

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report Hobsonville New World Opens

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

Siamese Doll

Circulation is 10,000 print copies.

Editorial contributions are free from cost. Advertising starts at \$85 plus gst for a business card size.

Contact John Williamson on 021 028 54178 or jbw51red@googlemail.com

December 2020



Greetings

2020 has completely altered our understanding of our world, work, shopping, school, family life, travel, holidays. A year ago we would never have envisaged the massive changes a pandemic has made to every individual and their lives. Covid, mask-wearing, social distancing, lockdown. No-one has escaped the im-pact. We thank all those workers who have kept their communities going.

The unexpected always happens, not only disrupting the plans we may have had for 2020, but making us so aware of the way all parts of the world have become rapidly interconnected, as dense global networks enable butterfly effects to ripple and amplify far more rapidly. The quiet, and clean air, when the cars stopped was a bonus, and brought home the urgency of treating the planet with respect; Sir David Attenborough's film Extinction has become a timely warning. The development of vaccines may open up opportunities which might enable us all to prioritise activities and pursuits that will have lasting value in our lives, and the lives of those we interact with.

So where can we find value locally this season? This issue of the Westerly can offer you plenty of ideas. There are Christmas activities at Te Manawa, on Hobsonville Point and with Massey Matters. Liven up the party and keep your brain alert with some new games. Congratulations to our local House of Travel for their national award. Ideas for local community activities are here. Keep your eye on the sound advice in the property section. Don't forget to follow the Fire Brigade's tips to keep safe as summer warms up.

In the festive season remember the local food and drink outlets, including our featured Siamese Doll. Don't forget your pets, and watch out for those poisonous berries. There are health and beauty ideas, and our area columnists have plenty of suggestions, including a checklist for your business over Christmas, then relax at the Folk Festival. Whatever you do and wherever you go, keep safe, remember to use the Covid App, and minimise the risks of infection.

We are grateful to all our contributors from the community who provide the material for you to enjoy read-ing, and thanks also to our advertisers for their support. Many thanks to Graham, Stacey, Geoff and Gail for all their work through the year that makes this magazine happen. It hasn't been an easy year, but let's hope for better things in 2021.

John, editor



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People & Places

Siamese Doll

Siamese Doll restaurant opened in 2018. It is brought to you by Quality Restaurant Group. Sharing DNA with popular Thai restaurants Grasshopper, Thai Street, Mai Thai and Red Crab, Siamese Doll is a new South East Asian injection right in the centre of Hobsonville's Catalina Bay.



Edward and Bo of Quality Restaurant Group arrived in New Zealand in the mid 80's and saw an opportunity to add flavour and colour to the Auckland dining scene and Mai Thai was born in 1988. They have since created a string of other well-known Thai restaurants in Auckland, each with their own unique identity.

The Siamese Doll menu takes you far beyond any other dining experience, accommodating an authentic Thai cuisine experience. Consider the menu an exhibition of the tantalising tastes of South East Asia, showcasing sweet, sour, spicy and savoury in complete harmony.

Siamese Doll provides a healthier dining alternative. We have a focus on real food, sustainable and seasonal farming, and support for local agriculture.

We proudly bring our pan-Asia influence into Hobsonville's food scene and our menus provide undeniable taste, flavour and real ingredients, while also maintaining reasonable prices.

Whether it's a quick coffee stop, lunch for two or a birthday bash for 30 people, Siamese Doll has what you need.

If you are gluten-free, vegetarian or strictly vegan, Siamese Doll offers a variety of options and can easily alter a dish to meet your dietary requirements.

Whether you begin or end your evening here with a small

bite or share a night of exquisite dining, we are here to create a social hub that caters for every occasion.

Lunch from 11am - 3pm and Dinner 5.30pm - Late. Reservations Recommended, you can book online or over the phone 09 416 0333. Find us at 3/3 Boundary Road, Hobsonville, Email siamesedollinfo@gmail.com and follow us on Facebook.

The spot is perfect for out of towners with the ferry just minutes away.



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Community News

Twilight Christmas Market at Te Manawa

Te Manawa Community Hub is holding a Twilight Christmas Market on Thursday 3 December from 4 - 8pm at Te Manawa in the NorthWest Shopping Centre, 11 Kohuhu Lane Massey.



This time Te Manawa is supporting local makers, social enterprise and artisans and encouraging the community to come along and shop local, buy local this Christmas. There will be a fantastic selection of gifts, home-made items, handmade crafts and more. Come along and enjoy the festive atmosphere, bring your cash, and bag yourself a bargain.

Stay tuned to the Te Manawa Facebook page for updates about the Twilight Christmas Market and rain dates.

National award for local travel agency

Merry Xmas and a Happy New Year

House of Travel Hobsonville have won a National HOT Award for Top Store 2019. Mike (Buzz) and the team are ecstatic to be recognised as a national leader in sales, support and customer service.

In this ever-changing landscape of travel wouldn't you want the best in the business to have your back every step of the way throughout the planning, booking and travelling stages?

Are you happy with who's looking after your booking?

Did you also know that in many cases, if you've only paid a deposit, we may be able to take the booking over on your behalf, even if booked online? Contact us for more details.

House of Travel is 100% Kiwi owned and operated and we're proud to have supported our local communities for over 30 years. We're



locals too, so we know what Kiwis want in a New Zealand holiday.

We're in the process of creating Holidays@Home, a collection of our favourite New Zealand travel experiences and incredible deals. Our owner-operators will share their best kept hometown secrets and hidden gems. Whether it's skiing in the Southern Alps, stargazing from your private glass roofed skybed, hitting the road, kayaking the Abel Tasman, indulging in amazing gourmet experiences or something off the beaten track; New Zealand offers an abundance of unique adventures and cultural experiences.

Whatever 'your' perfect Holiday@Home is, we can make it happen. Now is the time to discover the best Aotearoa has to offer. If not now, when?

When travel is allowed to the South Pacific, Australia and beyond please give us an opportunity to show you what a difference a locally-owned, Kiwi travel company can make. #supportlocal. Mike (Buzz) Thomson and the team at House of Travel Hobsonville, phone 09 416 0700 Hobsonville@hot.co.nz 225 Hobsonville Point Road.

Merry Christmas from Massey Matters

Here at Massey Matters we work with and for the people of Massey. We support our local communities and help make Massey an even better place to live, work and hang out. One of the ways we do this is through free community events.



In the past we've run a large-scale Christmas celebration event around this time of year, but this December we're unwrapping something a bit different...

Introducing The 12 Days of ChristMASSEY - a series of fun, family events (12 of them!) running at parks and public spaces across the whole Massey suburb throughout December.

Kicking off on Tuesday 1 December, The 12 Days of ChristMASSEY has something for the whole whānau - including make-your-own-craft events, sports and games days, community meals, Christmas movie screenings and heaps more. All events are free, and open to anyone.

Check out our website (www.masseymatters.org.nz), visit our

Facebook page (www.facebook.com/MasseyMatters) and keep an eye out for flyers at sites across Massey for the full programme of

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Community News

events.

Have a safe and happy holiday season, and we'll see you around Massey!

Table tennis

Sponsored by Jalcon Homes, table tennis is running at Sunderland Lounge (Te Rere) 27 Hudson Bay Road, Hobsonville, the Auckland Council-owned community facility managed by Hobsonville Community Trust. This takes place every Monday from 6pm - 8pm. All equipment is supplied at no cost, and is suitable for any ages or ability. For more information contact Lindsay on 021 781 375.



Christmas on the Point

Come along to Hobsonville Point to celebrate Christmas on the Point on Sunday 13 December from 4:30 - 6:30 pm. This will be held at the Rifle Range Amphitheatre on Bomb Point Drive, brought to you by your local churches. There will be Christmas carols, food trucks, a bouncy castle and a visit from Santa. If raining on the day, check the Facebook event page "Christmas on the Point"



Grey Power

On behalf of Waitakere Grey Power Association Committee, I wish all members and friends a Merry Christmas and a Happy New Year 2021. A reminder to all that we are holding our final General meeting for this year at the Swanson RSA, 663 Swanson Rd on Thursday 3rd December 2020 commencing at 10.00am followed by lunch in the restaurant at 12.00pm. Lunch at your own cost is \$21 per head. Please phone our Office if you intend staying for lunch. Guest speakers will be from Fire and Emergency N.Z. Our Office phone 09 838 5207. Written by Mate Marinovich, President Waitakere Grey Power Association, Office 247 Edmonton Rd, Te Atatu South.

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Container inspections

While it has been a tough year for imports, many local businesses are still able to bring imports into New Zealand and make the most of our changing economic environment. For small businesses the cost of importing shipping containers and managing Ministry of Primary Industry costs can be off-putting. NZ Biosecurity Services Limited offer a service to help small importers have sea containers delivered to your warehouse and devanned under our team's supervision. Additionally, if you are struggling with holding onto full time staff and have your own transitional facility license but just need help with accredited person services, then we can help too at a reduced rate. We can respond on short notice taking the stress out of your logistics pathway. Come and chat to the team now about how we can help you make your importing business a success.



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Hobsonville New World

The thriving community of Hobsonville are getting an early Christmas present, their very own New World. The brand-new store, which is conveniently located on Hobsonville Road opened on schedule on Tuesday, 17th November.



Lindsay Rowles General Manager of Membership and Property at Foodstuffs North Island says "We're incredibly proud to be bringing New World to Hobsonville and especially delighted the store opened on time. COVID-19 could have easily set us back, but we were absolutely determined we would be open in good time for Christmas. The team has worked extremely hard to meet condensed timeframes with no compromises - and the result is a New World store that's designed to meet the growing needs of this thriving new community."

New World stores are 100% New Zealand owned and operated and store owners and their teams have the flexibility to cater to the specific needs of the locality. Hobsonville owner operator Simone Forde is looking forward to meeting customers and sharing what the brand-new store has to offer, "Providing great value, amazing fresh food and excellent customer service will be top priority for our 80 strong team. Hobsonville is a busy and diverse community, so we've put a lot of thought into making sure we have everything right here and ready to go, whatever the need or occasion."

The highly skilled team include experts in fresh foods including produce, butchery, bakery, seafood and deli "our team can't wait to show customers what we're capable of, we're all about providing the ingredients, inspiration and expertise for some awesome kiwi experiences over the upcoming festive season." adds Simone.

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Another important consideration for the New World Hobsonville team is making sure customers have sustainable options. Customers will be able to bring their own containers to the butchery, seafood, delicatessen and bakery serve overs and the car park will have a charging station for electric vehicles.

Other sustainable features include the LED lighting and CO2 refrigeration system in-store.

New World Hobsonville's located at 120 Hobsonville Road and is open every day from 7am-10pm. For the latest information check out the stores Facebook page @NewWorldHobsonville.

Hobsonville Point Primary School

Hobsonville Point Primary School planted 500 native trees and shrubs recently as part of its mission to restore pūriri in the region.



Principal Daniel Birch says a local ecologist, Michael Watson, told students that hundreds of years ago Hobsonville Point used to be a pūriri forest.

"He said the pūriri tree is like a 24-hour McDonalds for birds - they provide food for tūi and kererū. He also said that the rare Forest Gecko and Auckland Green Gecko have been found within 3kms of Hobsonville Point, so we're hoping to attract them with manuka and kanuka trees.

"At Hobsonville Point Primary School we aim to create a stimulating, inclusive learning environment. We hope that our new outdoor learning area will allow students to engage with nature in a meaningful way. It will also provide a space for reflection where both staff and students can look after their mental wellbeing," he says.

Hobsonville Point Primary School completely transformed the 700m² area behind its basketball court by creating bee, gecko and wētā habitats. It also planted an area with native herbs and plants that can be used for rongoā (traditional Maori healing) such as kawakawa and koromiko.

The planting was completed through the collaborative effort of the school staff, students and parents, local community members, the Mazda Foundation and the Project Crimson teams.

Hobsonville Point Primary School is the third school to be visited by the TREEmendous team this year. It was one of four schools to

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win \$10,000 towards creating an outdoor learning space this year thanks to TREEmendous – a joint initiative between Project Crimson and the Mazda Foundation.

Ahead of the TREEmendous event the students were treated to a visit by Ruud 'The Bugman' Kleinpaste who brought along his insect friends and spoke with the students about the importance of taking care of the creepy crawlies on their school grounds. Frazer Dale from Sustainable Schools was also in attendance to encourage and demonstrate the value of volunteer work to the students.

This is the last year TREEmendous will run in its current format. It has been replaced by TREEmendous Education Programme by the Mazda Foundation. Open to all primary and intermediate schools in New Zealand, the programme aims to help NZ schools develop student-led environmental sustainability projects with help from Ruud Kleinpaste.

Five schools will receive a visit from Mazda ambassadors Ruud Kleinpaste and Shark Scientist Riley Elliot who will engage with the whole school to inspire and encourage students to consider the importance of our Environment and what they could do for their environment. One of the five schools will also receive a \$5,000 cash grant from the Mazda Foundation.

Since 2007, TREEmendous has resulted in almost 40,000 native trees and shrubs being planted to create interactive outdoor learning spaces at more than 50 schools around the country.

David Hodge, Mazda Foundation Chairman, says they are excited to continue helping Kiwi kids reconnect with nature and improve their environmental literacy through TREEmendous Education Programme.

"In the last 12 years we've done some amazing things at schools and it's been so rewarding to help students around the country reconnect with nature.

"TREEmendous Education Programme is about creating hands-on learning opportunities and will not only create memorable learning opportunities, but also increase environmental literacy in schools," he says.

Applications for TREEmendous Education Programme close 30 November. For more information or to apply, please visit <http://treemendous.org.nz>.

SeniorNet West Auckland

We are available to help with any queries you may have with regard to laptops, phones or tablets both Apple and android at our last Help Day for the year on Tuesday December the 8th between 10 and 11 am at our rooms in the Henderson RSA at 66/70 Railside

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Avenue. We do charge \$5 for any help given. Our next Help Day will be on the 26th January 2021.

Our contact phone number in the office is 09 831 7600 please leave a message, we will ring you back, and although we will not be in the office we will be monitoring calls.

From the Committee and Tutors we wish you a safe and happy Holiday, and look forwards to seeing you all again next year.

