

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report

Summer sun safety tips

BURGER
OF THE
WEEK

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KASTU
BURGER

Served with
Joannes Wine
(law of
a Brioche Bun
and with
a Side of
Fries...

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

Café Botannix Westgate

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

February 2020



Greetings

Without warning the internet for our whole area failed one recent Friday afternoon. Initially it was assumed to be an individual failure. Was it just our connection at fault? A neighbour contacted the provider and was put through to the help centre in the Phillipines. Bemused customers joined a growing crowd like a reenactment of a science fiction movie outside the computer shop. No phone signal, no WiFi, how long might it last? Life was in limbo. How do I contact our volunteer group to coordinate an event taking place that day? How would I forward the articles to contribute to the Westerly? How would I know what appointments I had next week? How would I pay the tax instalment due soon? How would people buy food if the Eftpos was down? Would electric cars be stranded if the charger would only accept a credit card? The next morning a neighbour reassured me that all would be reconnected that afternoon, but reflected that if a foreign power wanted to take over New Zealand they could just take out the Internet.

The volunteers turned up to collect donations for the Australian bushfire fundraising (see how our local Fire Brigade have been involved). The contents of my computer were intact. But it brought home how reliant we are on our electronic devices. Also how quickly we have all become accustomed and reliant on our electronic world.

After our January break, this month's Westerly is packed with articles to cater for all tastes. If you are feel-ing energetic, now is the time to start training for running races short and long in Riverhead and Whenuapai in March. There are plenty of clinics to help you recover afterwards if you overdo it. If you are hungry after all that exercise, read about the delicious food outlets locally. Is budgeting an issue? There are clinics to help you. Did you wonder what's happening by the causeway between Hobsonville and Greenhithe? The answer is here.

Do you have a Trust, is your property affected by a covenant, do you have tenants, are you a first time buyer? Check out the general advice on these topics. See how Auckland's fastest growing residential areas may affect us, and enjoy Graham's column on local property market trends. Don't forget gardening, home maintenance, pets and health and beauty tips. Our area columnists have plenty for you to read about on a whole range of subjects.

Enjoy your local community magazine, and see whether it can contribute to your enjoyment.

John, editor



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People & Places

Have you visited Café Botannix Westgate inside Palmers yet?



Emma is the new owner of Café Botannix Westgate. Her passion for food started at an early age, as both her mother and grandmother had an interest in baking. Emma's love for cooking lead her to enrol in Chef School where she was given the freedom to push the limits of her creativity. One of her proudest moments from her time studying, was winning a Gold Award for her Fruit Flan. Emma's speciality dish is Risotto, which her husband is a big fan of, she also makes a delicious tiramisu.

Along with the talented kitchen staff at Café Botannix Westgate, Emma creates the sweet treats and savoury items that you see filling the cabinets each day. Emma is a firm believer of sourcing her ingredients locally and tries to incorporate as much fresh seasonal produce in to the dishes at Café Botannix Westgate as she can.

The Head Chef at Café Botannix Westgate, Pete, is well known for his pies. Locals and staff at Palmers and Café Botannix alike are fans of his creations. Pete's Chicken and Vegetable Pie scooped a Top 10 Award at the Baker's Pie Awards. The Bacon and Egg pie is another customer favourite. All of Pete's pies are handcrafted on site.

Café Botannix Westgate offers High Tea, allowing guests to relax and enjoy in the gorgeous garden setting – perfect for a decadent treat or special occasion. For \$25 per person, a delicious selection of sweet and savoury delights which are all handmade on site are on offer. Bookings are essential.

The new Summer menu is proving to be a winner with customers. There are vegetarian, vegan and gluten free options available too!



The Black Forest Frenchie, Crispy Kumara Brekkie and the Polenta Corn Fritter Smash are all customer favourites. There are still the old faithful dishes such as Eggs Benedict and Burger of the Week available to order too.

The children's menu has also had an update. The menu now features dishes such as grilled chicken and chips, spaghetti and meatballs and hokey pokey pancakes!

Café Botannix Westgate is the ideal place to meet with family and friends. The gorgeous garden setting and cosy indoor seating is the perfect place to relax. There is a dedicated children's play area for the little ones and your dogs are more than welcome to come and dine with you.

Café Botannix Westgate is open 7 days from 8.30am – serving breakfast through to afternoon tea.

Phone 09 810 8385 | www.palmers.co.nz/cafe-botannix/



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Community News

Let's water fight

WACC (West Auckland COGY Club) is going to join an interesting event called "Huge Summer Water Fight" organised by "What's On Auckland", on Saturday 15th February. Water Fight sounds fun. However, is that safe to join the event for people with walking difficulties? Yes, with COGY. We have a few spare COGY for you. Contact cogoy@gmail.com for more info.

Why not join our new YOU Travel Westgate travel club?

Happy New Year from the staff at YOU Travel Westgate. As we enter into 2020, we have some exciting things planned for this year.

New for 2020: Mid-June 2020, we are holding our first Reiki in Rarotonga group tour, a great chance to learn Reiki with like-minded people in the lovely Cook Islands, this will be escorted by our International Reiki Master Teachers. We also have our solo travellers tour. Please contact the store for further information.

Valentine's Day is approaching, why not buy your loved one a travel voucher?

We have started our new YOU Travel Westgate Travel Club. As a member some benefits of joining are: Allianz Comprehensive Travel Insurance discount. * Be one of the first to hear about any deals. Receive our quarterly newsletter. Plus much more. * T & C apply



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To join our travel club, please email us at westgate@youtravel.co.nz. Contact us on 09 831 0018, email westgate@youtravel.co.nz or visit at 18 Westgate Drive, Westgate.

Gym Zone

Has your child ever thought about doing gymnastics, tumbling or parkour? 2020 is the year to give it a go. At Gym Zone at we teach all these disciplines and more. You can select from our structured term base classes or have a go at our new Free-Play casual weekend sessions. See our timetable online to check out all the options.



Our helpful staff will be more than happy to discuss term options that might suit your child. If space is available we can offer you a trial class to have a go. From beginners to competitive gymnasts we have a class that can suit.

Gym Zone is also a great place to host your next birthday party. We have both self-cater and fully catered options for you. www.gymkids.co.nz/birthday-parties/hobsonville/

Gym Zone - Where movement begins. 4 Workspace Drive, Hobsonville. Term Starts Monday 3rd February. Read more at www.gymzone.co.nz.

Henderson Budget Service Inc

We want to help you get your finances in order for 2020. You can now visit us at the following clinics:

Glen Eden Citizen Advice Bureau - Tuesday and Thursday 1-3pm.
Phone 09 818 8634.

Massey Citizen Advice Bureau - Thursday 9:15am - 12:15pm.
Phone 09 833 5775.

Henderson Citizen Advice Bureau - Wednesday 11am - 1pm
Phone 09 836 4118.

Henderson Waitakere WINZ - 1-4pm
Phone 09 836 4141.

Henderson Budget Service Inc Office - 8 Ratanui Street, Henderson
Phone 09 836 4141.

ALL THINGS
BERNINA

Phone 09 8326994
3/7 Westgate Dr, Westgate Outlet Centre, Westgate 0614
info@allthingsbernina.co.nz, www.allthingsbernina.co.nz



Community News

Please call to book an appointments at the clinics. Don't forget to visit us on [www.Facebook.Com/hendersonbudgetserviceinc](https://www.facebook.com/hendersonbudgetserviceinc).

Dia de los Muertos (Day of the Dead)

If you have seen the movie Coco then you will have a good idea of what Day of the Dead is like, but for those who don't, it is an event in Mexico that usually happens early November, in celebration of souls of the dead crossing the metaphorical bridge back to the land of the living to be reunited with their loved ones.

The celebrations normally cover a few days with the first day focusing on departed children, the second departed adults and the third is a celebration of all departed souls. The families of the departed usually construct an altar known as an 'ofrenda' which is decorated with candles, flowers and other such things of their loved ones. For children, families will bring the departed child's favourite candy or toys as offerings for the child. For adults, families will offer their loved one their favourite food and alcohol and sing, dance and drink together. Finally on the final day there will be parades and families will spend most of their night in the cemeteries saying goodbye to their loved ones as they cross back over to the land of the dead come midnight.

There are a number of locations across Mexico where you can experience Day of the Dead. For us, we had our first taste of festivities the weekend prior to actual Day of the Dead, in Mexico City, where a huge parade was set up through the streets and people flocked from everywhere to see the spectacle. Word to the wise, if you are interested in seeing the parade, as it is well worth it, dedicate your day to find a spot nice and early as most locals will be waiting at a viewing spot from 1pm for a 3pm start time. They hold one on the Saturday and Sunday so if you do miss out, make sure you organise yourselves for the following day.

Following a few days in Mexico City, we made our way by bus, down to Oaxaca (pronounced Wa-Ha-Ka) where you can experience more traditional Day of the Dead celebrations. On our first day, we visited the surrounding local cemeteries where families were gathering with their loved ones. Our second day, we visited small towns in Etla to experience 'Muerteada', where locals work all year round on costumes and then come together to dance and parade in honour of their loved ones. Our final day, we visited the local cemetery



of Oaxaca which has a carnival like atmosphere with a live band and families are farewelling their loved ones. During the days we explored Oaxaca, visited Monte Alban Ruins and Hierve el Agua (Petrified Waterfalls). I would recommend booking your preferred accommodation at least 12 - 14 months in advance as the hotels will sell out around this time, being so popular.

After our Day of the Dead experience, we made our way south from Oaxaca to Palenque. Here we visited the local sites of Palenque Ruins, Misol-Ha Waterfall and Agua Azul and joined an organised tour into the Lacandon Jungle where we were guided around the ruins of Yaxchillan & Bonampak. For this area I heavily recommend strong insect repellent during your stay as the jungle plus the humidity is the perfect combination for mosquitos and they are hungry. From Palenque we made our way by bus to Merida where we based ourselves for our day trip to the ruins of Uxmal & Kabah. We opted to visit these ruins as opposed to the well-known Chichen Itza to avoid the large crowds for a similar ruin experience. Merida itself was a small town however is a good base for day trips to Uxmal Ruins, Celestun Biosphere and the pink lakes of Rio Lagartos if you are looking at any of these attractions. From Merida, we caught another bus to Tulum in Quintana Roo where we only stayed 2 nights but could have stayed longer. The town itself is quite small but the beach was the best beach we experienced on our whole trip so here we rented bikes for the day and made the most of the beautiful location by biking up and down the coast and finding a few spots to relax throughout the day. From Tulum we made our way by Connecta (shuttle bus) to Playa del Carmen for just one night, we opted for Playa del Carmen over Cancun as we have heard Cancun is over commercialised. We found the same thing in Playa del Carmen, although good to experience, it didn't really give you the feeling of Mexico and most things were a lot more expensive than the rest of our Mexico stops. Playa del Carmen was the perfect location to either day trip to or transfer to the island of Cozumel which is picturesque and great for snorkeling.

To finish off our trip we spent three nights in full relaxation at an all-inclusive resort in Playa Maroma which is half way between Cancun and Playa del Carmen. Compared to Playa del Carmen, whose beach was clouded by sediment, Maroma had a beautiful white sand beach with lovely crystal clear water. These resorts are great for families and couples alike with multiple onsite activities and dining options and of course a swim up pool bar. Some families we met, were using it as a base and day tripping to attractions and others were solely there to enjoy the resort itself.

Mexico now falls within one of my top 5 destinations and I am already considering another trip as there is simply too much to see and do in one go. Day of the Dead is an experience like no other and if it is of any interest to you, don't hesitate any longer.

Travel show alert - We are hosting a travel show at Hobsonville Primary on 1st February 2020. Register your interest at hobsonville@helloworld.co.nz.

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In Brief Updates

The Mobile Car Specialists

Welcome to 2020 - a new decade.

Has your car taken a beating over the holidays? Crowded car parks, kids & dogs, sunscreen, beaches and the hot sun are all enemies of your car's paint! If you've received a dent or two,



maybe some surface scratches or sunscreen hand prints - we can fix it. How about having a cut and polish done to restore your paint to its former glory and leave it protected with wax?

Our services include: Dent removal - small to large, High quality paint correction / cut and polish, Ceramic coating paint protection, Yellow / foggy headlight restoration and 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.

Kip McGrath Education Centres win Reader's Digest award

The results of the annual Reader's Digest Quality Service Award (QSA) are out, offering a great guide for Kiwi consumers keen to know which businesses are nailing customer service. The results suggest you turn to educational tutors Kip McGrath for an excellent endorsement. The QSA survey offers 40 gold (plus 40 silver) recommendations with categories as varied as insurances, retirement villages, loyalty cards, campervan rentals, department stores and internet providers.

Kip McGrath has won the gold award for educational tutors.

It's the sixth consecutive year for these awards which, Reader's Digest editor in chief Louise Waterson says, recognise how exemplary customer service can be delivered and how people should be

treated. This is something Reader's Digest is happy to celebrate on an annual basis, she says. (Scoop Business website).

DIY brides, birthday presents, family or business outings?

We started our "U-Pick Flowers" @ Kumeu Flower Farm back in October last year and it's been a lot of fun. This is where we open up our greenhouse for you to come and pick your own flowers. We have seasonal flowers and foliage, along with some of our amazing roses. Remember we don't use any nasty chemicals. While you are browsing our flowers you can also take some time to sit in our "tropics" bay, so bring the flask, a blanket or mat and some sandwiches and make for a great family outing, rain, hail or shine. These events are also great for DIY brides, business and family outings and birthday presents. There are limited spaces available, so 'first in, best dressed' Please check out our website here. www.flowerfarm.co.nz/page/events or give us a call 09 412 7606.



Exclusive India hosted journey with Mary Lambie

Happy New Year from all the team at House of Travel Hobsonville, New Zealand's most awarded travel brand.

Mary's 15 day tailor-made hosted journey from NZ is a great mixture of sights, experiences and food, alongside some free time to explore the many markets and other wonders of India.

