion in community sports and the report, 'The Barriers to Asian Participation in Formal Leadership within Community Sport - A Developing Ethnic Leaders Insight Study' found there are barriers to Asian migrants becoming leaders and influencers within their chosen sports code.

Javeed Ali, Sport Waitākere's Community Sport and Recreation Team Lead and report co-author, says the project aims to support the development of Asian members to become more knowledgeable, competent and confident to participate in formal leadership roles within community sports organisations.

"Being part of a sports club and involved in the governance of sports organisations is a great way to adapt and integrate into New Zealand society," says Ali. "It can help with establishing social networks, language improvement and foster respect and understanding in a new country, yet there are barriers to the transition from participants or supporters of sports to being leaders and influencers within a club."

Lack of free time was one of the biggest barriers to getting Asian immigrants involved in sports clubs with over 90% of respondents saying that it took around three years to settle in and get their affairs in order as well as many of them prioritising running a small business.

Culture shock and language barriers featured strongly. In many cases New Zealand's sports codes' systems are completely different to those in migrants' home countries and a limited understanding of English affected their confidence levels in participating in club sports.

Racism and discrimination are alive and well on and off the sports field with respondents reporting they had experienced racism in their club due to the colour of their skin. They felt they were treated differently and often ignored but did not want to speak up as it may mean their child would be excluded from competitions.

Some participants interviewed as part of the study suggested that it was 'jobs for the boys' and boards and committees were dominated by a regular group of people with very limited opportunities for new people to join. Many of these roles are held by middle-aged Pakeha men.

Of the eight clubs analysed, Europeans made up approximately 50% of the membership yet accounted for over 80% of those who held formal leadership roles. Whereas Asian communities made up almost 25% of the membership, but only 10% of formal leaders had an Asian background. Whilst this is a small sample, this over-representation can lead to making members feel excluded as their needs may not be met.

Javeed Ali says some of these findings are disturbing but all can be rectified if there is a stronger level of awareness and understanding.

"Being told you don't speak English, don't know people and are not Kiwi is a pretty harsh introduction to New Zealand," says Ali. "We need to put systems in place that will deliver leadership and governance training and education around the New Zealand sports system so newcomers can understand how we do it here.

"Mentoring is another important tool to help onboard ethnic people into formal leadership roles," says Ali. "Based on these findings, Sport Waitākere will be running a governance training programme specifically for ethnic communities in the coming months.

"Sport and recreation provide a shortcut for social integration and we should be welcoming our ethnic communities who bring so much value to the field, the governance table and the social make up of sports clubs," continued Ali.

The Asian population is growing significantly and is the third largest ethnic group in New Zealand, following European/Pakeha and Māori. Asian people account for 15% of the population nationally, 28% of the population in Auckland and 29% of the population of West Auckland.

## Auckland Council welcomes container return scheme

Auckland Mayor Phil Goff welcomes the announcement of a container return scheme recommendation and efforts to standardise kerbside recycling across the country.



"Alongside my councillors, I've been advocating for years for



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# Area Columnists

the government to introduce a container return scheme to reduce waste and help protect our environment, so this consultation is welcomed news for Auckland and the country.

"The rubbish bin should be the last resort. The container return scheme will get more single use containers out of our public place rubbish bins and reduce litter, as it creates a convenient recycling option for people when they're out and about.

"Adding value to recyclables will motivate people to ensure these materials stay out of the rubbish bin and get properly recycled. An estimated 10 per cent of our household rubbish bins in Auckland are actually materials that could be recycled.

"Each household in Auckland generates an average of 225 kilos of recycling a year. The deposit on single use containers can turn into great pocket money for enterprising kids. Returning cans, drink bottles and other recyclables helped fund many summer hobbies for young people when I was growing up," he said.

## Russian vodka pulled from Kiwi retail chain's shelves

One of New Zealand's largest alcohol retail chains stripped thousands of bottles of Russian vodka and beer from shelves in response to Russia's escalating aggression towards Ukraine. The West Auckland Trusts which owns 26 retail stores as well as hospitality venues throughout the region stopped selling thousands of Russian made products from 1 March. Allan Pollard, Trusts CEO, described the move as a response to Russia raising its nuclear alert level along with a growing groundswell of consumer sentiment.