Avalon River Cruise with golf package

Carolyn Hedley, Owner of Helloworld Travel in Hobsonville has been in golf since she was around 9 years old after learning to play by following her father around the golf course at Pauanui hitting the odd ball progressing up to playing a whole round of 9 holes.



Many years later she joined as a member at Huapai Golf Club and since our borders have been closed, she is working hard on her handicap.

Carolyn has been in the Travel Industry 30 years and is a cruise expert, obtaining her Masters Certification with CLIA 3 years ago, this means she had to go on many cruises and continuously studies different cruise lines and what they offer to her clients.

This amazing cruise will be sailing with Avalon River Cruises from Budapest to Amsterdam on the Danube, Main and Rhine Rivers through the best of Austria and Germany along the way.

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The first game of golf will be in Budapest where you will embark the ship and then play four other courses along the way.

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This will still allow you the time to enjoy the iconic sightseeing and the River Cruise, and this, of course, means it is perfect for your non-playing partner as they can still enjoy the included sightseeing while you are playing golf.

We will only be able to take 30 golfers so register your interest early, (no money required), this is also open to non-golfers that would like to join an escorted group, this cruise is perfect for both.

Contact Carolyn Hedley on carolyn.hedley@helloworld.co.nz or 09 416 1799. Helloworld Travel is TAANZ Bonded for your protection.

Thanks from the Scouts

I've been involved with Scouts for a while now, but have never seen a term like this one.

This term certainly has been full on. We have seen multiple camps all over the upper North Island including the outer islands in the Hauraki Gulf, we have seen Scouts supporting many events by assisting with volunteers to help run events throughout Auckland such as the Auckland Marathon, the Auckland City car rally, the Rodney Coast to Coast Challenge. We have seen groups out fundraising and taking part in many Christmas events and we have seen local businesses supporting groups by hosting after hours visits to their businesses and showing the Scouts what they do.

But most importantly, we have seen lots of smiles, laughter and excitement from the youth as they have taken part in these awesome adventures.

The Leaders in the Waitoru Zone have shown so much determination and commitment toward giving the youth the very best they can this term after the turbulent year we have had, and it doesn't stop there as a lot of 2021 events are well into the planning stages.

I would like to take this opportunity to thank everyone that have supported our groups this year and look forward to an even brighter 2021.

On behalf on Te Atatu Endeavour Sea Scouts, Edmonton Scout Group, Kereru Massey Scout Group, Whenuapai Air Scout Group, Riverhead Scout Group, Motutara/Waimauku Scout Group and Kaukapakapa/Helensville Scout Group I would like to wish everyone Happy Holidays and a safe and enjoyable Christmas.

This month's photo features our Kea section mascot (Koa the Kea)

If you want to know more about Scouts, please visit www.scouts.nz,



or drop me an email: zl.waitoru@zone.scouts.nz

Craig Paltridge - Waitoru Zone Leader.

Good company, fun and laughter

Playing games together is a great way to spend time. Good company, fun and laughter all help to keep people social, happy and to shake off the stresses of the day. Games stimulate the brain areas that are responsible for memory and cognitive skills. And keeping our minds active in an enjoyable way is just what we need to ward off unwanted decline. Different games require us to use different skills



which are excellent things for our brains, memories and moods. Games also allow people to be creative and this in turn can lead to an increase in self-confidence. A popular board game, Rummikub is an example of one which really hones your strategy and patience skills. Another game called Qwirkle with its brightly coloured tiles is easily adaptable for those with memory impairments. For others who are looking for a bit more movement and straightforward competition, games such as Skittles or Golf Target are good for mind and body. At Mindjig we stock games to encourage people to keep their brains and bodies active and social, whatever their age or ability. Visit www.mindjig.co.nz to see more or Email Julie or Jonathan at info@mindjig.co.nz, Phone 09 600 3251, Phone or Text 022 480 3022.

One Days Grace celebrates 20 years making rosaries by hand

Hi - I'm Deborah. My sister Kati and I own OneDaysGrace, making traditional & contemporary Catholic and Anglican rosaries and prayer beads. For 20 years our small Auckland business has been making rosaries, chaplets and faith jewellery, available to you online at www.onedaysgrace.co.nz.

We also make renaissance style paternosters, prayer beads for 12 Step recovery fellowships, and delight in creating special custom orders.



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In Brief Updates

As well as handmade rosaries, we make beautiful faith-based jewellery, a range of gifts for celebrating special occasions and NZ's largest range of patron saint medals.

After all the talking, prayer is a language in itself. We hope our beads of praise will become useful companions in your life's journey - from our hands to yours.

Our "hello" special - when purchasing from our website, please use our 15% discount coupon code: 20YEARS email: onedaygracenz@gmail.com.

The stress of Christmas

Well what a year it has been. We have all had to learn to be flexible, pivot and build a whole new resilience.

Some of us are still recovering from this year and now Christmas is just around the corner with all its stresses and anxieties that it brings. I have put together five positive tips going into Christmas time to help us shift any negativity we might be feeling.



1. Give presents and gifts that you can afford, it is not a competition.
2. If funds are tight, then organise a fun potluck Christmas dinner, or everyone brings a dish.
3. Start each day of December with gratitude for what you already have.
4. Prepare, start thinking things out now.
5. Accept help, it is not a competition, it is about sharing the season with people we care about.

It has been a hard year, so be kind to yourself.

Kim McNamara - www.lifesuccesscoach.co.nz.

Common scams

Unfortunately there are many scams we need to be on the lookout for and even computer-savvy people can get caught. Here are a few. Cold call scams are run by scammers who contact you on your phone. These scammers may be trying to sell you a fake product or service, or they may be pretending to be from a legitimate organisation or a government agency. These scammers are trying to get payment or personal details from you. Tech support scams are where people call and pretend to offer help with a computer or

internet connection. Phishing is when someone tries to get personal information (like bank account numbers and passwords) so they can defraud you. Fake competitions scams are run on social media to try and reach as many people as they can, hoping people will reply with personal information. Romance scams occur when a scammer pretends to be in a relationship with someone online in order to scam them out of money. Unwanted subscriptions and trials happen when people have been signed up to paid subscriptions without their knowledge or for a free trial, but are unable to cancel their subscription once the payments kick in. Event ticket scams happen when tickets to an event are purchased from an individual (for example, on social media) or through a third party ticket resale website. The buyer later finds out they have been charged hidden fees, the tickets aren't legitimate or they don't receive the tickets. There would be no need for articles like this if it didn't happen, so find out more about these and other scams, go to netsafe.org.nz under "Scams".

Massey Birdwood Settlers Association

While the Massey Birdwood Settlers Association owns and manages the community hall on the corner of Don Buck and Redhills Road in Massey the reason for its formation and fundamental purpose to this day is as a resident and ratepayer's organisation.



So, what do resident and ratepayer's groups do?

As a resident and ratepayer group the Massey Birdwood Settlers Association Incorporated represents the views of the community to the local Council, Council Organisations and the Government, making sure that adequate resources are spent in the community and that allocated resources will benefit the whole community.

In the case of the Massey Birdwood Settlers Association they have been doing this since 1925.

This Association is your Association - a voice to represent the community in matters relating to the way the City relates to all of us. Over the years many of our executive members of the Association have held elected positions within the City Council and Local Boards.

We have always made submissions to the Council on proposed rate increases as part of our role in making sure that local ratepayers are heard and that the Council is aware that rate increases have a direct



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In Brief Updates

impact on many residents and local business budgets.

If you are a resident or ratepayer in our area (From Ranui to Westgate and all areas between) the Massey and Birdwood Settlers Association Incorporated is well worth joining. Please contact our Secretary John Riddell email masseybirdwood@gmail.com for further information.

Craigweil House

Christmas has arrived at Craigweil House after what has been a challenging 2020 for all. "It was only a month or so ago that we were able to celebrate our mid-winter Christmas" says one resident. The nationwide lockdowns required an extremely strict but necessary set of COVID-19 risk identification and infection control protocols to keep residents and staff safe. Nevertheless, the home has continued to keep up a lively, fun, and active home during this year. One of our newest residents are the lovely couple Gert and Rosalie Oud.



Gert originally migrated from Holland, to New Zealand when he was 18 years of age. A family of a market gardener, he brought his own unique gardening methods and seeds from Holland called 'Poppa Beans'. The Ouds spent most of their life in Dargaville until recently when family decided to move and start the next chapter of their life here at Craigweil House. Gert's passion for gardening is not slowing anytime soon, in just few weeks Gert did an amazing job transforming the kitchen garden into a fabulous looking plot, where he spends most of his time during the day.

Craigweil House wishes you all a very Merry and safe Christmas. We offer both long and short stays. As always you are welcome to pop in and meet the team and see our fabulous home. We are over the road from the Parakai pools.

Diversifying in these times

Remember this local couple - Genevieve (Genna) and Kerrin Revell? In 2007 they headed off on an epic journey to circumnavigate New Zealand on horseback in 365 days. Once back from this amazing adventure they wrote a book and produced a documentary (downacrossup.co.nz). They both worked in TV and established their own photography/studio business and then expanded their business to incorporate filming, editing, and producing videos for

TV and social media (www.purplesheep.co.nz)

Now Covid has come along. Like so many small business owners their business world was turned upside down due to Covid 19 - with the majority of their client base affected also. While Purple Sheep Productions endeavours to claw its way back from the Covid 19 heartache, Genna and Kerrin are taking an opportunity to diversify and expand in other closely related areas. Genna has returned to painting and already has work commissioned from America and within NZ. Kerrin is using his photographic background/skills producing and selling colourful abstract art that ensures the 'wow' factor on those empty walls whether they be here or abroad.

Genna is an artist (pop art paintings, pet and family pencil sketches), a graphic artist and photographer. She has a Diploma (with distinction) in Digital Video Production. Kerrin is a photographer and has a diploma in Performing Arts and a National Certificate in Film and Television.

You will be able to view/purchase their works and meet Genna and Kerrin as they opened an art gallery, 'Gallery X', in November in what is known locally as the 'Old Butcher's Shop' situated at the southern end of Helensville on the corner of Commercial Road (Main Road) and Karaka Street. There will be plenty of variety from both of them to challenge your eye with changing art pieces on show for sale. Besides the art on show, this talented, adventurous couple can create that special piece of artwork to brighten up your family home, bach or business. www.grevell.com or www.kerrinrevell.com.

The Mobile Car Specialists

Do you think the Jolly Fat Man will get held up in quarantine this Christmas? Hmm... stranger things have happened... like 2020!

Despite the peculiar events and uncertainty that has unfolded over the past few months, we've been busier than ever working on Kiwi's cars, making them look awesome again. We've met a ton of new customers and touched base with loads of repeat clients too - and we've really enjoyed interacting with you all! Thank you to everyone who has trusted us with their vehicles during 2020. We truly value and appreciate your business. Whatever 2021 may bring... enjoy being around friends and loved ones. We'll see you in the New Year!

Our services include: Dent removal - small to large. High quality paint correction / cut and polish, contaminant removal (metal grindings, paint overspray etc on the paint work), ceramic coating paint protection, yellow / foggy headlight restoration, Signwriting removal.

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

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Safer Communities



Waitakere Volunteer Fire Brigade wish you all a safe and Merry Christmas! We thank you all for your support throughout the year. To our wives, husbands, partners, children, family, friends, work colleagues, teammates, and anyone else we have had to up and leave at the sound of the siren - thanks for your support.

A simple guide for this summer:

- The restricted fire season will be coming into force shortly for the Auckland mainland and a prohibited fire season for the Hauraki Islands. If you wish to light a fire in the open air during a restricted fire season, you will need to apply for a fire

permit. You can apply for a free fire permit online at <https://www.checkitsalright.nz/>

- You can have an outdoor cooking fire such as a BBQ, hangi or umu or a heating fire such as an approved brazier. However only dry, untreated wood should be used, and smoke must not be causing a safety concern

Please use the more environmentally friendly ways of disposing of your rubbish and be aware that all fires should be extinguished by nightfall. If a prohibited fire season is imposed during the summer all fires will be banned.

If in doubt, check before you light

Keep safe, have a Merry Christmas

and a happy New Year

Keep safe



Denis Cooper

Deputy Chief Fire Officer

Waitakere Fire Brigade

Phone 09 810 9251



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Westgate Shopping Centre
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OPEN DAILY

1 - 24 December

12pm to 5pm

**Visit Santa in his pop-up Snow Globe
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Step inside the six-metre walk-in snow globe to be transported into a winter wonderland!

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Property

Property market report

The national lower quartile house price was \$520,000 in October according to the Real Estate Institute of New Zealand (REINZ). This means it has increased by \$85,000* (+19.5%) since October last year, and by \$157,000 (+43.3%) since October 2017. That's an average increase of \$1000 a week over the last three years for homes at the most affordable end of the market (the lower quartile price is the price point where 75% of sales are above and 25% are below). In Auckland, where prices are the most expensive in the country, the lower quartile price has increased from \$654,000 in October 2017 to \$769,000 in October this year. That's an increase of \$31,500 over the last 12 months and \$115,000 over the last three years.

This means a 10% deposit on a home at the national lower quartile price would have increased from \$36,300 in October 2017 to \$52,000 in October 2020. The size of the mortgage needed to go with that would have increased from \$326,700 to \$468,000 over the same period. A 20% deposit for the same property would have increased \$72,600 to \$104,000 over the same three years, while the size of mortgage to go with that would have increased from \$290,400 to \$416,000. Those are pretty steep increases, especially when you consider what has happened with wages over the same period.

If you take the national median rate of pay for couples (male and female) throughout New Zealand aged 25-29, and assume they are working full time, that would give them combined after-tax pay of \$1713 a week in October this year. That's an increase of \$34.14 a week (+2.0%) compared to October last year, and an increase of \$129.91 a week (+8.2%) compared to October 2017. Over the last three years, the cost of homes in the part of the market likely to be of most interest to first home buyers has increased 43.3%, while the take home pay for typical first home buyers on the median rate of pay has increased by just 8.2%.

That suggests lower quartile house prices have risen at more than five times the rate of after-tax wages for typical first home buyers over the last three years. But to get a complete picture of the pressure faced by first home buyers, we also need to look at what has happened to mortgage interest rates over the same period. In October 2017 the average of the two year fixed mortgage rates offered by the major banks was 4.70%. It fell almost continuously from there to 2.65% in October this year.