On your journey, we take an in-depth look at the amazing palaces and monuments of India. We start by exploring some of the most impressive sights of Old and New Delhi. We then fly to Varanasi, which is considered the oldest living city in the world. Here you will experience the spiritual aspect of India's age-old beliefs. We continue to Agra Fort and to the Taj Mahal, the world's greatest monument of love.

Not to be missed is the Pink City of Jaipur, where we witness the rich

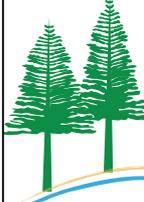




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In Brief Updates

architectural legacy of Jaipur merchants. In the Blue City of Jodhpur, we will explore the one of the largest forts in India. We will visit the Bishnoi tribal community and glamp in the Rajasthan wilderness of the Manvar Desert, surrounded by sand dunes. Why don't you join her for a fun filled, exciting, unique and exotic fortnight in this stunning country? Singles, couples and friends welcome.

Departs 14th of October 2020

For a copy of the full itinerary, inclusions and brochure contact us at 09 416 0700, hobsonville@hotmail.co.nz or pop into our store at 225 Hobsonville Point Road, Hobsonville.

Inner Wheel

One of the largest international women's organisations in the world is well on its way to chartering a Hobsonville Club. Our interest meetings have been hugely successful attracting women from as far as Kumeu, Greenhithe and the local communities. Our first fund raising event in December selling pre-loved clothing raised \$1,000 which will be presented to New Horizons for Women - a charity organisation that assists women back into study. A big thank you to all who assisted with this.



Come along and find out how you too can be part of this organisation providing friendship through service.

We meet at The Headquarters, 214 Buckley Avenue, Hobsonville Point, with our February meeting scheduled for 7.30pm 26 February 2020. For further information email: nz291membership@gmail.com.

Scout Jamboree

Welcome to 2020. We all hope everyone had a wonderful Christmas.

During the summer break, Scouts New Zealand hosted the 22nd NZ Scout Jamboree. What is a Scout Jamboree you ask? A Scout Jamboree is a triennial event and is a coming together of "Scout" aged youth from all over New Zealand as well as Scouts from Australia, Cook Islands, France, Thailand and many more countries.



This year it was hosted at Mystery Creek in Hamilton, with an overnight camping base at the picturesque Lake Karapiro.

There were 3000 scouts at the Jamboree and about 1200 adult mentors who volunteered their time to give many of the youth a once in a life time experience. The Scouts had 11 days of fun and adventure. They took part in many activities that at times pushed them to their limits and gave them life changing experiences that they would not of experienced anywhere else.

The activities at Jamboree included, jet boating, abseiling, confidence courses, sailing, paddle boarding, quad bike riding, kayaking, rafting, using excavators, shooting, exploring new places with local tours around Cambridge and other local areas, a massive flying fox, archery, building around 3000 wooden rat traps to be used on Doc land to control rats, art activities, Master Chef cookery classes and lots more.

Scouts is for boys and girls and has 6 sections, Keas 5-8 years old, Cubs 8-11 years old, Scouts 11-14 Years old, Venturers 14-18 years old, Rovers 18-26 years old and Leaders 18-100 years old. With local Scout groups in Kaukapakapa, Waimauku, Riverhead, Whenuapai, Massey, Henderson and Te Atatu, you are never far away from your local group.

If you would like to know more - visit www.scouts.org.nz or email me zl.waitoru@zone.scouts.nz Craig Paltridge, Waitoru Zone Leader.

Flippin' Fun has a class to suit you

With the holidays gone and a long school term ahead, it's time to look after yourself. Flippin' Fun Trampoline Park has a variety of classes for personal improvement, up-skilling or just plain fun for you and your little ones.



Of course it's not just in normal bounce sessions when you can experience the benefits of trampolining. We have a range of skills and activity classes to suit you and your schedule. Check these out for Term 1.

Flip fit classes - if recent unpredictable weather has kept you from the beach, it's time reclaim that beach bod with the prospect of better weather ahead.

Flip classes - Fly with the best. For age 8 yrs+. Learn new tricks to impress your friends.

Private flip class - One-on-one instruction with a qualified instructor accelerates your child's skills learning

Junior flippers - Fundamental movements programme for kids aged 5 -7 yrs teaching skills core to many sports.

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In Brief Updates

Little flippers - Super fun toddler session for the 5 & unders - without the older kids!

For pricing and times be sure to check www.flippinfun.co.nz or call us on 09 833 6880.

Hallertau Riverhead Rampage 2020

Did you commit to get fit in 2020? The Hallertau Riverhead Rampage now in its 7th year, is a 21km run & 10km, 5km walk / run in Riverhead Forest. Whether you're a complete novice or an experienced trail runner there is something for everyone, all ages and levels welcome for individual or team entries. Then it's all back to the brewery for prize giving and a well-earned beer. Since its inception we have raised in excess of \$70,000 to promote healthy lifestyles at Riverhead School. Sign up today. Sat 7th March | 8.30am Riverhead School | Register www.riverheadrampage.co.nz.



Dance24seven

Happy New Year Westie families. Dance24seven has had a much needed break after two years in a row of competing at National and International level. Our dancers gained placings in the top 5 of Australasia for Contemporary, Top in NZ for Jazz and our staff gained awards for exam results in Ballet. It certainly was a great year.



We are really excited for 2020 and will be having Open Days on the 3rd and 4th of February at our beautiful studios in Northwest. Come along and see what opportunities are there for your dancers - from Hip Hop to Ballet, Contemporary to Tap and Jazz, there's something for everyone - even Adult Tap!. We can't wait to meet you all and hope to see you then. Check out our amazing family at www.dance24seven.co.nz.

dance247.co.nz or come and see us at Enrolment time.

Dance24Seven Ltd - Unit 1/12 Kawakawa Place, Whenuapai. Phone 09 218 5700.

Local kids give it a try at West Auckland Kids' TRYathlon

Hundreds of West Auckland children swam, cycled & ran their way to the finish line as part of the Sanitarium Weet-Bix Kids TRYathlon in December. The popular kids' event was held at Keith Hay Park. The Sanitarium Weet-Bix Kids TRYathlon is designed for Kiwi kids aged 7-15 years to help them stay active and healthy through a programme of participation. The series has been running since 1992 and is a rite of passage for Kiwi kids, to date over 300,000 Kiwi kids have given it a TRY, and this season over 35,000 participants are expected to have taken part. The iconic sporting event introduces thousands of New Zealand children to organised sport, in a positive environment which encourages them to lead active lifestyles.



GirlGuiding NZ

GirlGuiding NZ recently launched a true 21st-century innovation - a digitally delivered version of its programme for five- and six-year-olds.



'Explore Pippins' went live on the 13th of January, giving girls without access to a unit, or whose parents may find it too difficult to get their daughters to weekly meetings, an option to participate in the Pippins experience of Guiding anywhere, at any time, from any device - tablets, computers and mobile phones.

All of the activities have been designed to get girls interacting in the real world, just as they would in unit-based Pippins. Girls can choose their own activities and work towards badge completion (delivered with every three-month subscription) at their own rate.

Whilst Explore Pippins has been designed so that girls can achieve activities independently and grow in their confidence and leadership skills, parents can also join in, sharing quality time with their daughters and supporting their growth. Explore Pippins also

Special thanks

We have a number of pick-up-boxes in the area and we would like to thank the following companies for their support:

Countdown Westgate
The Warehouse Westgate
Mitre 10 Mega Westgate
Countdown Hobsonville
Countdown North West
Mike Pero Hobsonville

Countdown Royal Heights
Luckens Road Dairy
Massey Leisure Centre
Whenuapai Dairy
Hobsonville Point Dairy
Season's Market Massey

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In Brief Updates

offers opportunities for more adults to become involved as volunteer leaders, communicating weekly with the girls and encouraging them as they undertake their activities and earn badges.

To find out more about Explore Pippins visit www.girlguidingnz.org.nz/explore.

Massey Birdwood Settlers 2020 Year

The Massey Birdwood Settlers Association is a 95-year-old resident and ratepayer group in April.

The hall it owns and runs for the community is active with events on every day of the week. The most recent addition to its users is the St John Massey Youth Cadets. They meet on Wednesday nights from 6.30pm till 8pm.

The hall executive is still on the lookout for regular users, especially those small groups who may like to use its Den, a room that can take up to 30 people is self-contained, carpeted with a kitchenette and toilet.

Saturdays are still available for hire during the day on the first and fourth Saturday of each month and Sunday afternoons/evenings could well be used by a Church.

In the meantime, Aikido takes place on Monday nights, Dance Beat Academy has its hip-hop classes on Tuesdays, St John use the hall on Wednesday, Kung Fu on Thursday and Housie is in the hall on Friday nights. The Waitakere Cake Decorating Club are regular users

of the hall on Saturdays, the All Nations church on Sunday mornings, Wine Circle, Scrap Book classes, English Language School and the Redhills Community Kindergarten all long-term users of the hall.

For more information please contact our Secretary, John Riddell, email masseybirdwood@gmail.com.

Ivy Cottage parties

Is your little one's birthday party coming up soon?

Are you wondering what to do to keep the kids captivated during the party?

We can help.

We'll come to your home (or chosen venue) for 1 or 2 hours and keep the kids absolutely captivated with our magical games, flying lessons, treasure hunts, magic bubbles, enchanting stories, wishing dust and fun craft activities.

We have three different packages and prices to suit your budget, lots of different party themes, plus our parties & events are suitable for boys and girls of any age.

We travel Auckland-wide. Phone or text us on 022 312 5116 / Book or enquire online: www.ivycottage.co.nz / Email: fairies@ivycottage.co.nz / Facebook: www.facebook.com/IvyCottageParties

Let us weave a wondrous spell of happiness & joy to make your



Massey Birdwood Settlers Association Inc.

Our hall is situated on the corner of Red Hills Road and Don Buck Road in Massey and is the home of:-

- Redhills Community Kindergarten - phone 09 833 6401.
- St Johns Massey Youth Division – Wednesday nights from 4.30pm
- Massey Housie – Friday nights from 7pm
- Waitakere Cake Decorating Club – second Saturday of the month
- Aikido on Monday nights
- Hip Hop Dance classes – Tuesdays from 4pm to 6.30pm.
- Kung Fu on Thursday nights
- Scrap book classes in the Den first Friday of each month
- English Language Partners – weekdays during the School Term
- All Nations Church on Sunday
- Massey Birdwood Settlers Association (your local resident and residents and ratepayers' group)

For information about the hall and Massey you can contact our Secretary John Riddell on 09 833 6972, email - masseybirdwood@gmail.com, check out our website www.masseybirdwoodsettlers.org or our Facebook page www.facebook.com/masseybirdwoodhall



In Brief Updates

child's party an unforgettable experience. Your child will be made to feel so special and have a party that they will always remember.

Goals vs action plans

At the start of a new year people often set themselves goals. But is it goals you should be setting, or actions plans? Let me explain. Your goal might be to lose weight. Without an action plan that is just a wish. An action plan might be to limit alcohol to just weekends, and to join a walking group.

Perhaps your goal is to save money or pay more off the mortgage. Your action plan might be to take a homemade lunch to work at least twice a week instead of buying your lunch every day.

Your business goal might be to increase the net profit and value of your business. Your action plan might be to engage more with your existing customer database by sending regular newsletters. Or perhaps to review all the major costs in your business. It may be to engage a trusted business advisor to help you choose the right action plan and to implement it.

What action plans are you preparing for 2020?

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

Machinery and mud

Many of the residents here at Summerset at Monterey Park had careers in the fields of engineering, construction, and building. So, when Watercare asked if they would like to have a tour of the works along the causeway they jumped at the chance. It doesn't matter how old the boy is, the opportunity to watch big machinery in action is too good to pass up.

Buck, the site supervisor, (when he's not fighting fires in Australia) gave a very informative and interesting talk prior to the site visit. He even stopped at the dairy on the way to work to purchase a juice box, so he could use the bendy straw as an example of how the drill works its way through under the Upper Waitematā Harbour and accurately emerges on target at Rahu Reserve.

It was fantastic of Watercare to offer the tour and we at the village are very thankful.

Watercare's Northern Interceptor Project commenced in January 2019. The two-year pipeline project on Auckland's North Shore

is a mix of design and construct and construction and will free up the Māngere treatment plant to cater for future growth in the North Shore. Currently, wastewater from Massey North, Whenuapai, Hobsonville, Kumeu, Huapai, and Riverhead flows to the Māngere Wastewater Treatment Plant. The Northern Interceptor is a new wastewater pipe being built in stages that will redirect this flow to the Rosedale Wastewater Treatment Plant. Works include approximately 7km of sewer and 4kms of water main with a causeway widening, two pipe jack tunnels under SH18, three Horizontal Directional Drill shots up to 1km long, and two or three pipe bridges. Challenges for the project include working in a busy urban environment, both residential and businesses are affected during construction.

Tuesday, 14 January 2020 marked the completion of the third pilot hole at the Causeway in Hobsonville. The next phase of works in this area will be completed between 28 - 31 January. Our team will 'pull back' the wastewater pipe into the newly created bore hole under the Upper Waitematā Harbour. This is a critical activity during the horizontal directional drilling process that can take between 16 - 24 hours to complete. A continuous operation is required until the task is completed.

Watercare.

Did you know that you have an athletic club in your area?

Are your kids on the electronic devices all the time?

Then come to the Massey Athletic Club (53 Granville Drive, Massey) for athletics on Monday nights 5.30pm. Season is from October to March or Cross Country from Late March to October.



We also have a walking group on Sunday mornings at 8am sharp for all ages. The main focus of our gatherings is to enjoy the exercise and the friendship that comes from walking with others in a group situation. We are not all serious marathoners or speedy athletes, although many of us do participate in Half Marathon and Marathon events from time to time.

The duration of our Sunday run and walk is generally around 60 minutes, although it can vary between 45 minutes to an hour and a half depending on those present and training for upcoming events such as half marathons and beyond. If you are starting out, we have members who are quite happy to do less time and distance with you to help you build your fitness so that the walk is well within your capability.