The products will not be replaced with other brands and the empty shelf space will instead display a Ukrainian flag. Pollard said the immediate removal of Russian vodka and beer from sale was in line with similar actions taken by businesses in a number of other countries around the world including Canada, US and Australia.

He said the company sells thousands of bottles of Russian made liquor annually however they are prepared to bear the cost associated with their self-imposed boycott of products from this nation to support those impacted by the events in Ukraine. "Vodka is Russia's most high profile export product and our actions today are designed to show our support for Ukraine's sovereignty. While New Zealand is

a comparatively small market individually, joining our counterparts in other countries around the world in boycotting the sale of these products is a statement of solidarity for the Ukrainian people," he said. Pollard said other locally made and imported alternatives are available for their customers.

## Did you know that there's a natural antidepressant in soil?

Getting your hands into soil, producing your own food, seed savings and starting all over again is good for mind, body and soil. Mycobacterium vaccae in soil has indeed been found to mirror the effect on neurons that drugs like Prozac provide. The bacterium is found in soil and may stimulate serotonin production, which makes you relaxed and happier.



But years of over consumerism has meant that many people think they get joy from shopping and having more stuff when it's the opposite causing mental illness. Many city dwellers have lost their kai resilience skills and while the Covid lockdowns have stimulated some to get gardening, our citywide food waste stats are still shocking and directly affect the climate in terms of the methane gases released with food rotting in landfills.

The ReCreators have partnered with Auckland Councils Live Lightly team to deliver a range of awesome gardening upcycling workshops. We will be teaching people how to make and use the following gardening equipment from materials you can get for free or very cheap

- A bokashi bin with and without a tap from a bucket
- An in-ground worm farm from a bucket
- A tiered planter frame from pallets
- A worm farm from pallets
- Soil bacteria (fertiliser) from rice, milk, water and molasses
- Bokashi zing from rice, milk, water and molasses
- What to plant and when

In these classes, you will learn how to dismantle pallets that you can pick up in industrial locations. It's important to understand the types of wood you will be dealing with and for our classes, we obtain heat-treated and not chemically-treated pallets.

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# Area Columnists

Finally, if you are keen to bokashi your food scraps but don't have a garden and want to reduce your carbon footprint, then why not go onto [www.sharewaste.org.nz](http://www.sharewaste.org.nz) to find a local neighbour who will take bokashi for their own compost. It's a win-win for you, your neighbour and the environment.

If you are part of a school, church, scout group or other organisation that is keen to improve your upcycled gardening skills, why not get in touch and we can teach you how to love life with gardening and live lightly on our beautiful planet. Email [ger@therecreators.co.nz](mailto:ger@therecreators.co.nz) to inquire about an Upcycled Gardening Workshop.

## How to run a successful business from home

Running and managing a business from home has become the normality for many New Zealanders since the beginning of the pandemic but that doesn't make it easy.

With disruptions in schooling, rising inflation and the health system reaching pressure points due to the Omicron break out, we have seen the mental health of business owners and parents alike reach breaking point.

The juggle between child care, office hours and high-level responsibilities at home has hit news headlines many times but unless we start to look after our own boundaries when it comes to our time, the stress that comes from this juggle will only worsen.

So what can we do to set boundaries and keep on track when working from home?

Start each day with how you mean to go on. Begin your morning with a ritual that is special to you, whether it's a sunrise walk, a pot of tea outside, or a breathing exercise. You could even try to meditate, even for 10 minutes. This will distil your mind and provide clarity and focus throughout the rest of your day.

In terms of your work for the day, start somewhere, anywhere. By beginning, you will soon find yourself on a roll.

When it comes to setting boundaries around your work it is important to let people know when you are transitioning into work. Try getting changed into your work clothes as a physical reminder to you and your family that you are off to work, even if it is just at the



home office.