Economist signal that over the next 12 months nothing will change in this market however those economists said the market would fall by 15% post Covid 19 so let's see. Recent sales values are:

Herald Island	\$1,202,000 to \$1,700,000
Hobsonville	\$520,000 to \$1,800,000
Massey	\$590,000 to \$3,380,000
Swanson	\$775,000 to \$1,210,000

Waitakere	\$880,000 to \$1,500,000
West Harbour	\$845,000 to \$2,200,000
Westgate	\$705,500 to \$1,015,000
Whenuapai	\$798,000 to \$1,523,000

Whatever your situation, whether you are buying or selling, it pays to have a professional you can turn too. We provide at no cost to you a service to provide all relevant data to assist you buy and sell. In addition you will benefit from my 15 years of experience as a property professional. If you're thinking about buying or selling, please call me on 027 63 0421 or 0800 900 700, email graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

Quinovic

Just as Auckland returned to Level 1 and the country to some semblance of normality, New Zealand turned its attention to an election and referendum that culminated in a historic win for Labour. There's no doubt that housing will be a central part of the mandate for the next three years, with property owners and rental customers invested in the outcomes of these decisions. As we are a number of months removed from the passing of the Residential Tenancies Amendment Bill, we've been interested in the ongoing discussions in both our property owner and rental communities.

With much of the property market news being focused around the ever-increasing price of home ownership and rentals in markets with short supply, this story bucks the trend. From interest.co.nz, Greg Ninnes reports that Auckland has experienced a \$60 a week drop in rents for apartments over the past four months. With a significant drop in the number of international occupants over 2020 including tourists booking Airbnb's and international students, the competitive rents could drop further as more students depart New Zealand to go home. While weekly rent has declined in central Auckland apartments, the number of apartments rented out has almost doubled comparing September 2020 with 2019. The drop in apartment prices isn't shared by the greater Auckland region, with the entire area seeing a year-on-year increase of 2%.

What does this mean for apartment owners? Given the abnormal circumstances that are affecting the market, it's hard to forecast what a recovery of average rents would look like without having a clearer path out of international travel restrictions and the fight against COVID-19 as a whole. For the immediate future however, property owners are best to focus on tenanting their properties as consistently as possible, meaning a move for many away from short term stay and Airbnb into more traditional tenancy agreements.

As always I am happy to be contacted directly regarding to discuss rental market trends and upcoming compliance requirements for

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Property

landlords at brendon@quinovic-wa.co.nz or 027 490 7777.

Understanding the Holidays Act

By Carolyn Ranson, Partner.

For Monday to Friday workers, as Christmas Day and New Year's Day fall on week days they will be observed on the days they fall (Friday 25th December 2020 and Friday 1st January 2021) and employees will be paid for those days if they would otherwise be working days for them. As Boxing Day, and the day after New Year's Day fall on the Saturdays this year the holidays are 'Mondayised'. This means they will be observed on the following Monday in each case, being Monday 28 December 2020 and Monday 4 January 2021. Monday to Friday employees will have those days off and receive full pay. For weekend workers, as Boxing Day, and the day after New Year's Day fall on the weekend they will be observed on the days they fall. This means that employees will not work on Saturday 26th December 2020 and Saturday 2nd January 2021 but will receive full pay.

Casual/On Call Workers are entitled to receive payment for a public holiday if it would otherwise have been a working day. For example, if an employee can show a pattern of working on Fridays, they would more than likely be entitled to be paid for Christmas Day and New Year's Day.

Need to negotiate with Santa to get onto the Nice List?

Do you need some help negotiating with Santa? If you find yourself not on Santa's Nice List this year then you have a variety of options. You can decide to do nothing (which may include throwing your toys out the cot, having a moan to your mate/spouse, or just drink the beer the kids leave out for Santa on Christmas Eve), but if that doesn't sit well with you then you could write to Santa and ask him what his problem is. Maybe there is some way you could work it out, or something you could do to right the wrong - maybe Santa doesn't have a clear record of the facts and you could clear up a few misunderstandings. If that letter gets lost in the post or Santa is too busy to respond, then perhaps you could file with the Disputes Tribunal. It's a handy resource as Santa will have to attend in person and isn't allowed to take his lawyer. Assuming your wish list this year is under the magic number of \$15,000 (or if Santa agrees then \$20,000) then the Disputes Tribunal will hear your complaint, however they won't make Santa send you presents if they agree you were right but it's a good start to resolving a dispute. Another idea

is to ask Santa to meet you for a chat and see if you can work it out - or maybe your lawyer could talk to Santa's lawyer and negotiate a resolution.

If your beef isn't with Santa then ClearStone Legal can also help resolve matrimonial disputes, neighbourly disputes, employment disputes, shareholder disputes - or we can help put an agreement in place before the dispute arises.

If you need some help negotiating with Santa or someone else then contact ClearStone Legal (incorporating Kumeu-Huapai Law Centre). Phone 09 973 5102 to make an appointment.

Enduring Powers of Attorney

An Enduring Power of Attorney (EPA) allows you to appoint someone to act as your attorney in certain circumstances and endures beyond any loss of mental capacity. There are two sorts of EPAs under New Zealand law. One for Health (dealing with matters relating to your general care and welfare) and another for Property (dealing with your property affairs). In each case, it is essential that you give your EPA to a person you trust completely to uphold your financial or health interests.

Your EPA must be given before you have lost capacity to understand and appreciate your own property or health interests. It is possible for someone to apply to the court to be appointed as your property manager or welfare guardian if you lose capacity without granting an EPA. However, that process can take very long and involves significant costs. The court order will also need to be extended every 3 years.

We recommend that you make your EPAs while you enjoy good health rather than assume you will have early warning about losing capacity. For further advice and assistance in preparing your EPAs feel free to contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

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Mike Pero Real Estate Ltd. Licensed REAA (2008)
327 Main Road, Kumeu, Auckland
2 Clark Road, Hobsonville, Auckland

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 \$
HERALD ISLAND	1,100,000	819M2	130M2	1,315,000	MASSEY	620,000	371M2	91M2	743,000
	1,300,000	809M2	180M2	1,700,000		560,000	3950M2	90M2	590,000
	1,200,000	693M2	80M2	1,202,000		1,535,000	4801M2	160M2	1,300,000
HOBSONVILLE	720,000	146M2	110M2	866,000		510,000	453M2	202M2	1,030,000
	1,330,000	466M2	275M2	1,468,000		780,000	552M2	151m2	732,000
	1,425,000	416M2	279M2	1,460,000		590,000	353M2	84M2	724,100
	505,000	285M2	197M2	1,252,000		700,000	674M2	160M2	978,000
	690,000	113M2	79M2	760,000		590,000	872M2	80M2	690,000
	1,200,000	326M2	241M2	1,280,000		1,025,000	910M2	191M2	1,100,500
	680,000	92M2	80M2	730,000		780,000	597M2	170M2	917,000
	1,175,000	310M2	234M2	1,365,500		1,000,000	300M2	193M2	1,040,000
	775,000	137M2	119M2	880,000		620,000	576M2	90M2	863,000
	800,000	162M2	143M2	880,000		810,000	607M2	165M2	1,112,000
	760,000	98M2	145M2	890,000		770,000	506M2	155M2	841,500
	990,000	331M2	138M2	1,180,000		920,000	1217M2	230M2	945,000
	700,000	114M2	90M2	725,000		880,000	1461M2	150M2	907,500
	1,200,000	241M2	239M2	1,800,000		680,000	484M2	138M2	769,000
	1,900,000	572M2	328M2	2,015,000		600,000	350M2	90M2	775,000
	1,150,000	294M2	219M2	1,300,000		1,100,000	452M2	255M2	1,100,000
	1,200,000	352M2	225M2	1,320,000		530,000	1153M2	80M2	705,000
	890,000	111M2	174M2	945,000		870,000	893M2	100M2	865,000
	1,150,000	219M2	200M2	1,300,000		530,000	859M2	100M2	915,000
	1,125,000	275M2	205M2	1,180,000		1,100,000	367M2	270M2	1,177,000
	730,000	107M2	96M2	742,000		550,000	835M2	86M2	758,000
	990,000	187M2	182M2	1,040,000		630,000	1012M2	120M2	750,000
	920,000	259M2	154M2	998,000		610,000	465M2	80M2	760,000
	880,000	152M2	144M2	1,023,000		660,000	1115M2	130M2	815,000
	1,225,000	450M2	201M2	1,365,000		720,000	599M2	100M2	826,000
	1,115,000	332M2	182M2	1,130,000		1,120,000	483M2	247M2	1,128,000
	720,000	428M2	80M2	700,000		700,000	525M2	140M2	803,500
	990,000	187M2	181M2	1,160,500		930,000	313M2	189M2	1,005,000
	950,000	191M2	160M2	1,135,000		910,000	484M2	228M2	924,000
	790,000	609M2	140M2	980,000		910,000	379M2	183M2	1,050,000

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

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Mike Pero Real Estate Hobsonville also provide statistical data FREE from cost to purchasers and sellers wanting more information to make an informed decision. Phone me today for a FREE summary of a property and surrounding sales, at no cost and no questions asked. Graham McIntyre 027 632 0421 *Available for a limited time. Conditions apply.

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4 1 1

\$1,145,000

7 Kaipara Lake Road, Helensville
Asking Price \$1,145,000

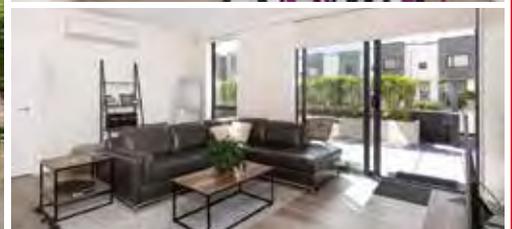
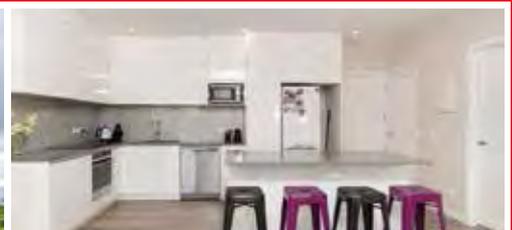
Set high with sea views and land on the exclusive Tupare Estate. This renovated four bedroom home offers easy living on one level. Open plan living with great indoor outdoor flow to decking overlooking the idelic Kaipara Harbour make this home more than a lifestyle option but a picture paradise. Tupare Estate delivers a range of high end facilities which are free from cost under the payment of a very modest annual fee. Home owners share an enviable number of community facilities, including a large hall which may be reserved for private functions, flood lit tennis court and a comprehensive equestrian facility which includes an arena, stables, wash bay, stock yards and a loading ramp. A well presented community of premium lifestyle blocks. This gentle flowing estate of 1.6 hectares (4.12 acres).

www.mikepero.com/RX2486586



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027 632 0421

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SUNSHINE MEETS ALFRESCO IN NEAR NEW LUXURY APARTMENT

3 2 2

By Negotiation

G07 / 57 Mapou Road, Hobsonville
By Negotiation

For you, in the future, or as an investment with fantastic tenants in situ and keen to extend their stay. Big balcony, large ranch-slider into entertainers kitchen-dining and lounge. Luxury apartment living at its best. Near new this 3 bedroom apartment with two bathrooms, modern colours and clean lines, this apartment is an absolute rarity. The apartment offers easy care open plan entertainment living with the added benefit of being a complete lock-up and leave property. It has a secure basement parking with two tandem carparks. Up-spec kitchen with show-home form and function, and the simplicity of heat pump air control for all seasons. A short distance from Hobsonville Primary and Secondary Schools, Parks, café 's and transport links.

www.mikepero.com/RX2528743



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027 632 0421

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EXTENSIVE SHOW HOME UPGRADES AND HOMELY FINISH

4 2 2

By Negotiation

13 Podgora Avenue, Huapai
By Negotiation

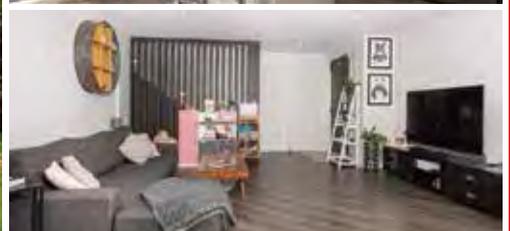
A generous four bedroom, two lounge home with two bathrooms and two separate w/c's, it delivers to the needs of a larger family or the buyer that wants space for multiple entertainment and office options. An excellent work from home property with room/office downstairs with guest w/c and easy access to kitchen and alfresco. Upstairs has three generous bedrooms and a second lounge/ retreat with ample space and awash with sunshine. Elevated views which extends to the planted tussocks of the reserve strip. Absolutely uncompromised alfresco from an elaborate open plan entertainers kitchen-dining-lounge seamlessly linking to covered decking enjoying sunshine late into the afternoon and yet sheltered well from the prevailing wind.

www.mikepero.com/RX2535431



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



NEAR NEW - DECEPTIVELY LARGE IN HOBSONVILLE

4 1 2

By Negotiation

18 Pottery Crescent, Hobsonville
By Negotiation

Absolute corner site enjoying easy access and outstanding sunshine. This is a home that has been created out of a neutral colour pallet, clean design with an eye to convenient entertainers living. Set on 208 square meters and staged over two levels, this impressive 180sqm home delivers street appeal while an access lane delivers easy parking options. Open plan entertainers kitchen, dining and lounge opening onto north facing patio with clever planting and privacy screening. Single garage, laundry, storage and guest toilet completes the lower level. Upstairs has four generous bedrooms and two bathrooms off a central hallway. Centrally located in Hobsonville with a short stroll to shopping, restaurants, cafes, park and transport links while a short drive has you straight onto the Motorway.

www.mikepero.com/RX2535432



Graham McIntyre
027 632 0421

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LAND - RV \$550,000 - NO COVENANTS - VIEWS

\$575,000

56E Kaipara Coast Highway, Helensville
Asking Price \$575,000

A truly stunning 1.6 hectare lifestyle block offering a serviced flat building platform and outstanding views to the North West. It delivers a site that is perfect for an entertainers home with extended views and privacy. The site has easy and established driveway access and title is issued and ready. In addition to the two grassed paddocks the land has a small covenanted native bush area that supports extensive bird life and privacy. Grazing is suitable for small hoofed animals (sheep, goats, alpacas) and offers good planting options to ensure you get the most out of this amazing block. Motivated Vendor is happy to look at an extended settlement. Close to Helensville convenience shopping, schools, transport links and inner harbour access.