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In Brief Updates

Our surrounding locality offers a good range of variation for courses. We have a wonderful park with bush trails for off-road walking. We also run through the countryside up and down hills, residential areas, and often take in the beautiful views of the harbour.

All are welcome. Visit masseyathletics.org.nz for more details.

Whenuapai half marathon

Join us at the Shoe Science Whenuapai Half Marathon on 15th March

Have you been wanting to lose that extra few pounds and need an incentive? Then the Shoe Science Whenuapai Half Marathon is for you.



The Shoe Science Whenuapai Half Marathon celebrates its 33rd anniversary by taking runners on a 21.1km journey starting from the Whenuapai School, through rural Whenuapai's gently undulating country roads, across the causeway, and around picturesque Herald Island. It then circumnavigates the RNZAF base and finishes back at the Whenuapai School.

The 2km kids run, 6K Fun Run & Walk and 10K Fun Run & Walk are also part of the event.

Held at the Whenuapai School.

Enter online at whenuapaihalf.co.nz.

SeniorNet

SeniorNet is all about seniors teaching seniors in the use of their computers, phones, iPads, etc. We run small classes and at a pace that suits you. We are just getting back into organising classes after the Christmas break and our first one for the year is a refresher class for Apple iPads. This will be on the 10th February starting at 1pm, and as it is a refresher class there will be plenty of time to exchange ideas and suggestions for apps to download that you have found either useful or entertaining and exchanging ideas with Pam and Lorraine. There will be a charge of just \$5.00 for this and will be held at our room in the Henderson RSA, 66/70 Railside Avenue. Please ring Pam on 09 827 2156 to book. Please leave a message with your contact phone number and she will get back to you if she is unable to take your call.

Our Help Days have started again on the 2nd and 4th Tuesday of the month. Call in any time between 10am and 11am we will stay on longer if you need extra help. If we are able to help you there will be a charge of \$5.00. This is also a good time to call in for a chat if you just wish to find out about us and what we do. Our

first Kelston Meeting is on the 18th February starting at 10 am at the Kelston Community Centre, 135 Awaroa Road, Sunnyvale, Cnr Awaroa Road, Kelston. These meetings are held on the 3rd Tuesday if every month and you do not have to be a member to come along as all are welcome. Entry is by a \$2.00 raffle ticket which could win you one of three prizes. This month's meeting will include a short AGM followed by our usual guest speaker and morning tea. Our office phone number is 09 837 7600 should you wish for any further information. Please leave a message, we will get back to you.

Massey Library

Here are the pre-school programmes available during term-time at Massey library, Te Manawa 11 Kohuhu Lane Westgate - phone 09 377 0209. Facebook: TeManawaAC

Tuesdays at 9.30 and 11am - Wriggle and Rhyme for babies under two years

Wednesdays at 10.30am - Storytime for children aged 2-5 years but everyone is welcome

Fridays at 9.30am and 11am- Rhyme Time for children aged 18 months to 4 years but everyone is welcome

On Saturdays we have the following during term time

10.30am- Kids Time with stories, drama and fun for all ages

On the first Saturday of each month during term time we have at 11.30am, DOGabled - stories and fun with our four legged friends from DOGabled.

Come join the North West Toy Library

The toy library caters all ages. Members can rent out toys, puzzles, and games for a two week period.

Located on Westgate Drive, with over 550 toys and almost 70 families signed up - the toy library is full of activity, play and laughter.

"We are especially grateful to the community who have supported us during our first six months of operation," said Chairperson Rosie Cordy. "We are a volunteer run organisation and are always after more volunteers."

Currently, the committee is working hard to complete stock-take of all toys during the school holidays and will reopen on Thursday 30 January. Our opening hours are Thursday 9.30-11.30am; Saturday 9.00am-11.00am; and Sunday 3.00pm-5.00pm.

If you are interested in becoming a member of volunteer please view our Facebook page or come visit us during Term 1 opening hours to meet the team.

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Property

The arrival of the Trusts Act 2019

The Trusts Act 2019 makes important changes to trust law in New Zealand and replaces the Trustee Act 1956 and the Perpetuities Act 1964. The Act has been enacted and will come into force on 30 January 2021. Trustees and beneficiaries should be aware of both the changes and impacts on their rights and obligations. The Act modernises and clarifies trust law, codifies the mandatory and default duties on Trustees, simplifies the core principles of a trust and provide mechanisms to resolve trust-related disputes. The main changes are:



1. The codification of mandatory and default Trustee duties: a) The five mandatory duties cannot be excluded or modified by the Trust deed and impose on all Trustees a duty to know the terms of the Trust, a duty to act in accordance with those terms, a duty to act honestly and in good faith, a duty to act for the benefit of beneficiaries, and a duty to exercise the trustee's powers for proper purposes and b) The ten default duties apply unless expressly excluded by the Trust deed and include a duty to invest prudently, a duty not to exercise power for their own benefit, a duty to avoid a conflict of interest and a duty to act unanimously.

2. The length of a Trust's life has been extended from a maximum of 80 years to a maximum of 125 years.

3. Requirements for the management and disclosure of trust information to beneficiaries. The Act sets out what information Trustees must keep and how long documents must be kept. Trustees may only refuse to provide information to beneficiaries after considering both their general obligation to provide information and a series of factors as to the nature of the information and the practicalities of restricting that information. The Act favours keeping beneficiaries informed and clearly outlines the basic trust information that is to be provided to every beneficiary. The process of disclosing information also includes a requirement on Trustees to notify all those who are qualifying beneficiaries. Trustees may only refuse to provide information to beneficiaries after considering both their general obligation to provide information and a series of factors as to the nature of the information and the practicalities of restricting that information.

4. Mechanisms to resolve trust disputes - in the interest of keeping trust related disputes out of the High Court, the Act provides for alternative dispute resolution mechanisms such as mediation or arbitration.

The Trust Act 2019 is going to impact existing trusts. New trusts need to ensure they comply with the provisions of the Act. Want to know more? Contact Gina Jansen Lawyers on 09 869 5820 or email us at gina@ginajansen.co.nz.

Property market report

David Norman, Auckland Chief Economist says "Auckland city's housing affordability has improved by some 26% in the past four years"

Auckland Council's chief economist David Norman says "the Auckland housing market has benefited from regulatory and structural changes including the Auckland Unitary Plan and its zoning rule changes, a surge in industry capacity in New Zealand, and ongoing economic strength in Auckland with income growth and low unemployment".

Auckland Mayor Phil Goff says the improved affordability shows the progress that is being made addressing Auckland's housing issues.

"The Unitary Plan is working as it is intended to, helping Auckland become more compact, with 94% of dwelling consents issued in the past year being within the Rural Urban Boundary," he says "We continue to issue consents at record rates across the board, with 14,634 dwellings consented in the year to September. On this estimate, the city has been chipping away at its total housing shortfall for the past four months.

Norman says land supply and deregulation are often touted as the solution to housing affordability. While this is part of the puzzle, fixation on one factor fails to provide a full understanding of why Auckland's housing market has remained unaffordable for many.

"At a headline level, what causes house prices to rise is simple: not enough houses being built to meet demand for resident and in some cases non-resident demand. But investigate the detail and understanding why not enough houses are being built is more complex but much more pertinent," says Norm

The latest report compares a broad list of factors that influence housing affordability across nine global cities, with the aim of better understanding why different housing markets have such different house price outcomes.

"Against the backdrop of continued growth, Auckland has managed to achieve greater affordability in the past six years through a mix of policies and structural changes, and after comparing other cities, we know there are several differences that give us food for thought."

The reasons for housing shortages stem from demand factors such as incomes and unemployment rates, tax and ownership regimes; and supply factors such as industry structure, labour laws and construction wages, materials costs, regulation, and geography.

Over the past six years, the Auckland housing market has benefited from several regulatory and structural changes that have helped

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Property

moderate growth. These include: Auckland's Unitary Plan and its zoning rule changes, a foreign buyer ban, tighter loan-to-value ratios (LVRs), tougher exchange controls in China, a surge in industry capacity in New Zealand, and ongoing economic strength in Auckland with income growth and low unemployment.

Latest growth and housing data shows Auckland's housing supply is catching up with its shortfall. Auckland Council estimates about 14,000 dwelling consents are needed each year to keep up with current growth. A record 14,634 dwellings were consented in the year to September 2019.

Let's take a look at the real sales picture over the last month:

Let's review the market:

Herald Island Residential	\$1,500,000
Hobsonville Residential	\$820,000 to \$1,330,000
Massey Residential	\$565,000 to \$1,150,000
Swanson Residential	\$675,000 to \$1,281,888
Waitakere Residential	\$765,000
West Harbour Residential	\$645,000 to \$1,590,000
Westgate Residential	\$850,000 to \$950,000
Whenuapai Residential	\$860,000 to \$1,417,500

So let's strip it back and ask, what does affordable mean to the average New Zealander. It means reasonably priced, overall inexpensive. I struggle to understand the statements made by Norman and Goff. If Auckland Council had a genuine interest to assist New Zealanders own their own homes there is a number of mechanisms that would allow this to happen immediately. None are being implemented today.

On a positive note, buyers are back, listings are few and prices are steady. It is a great time to liquidate assets and with Mike Pero Real Estate we provide a lower fee structure and a free marketing kick start. Give me a call to book in a free no obligation appraisal. Phone Graham on 0800 900 700 or email graham.mcintyre@mikepero.com Call me today on 0800 900 700, text me on 0276 320 421 or email me at graham.mcintyre@mikepero.com. See more at www.grahammcintyre.co.nz - Mike Pero Real Estate Ltd Licensed REAA (2008).

Land covenants and modifications

Land covenants registered against a title are usually designed to protect the value of land in a given subdivision. Usually they do so by restricting against cheap building, poor landscaping and future subdivision. However, if the land is rezoned, it is possible to apply to the High Court to modify or even remove redundant covenants. In

doing so the court would look closely at the circumstances including whether it causes injury to any person who is otherwise protected by those covenants. Such cases include covenants which restrict against building heights in order to protect the sea view of a property owner. Importantly, the court has power to order compensation to the extent there is a loss of value because of a modification to a covenant. Consequently, it is important for any land purchaser to consider closely the nature of any covenants on a title and whether they are permanent or expire after a period of time. Or, whether they are the sort of covenants that a court could modify or even extinguish if a good case could be made by those bound by the covenants.

Luke Kemp - 25 Oraha Road, Kumeu. Phone 09 412 6000 or Email luke@kempsolicitors.co.nz.

Using Kiwisaver to purchase first home

If you are a first home buyer and you have been in Kiwisaver for more than 3 years then you may qualify to withdraw funds from your Kiwisaver to help buy your first home. The first thing you need to know is that you have to have a contract to purchase in place.

There are two scenarios:

- You need the funds to pay the Deposit to the Real Estate Agent; and/or
- You need the funds to pay the balance of the Purchase Price on Settlement Date

In the first scenario you need to get moving on your application as soon as possible after your offer has been accepted. You will need to download an application pack from your Kiwisaver provider's website and fill it out. Part of the application form is swearing a Statutory Declaration - you can do this in front of your Solicitor or a Justice of the Peace.

In the second scenario your solicitor can only send your application to your Kiwisaver Provider after your contract has become unconditional. So in this case you could wait until you are unconditional to get your application organised. Just remember your Kiwisaver Provider will usually need 10 business days to process the application so this needs to be organised about three weeks before settlement date.

If you are using your Kiwisaver then most Providers require you to purchase the property in your individual name (i.e. cannot nominate a trust or a company to be the purchaser).

ClearStone Legal incorporating Kumeu-Huapai Law Centre can assist you in buying your first home. Telephone 09 973 5102 if you have more questions about buying property or using your Kiwisaver.

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Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HERALD ISLAND	1,750,000	860M2	153M2	1,500,000		870,000	462M2	162M2	840,000
HOBSONVILLE	1,300,000	302M2	213M2	1,322,500		720,000	358M2	120M2	730,000
	780,000	112M2	136M2	820,000		750,000	451M2	154M2	740,000
	1,375,000	390M2	272M2	1,305,000		1,250,000	809M2	300m2	1,060,000
	815,000	151M2	120M2	886,000		680,000	301M2	190M2	683,000
	1,800,000	242M2	366M2	1,050,000		620,000	653M2	100M2	740,000
	980,000	221M2	179M2	975,000		860,000	511M2	190M2	800,000
	1,125,000	282M2	212M2	1,136,000		760,000	675M2	220M2	890,000
	1,150,000	246M2	195M2	960,000		1,075,000	609M2	160M2	1,150,000
	1,300,000	134M2	263M2	1,150,000		950,000	509M2	176M2	910,000
	980,000	225M2	187M2	953,000		745,000	778M2	116M2	702,000
	1,400,000	362M2	290M2	1,330,000		1,550,000	688M2	160M2	798,000
	1,350,000	350M2	253M2	1,378,000		680,000	1348M2	110M2	650,000
	1,375,000	386M2	272M2	1,272,188		600,000	998M2	130M2	650,000
	1,150,000	311M2	227M2	1,145,000		620,000	675M2	125M2	710,000
	1,375,000	332M2	272M2	1,176,888		1,225,000	363M2	257M2	1,130,000
	940,000	223M2	142M2	934,000		720,000	364M2	144M2	705,000
	1,240,000	754M2	180M2	1,300,000		1,175,000	736M2	300M2	1,070,000
	1,275,000	325M2	248M2	1,145,000		810,000	226M2	170M2	900,000
	870,000	141M2	170M2	915,000		650,000	350M2	90M2	659,000
	1,010,000	225M2	201M2	1,200,000		790,000	622M2	137M2	760,000
MASSEY	850,000	419M2	154M2	886,000		690,000	583M2	83M2	660,000
	600,000	713M2	90M2	675,000		920,000	873M2	165M2	1,051,250
	560,000	442M2	100M2	640,000	WEST HARBOUR	780,000	684M2	87M2	800,000
	660,000	534M2	100M2	675,000		960,000	719M2	110M2	752,500
	610,000	355M2	84M2	565,000		945,000	330M2	140M2	735,000
	810,000	383M2	160M2	843,000		1,125,000	641M2	150M2	1,045,000
	860,000	455M2	160M2	845,000		1,600,000	650M2	360M2	1,590,000
	710,000	601M2	160M2	727,500		1,030,000	600M2	200M2	870,000
	1,080,000	954M2	220M2	885,000		950,000	780M2	120M2	940,000
	950,000	651M2	286M2	820,000		830,000	714M2	190M2	918,000
	1,050,000	611M2	194M2	958,000		840,000	722M2	80M2	818,000

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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3 2 3

Asking Price \$1,599,000

5A Bernleigh Terrace, West Harbour
Asking Price \$1,599,000

Electric entry gates, full fencing in a quiet cul-de-sac location surrounded by high end and exclusive, million dollar homes. It is a perfect home for an executive couple that wants the convenience of lock up and leave, and the flexibility to have family or guests stay, providing them their own space so that you can live together but with independence and privacy. In addition the home has an extensive tandem double garage which could serve the interests of a home business, workshop or storage feature. Extensive landscaping, water feature and the best of the best with style, features and finishing. If you want the best of the best, you have to look for it, understand why, and enjoy the benefits that it delivers. This home has been designed for the sun and the extensive views.