Create a set time for chores, so they don't distract you.

Find a place outside of the home where you can tap more deeply your right brain (creation, intuition, imagination). This will help if you need to create or conceptualise. Anywhere in nature usually helps.

Find the place where your left brain thrives (logical, analytical, systemic) when you need to do action-oriented tasks.

Stop saying yes to everybody. When you first start working from home it can be easy to fall into a trap of saying yes to all the things while your work gets neglected.

Decide which are your working days and which aren't.

Give yourself permission to rest when you need it. You might be surprised to find that you become more productive.

Work in harmony with your own energy levels.

And finally, don't compare yourself to others. No one is doing what you do, and no one can do exactly what you do. Stay in your lane, and breath in your own inspiration.

We need what you have.

Article was written by Bree Nicholls from The Being Way, a consciously curated coaching method that blends the world of coaching, counselling, psychotherapy, and mindfulness. [www.thebeingway.co/](http://www.thebeingway.co/). Presented by Juno Scott-Kelly from JSK Communications.

## Distance families: Doing a risk analysis

The New Zealand borders are open, but who should come and who should go?

If family visit New Zealand and catch COVID-19 their return departure might be delayed while waiting for the all-important negative result. The virus may spread around the household further delaying the 'all clear' date. Back 'home' are jobs and commitments that are real.

Should the New Zealand whānau travel to their overseas family instead? When we've all been locked away for so long this can feel like a scary prospect even for the most confident of travellers.

Two years of life with COVID-19 and the global risks that still exist



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mean families need to conduct a Risk Analysis about who should come and who should go. Think through the various scenarios and be prepared to flip previously assumed plans on their head, because wisdom prevails.

If you have the luxury of choices make them wisely. Possibly for some, reconnecting family without massive disruption is more important than location.

Helen Ellis, M.A. is a researcher, author, anthropologist, veteran of Distance Grandparenting and Founder of DistanceFamilies.com. She is the author of Being a Distance Grandparent - a Book for ALL Generations, the first of a three part generational book series highlighting the 'how it is' of Distance Families. Her book is available online and at selected bookstores. Also available at the Hobsonville Point Pharmacy.

## Reactive or proactive in your business decision making?

There has been a lot of uncertainty in the last two years. Covid cases have come in waves, Government rules and support have constantly changed, and the borders to the outside world have remained largely shut. While there is some hope on the horizon on the last point, we know for sure that there will continue to be uncertainty over the next 12 months.

As a business owner, are you reactive in your decision making, or are you proactive? Being reactive in times of uncertainty and constant change can be exhausting. By being proactive, you can have a plan for when the sh\*t really does hit the fan.

A risk management approach allows you have the answer before the situation occurs; an if this then that approach. The next step is to decide on what strategies to put in place to minimise or mitigate the risk. Sometimes we need to decide what to sacrifice in order for our business to survive.

What is your plan if the current situation does not improve over the next 3-9 months? What if inflation and fuel prices continue to bite into your margins? What if there is another variant and surge in case numbers? What if you lost one of your bigger customers?

Is your answer to get back on the tools, or to reduce overheads, or negotiate with your landlord, or let go of good staff? Or is your answer to add an additional sales channel, offer a new product, or try a different marketing angle?

By having a plan in place, you will know exactly what to do if a situation occurs, rather than jumping into firefighting mode. You will be more empowered and less stressed.

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

## Why you need to object to your Rating Value

Every four years Council works with Quotable Value over the RV (Rating Value previously called Capital Value) on your land and your improvements.

Although not an exact science and shrouded in secrecy Auckland Council use the land value as the primary number in which to base the allocation of annual rating charges. You may notice in the latest round of RV adjustments that the land value has gone up and the improvement value has come down which increases the rates charge but diminishes the value attached to your assets being your home and landscaping improvements.

As a home owner you will be wanting to protect the value that resides in your improvement value (ie the value in your home and landscape) that is determined within the RV data. To do this, and to ensure you have an accurate value attached to your property you will need to object to the value proposed by Auckland Council.