www.mikepero.com/RX2366714



Graham McIntyre
 027 632 0421

graham.mcintyre@mikepero.com



5 ACRES - MIXED ORCHARD WITH NATURAL SPRING

5 8 3

\$1,349,000

275A Rimmer Road, Helensville
Asking Price \$1,349,000

If you are seeking a good life, a mix of fresh greens and fresh fruits then you're starting with the right property. A five bedroom, three bathrooms, two lounge brick and tile home offering generous space with flow to north facing patio and grassed glade. A suntrap that is only in need of the homely touches and the desire to invite friends and family to enjoy. Up to eight car garaging, extensive shedding and strong room, the property has all the structure for a lifestyle buyer that wants to grow and plant and forage. A large variety of fruit bearing trees are in place while an additional paddock is ready to be planted or fenced for grazing. A natural spring feeds water to the property. A short drive to Helensville and Parakai for convenience shopping, inner harbour access and transport links.

www.mikepero.com/RX2529830



Graham McIntyre
 027 632 0421

graham.mcintyre@mikepero.com



4 HECTARES - TRANQUIL DOWNS - TAUPAKI

5 2 3

\$2,500,000

369 Waitakere Road, Taupaki
Asking Price \$2,500,000

Country Living zoned and an absolutely beautifully presented home with options for equestrian adventures or extended lease options to the incumbent Red Hills Pony Club. The land is well contoured into home life with established gardens, enclosed pool, sheds, extended carport and peppered with native plantings it is a private, tranquil and gated estate. Five generous rooms with three bathrooms, large formal lounge and options for two lounges, study and more. For a large family looking for the good life or an extended family looking for space this is a home with traditional values, peace and tranquillity in spades and has flexibility in how it is lived in. Make space in your diary for space in your life for this incredible property, so close to everything and so calm and quiet.

www.mikepero.com/RX2510060



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



10 ACRES - ELEVATED BRICK AND TILE

5 4 3

By Negotiation

1132 Peak Road, Helensville
By Negotiation

First time on the market in 30 years, is this north facing brick and tile home, elevated with valley views. Offering a generous open plan living environment with central hallway to three rooms and linking to a self-sufficient guest wing. A collection of sheds and out-buildings including workers accommodation on the property allows for diversity for use and ample scope for storage. Fenced into six grazing paddocks with its own water supply and decorative ponds the paddocks have an easy care gravity irrigation system to the trough's. If you are seeking a family home with options for extended family of guests, this is a home you will want to view. Certainly a home that you be an active relaxer or a relaxer that is active. A short drive to convenience shopping in Waimauku and Helensville.

www.mikepero.com/RX2531138



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

Central's Tips

December 2020



The holiday season is here and it's time to spend some time in your backyard - tidy up the outdoors, get the BBQ ready and plant some Christmas colour. Make sure to mulch to help your plants through the hot summer months.

Protect your berries

Make sure your blueberries, raspberries and strawberries are protected by covering them with bird netting. Place straw around the plants to stop strawberries rotting on wet soil



In the Edible Garden

- **Watering is at an important phase now**, to keep plants growing and producing. Apply Somerset pea straw around all fruit and vegetables to help water storage and discourage weeds
- **Bird netting** should be used for covering ripening strawberries, raspberries and blueberries
- An early growing season has meant **green looper caterpillars** are targeting soft lettuce leaves and tomato foliage. Control with a natural remedy, preferably when bees aren't around - early or late in the day
- **Leeks can be planted now**. Separate them out, cut the green end by half and drop into holes about 5cm deep. Don't fill in with soil - let them grow on and gradually soil will surround them
- **Lettuces and herbs** that have 'bolted' and gone to seed may be doing a service in the vegetable patch - their flowers will attract bees and other beneficial insects, so if you're not averse to the 'wild' look leave them in situ

The rest of the Garden

- **Pot up red flowering petunias**, impatiens and geraniums for a Christmas theme. The soft silver foliage of 'Dusty Miller' or helichrysum in the pots really sets off the festive look
- **Mulching is a key garden activity before Christmas** - weed, water and layer mulch around all your plants now. The benefits are big: your garden will look wonderful, it can get by on less water and the plants have room to grow - the weeds don't
- **Xerophytic gardens** contain plants that simply do not require watering. Interesting succulents and cacti, structural NZ plants (think Poor Knight's Lily, astelias) will work for this style of gardening. It's important to have a garden that drains well or use a mix with plenty of sand when planting into pots
- **Liquid feed** any plants that are newly planted, potted plants or anything that is struggling to grow with Aquaticus Garden Booster. If you're heading on holiday shift pots into light shade or apply a layer of mulch to help them cope without water

Project for December

Weedkilling without chemicals

While a weed may be just 'a plant in the wrong place' pre-Christmas is when they really establish. The return from holidays can be marred by an unrecognisable garden, where the 'wrong plants' have taken hold.

This is a great time to choose a still, fine morning and apply a herbicide to the plants you don't want. Green Demon, our chemical-free weedkiller will help knock them back, using a fatty acid blend that breaks down their cell walls and stops them growing. Remember to only apply spray to the plants you don't want

For great gardening tips, visit www.centrallandscapes.co.nz





OUR HOLIDAY HOURS ARE:

CLOSED 24 - 27 December

OPEN 28 - 30 December 7am - 5pm

CLOSED 31 - 3 January

Back to normal from 4 January



We dig your support.

Wishing you peace and happiness in your patch of paradise. Thank you for supporting us during this difficult year.

If you're gardening or landscaping between Christmas and New Year, do come and see us.



Central Landscape Supplies Swanson

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Hot Property



Extensive show home upgrades and homely finish

A home is often defined by the attention to detail, the luxury extras and the connection to homely finishings and this delivers in every aspect within this A1 homes ex-show-home.

Offering significant upgrades in the kitchen and bathroom areas, while big barn roller and brick feature wall deliver a distinctive individual flavor.

This home enjoys 234sqm internal floor print, and is big on the inside while the established gardens, shrub-line and creepers deliver privacy but not the work.

A generous four bedroom, two lounge home with two bathrooms and three separate w/c's, it delivers to the needs of a larger family or the buyer that wants space for a multiple entertainment and office option.

An excellent work from home property with room/office downstairs with guest w/c and easy access to kitchen and covered and open alfresco areas.

Upstairs has three generous bedrooms and a second lounge/

Hot Property



retreat with ample space and awash with sunshine. Elevated views which extends to the planted tussocks of the reserve strip.

Absolutely uncompromised alfresco from an elaborate open plan entertainer's kitchen-dining-lounge seamlessly linking to covered decking enjoying sunshine late into the afternoon and yet sheltered well from the prevailing wind.

Close to Huapai Primary School, Convenience Shopping, Transport links and parks.

For viewing and more information, contact Graham now on 027 632 0421 or graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

Home & Garden

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



Pest plant of the month: moth plant

Pest plants, such as moth plant, are invading Auckland's suburbs - your gardens and your nearby bush reserves. Controlling them when they are small is easy and cheap. If they are left to grow, they can spread across your property onto your neighbours' gardens and to nearby reserves.

Moth plant is a particularly nasty pest plant as it spreads so quickly and smothers our native bush. It is poisonous to people (and traps Monarch butterflies!) and its sap can irritate our skin.

From January, the vines form bell-shaped creamy coloured flowers, occasionally with pink streaks. Over the next few months, these flowers turn into large, green, pear-shaped pods. If left, each pod will release thousands of fluffy parachute seeds into the air infesting more and more of our gardens, parks and bush. This is where you can help.....

If you notice moth plant on your property or in your nearby parks, please take action as soon as possible:

- Report the weed using the EcoTrack.nz app.



- Pull or dig out any small seedlings, including roots.
- For medium-sized vines, find the stem where it goes into the ground, cut it near the base of the vine, and immediately paste a thin smear of MetGelTM (can buy online) onto the cut stem.
- For monster-sized vines, scrape a vertical length of the bark, about four times the diameter of the trunk, near the base of the stem. Immediately paste a thin smear of MetGelTM onto the scraped stem.
- There are groups of volunteers who may be able to help by providing tools, herbicide, advice and training. Please get in touch using the contact details below.
- Dispose of all seed pods, flowers and roots in your rubbish bin to go to landfill, securely tied inside a plastic bag - to stop it spreading to other areas. Unfortunately, they can't be composted.
- Leave the vine hanging in the tree to die.
- Talk to your neighbours, tell them about moth plant and encourage them to take action too!

Please contact either Living Whenuapai if you would like any further information on how to get rid of moth plant or if you wish to be involved in native restoration projects or predator control throughout the North West area: committee@livingwhenuapai.org.nz or through our Facebook page: [Facebook.com/livingwhenuapai](https://www.facebook.com/livingwhenuapai).

City Botanics

City Botanics is a specialist garden design studio that sprouted from the observation that our cities are changing, and they are changing fast. With an increase in higher density living, our homes and gardens are getting smaller. Their strong beliefs about how gardens should fit into today's world are incorporated into their business every day, says owner Martin Steel-Brown.



"We believe that gardens and plants can heal and provide a sense of calm in today's chaotic world. We want your outdoor space to provide a real connection to nature, by creating an environment that matches your home, gardening skills and lifestyle commitments".

Focusing on designing and installing unique gardens for people living in small spaces, City Botanics uses their specialist design skills to transform balconies, courtyards, small yards and interiors. Their goal is to provide a service that allows their customers to achieve maximum functionality in their space while being captivated by plants each and every day. And their customers couldn't be happier.

"I am absolutely blown away how City Botanics managed to create a whole new and beautiful space in such a small amount of room. It

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Home & Garden

feels like it's added another room to my one-bedroom house. Their professionalism, experience and ability to decipher what I liked and wanted in my home was spot on" Sally, Hobsonville Point.

Based at Hobsonville Point. 027 2157 884. www.citybotanics.com.

Subtropical garden

With the recent spring weather we have been having and summer to come, it is a great time to consider the favourite of many gardeners, the subtropical garden. The warmth and humidity can produce astonishing growth rates which can appease even the most impatient gardener.



At Awa Nursery, we have many plants which are tailor made for the subtropical garden, flowering spectacularly for that lush shiny foliage. Vireya rhododendrons are in stock which grow superbly in the subtropical garden, brightening up your garden with the long flowering period. So many colours and flowering intermittently throughout the year, these are a firm favourite. Cannas are now back in stock with their bold foliage and exotic flowers making a big splash with very little effort.

Consider the new Ligularia Rukuhia Beauty with its smaller growth habit to that of the Tractor Seat or the strappy Clivia with that splash of orange. Bromeliads look fantastic in the tropical garden. Add palms, Iresine, Aucuba, Strelitzia, Heuchera to mention a few to complete the picture. There are plenty of choices for those wishing to add to their existing subtropical themed garden or starting afresh. Remember it's a good time to mulch your garden in preparation for the dry summer months. Take the plunge and come and visit Awa Nursery for ideas and inspiration. Phone Awa Nursery: 09 411 8712, email info@awanursery.co.nz or visit www.awanursery.co.nz.

Jims Mowing

Last months' article was about getting your lawn ready for the flush and preparing it for maximum enjoyment over the summer. This month - coping with the extreme growth.

Usually something is limiting the growth - maybe it's the amount of sunlight, or water, or the temperature, or nutrients. Over winter its cooler and the days are shorter, there are more cloudy/rainy days and on the days there is sun it is less intense. One or more of these factors is restricting the growth rate of the plant.

Right now conditions are near perfect for plant growth - those gentle breezes bringing warmth from the north, the days are long

and sunny, the suns angle in the sky is higher making the energy more intense - and we have had rain (at last) so the soil is moist. After last months' article you will have fed your plants so there is no nutrient limit either.

These perfect conditions mean the lawn is growing like crazy, you can almost see it getting longer each day. What to do? The answer is to mow frequently.

Kiwis typically like a low compact turf that is quite dense for general use like that game of backyard cricket. For these its best to mow frequently and keep lowering your mower height to get the growth habit of the grass lower, thicker and tighter. This doesn't mean scalp to dirt level once a month or mow below the height of the grass blade cutting the brown stalky part - that damages the grass and leaves bare patches for weeds to colonise - but a quick weekly mow or even more frequently cutting off the top of the grass blade and allowing the grass to slowly adapt before the next mow.

For those who prefer lush lawns the answer is very similar - frequent mowing - cutting roughly the top third off the grass blade. In this case you will set your mower higher. The longer grass does tend to grow faster, so mows may need to be even more frequent.

Always check your mower blades are sharp and the mower deck is clean to get the best results. It takes ongoing effort but the results will be worth it. Giving you that beautiful lawn you want.

Give Jim's Mowing a call 0800 454 654 or book online at JimsMowing.co.nz.

We're all grow at Kumeu Gardens

Spring has come at a perfect time for the new Kumeu Community Gardens on Oraha Road. A lease has just been granted from Auckland Council, and we can now legally occupy the flat, sunny



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Home & Garden

site, ready to grow.

Our vision is for community participation in local food forests, encouraging the skills of food growing, the love of flowers, resilience, sustainability and a circular economy where there's no food waste, and abundance of healthy locally grown food.

Now we have our lease, we are ready to properly establish the site, with a water tank donated by the Council, and soil for our no-dig garden beds from Wyatt Landscape supplies in Waimauku. We still need more soil, plants, tools, a garden shed, and volunteer help from keen gardeners.

To get involved please follow Kumeu Community Gardens on Facebook, and watch out for a coming open day to join in the fun.

Solarcraft - solar generators - off-the-grid, on the go...

With solar generators, you can have power, wherever you go. These Gateway Liberty 1500W solar generators were originally designed by the military in U.S.A. so they have been built nice and hardy to withstand all conditions.



The strong aluminium case and sturdy carry handles make it light (at 20.5kg) and easy to lift and transport. You can run your tools onsite, take one camping, cover your essentials in a powercut and, with four USB outlets, plug in your laptop and charge phones.

There are also specially designed panels that fold up, with a handle, for extra-portability too. You could also hook this up to fixed solar

panels on a roof instead. Like a garden shed or sleepout.