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SEA VIEWS, EVENING HUES, AFFORDABLE LIFESTYLE

4 1 1

By Negotiation

7 Kaipara Lake Road, South Head
By Negotiation

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. Kaipara harbour can be accessed from the Tupare Estate 's private boat ramp. This gentle flowing estate of 1.6 hectares (4.12 acres) is divided into four paddocks of all season pasture. There are two paddocks with animal shelters and one with a three bay shed with a concrete floor and two roller doors, all paddocks have reticulated water from the estate bore. Tupare Estate home owners share an enviable number of community facilities, a large hall, tennis court, equestrian facility which includes an arena, stables, wash bay, stock yards and a loading ramp

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INCOME FOR AN ASTUTE INVESTOR WANTING HIGH YIELD 5 2 3

By Negotiation

7 Will Street, Kumeu
By Negotiation

Quality modern Brick and Weatherboard home, built in 2017 offers a low maintenance construction, with two homes under one roofline offer to suit investor or buy now move in much later. The main dwelling comprises of 3 bedrooms, 2 bathrooms (including master ensuite and walk-in wardrobe), entertainers kitchen leading into open plan living/ dining area with alfresco. An automotive carpet fitted double garage/laundry can double for storage, games or hobbies. The minor dwelling is accessed via a separate side entrance and consists of 2 bedrooms, 1 bathroom (with laundry) and an open plan kitchen/living area that opens to a sunny balcony to enjoy the views. This quality home is situated in a quiet, upmarket street within a short walk to bus stop, local sports fields supermarket and amenities.



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GREENHITHE ENTERTAINERS HOME 4 2 2

Asking Price \$1,179,000

8 Archer Rayner Place, Greenhithe
Asking Price \$1,179,000

Excellent design meets five star construction, this Universal home delivers the best of modern living with modern materials. The home offers: Four bedrooms, Two bathrooms, Two lounges, Double Internal garage and Two alfresco entertaining environments. Set on a North facing aspect, the home has a front to back split, giving the open plan living environment almost a regal introduction from the entrance way. With study or guest room to the right and the balance of bedrooms and bathroom off a central hallway to the left. Entertainers kitchen with access on two sides to the alfresco patio and decking that dances in the sunshine for most of the day. Further an additional lounge area that connects to the kitchen's breakfast bar delivers a snug get-away from the rest of the home.



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Cherry Kingsley-Smith
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RUSTIC CHARACTER, BARN AND MODERN STUDIO

6 5 2

\$1,995,000

41 Coatesville-Riverhead Highway, Coatesville
Asking Price \$1,995,000

The best of old and new blend seamlessly on this quiet and private estate of 4 acres comprised of established native bush and pasture delivering a private, tranquil and sunny glade. A statement of enduring connection to what is real, what matters and what feels right. A diversity of living rooms, separate dining room, four bedrooms, an office and two bathrooms while the hub is the open plan kitchen and step down entertainment lounge with high, wooden, cathedral stud and cascades of light. Two large barns, one open style and one a half round with a loft, providing storage or workshop options. In addition, a separate, near new studio comprising five rooms (ccc not issued) with additional parking.

www.mikepero.com/RX2166107



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027 632 0421

graham.mcintyre@mikepero.com



CONTEMPORARY TWO LEVEL - RURAL ASPECT

3 2 2

Asking Price \$969,000

43 McEntee Road, Waitakere
Asking Price \$969,000

A home that delivers style, sophistication, rural valley views and a sunny Northerly aspect. Set on 2600 square meters of land. The home is an extensively revamped and refurbished three bedroom plus study with the most beautiful outlook to well established fruit trees and extensive bird life through pockets of native bush that peppers some of the orchard. An open plan entertaining kitchen, dining and lounge opening up the expansive North facing decking. Double bedroom and study/ office downstairs with full bathroom, while upstairs is two bedrooms, en-suite and walk in delivering peace and privacy away from the hustle and bustle. A double garage with laundry and additional garden shedding delivers more storage for tools and toys.

www.mikepero.com/RX2145929



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



VALLEY VIEWS, PASTURE IN HUE - NEAR TAUPAKI

4 3 2

By Negotiation

81 Stoney Creek Drive, Waitakere By Negotiation

Pasture and park like surrounding ignite the most idyllic, peaceful and playful home, shedding, grazing and kids playground imaginable. A contemporary and modern four bedroom, two bathroom home, over two levels, elevated, tranquil and private with the most outstanding valley and bush views. Open plan kitchen and dining area flowing seamlessly out to a large deck, making entertaining a breeze. Separate lounge area which opens up to Westerly decking over-looking a lush garden, lawn and entertaining area leading to a grazing paddock. Internal access triple car garage makes life easier for the tools and toys, with a separate 12m x 9m shed providing workshop space and storage, includes a separate room and bathroom, delivers options for extra room for guests or independent family members.

www.mikepero.com/RX2109381



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



VIEWS TO THE TASMAN SEA - WAIMAUKU

4 2 2

Asking Price \$897,000

94 Hinau Road, Waimauku Asking Price \$897,000

Looking for peace, privacy and potential to add some sizzle. Set on almost 1.5 acres of sloping land with a bush framed vista to the Tasman Sea. This 1980's period build offering a delightful upstairs/downstairs home within a glade of gardens and establish native bush, the lower area is out of the wind and positioned to mingle with the Tuis and Wood Pigeons. Good space upstairs with three bedrooms and open plan living, linking alfresco to the east and west while downstairs has a bathroom, bedroom plus living area, double garage and workshop. Offering space, privacy, and an established solid house with potential. All the foundations for an extended family or having friends or guests stay over. In close proximity to beautiful coastal walkways, Waimauku Primary School, Parks and West Coast Beaches.

www.mikepero.com/RX2066197



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



NORTHWEST ASPECT - COUNTRY COTTAGE IN HELENSVILLE 2 2 1

By Negotiation

203 Mangakura Road, Helensville
By Negotiation

Nestled in a quiet glade overlooking most of it's 1.5 hectares is this very private country cottage. Offering a feel of ambience, a touch of nostalgia and a tranquil place of relaxing contemplation. If you are seeking land and home that ooozes personality and character, this is one that will feature high on your list. Motivated owner and lots of little projects to enjoy, come and feast your eyes on this great delight. The CV on this property is \$1,075,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX2066202



BEST APARTMENT LIVING HOBSONVILLE POINT 2 2 2

Asking Price \$669,000

204B / 160 Hobsonville Point Road, Hobsonville
Asking Price \$669,000

You will find amazing value in this exceptionally well appointed apartment. Whether you want a secure lock and leave lifestyle or the simplicity and convenience of Hobsonville Point life, this property certainly delivers. Open plan modern spacious living includes a complete appliance package. Two bedrooms, main bathroom, master with ensuite and walk in robe complete the design. Take the opportunity now to secure a great investment or your new home in the vibrant Hobsonville Point community with easy access to great schools, cafes, restaurants, shops, Bomb Point reserve and the magnificent Te Manawa coastal walkway.



Cherry Kingsley-Smith
021 888 824

cherry@mikepero.com

www.mikepero.com/RX2075126

Home & Garden

Meet Laser Whenuapai's office manager – Samantha Wing

If you have booked in a plumbing job lately, you would have spoken to Sam, our amazing office manager. Sam not only looks after all the Laser accounts and office administration, but also manages the Maintenance Plumbing team. We couldn't function without her. So, if you need a plumber, give Sam a call and she will arrange a plumber to attend to all your plumbing needs.

So what else does Laser Whenuapai offer you...other than plumbing services? We are your local specialists in hot water systems, roofing and gutters, and all drainage services. Laser Whenuapai offers a state-of-the-art drain unblocking service.

We also have a plumber available 24 hours, 7 days a week for any plumbing emergencies - as unfortunately, these can come at any time.

No job is too big or too small for Laser Plumbing & Roofing Whenuapai. The team is happy to do any job from basic tap washers right into full re-piping, re-roofing, drainage or gas systems.

Contact Laser Plumbing & Whenuapai (and Sam) for all your service needs from plumbing through to roofing, drainage, gas and pumps and drain unblocking on 09 417 0110. Open five days a week from 7am-5pm, we are located in new offices at Unit 4, 3 Northside Drive, Whenuapai. Visit our website whenuapai.laserplumbing.co.nz for



more information.

Palmers Westgate

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Silver Spas are designed and made in New Zealand and Australia with over 25 years of research and engineering.

Available at Palmers Westgate, there are various sizes in the range which are all quality built and packed with features - there's something for everyone. Plus all spas come with a Palmers Value Pack worth over \$2,200 of added value at no extra cost, which includes steps, a startup chemical kit, cover lifter, ozone sanitisation and delivery.

Pop in store and see the range available. Palmers Westgate | Corner of Maki and Northside Drive, Westgate. Open 7 days from 8.30am. Phone 09 810 8385 | www.palmers.co.nz.

Service your grease traps, before the rush

It's about this time of the year that we start getting calls from local restaurants about their grease traps and interceptors. Grease converters (250 litres) are installed under the sink to literally intercept and trap greases and solids before they enter wastewater - an essential in busy kitchens. Grease traps are generally located in the ground under a manhole lid. Each chamber can hold up to 1000 litres at a time.



Having a proactive servicing plan means you minimise your chances of a drain blockage, overflow, bad odours and, in some cases, discharge to where it shouldn't go. In serious cases, any discharge into the stormwater network can require you to close your business to deal with the emergency. Fines for non-compliance from Council can be up to \$300,000.



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Home & Garden

Our grease trap services include collecting the grease, cleaning traps and interceptors, removing the contents of your grease trap from site, and disposing of it in a responsible manner at a Council-approved liquid treatment facility. There it's separated into grease, water and sludge and reused where possible.

How often a grease trap or converter needs to be serviced depends on the device and how busy your business is. We're experts in this field and can advise you on how often your particular trap needs to be serviced - through our automated system we can call you to let you know when your next service is due so it's one less thing you need to worry about.

Please contact us to enquire about your grease trap / converter clean or an annual servicing plan - we're happy to help. www.hydrovac.co.nz; 0800 493 768.

to enquire about your grease trap / converter clean or an annual servicing plan - we're happy to help. www.hydrovac.co.nz; 0800 493 768.

Quinovic Property Management

You may have noticed that most of my articles to date have been about compliance on rental properties, well sorry but this one is following a similar theme in an effort to cover off all of the recent and upcoming changes which are very important for landlords to understand and be prepared for.

So far we have covered

- Minimum standards effective July 2019
- Healthy Homes standards effective July 2020 and 2021
- RTA Amendments #2 effective September 2019 but still awaiting meth standards to be written

The 4th and hopefully final compliance matter will be RTA amendments #3, this bill is awaiting select committee approval but the content of it has been widely publicised and thankfully rationalised somewhat along the way.

Allowing tenants to modify a rental property they occupy has been greatly restricted and I understand that the rules around tenants having pets may remain unchanged.

It is proposed rent reviews will be restricted to 12 monthly intervals which is not of significant concern.

The big looming issue for landlords will be the proposed inability for Landlords to give tenants 90 days' notice of termination without a reason, the reason given will need to be from a list of approved, prescriptive reasons.



We see this as a very cumbersome process and is made very difficult when some of these matters may be extremely sensitive or worse dangerous for landlords or neighbours in a case where anti-social behaviour may be the issue

It is proposed that in the case of anti-social behaviour, three written complaints must be presented to the offending tenants within a 90 day period to qualify for a termination and then an application to tribunal is required to enforce the termination. Accumulating evidence of such behaviour can be challenging because neighbours are often afraid to make complaints on record when they are dealing with a threatening situation.

In the case of fixed term tenancies the landlord would not be able to terminate the tenancy at the end of the fixed term unless the tenant wanted to leave otherwise I would assume it reverts to the 90 days' notice rules above.

Landlord groups are strongly lobbying this law change and it will take some time before we see the actual final legislation, so we can only hope for further rationalisation because although such circumstances are very rare it will only make what is already at times a stressful process significantly and it's a law that really only serves bad tenants.

If anyone has any queries regarding this information, I am happy to be contacted directly by phone or email, Brendon Stuckey from Quinovic Property Management West Auckland, brendon@quinovic-wa.co.nz, 09 837 6000, 027 490 7777.

Thoughts on small scale landscaping

The large proportion of thinking about landscaping is on a big scale, with broad brushstrokes, big features, and big budgets. Modern, smaller properties and ever-busier lives mean that for many people, the time and financial investment in a large-scale landscaping project can be quite a daunting prospect.



One recent client found it worked better for them to develop and overhaul a much smaller area of their landscape. They focused on the following aspects when working on a planter bed bordering their courtyard lawn:

- Thinking carefully about what existing elements to retain or discard.
- Identify supporting design elements that compliment your design.
- Researching and selecting the appropriate plants.