You can source information via this website: <https://www.aucklandcouncil.govt.nz/property-rates-valuations/our-valuation-of-your-property/Pages/default.aspx>

The reason that you object to your RV data is that it is not an accurate reflection in the value that you see in the improvement value and the combined RV data. You would like to seek an independent value submitted by Quotable Value that is accurate. It is important due to the following factors:

- i. This objection can only be lodged up to a month after the RV data is released
- ii. Your objection will not be a cost to you
- iii. An increased improvement value will have an impact on what buyers perceive of your value
- iv. Web sites like oneroof.co.nz and homes.co.nz use the RV data as a key figure to base the sale price estimate on your home
- v. By objecting to your RV data and seeking an independent value you will have a higher value than many of your neighboring properties and higher buyer confidence in the future.
- vi. This protects your Asset value

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# Area Columnists

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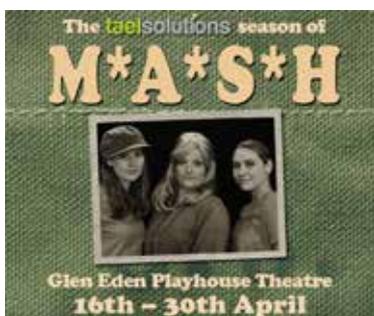
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## M\*A\*S\*H

After a long break in theatre performances, PTI are thrilled that the Tael Solutions Ltd Season of M\*A\*S\*H will soon be on stage. Featuring many of the characters you know and love from the TV Series, M\*A\*S\*H is a full length play by Tim Kelly, adapted from the book by Richard Hooker and is a free flowing comedy suitable for all the family. Join the

doctors and nurses of the 4077th Mobile Army Surgical Hospital in South Korea, just 3 miles in from the front line during the Korean War including fan favourites Hawkeye, Margaret "Hot Lips" Houlihan, Duke, Colonel Blake, Trapper John, Radar, and Frank Burns as well as many others.

M\*A\*S\*H is humorous look at how these doctors, nurses, and corpsmen stay sane in an insane situation, Hawkeye and Duke play pranks, crack jokes, and try to have as much fun as possible, while Frank and Margaret try to keep the unit as military as possible. Filled



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with PG comedy, the show follows the comic misadventures of the Mobile Army Surgical Hospital as Hawkeye and Duke and their fellow doctors and nurses attempt to save lives during the war and send their young Korean friend, Ho-John, to America.

Where: Playhouse Theatre Glen Eden

When: 16th - 30th April

Tickets available now through Eventfinda.

## Thinking of withdrawing your KiwiSaver funds?

The Covid-19 pandemic had significantly affected the incomes of a great many New Zealanders. We have had a lot of people asking how to withdraw their KiwiSaver money because they are experiencing money problems now. But it's important to know not just what's involved in applying for this, but also what the financial consequences might be.

Financial hardship is one of the grounds in which you can apply to withdraw your KiwiSaver funds early. However, this should be a last resort, because it means you will have less to live on when you retire. There are other things you should try first.

Budgeting with a budgeter may be an option, if your income is reduced you might be eligible for financial assistance from Work and Income, to help cover urgent costs like food, accommodation, and repair of crucial appliances like your fridge or heater. If you have debts that you are having problems paying back, it's important to talk to your lender, preferably before you miss any repayments. Our budgeter may be able to help you with this. Your debtors might agree to a repayment plan that is manageable for you. The same applies with talking to your power company if you can't pay the power bill.

If you do decide to withdraw some of your KiwiSaver on hardship grounds, it's worth knowing that there are strict rules around this and it may take a while for your application to be processed. For example "hardship" means that you are unable to meet your living expenses and accommodation costs. Also, normally you would need to complete a statutory declaration about your financial assets and liabilities, and for this you need a Justice of the Peace. We do have JPs from 1-3 Monday to Friday at CAB Massey for witnessing your signature and verifying your identity which is usually part of the Kiwisaver withdrawal process.