For example, with one 3 hour charge, you can power up; a 100W fridge / freezer for 18 hours, a 60W laptop for 12 hours, 18W LED lighting for up to 40 hours.

For more info? Visit www.solarcraft.co.nz/services/gateway-solar-generators or contact us ANY time with ANY solar questions. PH: 0508 272 389 info@solarcraft.co.nz.

West Haven tide chart

Date	High	Low	High	Low	High
Tue 01 Dec	-	02:36	09:02	14:56	21:17
Wed 02 Dec	-	03:15	09:39	15:35	21:57
Thu 03 Dec	-	03:53	10:17	16:15	22:37
Fri 04 Dec	-	04:32	10:57	16:57	23:19
Sat 05 Dec	-	05:13	11:39	17:42	-
Sun 06 Dec	00:03	05:56	12:24	18:30	-
Mon 07 Dec	00:49	06:43	13:13	19:21	-
Tue 08 Dec	01:39	07:35	14:06	20:15	-
Wed 09 Dec	02:34	08:34	15:02	21:13	-
Thu 10 Dec	03:35	09:38	16:01	22:13	-
Fri 11 Dec	04:39	10:42	17:00	23:13	-
Sat 12 Dec	05:43	11:43	17:59	-	-
Sun 13 Dec	-	00:12	06:43	12:40	18:58
Mon 14 Dec	-	01:08	07:40	13:35	19:55
Tue 15 Dec	-	02:03	08:33	14:29	20:50
Wed 16 Dec	-	02:55	09:24	15:21	21:43
Thu 17 Dec	-	03:44	10:14	16:13	22:35
Fri 18 Dec	-	04:33	11:03	17:04	23:24
Sat 19 Dec	-	05:20	11:52	17:55	-
Sun 20 Dec	00:13	06:08	12:42	18:45	-
Mon 21 Dec	01:01	06:57	13:31	19:36	-
Tue 22 Dec	01:50	07:49	14:21	20:26	-
Wed 23 Dec	02:41	08:44	15:12	21:18	-
Thu 24 Dec	03:35	09:42	16:03	22:10	-
Fri 25 Dec	04:32	10:39	16:54	23:02	-
Sat 26 Dec	05:28	11:32	17:44	23:52	-
Sun 27 Dec	06:21	12:20	18:33	-	-
Mon 28 Dec	-	00:40	07:09	13:05	19:20
Tue 29 Dec	-	01:25	07:52	13:48	20:06
Wed 30 Dec	-	02:07	08:34	14:29	20:50
Thu 31 Dec	-	02:49	09:14	15:12	21:33

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Home & Garden

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Drainage - our qualified drainlayers can perform a full range of drainage repairs and replacements through to new drainage jobs - both storm water and wastewater. We offer a state-of-the-art drain unblocking service, CCTV inspection service and a dedicated tip truck and digger to get the drainage work done.

Roofing - We find and fix roof leaks. We also offer all roofing services...from repairs and gutter cleans right through to full re-roofs.

Project Plumbing -We are specialists in new home plumbing, design and installation as well as home renovations. We also have extensive knowledge and experience in commercial plumbing. Contact us today and we will help manage your project.

Laser Whenuapai has been trading since 1985 - so choosing us means choosing a solid, reliable and experienced company that you can depend on. Not only can we offer you total solutions for all your plumbing, drainage or roofing needs, we stand by all our jobs by offering warranties...and always use quality New Zealand made products.

Get in touch with us today on 09 417 0110 or whenuapai@laserplumbing.co.nz. We are open five days a week from 7am-4:30pm and are conveniently located at Unit 4, 3 Northside Drive, Whenuapai.

Flower arranging - Christmas theme

Sunday 6th December 0930 - 1130am.

Have you ever wanted to create your own Christmas wreath or a beautiful table setting for that special lunch or dinner but not sure where to start or how to go about it? Then this two hour workshop will be ideal to get you on your way (as well as impress family and friends).

Bea Stumple, an expert local florist, will again be presenting this event which was extremely popular and well received when we ran it in 2019.

Bea qualified was the top student in NZ when she completed her NZ Professional Floristry examinations 26 years ago and is one of only 16 people to have received the Ethel Black Award (a top accolade in the floristry world). She is also a registered examiner and accomplished tutor - so Bea knows her stuff.

She plans to stroll around the gardens with attendees selecting appropriate plants and flowers and then show you how to arrange them to best effect.

In this interactive workshop Bea will be explaining: Appropriate plants and flowers that work well together. Various arrangement techniques and concepts. How to make your creations last longer. Tools and materials required.

After the workshop maybe spend more time in the gardens which has a beautiful 1.2Km nature trail meandering through the idyllic Kaipara countryside.*

There is also a kid's play area as well as our cute little coffee shop on site plus of course the Plant Centre for you to browse through.

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

* Trail not suitable for wheelchairs or walking frames.

1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa, Tickets \$15 per person, To Book email info@kaiparacoast.co.nz or phone 09 420 5655.



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Making your place a green space

Build New

How to create the ultimate outdoor space

When it comes to designing your dream home the outdoor space can often get overlooked, that's why many of our plans include outdoor living that can be adapted and maximised to suit your lifestyle. By turning the space into an outdoor room, your house has a larger footprint and you have the potential to increase the value of your home, not to mention the fun there is to be had by the whole family.



The concept of outdoor cooking has come a long way from a few snags on the barbie as fully outdoor pizza ovens and fully appointed kitchens become very popular. But you need not break the bank to create the dream outdoor space for your family.

Here are some smart tips to help you get started:

Create zones

- Be deliberate in your layout, how will you use the space? Will be you be eating meals as a family, chilling out with friends, entertaining children
- Define your space then add privacy with screens, trellis, or even planter boxes

- A pergola creates a great focal point which can be softened using climbing plants

Make it functional

- How will you reach the space from your house? It needs to be easily accessible with a tray full of food and drinks
- What is the orientation of the sun?
- Is there already shelter in place?
- Outdoor furniture is one of the biggest investments, make sure it fits the area well without being too cluttered

Cover it up

- NZs weather can be fickle so try and plan for all weather conditions
- A shade sail is a great temporary option, otherwise, clear roofing is cost-effective, easy to install, and, most importantly, will give you cover without blocking out the sun
- You could consider extending your roofline across the deck if you are building, this will create a seamless flow and bifold doors will make the space an extension of your indoor living

Keep it cosy

- Electric radiant and gas bottle heaters are a cost-effective way to keep warm year-round
- If you have space an outdoor fire, brazier, or fire pit will keep you toasty when the sun dips plus it will add a great focal point
- Clear slides might be a good option to shelter you from any prevailing winds
- Don't forget to have cosy blankets on hand

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Architectural Kiwitahi Haven

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House 207m² | Section 297070m² | 4 beds | 2.5 baths | 1 living | 2 dining | 2 cars

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Shine the light

- Add ambiance with outdoor lighting, there are many options to choose from depending on the atmosphere you want to create. Festoon lights are right on trend and will add a different dimension to your space once the sun goes down

Plants, plants, plants

- The most cost-effective way to add life to your outdoor space is with greenery
- Choose plants that suit your climate in various sizes to create atmosphere, shelter, and privacy

Call our team at Signature Homes West Auckland to discuss your options; obligation free 0800 020 600 www.signature.co.nz/west

Why choose G.J.'s

At G.J. Gardner Homes Rodney West, we promise to make your new home building experience a pleasure. Your only surprises will be happy ones.

Your G.J. Gardner Homes franchise is an independent, locally owned and operated business, making them part of your community and providing you with direct access to the owner of the business responsible for building your home.

Our dedicated team take care of everything, including permits, resource consents, planning issues, engineering drainage and geotechnical reports.

We can even help you find a section or unique lifestyle property,

sort out finance and payment terms to make it as simple as possible.

To provide peace of mind, a fixed price contract is offered at the start of the build journey with all prices locked in ensuring there are no surprises, allowing you to move forward in confidence with the certainty of no price changes.

Have an idea on paper but not sure where to start? Our New Home Consultants and onsite Architects can turn your sketch into reality and have it priced all in the space of a very short timeframe. Our designers have consistently been at the forefront of developing living concepts that cater for modern lifestyles and New Zealand's unique environment.

We project manage everything every step of the way and give you written assurances, regarding costs, workmanship, material guarantees, completion dates and other key issues.

Our thoroughness is just one of many reasons why year after year, more people build with G.J. Gardner Homes than any other builder.

So give the team at G.J.'s Rodney West a call today on 09 412 5371, they can't wait to start your exciting build journey.

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Pets

Christmas gift for pet owners

The jolly season is just around the corner and with it comes the panic of thinking of new ways to celebrate our loved ones with something special. Well I've got the perfect gift for you to get Christmas sorted early. I offer gift vouchers for pet and family photography sessions. Whether you know someone who is crazy about their pet, or someone who needs to update their family portraits, a professional photo shoot is the perfect gift. Using the beautiful locations we have around Auckland as well as my studio, I'm passionate about creating vibrant photographic art of your pets as well as the bond you share with them. Check out my website for more information on package options and to purchase online. Vouchers can either be emailed directly to you as a print-out if you need it in a pinch, or I can post you a physical gift card at no extra cost. Christmas is sorted. www.dogandco.nz/gift-vouchers.



Warning on karaka berries and their seeds

Karaka trees (*Corynocarpus laevigatus*) are native to New Zealand and are prevalent in many parks and forest areas, including Hobsonville Point. The berry kernels, however, contain virulent poisons that are yet to be fully described in terms of their individual effects on dogs and humans.

Most warnings online will show only photos of the berries, brightly coloured and hard to miss. In reality, it is hardly ever these bright yellow/orange/green berries (labelled 1 and 2) that you will see on the ground, but the rotting or decaying outer husks (labelled 3 and 4). These can sometimes be partially covered in some remaining orange flesh, but more often than not they look very dry and seemingly dead.

The powerful neurotoxins are in fact contained in the inner kernel/seed, shown here (label 5) inside the soft outer husk, and at label 6, removed from the husk. Even when the outer husks seem dry and old, the toxin will still remain strong. The outer husk is very thin and



can easily be chewed through by a small dog.

If your dog ingests ANY part of a karaka berry, fleshy fruit, husk or seed, take them to a veterinarian immediately and without delay. If taken soon enough, the dog can be made to vomit and hopefully the effects reduced.

Hopefully these images will help dog owners to identify the husks on the ground, as well as the fleshy fruit that most people associate with toxicity. Lauren Prior, lecturer at the School of Environmental and Animal Sciences at Unitec.

Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai. Can you spare two or three hours once a week?

Also loving homes needed for some of the friendly rescue cats.

Donations appreciated at www.thenzcatfoundation.org.nz. Phone 09 412 2636 or 021 929 999 for further information.



Dog and cat grooming in Hobsonville

This is a family pet grooming business which was established in 2013 by Kristina and Alena. KristAl Pet Grooming is a full service grooming salon located in Hobsonville. We welcome cats, dogs and other pets. We range from tid-ups to full grooms and even provide dog show grooms. Our groomers bring more than 15 years of experience while providing compassion, patience, and safety to your pet. We do everything we can to create a positive, and happy, stress-free environment. Our groomers have the knowledge and skills of animal handling, if your pet is afraid or it is their first time - do not worry, cosy atmosphere and the caring hands will calm your pet. Our goal is to ensure that every pet and pet-parent leaves



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Pets

us with the feeling of having experienced an outstanding level of customer service and the highest possible level of care. Find us at 6 Rawiri Place, Hobsonville, 0210 253 8286, kristalpetgrooming.co.nz and on Facebook.

How to get rid of fleas on your cat and in your home

The first step in dealing with a flea infestation is to give your cat a flea treatment, such as a spot-on, tablet, collar or spray. Trying to decide which flea treatment is best for you and your pet? Choose one that doesn't require fleas to first bite your cat in order to be killed. Advocate and Advantage are two spot-on treatments for cats that are applied to the base of your cat's head, spreading throughout the skin and are able to kill fleas on contact.



To more quickly remove fleas from your home, wash your cat's bedding on the hottest possible setting, vacuum your cat's favourite snoozing spots and use a vet-approved household flea spray throughout your home.

Seresto is a collar that also kills fleas quickly and on contact,

providing 8 months of continuous protection against fleas and the flea-borne bacterial disease, Bartonella henselae.

Alternatively, if you choose a product such as Advantage, Advocate or Seresto, they will also work to kill flea larvae that are in your home, which will help to more rapidly bring a flea infestation under control.

Phone 027 550 1406 or email info@kanikapark.nz.

Pup Runner

Pup Runner in Hobsonville Point will take your dog on an adventure that is catered to you and your best friend's needs. Walks include time for sprinting and running to burn all that pent-up energy, time for sniffing and socialising at the local dog park (subject to your choice of timeframe), and the bonus of ongoing training. Lea (Pup Runner founder) is crazy about dogs, to the point that her family and friends feel a teeny bit left out. She understands how difficult it can be when those heart-melting puppy eyes are begging for an excursion, but you're just too tired and busy to take him out... and he tugs so much, and the stroller, and the time...we get it, you feel terrible, and really wish that you could give your pup what he deserves. Feel bad no more. Pup Runner will make sure your pup comes back lazy and ready to cuddle (or hey, if you have to go away for more than a while, Lea will make sure your pup won't be sulking in a corner when you come home). Check out her website www.puprunner.wordpress.com to get more info, book a walk or pup sitting session.

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Graham McIntyre

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Food & Beverages

Peko Peko

Very excited to let you all know that we are finally fully licensed. It is the perfect timing for the festive season. We have Japanese beers, sake and some spirits as well as New Zealand wines. We are also happy to do catering on your request, some new additions to our menu, and lots of exciting things ahead. Please check our Facebook and Instagram page for the newest update. 2020 was really the hard year for everyone but we are so grateful for your continuous support. Hope everyone will have a safe and happy festive season and look forward to seeing you all here. Located 102C Hobsonville Rd. 09 416 1197.