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2

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154

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2

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Home & Garden

Spending time and effort on good preparation of the soil.

Wyatt Landscaping Supplies can help.

Wyatt's are experienced at dealing with landscaping projects of all sizes. We offer most of our products both in bags and in bulk allowing you to order in quantities to suit your needs. Our free loan trailers and smaller tipper trucks can take the hassle out of getting materials to your site and underway quicker with your project. Feel free to draw on our product knowledge of what works and how to get the best results from your small-scale landscape project.

9 Summer Roofing Tips

Now that it's almost summer, get ready to feel the heat! However, not many people know that the hot sun can cause a lot of damage to your existing roof. In order to keep your home in tip-top shape, here are some tips on how to take care of your roof during these warm months.



1. Make sure to check and clean all gutters and downpipes so that water can flow through without blockage.
2. If you have a skylight, don't forget to check for clutter behind it.
3. Check your roof for cracked tiles, or tiles that have moved.
4. Check your iron roof for any rust spots, and check that all screws

/ nails are tight.

5. While on your roof, make sure to take pictures of before and after to make sure there aren't any major changes since your last check.
6. Mold damage happens fast. Make sure that nothing is moldy or damaged from mold.
7. Block all the places where small creatures can invade.
8. Check sealants to make sure they are still in good shape.
9. Make sure your eaves and overhangs don't have stains from water.

Precision Roofing pursues providing high quality work at a reasonable price. We use the highest quality materials to meet your home or businesses requirements as we understand that Auckland is prone to variable weather conditions. Our team gives attention to detail, so all our work is Precision quality. All of our replacements, restorations and repairs on homes and businesses in Auckland are backed with an exceptional 10 year workmanship guarantee, and manufacturer's warranties also apply on most materials of up to 30 years. Phone 0800 002 222, email info@precisionroofing.co.nz or visit www.precisionroofing.co.nz.

\$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 22,000 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:

Business Card Advertising:

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

Hot Property



Best apartment living in Hobsonville Point

Two bedrooms, two bathrooms, two car parks, safe and secure.

You will find amazing value and easy living in this exceptionally well appointed apartment.

Step inside to open plan modern living and dining, a well-appointed kitchen with breakfast bar and quality appliance package included. Two bedrooms, main bathroom, master ensuite and walk

in wardrobe complete the design. The deck offers indoor / outdoor living for that morning cup of tea, glass of wine or alfresco dining. A lovely East West aspect invites you to enjoy both the sunrise and the sunset. In addition to your apartment, you will have access to your own storage locker and the bike room.

Energy efficient with solid brick and cedar construction, this Brickworks Apartment offers peace of mind. The unique build provides breezeways for ventilation and a gated secure courtyard for your cars and a loading bay. Fibre and additional data cables has your home office sorted. Easy access is provided by a lift and stairs. Take the opportunity now to secure a great investment or your new

Hot Property



Hobsonville Point Home. Your small pet is welcome here too. Enjoy the simplicity of a lock and leave lifestyle and all this wonderful community has to offer. Restaurants, cafes, shops, medical centre, great schools, Farmers market, magnificent Te Manawa coastal walkway and transport links including the ferry are all on your doorstep. Entrance is on Hobsonville Point Road, Crown block.

For viewing and more information, contact Cherry now on 021 888 824 or cherry@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

Central's Tips

February 2020



It's heating up - make sure to water regularly and keep on top of garden pests like caterpillars, thrips and whitefly.

Add fragrance by planting flowers like like scented geraniums and colour with impatiens, astroemerias and begonias for a beautiful fragrant garden.



Get rid of bugs

There are plenty of organic ways to deal with them: hose water can dislodge thrips, garlic based sprays deter aphids and removing weeds takes away pest 'homes'

In the Edible Garden

- **Use organic pest deterrents** on edibles to limit the damage done by green looper caterpillars, whitefly, aphids etc - it's a safe option, but follow the withholding period. If you're using garlic-based sprays, wash the vegetables well before eating
- February is the hottest month of the year and it's important to water plants frequently, so they continue to produce crops and don't become stressed. Water early morning or in the evening so that the soil absorbs more moisture and less is lost to evaporation
- **Thin out some of the pip fruit developing in clusters on your apple and pear trees.** This ensures the final fruit are a good size
- **Planting basil and chillies can be done now** - these crops develop quickly in the heat and last until the first cold temperatures. Red Rubin, lettuce leaf and Thai are some of the more interesting basil varieties
- **Add fragrance to the edible area with scented geraniums** whose foliage can be crushed to release their aroma - try lemon, coconut, rose and chocolate mint (yes it exists)

The rest of the Garden

- **The silvering of leaves on evergreen plants is caused by a tiny insect known as a thrip.** While watering, spray the garden hose up under the leaves of rhododendrons, viburnums and lemon trees because this helps dislodge these pests that are feasting there
- **Appreciating shade:** during the hot summer months the shady areas of the garden become great relaxing spaces. Plant a mixture of lush tropical foliage interspersed with shade lovers that produce bright flowers such as impatiens, astroemerias and begonias
- **Cut and come again:** lavenders, hebes and daisies can look a bit shabby at this time, so a trim of spent flowers and a liquid feed will refresh their look and encourage new growth
- **Keep the lawn regularly watered if you have the water available.** However, lawns that die off can tend to recover in autumn when the rain returns
- **Kikuyu lawns** are excellent over summer months as they are drought resistant - one of the few lawn types that can be mowed low!

Project for February

Decorative pebbles & Stones

Summer is a great time to create a decorative path or pebbled area using our great range of stones and pebbles. A project that can be easily done in an afternoon.

For all the products you'll need for your project visit www.centrallandscapes.co.nz





We dig vegetables.

Time to get the vegetables in for autumn – grow the organic way with Living Earth Organic Certified Veggie Mix. Talk to our friendly team at Central Landscape Supplies Swanson about all your garden needs.



Visit your local yard: **Central Landscape Supplies Swanson**
Open Hours: Monday - Friday: 7am - 5pm, Saturday: 8am - 4pm, Sunday: 9am - 4pm
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Build New

Signature Homes hammer it home: build tips

At Signature, we know how exciting building a new home can be. We also know that the process can be daunting if you haven't built before. Whether you choose from our range of House & Land Packages across the country, Design & Build your new home from scratch or utilise our Knock Down & Rebuild or Subdividing services, building with Signature means stress and a drain on your time won't factor into your new build experience. Before you embark on your build journey, make sure you check out some tips and tricks from those who have recently built with us

Andrew & Emma: Built their dream home, Tamahere, on family land in Matangi, Waikato

- + Work out what areas of the house are important to you and don't compromise on them
- + Take your time with planning and make sure you have allowed for everything in your budget, including curtains, furniture and basic landscaping. Attention to detail in the planning process will pay off in the end
- + Choose spec quality over house size if you are on a budget

Dean & Emma: Built their dream home which was rightfully named Motueka after the location of the land

- + Have a clear idea of what you want before you start, and stick to your guns

- + Know the site, where the sun comes up and goes down and what you want your focal points to be inside and out

- + We saved on flooring using vinyl planks in the laundry and WC

- + We splurged on the concrete chimney and the solid oak barn door

Mey & Robert: Built their dream home on their existing site via Signature's Knock Down & Rebuild Service with us here at Signature Homes West. The plan was named Te Atatu after the suburb where the family lives

- + Spend plenty of time getting into the detail, specific dimensions; make sure it's going to work. It's very difficult looking at pieces of paper which are one-dimensional. We got a walk-through video done by Signature Homes which really helped

- + Upgrade where you can, especially things like lighting, power sockets, TV/data points etc. These are very difficult to do once the GIB is on

- + Have plenty of storage space. We love our huge linen cupboard (room) and storage cupboards in the garage

- + We love our internal air-conditioning throughout the whole house and definitely recommend it

More hot tips on building your new home:

- + Trust your gut and don't overthink a decision. We wasted time going around in circles on a few things, invariably you end up back where you started

- + Do lots of research and create a mood board to help decide what style you want to go with

- + More often than not your budget doesn't stretch to everything,

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Lot 18, 14 Vogwill Road, Kauri Grove
Home: 170m² | Section: 748m²

4 | 2 | 1 | 2



Four Bedroom Beauty
Price By Negotiation

Lot 4, Taupaki Estate, Taupaki
Home: 250m² | Section: 8011m²

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- + Check sizes of rooms against existing ones to get a feel for what the home you're designing will feel like
- + Go with the process and be open-minded. Often things you end up loving weren't planned for
- + Buying good quality pays dividends in the long term. Also, buy less but buy right

All interest is welcome to discover more about our building services. Call or email for free, no obligation information. Phone: 0800 020 600, email: deanpritchard@signature.co.nz.

A look at 2 of Auckland's fastest growing residential areas

During the next 30 years, 2,500 homes will be built in Kumeu and Huapai alone, according to the local board. This growth should transform the area into an even more liveable and exciting area that still has the tranquil rural feeling of its origins.

North of the city, another new housing centre is cropping up. Milldale and Millwater are in another growth area in the city, surrounded by beaches and new retail centres. These three areas, Kumeu, Huapai and Milldale are among Auckland's most promising and fastest improving suburbs. Here's why.

Kumeu River Winery is one of the best in Auckland and it's just down the road.

Kumeu - Kumeu was once a rural community with a small population of farmers, winemakers and seasonal workers. As Auckland city has spread outward over the last two decades, it's quickly transformed into something much more exciting.

The Kumeu village centre is currently being redesigned, upgraded and redeveloped. Key initiatives include moving industrial buildings away from the centre, building more walkways, cycle paths and green spaces, and investigation into providing rail to link Kumeu and Huapai to Westgate and the city. There are also plans to create a community hub of greenspaces and social areas around the arts centre and the library.

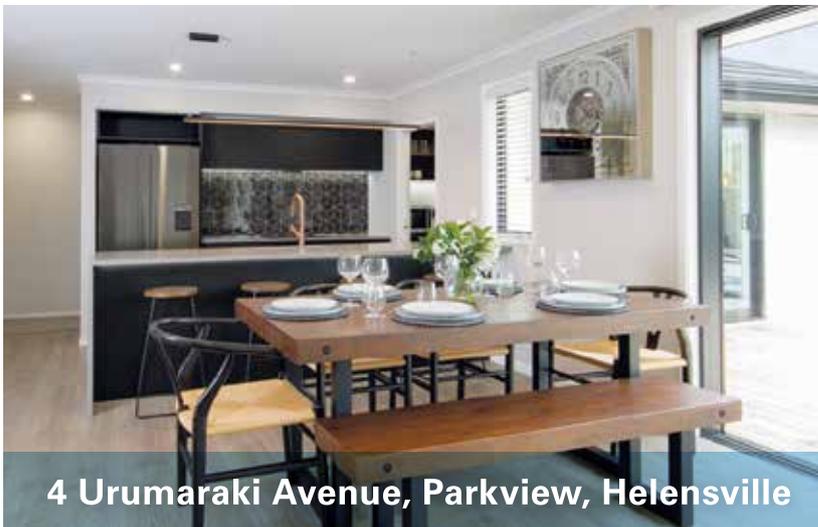
This will no doubt improve the already excellent lifestyle on offer in the area, which is already home to some of Auckland's best eating and drinking at nearby venues like the Hunting Lodge, Kumeu River Winery and the Tasting Shed.

Huapai - Kumeu's neighbour, Huapai, is also benefiting from the growth. It was once even sleepier than Kumeu but has quickly caught up and is now home to several residential and commercial developments.

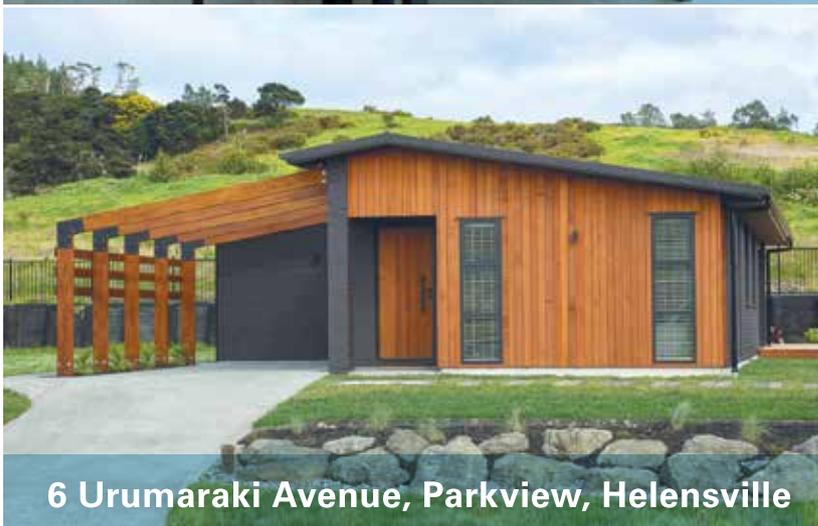
This area still offers the same tranquil, friendly atmosphere but with all the convenience and growth opportunity of Kumeu.

One thing's clear - these areas are only going to improve as they grow. Expect better transport links, cooler shops, cafes and restaurants and an enviable lifestyle for you and your family. If you'd like to get in at the ground level and invest or live in one of Auckland's fastest growing areas, get in touch with the team at Goslstruct Homes today.

Golstruct homes - Ian Sullivan , 022 580 0200, 0800 465 787, ian@golstructhomes.co.nz - Show Home at 175 Matua Road, Huapai.



4 Urumaraki Avenue, Parkview, Helensville



6 Urumaraki Avenue, Parkview, Helensville

TWO EXCITING SHOWHOMES

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G.J. Gardner. **HOMES**

Pets

Meet Nick McIndoe

Not only does Nick work a full time job at Auckland Airport but he is also a husband and father. So what motivates Nick to give up the very small amount of spare time that he has to teach kids about dog safety?

I am an animal care/zoo keeping graduate, aspiring vet nurse and became a Kids Safe with Dogs instructor four years ago.