You can always give CAB Massey a call to find out what your options are for these and any other issues you may have, we are still available in person at Te Manawa, Kohuhu Lane, by phone

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## How to master the art of letting go for you and your children

How do you stop the parenting struggle? It's simple really... It's about the art of letting go.

Let go of the rush - Somewhere along the way we have been caught up in the myth that 'earlier is better'. We are rushing our children through the milestones without savouring where they are and who they are, right here and right now. It is like scoffing down our meal instead of enjoying it bite by bite. Early childhood is a time to 'celebrate, not accelerate' (Pica, 2021).



The truth is, children who walk at 10 months rather than 21 months are no further ahead in the long run. Some children learn to read at four years old and others at seven: by nine, they're all on the same page. As Nathan Wallis states: "You are not going to get a better seven-year-old by treating them as a seven-year-old when they are three and four years old."

So let go of the rush and enjoy watching your child take their first steps, utter their first sentences, and read their first words when they are ready.

Let go of overusing screen time - Over the last few years, the unnatural has become natural. Children, as young as one and two have unprecedented access to devices, and children and adults alike are becoming dependent on them. This is not natural and not recommended by world health organisations. Remember - we are the adults. We can set limits around screen time and be role models by limiting our own screen time. For example, say, "Max, you being on your iPad for three hours a day is not working for me....let's make a plan."

We know in our gut that children (and ourselves) spending long periods of time on devices isn't good. Not for our mind, body, or soul. Remember that we, and the society we are raising our children in, are what our children are imitating.

So my question is - are we worthy of imitation? Let go of control - If we are honest, we would admit we want to control our children, at least in some ways. But from day one with a newborn baby, it's quite

clear: they are their own beings, we cannot control everything they do. So what if we let go of this control and instead try to become wonderful role models?

Ask yourself: Am I being the adult I want my children to become? Fair, firm, kind, empathetic, in control? Or am I behaving one way and then expecting my children to behave in another? And remember, our children have the right to feel sad, angry, tired, upset, grumpy - just as we sometimes do. They are not responsible for our behaviour - we are.

Let go of the outdated job description of a parent - For many, we are operating from an out-of-date parenting model. We often look at how our parents brought us up, what we watched on Supernanny in 2004, or what we think we are 'meant' to do - often led by other people's judgement.

It's time to re-write the job description to: 'Being the adult we want our children to be'.

Bribing, manipulating, lying, punishing, shaming, and controlling are outdated parenting paradigms that don't fit this job description. Many will say, "That's how I was raised and I turned out okay." My response to that is, "Is okay enough?" Let go of living your life through your children - Whether we acknowledge it or not, some of us are still dealing with the trauma, grief, or unresolved issues from our past. If we have not dealt with these, we tend to attempt to relive our lives through our children.

As a teenager I loved netball; to trial, succeed, compete, and be in the A-team, the rep team, the New Zealand team. I was always seeking to be the best. Unfortunately, I wasted many years pushing my daughters to 'be me'. One day (while dragging her out of bed to go to a netball rep trial), my daughter looked me dead in the eye and said, "Mum! I'm not you ....I don't care about this stuff." This statement hit me like a brick wall. I walked away and realised that was exactly what I was doing - wanting her to be me. I decided then and there to let go.

Be it grades, being popular, making sports teams, playing an instrument....before you waste any more time pushing and fighting, ask yourself: Am I living my life through my child? Or am I allowing my child to be the unique and fabulous person they are? Be in the moment - What matters most during the precious years your children are by your side is being present. Be there to savour the ordinary yet extraordinary moments of time as your child transitions from an infant to a toddler, from a toddler to a young child, from a young child to a teenager, and finally from a teenager to an adult.

Before you know it, you will experience the magnitude of your children leaving home. Then you will really have to 'let go'. So, why not practice now? New Shoots - creating space for children to let go and be themselves

If you'd like to visit your nearest New Shoots Children's Centre visit [www.newshoots.co.nz/contact-1](http://www.newshoots.co.nz/contact-1)

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