Wen and Yen

Let's start the story with the two of us girls daydreaming about owning our own dessert store. Wendy who studied Food Science at the University of Auckland and was working for Frucor Suntory in the Quality Team. Li-Yen who was studying Patisserie at AUT loved to bake and was working part time in other cafes in Auckland. On Christmas Day in 2017 we decided to sit down and put our dream down on to paper. After numerous planning sessions, delicious research trips to cafes and bakeries, hundreds and thousands of recipe trialing, productive team meetings at bars, Wen and Yen was born. We started doing markets around Auckland where we would bake all night and day and then go and sell at the markets after work/school and on the weekends. Six months later we decided to go all in with Wen and Yen, so off we both went to quit our jobs, gather all our savings and opened our bakery in October 2018.



At Wen and Yen we pride ourselves on our handcrafted baked goods. Everything we sell at our shop is all handmade by us with love. Our doughnuts are the star of the show - made fresh every day, hand rolled and filled with our own house-made toppings. Our ability to innovate has allowed us to create one of the best gluten free and vegan doughnuts in town. The popularity of these

doughnuts motivated us to expand our gluten free and vegan range allowing us to now stock gluten free tarts, meat pies, pizza, fruit tarts and brownies. When Covid hit, we launched our online store (wenandyen.com) and to this day we still offer instore pick-ups and deliveries all over Auckland. We deliver to West Auckland on Sundays, as far south as Henderson and out west as far as Ranui. Beyond making yummy food, our store has created a fun place for locals to come to for their daily coffee, taste new food, and to just have a good yarn. We love how our store has created so much joy for not just us but everyone around us and we hope to keep spreading this happiness through our food. Catch us at markets around Auckland - see our website wenandyen.com and on Facebook.

Rainbow Whisk

As we near Christmas, there is plenty going on down at the Hobsonville Marina. Come and see what is going on, try our new menu and drinks. We have daily specials to check out and with Christmas getting closer, this will only increase. Also, get your kids involved with our 12 days of Christmas and follow our elf around Auckland on our Facebook page (facebook.com/therainbowwhisknz). Are you having a Christmas lunch before you close up for the year? Let us cater for you, check out www.therainbowwhisk.co.nz/catering for more details. Free delivery with a minimum order. See you there.



Soljans Winery Café

Soljans Winery Café is a popular venue for Aucklanders and visitors from around the world. We serve Mediterranean-style food with a Kiwi twist. Our menu changes from summer to winter, allowing our chefs to showcase local fresh produce. Our new summer menu begins this Friday. With some old favourites, and some exciting new dishes to try out.



Soljans is one of Auckland's Top 40 Restaurants as chosen by The New Zealand Herald and also one of Canadian Wine Access Magazines Top 20 Winery Restaurants in the World. Our Chefs have

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Food & Beverages

been awarded the New Zealand Beef & Lamb Hallmark of Excellence since 1995 and to top it all off, our café was award the Certificate of Excellence by TripAdvisor.

We welcome everyone here at Soljans. We have a children's menu available for kids, as well as a fantastic outdoor area with a playhouse and a grass field for the little ones. We also have Wi-Fi, so you can show off your wonderful experience, #soljansestate so we can see too.

www.soljans.co.nz or call us on 09 412 5858.

Local brewers collaborate

Introducing Hallertau + Muriwai Brewing Co. Muriwai Pilsner.



Hallertau Riverhead is proud to announce a great local collaboration with new nano-brewers on the block, Muriwai Brewing Co. Established in 2018 Muriwai Brewing Co is your classic three blokes in a shed operation who between them have been producing some pretty good beer. Messieurs Healy, Mullins & Goldie have joined forces with Hallertau's Captain of Beer, Steve Plowman for their first commercial release. Weighing in at 4.1% Muriwai Pilsner is a refreshingly dry, sessionable summer beer with a fruit salad of flavours. The perfect partner to any gathering, large or small. As we like to say around these parts, "enjoy cold and often!" Pouring now at Hallertau and other local venues.

Allely Estate Greek night a huge success

Covid really threw a spanner in the works for our season of weddings - obviously we couldn't hold any during lockdown or during the levels that restricted guest numbers but then we also had couples postponing due to the closed borders and not being able to have their overseas guests with them for their special day.



So we got creative... and we're so pleased we did.

During Labour Weekend, we held our first-ever Greek night - and what a fun night it was, with belly dancers, a DJ, a traditional band and amazing authentic Greek food. Our outdoor marquee was themed with ivy draped all over the ceiling and Greek statues scattered about - it was a real Athens at Allely vibe.

We were heartened to see so many locals turn up to support our event - over 180 people joined us and, from the feedback we're still getting, they had a wonderful time.

We'll look to do another one soon, but we're also investigating other ideas to get our community together - fundraisers, quiz nights, an Irish night... Watch this space! www.allelyestate.co.nz.

Westbrook Winery

Things are heating up for summer at Westbrook Winery. Small but perfectly formed bunches of grapes hint at delicious wines to come. The Cellar Door team are enjoying hosting groups of all sizes, from small local business staff Christmas lunches to private family celebrations. The kitchen is cranking out wine-matched platters, cheeseboards, and pizzas, which complement our wine beautifully.



We love to share our story and award-winning wines with guests. Even four-legged furry visitors are welcome as long as they are well-behaved. With twenty acres of park-like grounds to enjoy, there is plenty of space for wine-lovers to relax while also complying with social distancing requirements. Bookings are highly recommended at any time and essential for groups of four or more. Book now via the website www.westbrook.co.nz/book-now or call the friendly Cellar Door team for assistance on 09 411 9924.

\$85 = Exposure for a month

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 20,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at editorial@thewesterly.co.nz.

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Health & Beauty

Merry Merry Christmas

Frank, Melissa, Renate and Mandy wish you all a safe and happy Christmas and thank you for your support this past year.

We will be closed from Christmas Day until Monday January 11, 2021.

Rest, enjoy family, friends and the summer and we hope to see you in 2021.

Hobsonville Optometrists - Glasses and Gifts - 413A Hobsonville Road, Hobsonville 09 416 3937.



Do you have toenails like these?

If so, you may have a fungal nail infection, or onychomycosis (OM).

OM is the same infection as tinea pedis (athlete's foot) but in the nail and nail bed. It affects about 10% of our population. It can be very difficult to treat, particularly if it has been present for a long time. If you have tinea pedis in your feet, this places you at higher risk of developing OM.

Below are some tips to help treat fungal nail infections (if you don't have an infection these would be good preventative measures to take to ensure you don't contract an infection).

1. Avoid wearing nail polish - nail polish acts as an incubator, sealing the fungus in and providing it with a lovely warm environment where it will flourish. Often people remove their nail polish and find the infection has got worse.
2. Use an antifungal foot powder, particularly in the warmer months or if you have sweaty feet. Fungal infections love warm, damp environments, by using a powder this will help reduce the moisture in your shoes and the antifungal ingredients will help deal to the fungal debris that may be present in your footwear.
3. Clean your feet regularly.
4. Clean your sheets, socks, trousers, slippers using an anti-fungal rinse in the rinse cycle of your washing - these are available at your local Pak'n'Save - Canestan and Dettol are two recommended brands.



5. Clean your shower regularly with either bleach, tea tree oil dilution or white vinegar dilution. These will help tackle any fungi that are lurking in the shower tray.

6. Clean your nail clippers to ensure you are not spreading the infection to your other toes, or other members of the family.

7. Keep your nails short, this removes all old fungal debris, meaning there is less around to infect the new nail growing through.

If you continue to struggle with fungal infections in your nails and you are looking for further treatment, call Hobsonville Podiatry and our friendly Podiatrist, Lauren will be happy to help.

**Not all discoloured/misshapen nails are fungal toe nails. Psoriatic nails, drug reactions, bacterial infections, yellow nail syndrome, melanomas under the nail, thyroid disease and periodic nail shedding can all present very similarly. Prior to commencing any type of treatment for your nails you should get a professional diagnosis.

Feeling stressed? It could be affecting your oral health

With the curve balls that 2020 has thrown, many of us are feeling more stressed and exhausted than ever before - a holiday break can't come too soon. With stress levels at an all-time high, it's important to be aware that stress can affect your oral health. For example, teeth grinding or clenching (bruxism) is a symptom of stress that even children and teenagers can suffer from. It can lead to loosened or broken teeth as they wear down, and aching jaws, headaches, stiff necks and even back pain. The use of muscle relaxants like Botox or a custom-made night guard are possible options to combat bruxism.

High stress levels make it harder for your body to fight infections like gum disease, so maintain good oral health habits and have regular professional cleanings. Painful mouth ulcers can also be triggered by stress. If you are suffering from stress and worry about its effect on your oral health, see your Dentist as they can assess your symptoms and recommend the best course of treatment.

For general and cosmetic dentistry, orthodontics, dental implants, tooth extractions, sleep dentistry and more, contact the friendly Fraser Dental team on 09 416 5050.

Three steps to better posture

One of the most common things people ask me is "how can I improve my posture?" Improving posture is not simply 'sitting up straight' or 'pulling the shoulders back'. For me, there are three



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Health & Beauty

steps you need to take to make longer term postural changes.

Firstly, you need to make sure the underlying structure can get into a 'good' postural position. If you have restricted joints, it is going to be hard to change posture. Secondly, you need to reduce any soft tissue imbalances that are present due to your 'poor' posture. Finally, you can then strengthen the right muscles.

If you miss one of these steps, you can slow or stop your progress. If you want to find out more about improving posture, head over to our website and watch the video series I made.

www.elevatechiropractic.co.nz Any other questions? Call us on 09 413 5312.

Benefits of dry needling

Improve muscle dysfunction in the body

Reduce pain

Improve muscle length restriction

Improve joint mobility (indirectly by treating dysfunctional musculature)

Treat and improve stability/motor control

If you feel dry needling may benefit you and your injury recovery phone Massey Physiotherapy on 09 832 3619 to arrange an appointment.

Squeaky knees

A study released shows that physio is just as effective as surgery in patients with meniscal tears and arthritis of the knee.

The study, showed no significant differences in functional improvement after 6 months between patients who underwent surgery with postoperative physio and those who received physio alone.

This demonstrates that surgery may not always be the best first course of action. A physio, in many cases, can help patients avoid the often-unnecessary risks and expenses of surgery.

The findings suggest that a course of physio may be a good first choice and help surgeons, physicians, physios, and patients in decision-making regarding their treatment options.

Three hundred and fifty-one patients aged 45 years or older who had a meniscal tear and mild-to-moderate osteoarthritis of the knee were assigned to groups who received both surgery and postoperative physio or standardised physio. Within 6-12 months, patients who had physio alone showed similar improvement in functional status and pain as those who had undergone arthroscopic

partial meniscectomy surgery.

Patients who were given standardised physio including and individualized treatment and a progressive home exercise programme had the option of crossing over to surgery if substantial improvements were not achieved. A massive 70% chose not to take up the surgery option at the 6 month mark.

This demonstrates that potentially millions of people globally are being exposed to potential risks associated with surgery that may or may not offer specific benefit, but with much higher expense to the patient. Physios are experts in improving mobility and restoring motion. The individualised treatment approach is very important in the early phases of rehabilitation in order to achieve desired functional outcomes and avoid setbacks or complications. So don't fear the worst come and see one of the team here at Hobsonville Physiotherapy and lets work together to find your "Freedom in Movement" and avoid the surgeon's knife.

Hobsonville physiotherapy - Emma Mackie phone 09 416 4455 or email emma@hobsonvillephysio.co.nz.

Create your energised and confident results

I was once a beginner. I know how scary and daunting it can feel. I also know what it feels like to look in the mirror and cringe at my reflection. I know what it's like to try put on a pair of my favourite jeans and not be able to zip them up. I know what it's like to put on that summer bikini and opt to put on board shorts to hide my thighs.

But I also knew that I could stay uncomfortable as I was OR feel the uncomfortable of being a beginner & getting it done so I could feel comfortable in my favourite jeans or at the beach in my bikini enjoying family time, playing in the water with my nieces and nephew and not hiding under clothes or towels.

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The cool thing is now, those heavy weights that use to scare me (sometimes they still do!), they are what makes me feel strong, confident and unbeatable. When I lift them I feel empowered. It's a pretty awesome feeling. I now look at things that scare me and think "when I conquer this, imagine how awesome it will feel."

Now I get to help women just like you to create their stronger, fitter and more confident results.

Are you ready to go from tired & frustrated to feeling energised and confident in your summer wardrobe?

Get started today with our special intro offer \$199 for 4 Weeks Personalised Training - simply email melissa@benefityou.co.nz to get started today!

Irritable Bowel Syndrome

Healing the Four Layers of Dysfunction - Irritable bowel syndrome (IBS) can be painful and embarrassing and is difficult to control. People with IBS have diarrhoea, constipation (sometimes alternating between the two) and bloating. Sometimes it is severe enough to stop people from going out for fear of an "accident".

Conventional medicine can help to relieve the symptoms, for example some loperamide or codeine might stop the diarrhoea temporarily. But the goal of treatment should be to restore full function so that you don't need to rely on medicines to save accidents or to relieve pain.

There are four body systems that need to be addressed to truly heal IBS. These include the diet, the balance of bacteria in the bowel, the mucus barrier lining the gut, and the enteric nervous system. Without addressing all four systems, the chances of long-term success are low.

In terms of diet, the initial focus should be on taking some pressure off the gut. This can be done by eating well cooked foods rather than raw foods. Soups and stews tend to be better tolerated than salads. The possibility of food allergies and sensitivities should also be investigated, because sometimes a healthy food can cause you problems.

The balance of bacteria in the gut is important but not easy to fix. Probiotics are useful here, especially the sporebiotics which are shown to increase the diversity of the microbiome. The sporebiotics have also been shown to assist with increasing the integrity of the mucus layer protecting the gut cells from the gut contents. Vitamin A, immunoglobulins and polyphenols may also be beneficial here. To calm the hyper-reactive nervous system there are some great nutrients like magnesium, theanine and taurine that can be helpful.

For a simple tummy upset a bit of stewed apple can fix the problem. For a more serious case of IBS, then a multi-faceted approach is warranted. You can chat to the health coaches at Massey Unichem Pharmacy to find out more. Martin Harris 396 Don Buck Road,

Massey 09 833 7239 martin@masseyunichem.co.nz.