In 2014, I met the founders Joanna Clough and Laura Purkis. They were looking for qualified and passionate people to assist the charity and go into schools to educate children. They had flown to Palmerston North and met with Massey University's director of psychology, Dr Kirsty Ross, to ensure that the programmes were age appropriate and factual.

One of the questions that I get asked a lot, while instructing, is to clarify "where is the best place to pat a dog?" Many parents don't like their children standing in front of the dog to pat the chin and chest. So I am very pleased to be able to reassure them that the "chest and chin" method of greeting dogs is outdated. A child wouldn't like to be touched on the face by a stranger or have their hair ruffled, dogs are the same.

As a father I love being able to educate children especially about something so important and using the programme that Kids Safe with Dogs has created is great. I am fortunate to be accompanied by either Fergy, a dachshund/Australian cattle dog cross, or Ollie the golden retriever. They are both incredible dogs, temperament tested and are the focus of each class.

All the children find the lessons interactive and fun. We use flash cards and each child gets an activity book filled with cartoon dog characters which makes the material easy to remember.

Following an introduction and H & S briefing, we begin with the 3 Golden Rules. Each class lasts around 30 minutes and following the golden rules it's time for Ollie or Fergy to shine as they test the kids' "trees" (Golden Rule number 3).

A big part of the class is getting the children thinking with "what if" scenarios and following a quick quiz to see who has absorbed the golden rules, flash cards are used to discuss situations such as "what if a dog is eating?"

Another refresher on the golden rules is followed by everybody's favourite part—patting the dog, making sure the rules are being followed of course. It's important to respect that some kids don't want to interact with the dog, while also ensuring they learn how to



behave around dogs.

Older kids' classes are around 45 minutes and introduce animal welfare such as the 5 Freedoms and more complex scenarios that incorporate canine body language.

The sessions finish with a final check of the golden rules and questions.

I really enjoy teaching the Kids Safe with Dogs programme. The dog bite statistics in NZ are shocking, and as a father myself, I just imagine if it were my own boy. It's also heart-breaking to see dogs put down as a result, when education would prevent most bites. I am passionate about reducing dog bites and the latest ACC stats show that in areas where we are running programmes there has been a reduction in these..

If you think you would be interested in working with Kids Safe with Dogs please contact us on kids@dogsafeworkplace.com.

Helping the helpless

To look after and rehome cats, Huapai-based The New Zealand Cat Foundation needs help itself.

The charity is mainly funded by founder and former Real Housewives of Auckland star Anne Batley-Burton, who featured in the Kumeu Courier in March 2017.

Volunteers and donations are now urgently needed to help keep the charity and cat sanctuary going.

"Whether abandoned, injured, disorientated through a change of residence or purely lost these cats need our help," Anne says.

She says that in many cases the cats have not been desexed by their previous owners.

"An important part of our work is to trap, desex, health check, vaccinate and microchip these cats to prevent further breeding of unwanted kittens," Anne says.

She stresses the cats are not feral and there is a clearly defined code of welfare for cats which summarises the various categories, including companion and stray cats.

Strays are taken to the enclosed indoor/outdoor sanctuary in Huapai where they are then available for rehoming where possible.

"If not, they are looked after for their life-time," Anne says.

"This is all extremely costly and we are looking for corporate sponsors and donations where possible to help us continue this



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Pets

valuable community work."

Volunteers are welcome too.

Visit www.thenzcatfoundation.org.nz to register your interest, leave a message on 09 412 2636 or to donate use The NZ Cat Foundation account, 06-0185-0464986-00.

Kanika Park Cat Retreat

Welcome to Kanika Park Cat Retreat, a new boutique country retreat for cats. Run by a family of passionate animal lovers, nestled in the heart of our 10 acre Waimauku property.



Kanika Park Cat Retreat is a cattery like no other, where you can treat your cat to a relaxing holiday in one of our spacious private suites.

It is our mission not only to provide each guest with a personalised, warm and fun place to enjoy, but also to allow owners to be comfortable in the knowledge that their fur babies are safe in a loving and caring environment.

For further information please contact 09 411 5326 or 027 530 1406, email info@kanikapark.nz or visit www.kanikapark.nz.

On-location pet and family photography

Never work with kids and animals. That's what they say anyway. I'm the crazy one that absolutely loves taking on that challenge. I run a little photography business called Dog&Co. Photography and specialise primarily in pet portraits, as well as involving pets in family and occasion photos such as engagements, maternity, and pre-wedding photos.



I am based in Taupaki, but don't have a studio as my passion lies in on-location photography, and using natural light to create vibrant portraits in my unique style. And why not utilise all of the stunning locations we have in Auckland? We are especially lucky out West with amazing spots such as Bethells and Muriwai beaches, Riverhead Forest, Sanders Reserve and more.

In an age where everyone has the capability of taking their own photos thanks to the cameras in our phones, I make it my mission to take and hand-edit images in a way which I call photographic art. They are images which can't be achieved through a simple phone camera, and images which are begging to be hung up on your wall at home. I love being able to create art which families are able to treasure forever.

Have a look at the gallery on my website to check out some of my favourite past photo shoots, and don't hesitate to get in touch to discuss booking your own pet photography experience. I also do gift vouchers if you are looking for something special for a loved one. Website: www.dogandco.nz Email: kirsty@dogandco.nz.

Healthy Dog & Co

Local Hobsonville Point pet brand Healthy Dog & Co are starting the New Year with the release of their first-ever collection of dog wear.



Designed with the New Zealand summer in mind, their harnesses with matching leashes and collars come with either fun ice creams or doughnuts printed on them. These are cute on their own, but what makes them that extra bit special is the fact they are fully reversible, getting two looks in one.

Made with a durable neoprene fabric they are easy to clean and are soft and comfy to wear. They can be dipped in water and then worn to help cool your dog on its summer walks.

With sizes ranging from small to XLarge, they have something to fit almost every type of dog. So if you are looking for something fun and bright to add to your dog's wardrobe then Healthy Dog & Co is the perfect place to start. www.healthydogandco.com.

\$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 22,000 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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Food & Beverages

Café Botannix

Café Botannix Westgate offers a relaxing setting to spend time with family and friends.

The summer menu features some of your favourites such as Eggs Benedict and plus new dishes like the Summer Salad, Mediterranean Couscous Salad (pictured) and the Vegan Gnocchi Breakfast which are all proving to be extremely popular.

The pastries and sweet treats you see filling the cabinets are all homemade and are available to eat in or takeaway.

Café Botannix offers the finest blend of coffee and serve breakfast through to afternoon tea.

Open 7 days from 8.30am.

Phone 09 810 8385 | www.palmers.co.nz/cafe-botannix/



Don't waste leftovers

In New Zealand we waste a lot of food because we cook too much.

Leftovers often get pushed to the back of the fridge, because we don't feel like eating them, or simply forget about them. We find them days later, when they are even less appetising and into the bin they go. The chefs at Love Food Hate Waste (lovefoodhatewaste.co.nz) bring you some simple ways to get a quick new meal everyone will like, using leftovers. Pies are a fantastic way to use leftovers, because no matter how little you have left, there's always enough for a pie. Leftovers are given a new life in a frittata. Mixed with a few eggs you won't even know it is leftovers you are eating. Toasties are the perfect option if you only have a small amount to use up. Add some cheese, and we guarantee you'll be thankful for this quick meal.

Crumble is perfect for using up all sorts of raw or cooked fruits. Best of all, it can be eaten any time of the day. Sausages and steaks from the barbeque make great pizza toppings, tacos, fried rice, or salad rolls. Soups are great for using up leftover vegetables. Chuck in whatever



you have with some water or stock and simmer for a while. Blend it if you like your soup smooth. If you have a little leftover wine, freeze in ice cube trays to use in your cooking later.

When it comes to leftovers, remember the 2-2-2 rule. You have 2 hours to get your leftovers into the fridge. You should eat them within 2 days. They will last for at least 2 months in the freezer.

Siamese Doll

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 its 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.

Lunch from 11am - 3pm and Dinner 5.30pm- Late- Reservations Recommended can book online or over the phone 09 4160333. Find us at 3/3 Boundary Road, Hobsonville, and follow us on Facebook.

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



Made the old-fashioned way

We may be entering a new decade, however when you love good, honest food, traditional methods and ingredients still produce the best results.

Mary Brons, the brains behind NoShortcuts quite literally takes no shortcuts when creating her products; cooking the old-fashioned way, in small batches with fresh, locally sourced quality produce and no nasty additives - just like Mum made.

The cooking and preparation process may be time consuming, but this



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Food & Beverages

labour of love achieves great flavour, aroma and colour reminiscent of the old days.

NoShortcuts' range is proudly handmade and can be used as a garnish, topping or side dressing and also blended into cooking as a flavour enhancer.

The NoShortcuts chutneys, relishes, pickles and jam can be found at Countdown Hobsonville, Organics Out West and other stockists. Check the website for details at www.noshortcuts.co.nz, or visit Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.

Peko Peko

We have some vegetarian and vegan-friendly options at our new restaurant on Hobsonville Rd. All our foods are house-made and our vegetable broth makes it possible to serve vegan miso soup. Please check our Facebook page for opening hours and menu, we are located at the new block next to Hobsonville Primary School, 102c Hobsonville Rd. 09 416 1197.



So many reasons to celebrate in February

Westbrook Winery turns 85 this year. Say 'cheers' to the kids going back to school, Waitangi weekend and Valentine's Day. Westbrook is just a country-mile up Ararimu Valley Rd. The winery is set in a peaceful and picturesque valley and produces many wonderful wines grown in our own backyard including the 'world-famous-in-New Zealand' Crackling Rosé, Chardonnay, Malbec and more. Enjoy a guided wine-tasting to find your favourite to enjoy with a wine-matched platter. We have partnered with other artisan suppliers such as Grinning Gecko Cheese, Matakana Smoked Salmon and Loaf to bring you these lovely food offerings.



Relax in the park-like grounds or play petanque or giant chess. The Cellar Door is open daily between 11am – 5pm for wine-tasting and sales. Bookings must be made for groups of six or more. Westbrook is available for events and weddings. Email info@westbrook.co.nz or call 09 411 9924 for more information.

Summer at Allely Estate

Our gardens are looking amazing, which is perfect timing because summer is when events at Allely Estate really hit full swing. As well as gorgeous weddings each weekend, we've also had some other celebrations: a 90th birthday lunch, a 50th wedding anniversary, and corporate Christmas parties. We love seeing what personal twists people put on their celebrations - one chose a gourmet BBQ, one went with a long lunch under the trees, another had a bouncy castle for the kids, and one had a musician playing live for guests to enjoy as they chatted. It's so rewarding for us to see our expansive gardens being used well, with people milling around outside socialising, sitting under the trees, or taking photos in front of our manicured hedging and fountain. If you're looking for somewhere special for your next celebration or team building event, please feel free to call us to look at our venue - we'd love to help. www.allelyestate.co.nz



Summer at Soljans

Soljans Estate Winery is the perfect venue for your summer days, especially valentines day!

Our award winning chefs have put together a delicious set menu for valentines night that pairs perfectly with Soljans excellent selection of wines,

and makes for a pretty impressive date night. This is the only night we are open to the public for dinner, and we only have limited space so get your booking in now so you don't miss out!

Soljans offers the perfect vineyard setting for those hot summer weekends, with our new summer menu and cocktails. Check out the vines and enjoy a wine tasting whilst you're here, make the most of summer and enjoy a day at Soljans!

To make your booking please contact our café at cafe@soljans.co.nz or give us a call on 09 412 2680, cheers to the weekend!



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Chiropractic for children, is it safe?

In recent years chiropractic has been under the media spotlight for various reasons. One highly debated topic is that of its safety for children. Chiropractors worldwide have been utilising various methods to treat both adults and children for decades, with millions of people enjoying its benefit beyond just relief from back pain. In 2019 a review by safer care Victoria was aimed at specifically looking at how safe and effective chiropractic is for children. The results of this review attest to what chiropractors know, that chiropractic is safe and effective for children. In the review 21,874 people wrote in submissions regarding chiropractic care. 98% of parents in this review found that chiropractic care had helped their child. Most notably however there were 0% reports of harm. Chiropractic is safe for you and your child so come along and see us today and see how you and your children can benefit.



Hobsonville Chiropractic Centre, 295 Hobsonville Road Phone 09 416 7589.

We are also proud to introduce you Dr Jared Stebbings who has joined our team of Chiropractors.

What are ingrown toenails?

Ingrown toenails are a very common condition we treat at Hobsonville Podiatry. Ingrown toenails typically affect the big toe and occur when the nail grows into the skin of the big toe. Ingrown toenails can be painful, inflamed and if left untreated cause a toe infection.

What causes ingrown toenails? Picking, tearing or biting your toenails. Tight footwear or socks which rub against the side of your toe causing nail irritation. Stubbing or injuring your toe may cause the nail to grow abnormally into the side of your toe. Some people are predisposed to ingrown toenails as some nails grow in a wide and curled shape.

INGROWN NAIL



How can I prevent ingrown toenails? Always ensure you cut your nails correctly, cut to the curve of your nail, no ragged or straight edges. Correctly fitted shoes that aren't too tight or narrow, especially around your toes.

If you have an ingrown toenail or if you need further guidance, head to www.hobsonvillepodiatry.co.nz and book an appointment with one of our podiatrists.

Ethnic influence

At Hobsonville Optometrists - Glasses and Gifts, our latest selection has arrived and it has a distinctly elegant and ethnic style.

Gorgeous black and natural teak wooden bowls, platters and vases, rattan woven handbags and unusual decor pieces to enhance any room.

Visit us from Monday to Friday 9am to 5.30pm and Saturdays from 9am until at least 3pm or browse www.hobsonvilleoptometrists.co.nz.



Meet the new owners of Hobsonville Physiotherapy

If we haven't already met, please let me introduce myself. My name is Emma Mackie, and along with my husband James, we are the new owners of Hobsonville Physiotherapy.