Tis' the sea-sun

Christmas! How did that happen? The team at Westgate Optometrists would just like to say a special thanks to our wonderfully loyal client-base for the continued support throughout what has been a bit of a trying year to say the least. We are eternally



grateful and wish you all a very merry Christmas and an enjoyable and well-deserved break. We look forward to seeing you for all of your eyecare needs in the New Year. In the meantime if you need absolutely anything you can find us at 4/46 Maki Street, opposite Kiwibank and NorthWest Mall and just around the corner from Goode Brothers Restaurant.

Phone: 09 831 0202, Website: www.westopt.nz, Facebook: www.facebook.com/westgateoptometrists.

Au Revoir 2020 and welcome 2021

With 2020 drawing to its end, we can look forward to moving into 2021.

For a lot of people, it has been a challenging year, we all know people who have been affected by the events of the year, but rather than looking at the negative, let's look at the positive that has come from 2020.

The events of 2020 gave people the opportunity to take a good look at themselves and they have started to make changes into their lives such as studying, spending more time with their family, taken up new hobbies, travelling around New Zealand, but more importantly, taken time out for themselves to self analyse and make needed changes.

What will 2021 bring? That's a good question, we can only hope that it will be an easier year than 2020. It will be a year where we can continue the new habits we have developed and opportunities to learn new things.




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Astramana™ Healing Services can help you move into the new year by offering you the opportunity to learn new skills such as Reiki, this will help you give back to yourself and also to help others, maybe an opportunity to set up your own business, learning Reiki is great for those who are massage therapists and anyone who has interest in Energy Healing. For those that are curious to look into the future we offer Tarot readings. Those who want to explore and clear the past, why not try a Past Life Regression. For those who have a fear or phobia, such as flying, spiders etc, why not try Hypnosis to overcome your fear or phobia? Let's make 2021 a positive year for all! We have some new exciting services/courses that will be available to you in 2021.

Astramana™ Healing Services, was founded by International Hypnotist, Reiki Master-Teacher and Clairvoyant & Tarot Reader Jason Mackenzie. Check out our website: www.astramana.com or email astramana@gmail.com with any questions or to book a session, workshop or a New Year's Tarot reading. We look forward to working with you and we wish you all a very Merry Christmas and Happy Holidays, all the best for 2021 and we look forward to welcome current and new clients in 2021.

Thank you

As we head into the Christmas and New Year period, we would like to take the opportunity to thank the people of the wonderful Nor-West for their continued support of Kumeu Chiropractic, and of Chiropractic care in general. This Covid affected year has had its challenges for everybody, and we were disappointed we were unable to provide the on-going the care many of you needed over the Level 3 and Level 4 lockdowns.



However, summer is now on its way, and currently, we are very lucky to be able to function in a near-normal way. We hope you are all able to have an active, healthy, stress-free time over the holidays and encourage you all to continue to practise your new socially responsible distancing and good hygiene habits.

Remember, good spinal health is about performance, injury prevention, healing and general well-being, so by improving spinal function through Chiropractic Care, your body will work better and will heal better; it's as simple as that.

It is our mission in 2021 to create a healthier and happier community by adjusting as many spines as we can to promote a more natural healing process within every one of us. We can only do this through your continued referrals, and we appreciate all those who have told their friends and family to give Chiropractic a go. We have the best practice members around, and we have miracles happen in our

office every day. That's why we love what we do.

The team at Kumeu Chiropractic are looking forward to helping even more people to achieve their health-goals over the next year and we wish to invite you to investigate how Chiropractic Care may benefit you and your family. Please have a safe and healthy holiday. Give us a call now. Phone 09 412 5536 - Kumeu Chiropractic. 8 Shamrock Drive, Kumeu.

Give yourself a "smile" gift this Christmas

It is the season to be jolly and indulge in a few festive treats and pamper ourselves and loved ones. But it won't be just our waistlines taking a hit this Christmas.



Throughout the party season we will be increasing our intake of sugar, so it's vital we take extra special care of our teeth and gums.

A few tips from Kumeu Dental:

- Drink plenty of water and chew sugarless gum often
- Wait at least 20 minutes after your last snack or glass of wine before brushing your teeth, as any kind of acid will temporarily weaken your enamel.
- Rinse straight after coffee or red wine to maintain the good results from your last whitening treatment

And talking about whitening, here is the good news:

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Health & Beauty

would like to have pearly whites this Christmas, ring us on 09 412 9507 and ask our friendly receptionists how we can help brighten your smile, while keeping your wallet smiling too.

Check out these amazing specials on www.kumeudental.co.nz. Smiles are contagious, spread it to your loved ones with a Kumeu Dental gift voucher.

Pure Allies

Christmas!! It's looming and will be here before you know it.

If you would like hand crafted, personal, sustainable, and natural gifts, then Pure Allies is the way to go.

Also for a bit of self-pampering and indulgence we have you covered. From sun screens and insect repellent to pain relief balms we can custom make you anything you need.

Take care this silly season. Have a great Christmas. Email pureallies@gmail.com.



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and macular degeneration - the list goes on for eye conditions we are, excuse pun, on the look-out for.

Make it your New Year's Resolution to get your eyes examined at For Eyes. Book in now online and choose your own appointment time, and we'll txt you a reminder the day before. www.for-eyes-optometrists-nz.au1.cliniko.com/bookings#service or visit the For Eyes Facebook page or website and click on the booking link.

Do you want to lose weight but feel stuck?

With Christmas upon us, this time of the year tends to bring lots of delicious treats, with many sweet treats such as chocolates, Pavlova, Christmas cake and fizzy drinks, many of which contain high levels of sugar and produce an instant pleasure hit, releasing dopamine in our brains. Dopamine is the reward neurotransmitter. Each time we enjoy another sweet treat, we reinforce the same neural pathways in the brain which in time can become a habit and lead to the production of higher dopamine levels.

Have you ever found yourself eating something like chocolate or ice cream, knowing you should stop eating it, but being unable to put it down? It can be very difficult to stop eating these types of foods, particularly those high in sugar, because they have such a strong influence on our brain and hormonal systems.

We have created an online weight loss programme with tools to resolve carbohydrate cravings, addressing other key factors that affect weight like stress, sleep and of course food. The programme uses real food, with no calorie counting, no diet pills or meal replacements and you get to decide what you're going to eat and when. Sign up to receive our free guide to entitled: 5 Weight Loss Facts You Must Know To Lose Weight by visiting our website: www.WeightLossProgram.co.nz.

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Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 20,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at editorial@thewesterly.co.nz.

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Your brand + your message = your success

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

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

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

In response to advertiser demand we offer the following options:

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



Display Advertising:

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



Front Cover and Inside Page:

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

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



Contact us today at editorial@thewesterly.co.nz
or phone John Williamson on 021 028 54178 or
email jbw51red@googlemail.com

Area Columnists

Worthless Plastics+

Auckland Council recognises the need to move away from single use plastic materials, especially those that are hard to recycle.

Auckland Mayor Phil Goff says, "When cheap plastics are used in manufacturing, our environment pays the price. As we saw with the ban on single-use plastic bags, consumers are ready for better alternatives, and by consulting on these changes, we can work together to eliminate waste."

"Plastic is less than 6 per cent of the annual kerbside recycling in Auckland. We are upgrading Auckland Council's recycling facility now in tandem with New Zealand plastic plants who are modernising to process more plastic recyclables onshore. But, eliminating single use plastics all together is still preferable to recycling them," says Mayor Goff.

Councillor Richard Hills, chair of the Environment and Climate Change Committee adds, "Aucklanders want clean beaches and waterways and have grown more accustomed to bringing reusable tableware and water bottles with them when enjoying our parks and beaches. Our farmer's markets have thrived without single use produce bags, and people continue innovating to reduce their waste footprint."

The seven single-use plastic items proposed by Central Government for phase-out include plastic cotton-buds, drink stirrers, plastic plates, bowls and cutlery, some single-use cups and lids, single-use produce bags, non-compostable produce stickers and plastic straws.

Have a happy Christmas

Christmas is a busy time of year which despite the fun and festivities brings many challenges. It is a time full of parties and family gatherings. It is important to take time so that this season can be enjoyed.

· Keep expectations manageable this Christmas doesn't have to be the "best ever". It should be the most enjoyable. Organise yourself and be realistic about what you can and cannot do. Don't spend too much time organising for just one day - Christmas. The Christmas season is a marathon not a sprint - so pace yourself.

· Enjoy Holiday activities which are free. Take a drive to look at the Christmas decorations. Go window shopping and don't buy anything.

· Do something for someone else. You could invite someone who has no family to join your celebrations. Christmas can be a very lonely time for some.

· Get Moving. Go for a walk. It's time to let your hair down and dance at parties. Go for a swim. Take a picnic to one of our wonderful beaches or parks. Use the fantastic playgrounds. Be a tourist in

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Auckland - take time to see what it offers

· Be Generous - but be sensible. Yes we all want to be generous, but it's silly to get into debt. Christmas is a time for giving and sharing, but don't give more than what you have. So, why don't we get back to the basics and just give presents to children and people we see often and know well? You could make some presents, or give a token with a promise of a gift, such as babysitting, washing the car, housework, or going on an outing. If you come from a large family you could do a lucky dip, and each just buys for one family member. Be careful if you are buying online, if something seems too good to be true, it should send warning bells.

· Don't eat or drink too much. This is the time of year when it can be easy to give in to excess. Too much alcohol can make you irritable and tired. Pace yourself.

· Don't try to be perfect or do everything. Saying no can be hard, but you need to look after yourself. Do what you reasonably can, if you take on too much you'll disappoint yourself and others.

· Remember what's important. Have fun. Remember in the end it's not the presents people remember, it's having fun with family and friends. So take time to play with the children, they'll remember the family cricket or soccer game in the back yard long after their presents have broken.

Season's Greetings from your friends at Citizens Advice Massey, and for help when things go wrong we can be contacted on 09 833 5775 or massey@cab.org.nz.

Feedback sought on proposed speed limit changes

Auckland Transport (AT) is asking for feedback on a proposal to change the speed limits of 26 roads in the west and north of Auckland - as part of an amendment to the Speed Limits Bylaw 2019.

From today, AT will seek feedback on its proposal to set new permanent speed limits on roads in Swanson, Massey, Warkworth, Matakana and Tāwharanui Peninsula.

AT's Network Management Group Manager, Randhir Karma, says the proposed new limits will support travel speeds that are safe and appropriate for the function, design and use of the roads.

"Many of these roads are narrow without any road markings, windy, hilly and in some cases unsealed. Motorists are already travelling at speeds well below the current limits on these roads due to the driving conditions. So, it's about setting speed limits that are appropriate for the conditions," says Mr Karma.

The proposal comes on the heels of the Speeds Limits Bylaw 2019, passed by the AT Board last year, which saw new permanent speed limits come into force on a number of roads around Auckland on 30



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June this year.

Rodney Local Board Chair Phelan Pirrie says speed limit changes on these roads are much needed.

"We've known for a long time that Rodney has some of the highest numbers of crashes in the country but these aren't just numbers - they are mums, dads, kids, and people simply going about their lives. There is no acceptable level of deaths or serious injuries on our roads, we should do everything we can to make our roads safer," says Mr Pirrie.

Waitākere Ranges Local Board Chair Greg Presland says this is an issue that many are concerned about.

"The geography of the Ranges means that there are many roads that can be dangerous when driven at speed. We need appropriate speed limits for the types of roads in the ranges. I'm pleased that the public will now be able to have their say on this important issue," says Mr Presland.

Henderson-Massey Local Board Chair Chris Carter says improving road safety is crucial.

"One life lost on our roads is too many, and one of the significant factors when dealing with serious road incidents is speed. Slower speeds save lives and we are pleased that action is being proposed to make the roads safer," says Mr Carter.

If the proposed changes go ahead, they will come into effect within the next year. Feedback is open until 17 January 2021.

For more information and to provide feedback, please go to: AT.govt.nz/haveyoursay.

Your business Christmas checklist

It is not only Santa who needs to check his list twice. Make sure your business is Christmas ready. Here are some items which should be on your list.

- Do you have enough stock on hand to cover the busy period?
- Have you notified your customers of your Christmas hours / close down period (eg Facebook, Website, store sign)?
- Have you set your staff roster? Who is on standby for emergencies?
- Have you agreed annual leave dates?
- Are you up to date with the public holiday rules for payroll?
- Have you scheduled your payroll payments for the holiday?



- Do you have enough funds to cover payroll over a quiet Christmas period?
- Have you talked to the bank about funding to cover extra stock or Christmas payroll?
- Which bills will need to be paid during the break?
- Will you be sending Christmas cards or e-cards or a gift to your best customers?
- Have you organised your staff Christmas party/drinks?
- Will you be giving staff gifts? Do you understand the tax rules for different types of gifts?
- Do you have emergency contact details for all your staff?
- Have you given yourself enough time off to spend time with your family and recharge for 2021? Have you encouraged your staff to do the same?
- Have you updated your business plan and set your goals and action plan for 2021? A business consultant could be just what you need for Christmas to set you on your way to achieving your business vision.

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

Health and Safety inductions

Does your company complete a Health and Safety induction of new employees?

Under the Health and Safety at Work Act, these are required.

Q: "Why are Health and Safety inductions so important?"

- It is a way of ensuring new employees (workers) are aware of the risks and hazards that are involved in working for you
- New worker should be shown what to do if an emergency should occur while at work

It is important that in taking your new worker or employee through the health and safety induction that they understand what you have told them.

A simple questionnaire is a good idea to check that they have understood what they have been told.

Q: "When should Health and Safety inductions be completed?"

There is no specific timeframe on a health and safety induction. However, common sense says it should be taken at the start of someone's employment.

This is because it may take a week or more as you show them how to use particular machinery or undertake specific jobs or tasks, and ensure that they are competent before you let them lose on the job

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or machine by themselves.

Q: "Who should the new employee meet during the Health and Safety induction?"

Introduce the new employee to people that are likely to be called upon in an emergency.

Include: Their supervisors, their managers, fellow workers, fire wardens, building wardens, first aider(s).

People in all these roles have specific responsibilities in an emergency, and a Fire Warden and/or Building Warden will instruct the worker on what to do, plus, where to assemble.

Q: "What else should the new employee look at during the Health and Safety induction?"