A little about myself. I am a kilted Kiwi, having moved to New Zealand a little over a decade ago from Ayrshire in Scotland. It was in Scotland where I completed my graduate studies at Queen Margaret University in Edinburgh, before moving to New Zealand to practice physiotherapy and earn my masters of Sports Physiotherapy at Otago University.

My professional interest is in sports physiotherapy, where I have a keen interest across all sports disciplines. Throughout my career I have been involved with many elite sports teams, including basketball, triathlon and now football, where I am the lead physiotherapist for the amazing New Zealand Women's Football Ferns.



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Health & Beauty

My love of sports carries over into my spare time. When I'm not working, you'll often find me riding or running on the many tracks and trails around North West Auckland with my husband James and our two dogs Skye and Jura.

Since moving to Auckland, it's been my privilege to work along-side Craig Neale, who founded Hobsonville Physiotherapy many years ago. While the ownership is changing, our team is not. Craig, myself and the rest of our team at Hobsonville Physiotherapy will continue to provide the highest level of care we are known, and respected for.

If you haven't visited us yet, we are in a great location. Our clinic has plenty of parking, and is close to many wonderful local shops and cafes. Please feel free to come in and let us attend to your injuries and ailments. No referral necessary.

We look forward to seeing, and treating you!

Phone 021 265 6516 or email: emackie.physio@gmail.com.

Kanuka yoga

We recommend visiting Kanuka Yoga Space to begin a regular yoga practice. This studio is full of natural light, plants, and space to move. The atmosphere is peaceful and welcoming and often smells of essential oils. There is ample parking - which makes getting to class easy. You'll be greeted by the yoga teacher or studio owners with a cup of freshly-brewed tea to help you settle in.



Kanuka's yoga community is all-inclusive; often you're practising alongside 20-somethings and retirees, athletes and those who are trying their first physical practice, expats, locals, and even visitors from out of town. Some special offers to consider; NZDF members, school teachers and students can attend 6.30am classes for a casual \$10 drop-in rate. Also, there is a 12pm Friday class for \$10 per session in which Mums can bring their young kids along to sit and relax on the sidelines.

Aside from the offers above, the best way to trial Kanuka Yoga is through their Intro Offer -

\$30 for 10 days unlimited yoga. Class sizes vary from 5 - 20 people, depending on the time of day.

A regular yoga practice will improve your physical movement and stability, it will provide you with space to de-clutter your thoughts, and you'll be surrounding yourself with awesome members for the local community.

If you'd like to learn more about the basics of yoga then enrol in the next Foundations of Flow series; an introduction to 20 core postures. Move through each pose slowly, hear about the cues that



will provide best alignment, and feel supported as you build more strength. No strength, flexibility or previous experience required.

Yoga means 'union' - start practicing yoga and find your own moments of peace throughout each day.

Visit kanukayoga.co.nz to learn more about their classes.

Get your SMARTS on with your fitness goals

No that isn't a typo.

You have heard of SMART goals right? Right!

So SMARTS is taking your goals to that next level to help you not only ACHIEVE your goals but KEEP them too!

S - Specific: Write your goals down with as much detail as you possibly can so you can absolutely envision what you want to achieve.

M - Measurable: Be able to measure and know your numbers so you can keep track of how far you have come and know exactly when you get to your goal.

A - Achievable: Aim for real goals rather than setting yourself up for failure, and make sure that it is something you enjoy too. Eg if you don't like running, then don't set a goal to run a marathon. If a 1hr gym workout doesn't fit into your lifestyle, then a 30min Small Group Session that you can squeeze in on the way home will be better.

R - Realistic: You are a real person, so pick a real goal that fits you. Even if you start with a bigger goal in mind down the track (1yr away) and pick mini goals (aka stepping stones) that you aim towards for



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the next 6 months. This will keep you on track but also adapt to where you are right now.

T - Timely: Know when you want to achieve your goals by, have a deadline. Get specific on this too (time/day/date)

S - Sustainable: You don't want to work your butt off to get to your goal only to lose it 3 months down the track, **NO WAY** As you move towards your goal, have a look at what habits are no longer serving you and replace them with habits that will get you to your goal **AND** help you create a new lifestyle to maintain those results too.

Ready to get started on your SMARTS goals?

Contact Mel & get started today - email melissa@benefityou.co.nz or call her 021 798 435.

Top Notch

At Top Notch, we are all about helping people when they need us with all aspects related to the body - physically, mentally and socially. After all, living a life without barriers affecting your movement, is much more enjoyable than putting up with it. If you have found yourself living with pain, discomfort or



you just need to de-stress, relax and improve your wellbeing. We are the place to come. We provide ACC for all our osteopathic services where you will get the care and support you need. With no referral needed from the doctor you can come straight to us. With both our popular massage therapy and osteopathic services our team of experts promote getting on top of any issues early so your recovery is fast and more effective. The Top Notch clinics locally are in Massey and Hobsonville, visit www.topnotchbodyworks.co.nz.

New year, new decade- new you?

What if 2020 is your opportunity to make yourself your top priority? Are you ready to set goals to be the person you dream of being and fulfil your life's mission- your *raison d'être* as the French say, your reason for being?

What do you know you should be doing that you're not doing?

One reason for this is simply that with all the good will in the world, if we don't follow up an intention with goals and a plan, it won't ever be any more than empty words.

Some people will do that every year though, feeling virtuous for a time but that will fade as the realisation dawns they're no closer to reaching their dreams than they were the year before.

So why do that again?

The old adage of "do what you've always done, and you'll get what you've always gotten", comes to mind. I think if it was to do with someone else most of us would actually make an effort, but something goes wrong when it's about us. We are not our own priorities, many of us put others first all the time, partners/ husbands, children, parents, siblings, friends, neighbours and sometimes total strangers receive better attention than we do ourselves.

Often women have ideas why they're unwell, overweight, unhappy, devoid of energy or joy but sometimes they need a mirror to "see" what's going on. I can provide the mirror and help you establish realistic, attainable goals that will transform your life.

Health coaching is available 1:1 or in groups. Call me today to find out more, you owe it to yourself. Sally specialises in coaching women of all ages, and her clinic, Brave & Blissful, is based above the Massey Pharmacy, 396, Don Buck Road, Massey. 021 131 6656.

This year I will..? Start doing it NOW

As usual, I set myself some goals for this year and one of them was to re-start my gym workout programme.

So, there I am working out hard and at the same time happy I got back to my good habits...ta da! While wiping away the heavy drops of my face, I notice a message on the notice board that attracts my attention: "This year I will... Do it NOW!" the message was saying.

And I start reviewing my goals and dreams for the year.

I don't even notice how the time goes by and I've burnt lots of the naughty calories I've treated myself with over the holidays.

It's so easy to do things while our mind wanders around in the happiest places.

What are your goals for 2020? How do you want to feel in the New Year?

Many people want to feel happy, content and at peace with themselves - free from the stresses of life, free from time consuming worries and fears. Others want to be healthy and fit, embracing some new healthy habits - exercising regularly, eating more fruits or veggies, losing some weight, drinking less alcohol, quitting smoking. Some people want to have a new job or get a new certificate or degree. Other people want to buy a house, a new car or other material things in the New Year.

No matter what our goals are, we all want to live a good life and be happy.

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I have a little exercise for you - "Choose a goal you may have for this year.

Imagine you are achieving your goal right now. Pay attention to the feelings you have seeing through your own eyes your great achievement? What are you saying to yourself in these moments? What are the exact words? What are you hearing? (Music? Birds singing? People talking or laughing?) What are others saying to you about your great results? Add some more colours and sounds to the picture. Make it brighter and bigger. You can adjust this image as you adjust your own TV screen. Then you can play the movie. Your movie... Here I leave your imagination to float away. You can design your own reality right now! Use your free imagination! Your imagination has no limits!"

How is it for you to experience the success of reaching your goal right now?

It gives you all you need to start doing it right now!

"Dare to be yourself and dare to always dream. All dreams come true if we truly believe in them. Everything is possible and we all deserve to live our lives at maximum capacity."

Ela Badea, NLP Practitioner & Coach in Hobsonville www.seeds4goodlife.com.

Shoe Talk's tips for dry feet

If you have dry feet and calluses the following home tips could be used to reverse this:

- Vinegar soak - once a week fill a basin with warm water, a small amount of dish washing liquid and one cup of vinegar, soak your feet for half an hour, then rinse well and massage in your favourite moisturiser. If you do not like the smell of vinegar you can replace this with half a cup of baking soda

- Socks and lotion - if your feet are very dry, then every night for a week apply a generous amount of lotion just before bed and then put a pair of socks to protect your bedding, after a week your feet will be a lot smoother.

If you have dry and cracked heels then:

- Have a shower to soften the skin and then using a pumice stone gently scrub at the dry skin, rinse your feet, dry your feet off and apply a moisturiser

- Make sure your heels fit in your sandals or scuffs correctly, if the edge of the heel of the shoe is making contact with the heel of your foot it will cause dry skin



Shoe Talk™ we talk shoes

Mens and Womens Footwear that fits the Kiwi foot, including wide widths! Every-thing from flats to heels, sandals to casual styles, even wide-calf boots. Stockists of the uber-comfortable Propét Walking Shoes and the fashionable Walking Cradles range. Specialist footwear is also available and footwear for troublesome feet issues too!

Shoe Talk Ltd: 401A Great North Road, Henderson, Ph: 09 835 9936
1/32 Clyde Road, Browns Bay Ph: 09 479 7807.
www.shoetalk.co.nz

- If you have badly cracked and dry heels, wrap your heels in a quality duct tape and then put socks on, keep this on for a couple of days, take off and then shower and scrub your feet with a pumice stone and apply lotion. Repeat if needed.

Diabetes and Christmas eating excesses: the antidote

Family, friends, food and drink are all a great part of the festive season. The sharing of meals is at the centre of many of our social gatherings. It is great for our overall well-being if we bring it back into balance. I would argue that the best approach to working off the excess weight that may have accumulated over the holiday season would be a low carbohydrate or even a ketogenic diet. Low carbohydrate diets have worked very well for many of my patients (and myself).

I have had patients with Type II Diabetes reverse of their diabetes and have managed to come off all their diabetes medication in consultation with their doctor.

What is "Keto"?

A ketogenic requires eating approximately 10% carbohydrates, 20 to 30% protein, and 60 to 70% fat. When you do this, your body switches to burn fat as a fuel source. When your body burns fat as its main fuel source, it produces ketones in your blood (hence the name "keto"). Ketones are a great fuel source for the brain and heart. This is why many people who get into ketosis report greater energy, less aches and pains, and clearer thinking.

Ketogenic diets are used in US Military personnel who must perform at peak levels. They have also been used in medicine for over 70 years. Current research will likely see ketones being used as treatments for many brain conditions.

Is there anyone who shouldn't try a ketogenic diet?

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There are some people with genetic deficiencies in enzymes that make ketones, e.g. the HMG CoA Lyase enzyme. It is rare, but these people must keep carbohydrate levels up. However, for most people getting into ketosis is safe if done the right way.

What's the Trick?

You can eat bad food and still get into ketosis. The trick is to create a ketogenic diet of healthy food. We have practitioners at the pharmacy who can help you with this. Try it. It could change your life. Martin Harris Massey Unichem Pharmacy 396 Don Buck Road Massey 09 833 7239 martin@masseyunichem.co.nz.

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Through the eyes of a child



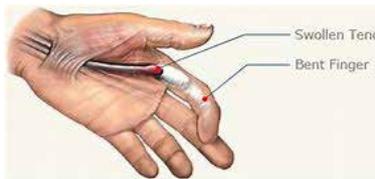
5 Fascinating Facts about Babies' Eyes from Kumeu Optometrists Matthew and Molly Whittington...

1. The eyes start to develop just two weeks after conception.
2. All babies are colour blind at birth.
3. A newborn baby will cry, but not produce any tears. Babies do not produce tears until they are around six weeks old.
4. Newborn babies can see objects about 20-40 cm away most clearly.
5. Babies born with blue eyes often develop green or hazel eyes by 3 to 6 months of age. Blue eyes are the result of little or no melanin pigment in the iris. Depending on genetics, exposure to light may increase melanin production and change baby's eye colour.

Look after the whole family's eyes with comprehensive eye examinations for children and adults at For Eyes in the Kumeu Village, phone 09 412 8172.

Trigger finger

What is Trigger finger? Trigger finger is a condition that affects the tendons to your fingers or thumb, causing locking or catching and pain when the finger is bent and straightened. The flexor tendons that bend



your fingers glide through a snug tunnel called the tendon sheath. In certain areas the tendon sheath is thicker, forming pulleys which keep the tendon close to the bone. In trigger finger, the tendon may become irritated as it moves through the tendon sheath. Inflammation and swelling of the tendon occurs, sometimes forming nodules. The tendon sheath may also thicken. There is a discrepancy between the size of the tendon and the amount of space available

within the tendon sheath or pulley. This impacts the gliding of the tendon making it difficult to perform smooth finger movements.

What causes Trigger finger? The cause is often unknown. Certain factors put people at greater risk of developing trigger finger. Trigger fingers are more common in women than in men. They occur more frequently in people between the ages of 40 and 60. Trigger fingers are more common in people with certain medical conditions e.g. diabetes, and rheumatoid arthritis. They may occur more frequently after activities that strain the hand e.g. sustained or forceful gripping

Non surgical treatment for Trigger finger: A hand based thermoplastic splint will be fabricated to rest the inflamed tendon for about six weeks to allow the tendon to heal. Some people may require a longer period of time wearing a splint. The splint should be worn at all times including sleeping and can be taken off to shower. It is important to keep your uninvolved joints moving to avoid stiffness. Your hand therapist will give you specific exercises. Avoid activities that aggravate your symptoms while your finger is healing e.g. applying pressure to the affected area by massaging or holding objects firmly against your palm; avoid over exercising, repetitive gripping and using items that expose your hand to vibration. If the symptoms don't settle with conservative management a referral may be done to the doctor for further assessment. Non steroidal anti inflammatory medications (NSAIDS) may help to relieve pain.