- Be sure to identify any specific worksite hazards that are on site plus those that could impact upon the new workers role
- Take the new employee through your company's Risk Register
- Physically show them where the Health and Safety Notice Board, the fire extinguishers/hose reels/fire alarms and the First Aid kit are located

Some businesses even provide the new worker with a "workbook" that explains the various risks and emergency information and forms the basis of the new employee's health and safety induction questionnaire.

Early identification and understanding of potential risks through an enlightened and prompt induction programme, will reduce exposures to both the worker and your organisation.

For more information on Health and safety (and inductions) contact John Riddell securo4@securo.co.nz or checkout the Securo website www.securo.co.nz.

Barriers for driver's licence

More needs to be done to help prepare at-risk youth for employment according to the head of a youth charity, following the release of new data showing many young Kiwis risk imprisonment driving without a licence.



New figures released by Silver Fern Motorsport Charitable Trust, a West Auckland based not-for-profit organisation which provides free learner-drivers' licence training, shows 40% of the hundreds of youth who are referred to their programme drive without a licence and more than a quarter of these drive regularly - between once a week and every day.

Ted Jarvis, chairman of the charity says too many young New Zealanders are driving on our roads each day without a licence,

placing themselves and other road users at risk. "Aside from the safety risks, driving without a licence can lead to a charge of Driving While Forbidden, and a conviction under this charge can carry a fine and/or imprisonment of three months. For a third or subsequent conviction, this could see a prison term of up to two years.

"Many of the young Kiwis that are referred to us are at a crossroads in their life, and the primary motivation for wanting to get their licence is to improve their chances of being employed or to access training. Even a short sentence in prison can set them down a path that is very hard to come back from. Once they are inside the first thing they will do is get some protection so they join a gang. Then when they come out of prison they get a call from the gang saying 'we looked after you, now it is your turn to return the favour' and suddenly they're in that cycle and they become a career criminal.

"For many young kids their first interaction with the courts and youth justice is from driving - it starts with a driving offence and leads to other things. One of the interesting things we found out is that the kids say 'now we have our driver's licence we don't have to run from the cops,'" he says.

Jarvis says their research shows there are a number of barriers which prevent some Kiwis from getting their licence independently.

"While literacy issues do form a barrier for many students, the primary reasons given for not having sat their driver's licence previously are lack of finances and poor self-confidence. We know that we are the ambulance at the bottom of the cliff for most of these kids and so what we need to offer goes beyond help passing a driver's test. If we can get them referred to our course, we stay with the young person until they get their licence. To date, we have a 100% success rate. From there, we look at what else they need to get into a career.

"Many don't have a personal ID, so we help them get an IRD number, bank account, birth certificate and any other support they need to get started. We had one of our students last year who told us how much the birth certificate meant to her, she said to me 'this is the first time in my life I actually know who I am'. Ultimately a successful intervention at this point is going to help get these kids back on track and keep them out of the court system," he says.

Jarvis says a recent equipment donation of tablets from The Trusts will allow them to expand their service throughout the North Island. The Trusts CEO Allan Pollard says the charity provides an invaluable service in the region and the longer-term benefits of their work in the community cannot be underestimated.

"One of the things that stood out for us was that the relatively modest donation of computing equipment will bring a level of mobility to the charity that will see hundreds of at-risk Kiwi youth given the foundation for a more positive pathway in life.

"What many of us overlook in our daily commute is the freedom provided by having legal access to a vehicle for transportation and for improving our productivity at work. The work of the team at Silver Fern MotorSport Charitable Trust is giving a fundamentally important sense of self-confidence to a group of young Kiwis



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who otherwise might end up caught up in our prison system and we are immensely proud to be able to support their efforts in the community," he says.

Creating a business budget

A business budget tells you how much you spend running your business, if you can afford to invest in improvements, and how much you can afford to pay everyone. To get started, work out your projected turnover using a combination of historical data, work you know will happen in the coming year, and your production capability. Next be pragmatic with revenue, margins and expenditure expectations - include everything. If the budgeted profit/loss you arrive at isn't as ideal as you would like it to be, now is the time to put strategies in place to improve the scenario. And always include a cash flow budget along with projected sales and costs. This is because your projected profit might be strong but a cash flow budget will tell you if you are able to actually fund your operations. Finally, your business budget should be flexible and updated as and when your situation changes.

To find out more about business budgeting please contact Mark Foster and the friendly UHY Haines Norton Kumeu team on 09 412 9853 or email kumeu@uhyhn.co.nz.

French language immersion weekends in 2021

Bonjour les Francophiles! Catherine and Patsy from Boutique Tours France invite you to join them on one of the French Language immersion weekends in 2021. Are you a bit of a Francophile, you like the language of Voltaire, you like to speak French, or you want to improve your French?

Catherine and Patsy organise tours to France every year. This year and next year however, due to Covid 19, all travel to France is cancelled. So, the ladies bring a bit of France to NZ. The Immersion weekends are planned at different venues in the North and the South Island.

From Friday evening onwards you will be speaking and hearing French for the whole weekend. French language, culture, cooking demonstration, games, movie, quiz...it's all in the package Boutique Tours France offers.



Weekends are from \$650 per person - this includes 2-night accommodation - 2 continental breakfasts - 2 lunches- 2 dinners - aperitifs - 2 tutors et beaucoup plus.

The French language immersion weekends take only 8 people. If this sounds like or you would like to know more?

www.boutiquetoursfrance.co.nz - boutiquetoursfrance@gmail.com.

Hot rod show heats up

Owners and organisers Ken and Desma Galvin of Kumeu have been involved with the show for all 27 years, and both have a collection of hot rods and classic cars - such as Desma's 1938 Chevrolet coupe.



Desma expects about 30,000 people will come to look at 3500 cars, 100 motorbikes, 120 trade displays, 350 swap sites, Retro-o-Rama Alley, the Jack Daniels National BBQ Championship, a pedal car contest, Miss Kumeu, Ms Timeless and Men's Beard competitors; and more.

The COVID-19 pandemic may limit international visitors in 2021, but it's likely more Kiwis will call in because of global travel restrictions.

NZ COVID Tracer QR codes will be on the gates, and Desma hopes that by show time there won't be any alert levels still in place.

A junior dragster display, Wild Bunch drag cars, fire-ups, kids' entertainment, music from three bands, food stands, a retro caravan display and car awards - including the popular People's Choice - are included in festival attractions.

Some 2000 overnight campers are expected in designated areas, organised by the New Zealand Motor Caravan Association and the NZ Motorhome Travel Group.

The Auckland Firefighter Challenge teams' event has unfortunately been cancelled for this show.

Before this festival has even started, Ken and Desma are helping organise another event at the showgrounds in April called The Very Vintage Day Out, celebrating a by-gone era.

It's the first time for the event at Kumeu after being held at the ASB Showgrounds in Greenlane for about four years.

The Very Vintage Day Out includes vintage cars, vintage clothing, steam punk, rock 'n roll, Miss Pin Up New Zealand 2021, a military display, a Very Vintage Bake-Off, a photo safari, bands, vendors, and much more.

Meanwhile, Ken and Desma are concentrating on making the Repco Classic Car and Hot Festival another success.

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It's also supported by Milwaukee Tools, Battery Town and Classic Cover insurance.

The festival is open Saturday January 16 from 7am-6pm and Sunday January 17 from 8am-5pm.

Admission is \$20 adult, children under 12 free, with free parking available.

No motorcycles are allowed on the showgrounds other than for display - with all motorcycle parking at the nearby Kumeu Community Centre.

Visit www.kumeuhotrod festival.co.nz for more information.

Auckland Folk Festival

The 48th Auckland Folk Festival returns in January 2021 with a diverse and eclectic line-up of artists.

The three-day celebration at the Kumeu Showgrounds runs over Auckland Anniversary Weekend (January 29-February 1) and is expected to attract about 3000 campers and day visitors.

Spread across its six stages will be The Eastern, Delaney Davidson & Barry Saunders, Jenny Mitchell, Aro, The Black Quartet, The Harmonic Resonators, and Looking For Alaska - to name a few.

While 2020 was a tough year for the events industry with musicians hit hard by COVID-19 restrictions, the Auckland Folk Festival returns as a celebration.

It's not just of those artists performing on the stage, but for those who want to jam, collaborate and see old friends, celebrating the strength and diversity of New Zealand with the festival being both proudly culturally and gender diverse.

Camping spots in the heart of the festival see jams go well into the night.

"The music never stops at the festival, except for perhaps a brief minute in the early morning when there is a change of the guard from the all-nighters to the early starters," Artistic Director Finn McLennan-Elliott says.

"Jamming is crucial to the ethos of the festival, providing opportunities for everyone to play and create.

"We are very happy to share the first of our 2021 line-up. We are especially proud of its diversity, something we've strived for and succeeded at for many years.

"Folk music is a fluid genre, one that is more about community and people than about exact instrumentation, and we are excited to present a line-up that showcases many different sides of folk."



Whether you are dancing the night away in one of the three ceilidhs, learning how to folk dance, enjoying a concert or participating in a workshop there is something for everyone.

Food trucks will be there too.

The ever-popular Kids Stage returns, with its growing maze and early to late activities for young ones.

Children under 10 come free to the festival and have a dedicated programme of music and workshops.

This year sees iconic Wellington musician Gerry Paul as the headline Kids Stage guest bringing his fantastic Elephant Tree Band along for the show.

All marquees are covered but open sided, and as will be the song of the summer, the festival will be keeping a close ear for any government announcements or regulations for gatherings and will ensure a safe environment for all.

With an entire showgrounds to spread across, there is plenty of space for all.

Tickets are on sale now via Eventfinda, with early bird tickets closing December 31.

The full festival timetable is released in January 2021. Visit www.aucklandfolkfestival.co.nz or www.facebook.com/aklfolkfest/ for more information.

Jeweller moves north after 18 years

Traffic and "a change of scenery" are prompting Natalia of Chateau Jewellers to leave for Waipu in February after more than 18 years in Huapai.

The COVID-19 pandemic saw a drop off in business for some - but not Natalia's jewellery manufacturing, repairs and sales.

"People had more time to go through their jewellery and, with less chance to travel, were spending more on repairing and cleaning it," she says.

She's been flat out and says it's become almost too busy for her alone.

Starting her jewellery business in the Kumeu Village shopping centre, Natalia moved up the road to the Huapai shops after five years to have an 18-year tenure in the well-known store.

She'll be leaving it by March 1 next year but will continue providing



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a service for local customers through a regular pick up and drop off programme, probably about twice a month.

"I don't want to leave my customers in the lurch, so I will work towards doing something which helps them," Natalia explains.

Her work will probably concentrate more on repairs and manufacturing, the business expected to feature online as well.

She's one of the few jewellers left in West Auckland who still does repairs and makes her own jewellery.

Natalia says she's enjoyed her time in the area - she regularly entered a float in the Kumeu Christmas parade, now changed to a Christmas at the Showgrounds community event on December 4 at the Kumeu Showgrounds.

One thing she won't miss, though, is the traffic congestion here.

Natalia says State Highway 16 especially is becoming too difficult to negotiate at times as residential growth and increasing visitor numbers see more traffic on local roads.

It's not a rare issue with many people citing the traffic situation for moving further afield.

Natalia expects to enjoy Waipu's tranquility, though she will stay in touch with this area.

Visit www.chateaujewellers.co.nz for more information and updates.

The Greenies are coming

Two neighbours yarning over their boundary fence during the COVID-19 lockdown has led to a newly launched garden waste recycling business.

Monte Neal and Steve Lee of Huapai saw an opportunity for such a service covering the NorthWest and West Auckland.

That resulted in the formation of Greenie Garden Bins, providing 240-litre appropriately coloured wheelie bins to customers for green waste which is then collected and recycled as compost.

Hedge trimmings, lawn clippings, weeds - anything growing considered garden waste (but not food scraps) is all fair game for the Greenie Garden Bins.

It's all recyclable, all done to regulations and then on-sold as compost produced by another business.

A collection cycle is tailored for the customer - whether its four weekly, eight weekly or 12 weekly either collected from the kerbside or from your property, they cover it all to suit.

A small, six cubic metre Hino truck visits customers' properties to



empty the bins according to the collection cycle.

"Our guarantee is if we don't deliver what we say, you don't pay," the pair add.

It's just the two of them to start with - but Monte and Steve have plans to expand eventually.

Steve was involved many years ago in a similar operation run by his dad in West Auckland, and people have often asked him why he hasn't got back into it.

He's running a successful interactive business called Go Vertical Events, which provides portable climbing walls, bungee trampolines, inflatable slides, mazes, Zorbs and more for children's functions, and shopping centre and holiday events.

His marketing nous has led to Greenie Garden Bins having its own mascot, uniforms, logos and more.

Monte brings a work ethic from running a local orchard which he sold about a year ago but still works on in a caretaker role, plus his involvement in many local organisations such as the Kumeu Cricket Club.

"So I was looking for another work opportunity, and I'm still dealing with growing things," he says.

Steve says people sign up for the Greenie Garden Bins service with the bin and collection provided as part of the fee, starting from as low as \$10 a month.

Changes in properties from the former standard home on a 1011.7 square metre (quarter acre) section to homes now taking up most of a smaller section are also helping foster green waste businesses.

There's less space for composting and other forms of green waste disposal, and it can get expensive taking frequent trailer-loads to an authorised disposal site.

"People take pride in their gardens and want to dispose of any waste correctly," Steve adds. "We provide that service."

Visit www.greeniebins.co.nz, email info@greeniebins.co.nz phone 0800 240 BIN (0800 240 246) or 027 Greenie (027 473 3643) for more information.

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RETIREMENT LIVING

with a coastal vibe

Ryman's new Hobsonville Retirement Village is situated just 20 minutes from Auckland CBD, where you can enjoy scenic walkways, the Catalina Bay Farmers Market and close access to the Ferry terminal.

The Hobsonville area is brimming with everything you need for that easy lifestyle - shops, supermarkets and various amenities, it's all there.

If you are interested in our Hobsonville Retirement Village we have two and three bedroom independent apartment options with spacious open plan living, designer kitchens and fully tiled bathrooms. The village will also provide assisted living as well as resthome, hospital and specialist dementia care.



Call Carolyn or Rosalind for more details
or visit our sales office, open 7 days a week.

HOBSONVILLE RETIREMENT VILLAGE

3 Scott Road, Hobsonville, 09 416 0750

rymanhealthcare.co.nz


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