Hand Institute - 321 Main Road, Huapai. phone 09 412 8558 or email mandy@handinstitute.co.nz.

New Year's resolutions vs commitments

In the New Year we often make some resolutions about what we want to change or improve or do. Unfortunately, although we have good intentions, these resolutions get forgotten and we just continue doing what we have always done.

How about this year, make a New Year's Commitment? Choose something that you want to do or change and make a commitment to yourself to do it. It may be improving your diet, exercising more, moving more etc. Whatever it is commit to making the change.

Remember it can take on average 66 days to create a new habit, so stick to it. Consistency is the key here. I have always loved the quote "Small daily improvements are the key to staggering long-term results".

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Area Columnists

Michael Van de Elzen launches new cookery school

Renowned Kiwi chef Michael Van de Elzen and wife Belinda have opened a cookery school on their lifestyle property near Muriwai Beach.

The Good From Scratch Cookery School will host cooking classes around the farm-to-fork experience, demonstrations and also has a space for private events.

Michael starred in The Food Truck, Family Recipes and Kiwi Living, and with qualified chef Belinda, bought the six-hectare Muriwai Valley farm in 2015, living there with daughters Hazel and Ivy.

They've spent the past five years developing the farm to now house chickens, cattle, an orchard, greenhouse and kitchen gardens.

Their focus is to share in the simplicity of creating flavoursome dishes from scratch, including gathering and picking seasonal produce, right at the cookery school's doorstep.

Classes will take full advantage of all the farm offers as well as local in-season ingredients from neighbouring farms.

"After five years of planning, building and planting, it's an incredible moment for us to finally be opening, seeing the fruits of our labour," says Belinda.

"Whether it's been fencing on the farm, landscaping the carpark, working with the builders or the planting of 150 fruit trees, or the development of The Good From Scratch Cookery School website, there has always been something happening, inching us closer to opening day.



"To finally be able to welcome the public into our space and share with them the knowledge we have, is truly amazing."

Michael agrees. "It certainly has been an insane five years and to realise our dream together is very special," he says.

"Bee (Belinda) shares my passion of preparing food from scratch and has supported me immensely on my journey to educate New Zealanders, especially children, about healthy eating and showing people how easy and cheap it is to cook a healthy meal.

"The Good From Scratch Cookery School will help us further to deliver that message, we are itching to get started."

Michael is well-known to Kiwis, having written five cookbooks and having starred on a number of television shows including the upcoming Eat Well for Less on TVNZ 1.

He has developed his Good From Scratch brand over the past six years, partnering with a number of companies including Green Meadows Beef, Weet-Bix, Engel Fires, Grove Avocado Oil and Watties' Good Taste Company, to name a few.

His latest cookbook for children is also called The Good from Scratch Kids Cookbook.

The Van de Elzens have run many successful restaurants, including the award-winning Molten, Food Truck Garage and Boy and Bird.

Michael is calling it a 'dream come true', with the Good From Scratch Cookery School being over 20 years in the making.

"The initial thought was conceived when Bee and I were working in a small luxury hotel in an Irish village called Dundrody," he says.

"What made this award-winning hotel such a success was that the majority of the produce cooked for its guests came from its own gardens.

"Both Bee and I knew then that this was what we wanted to create in New Zealand."

Belinda praises the local community's support.

"We honestly couldn't have done this without the love, support and enthusiasm from our neighbours particularly, and the wider Muriwai community," she says.

"From teaching us about animal care through to helping pull us out of ditches, to fencing and the sharing local knowledge - we've been welcomed with open arms.

"It's such a warm and caring community and Mike and I hope that The Good From Scratch Cookery School brings economic benefits to this area."

Debut classes will be a fun-filled day or half day, involving gathering the various ingredients from on the property and learning about that produce's importance in the day's menu.



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Preparation and cooking of the dishes will be a hands-on experience for the participants. Importantly, their labours will then be enjoyed together, with a selection of local wines, craft beers and homemade sodas.

Michael and Belinda care about where their food comes from.

"The farm is a labour of love and we want to share this unique piece of paradise," says Michael.

"The ultimate aim is for people to walk away smiling, satisfied in the knowledge they've learnt and with what they've created but most importantly, nourished in the understanding that 'good from scratch' is essential for a healthy life".

Michael is dyslexic so understands how important being able to read is; he was very excited and humbled to be asked to be an ambassador for Duffy Books in Homes in 2016.

He has also been involved in consultancy work and had been at Hallertau in Riverhead for a time.

Visit goodfromscratch.co.nz for more information and to book a class.

Safer Internet Day

Celebrated globally every February, is a day dedicated to promoting a safer online world. The next Safer Internet Day is Tuesday 11 February 2020 and the theme is Together for a Better Internet. Coordinated in New Zealand by Netsafe, the day is an opportunity for people, schools, industry and organisations to unite together to raise awareness and start conversations about online safety. There is a dedicated Safer Internet Day NZ webpage for the New Zealand public at netsafe.org.nz/safer-internet-day which you can share with your communities.



Online safety is more important than ever. The internet's pretty enticing these days - it's remarkable how much of our lives we live online and how many priceless life hacks the internet offers.

Considering we spend so much time there, we think it deserves a little attention, a home reno if you will. Unfortunately making the internet a more enjoyable place for all of us to be takes more than asking "Does this spark joy?" But there are steps that we can all take to make the internet a safer place, and we're hoping you'll join us.

Netsafe is the official organising committee in New Zealand and we're encouraging all New Zealanders to join the kōrero in your

communities and networks about what a safer internet could look like.

Assessing the risk

By law, as defined in the Health and Safety Act 2015, every business needs to assess their hazards and risks and keep a register of them, and ensure that all workers, working for the business and visitors are made aware of the hazards and risks as it affects workers job.

A business will normally advise in its health and safety policy that it will keep workers, contractors and visitors alike as safe as possible from the risks and hazards and provide training where applicable for staff who will need to work with the hazards and risks so that they can work as safely as possible on site. The health and safety policy will also advise that it expects its workers, contractors and visitors to advise of new hazards or risks that have not been identified.

Using as an example the job of a roofer. They face danger every day, from falling. However, his/her job is made safer through training, the use of a safety harness, edge protection, scaffolding and safety netting.

For a roofer no matter the controls put in place he/she can still fall.

As a Health and Safety consultant when viewing hazard and risk registers the classic mistake, we find is that people will add that a roofer will die (consequence), yet rate rather than using a 5 (fatality) for the consequence will use a 4 or 3 (major or moderate injury). The mistake is that the consequence will never change. In assessing hazards and risks the ultimate consequence will never change. What we can control is the likely hood that someone will fall from a roof if we put in place controls such as scaffolding, edge protection, train the person, use safety nets and safety harnesses.

For help with health and safety and rating your risks contact Securo through their website www.securo.co.nz or email John Riddell securo4@securo.co.nz.

Helping everyone stay in touch

Modern technology is supposed to be intuitive to use, but for many, particularly older people, tiny keypads and buttons can be a deterrent to keeping in touch with friends and loved ones. Feeling or becoming isolated is an issue for those who may struggle with modern technology, and this is something we should look out for. A person may just limit contact instead of admitting there's a problem. If someone is hard of hearing, or has a hearing aid, a phone with an amplified receiver and a loud ringer, whose volume can be adjusted, would be a great help. Additionally a bright visual

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alert is appreciated. Removing the barrier of having to remember & dial phone numbers is another idea. How much easier is it to have a landline phone with one touch memory buttons with people's photos on? For this and other helpful products visit www.mindjig.co.nz, email info@mindjig.co.nz, or feel free to call us on 09 600 3251 or text/call 022 480 3022.

New Shoots shares their summer sun safety tips

We know how hard it is trying to keep your children sun safe. With little ones squirming while you try to apply sunscreen and then pulling off hats and sunglasses, it can be a challenge to keep children protected from the sun's harsh rays during summer - but it is one of the most important things you can do for your children. Too much sun exposure can not only be painful but can cause permanent damage to the skin, eyes and immune system.



We all need some sun exposure in order to make vitamin D, which helps the body absorb calcium for stronger, healthier bones which is particularly important for small children. However, it only takes a short time in the sun for most people to get the vitamin D they require.

The team at New Shoots in Westgate suggest the following tips to keep children sun safe:

Play in the shade - Especially when the sun is strongest (usually from 10 a.m. to 4 p.m.). UV rays are strongest and most harmful around midday, so it's best to plan indoor activities during this time. If you are outside during the day, seek shade under a tree, an umbrella, a pop-up tent, or for babies the hood of a stroller.

Cover up - One of the best ways to protect skin is to cover up. Dress your child in sun-protective clothing, such as a lightweight, long-sleeved shirt and pants. To make sure clothes offer enough protection, put your hand inside garments to ensure you can't see it through them.

Put on a hat - Hats that shade the face, scalp, ears, and neck are easy to use and give great protection. Just be mindful that while baseball caps are popular among children, they don't protect their ears and neck so be sure to protect any exposed areas with sunscreen.

Wear sunglasses - Sun exposure can damage the eyes as well as the skin. Sunglasses protect your child's eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap

around and block as close to 100% of both UVA and UVB rays as possible. Make it fun and let children pick their own pair. You can find sunglasses with multi-coloured frames or cartoon characters that your children will love.

Apply sunscreen - Use sunscreen with at least an SPF 30 and UVA and UVB protection and apply generously at least 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet. Reapply every two hours, as well as after swimming, sweating, or toweling off. Try to minimise sunscreen use on children younger than 6 months old by using the tips above as a first measure. If you do need to apply sunscreen to your baby, sunscreens containing titanium dioxide or zinc oxide are less likely to irritate a baby's sensitive skin.

Stay safe on hot days - In addition to sun protection, stay safe on hot days by making sure your child does not overheat and drinks plenty of fluids. If your child is fussy or has redness on any exposed skin, take them indoors immediately.

If you're interested in learning more about New Shoots Children's Centres, you can visit www.newshoots.co.nz.

Triangle Park Community Teaching Garden

Promoting gardening and healthy eating

Sessions: 10am-12noon
Wednesdays & Saturdays - Just come along!

Gardening in one of the most pleasurable activities one can have. What other activity provides hours of joy, exercise and puts food on the table.

Many of us can remember our parents' or grandparents' wonderful gardens and the produce. The tastiest tomatoes, peas, strawberries, huge cabbages, carrots and parsnips and being told off for stealing the peas and strawberries.

Here at the Triangle Park Community Garden, we are about the Hands, the Heart, and the Mind. We work alongside one another and open our hearts and minds to new people and ideas. We grow fruits, vegetables, herbs and flowers using organic principles.

You can help at the garden whatever your skills are - we share the produce between the workers after a session. Maybe your children want to be involved, they sure love all the bugs and bees around. Come along, grow food and have fun.



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As we are a teaching garden, apart from the everyday learning, we also offer regular hands-on workshops. Our upcoming workshops and events are:

Seed saving for beginners. Learn the basics for establishing your own localised seed bank. Find out plant types for reliable seed saving, how to determine ripeness of seed, and how to collect and process your seeds. The numerous benefits of becoming a seed saver will be revealed in this workshop. Bring sturdy shoes and a hat. \$25 pp. 9 February 10 am to 12 pm with Judy Keats. Register with Judy judy@greensister.nz 021 635 607

Winter Gardening Sat 21st March, \$25pp

Garden Rambles around three Community gardens in Massey, Triangle Park, Woodside and Jadewynn Sat 28th Mar 10am-2pm. Free

Container Gardening Sun 12th April. \$25pp

Making 'Bug and Bee hotels' for children Wed 15th April. Free

Want to know more? Check out our Facebook page - Triangle Park Teaching Garden.

Or just pop along to one of our sessions.

Next to Massey Community Hub, 385 Don Buck Road, Massey 0614

Contact: Linda 09 832 3779 or Viv 021 117 0402.

Waitakere Grey Power

Waitakere Grey Power Office is open after the holiday break. Our office is situated in the Te Atatu South Community Centre at 247 Edmonton Rd, Te Atatu South and is staffed by volunteers, Monday to Friday 9.00 am to 12.00pm. We are still progressing with wanting an Office of the Aged Care Commissioner to the Government and Opposition parties in Parliament. Hopefully this being election year Grey Power may be lucky in finally securing support from Parliament. If any readers have a parent in a rest home or Hospital and they have Alzheimer's or dementia please check that they are not being prescribed anti-psychotic drugs, the general symptoms are they doze in and out of sleep. Doctors who prescribe medication without reference to the power of attorney care and welfare are practising a form of elder abuse without power of attorney care and welfare consent.

We are concerned about your safety on footpaths. If you have had a fall on a footpath in the past three months please phone and let our Office know on 09 838 5207 so we can report footpaths needing repair to the Henderson Massey Local Board or the Waitakere Ranges Local Board. You must be aware that we advocate for the ever increasing number of people in our community who are over 50 years of age to Auckland Council and all parties in Parliament on

a wide variety of matters of concern. We are the largest apolitical lobby organisation in the country. We always are keen to sign up new members, again if you are thinking of joining Waitakere Grey Power as a member please contact our office or drop in. Also we advise that our first General members' meeting will be held at the Te Atatu South Community Centre 247 Edmonton Rd, Te Atatu South on Thursday 19th March 2020 commencing at 1.30pm. Light refreshments will be provided. We warmly welcome all members, friends and prospective members. We hope you all had a happy and relaxing holiday season. Mate Marinovich, President.

Waste-wise tips for boaties

Auckland Council is appealing to boaties and leisure craft users to be waste-wise on the water over the summer to conserve our oceans and coastlines. Top tips include: Avoid single-use bottled water -- fill up and bring reusable water bottles on your trip. Keep a covered rubbish bin on board. Make sure all your litter, particularly plastics, makes it into the bin. This includes cigarette butts and fishing line. Dispose of your rubbish responsibly once you are back on land. Keep recyclable materials separate for your recycling bin onshore. Remove any unnecessary packaging before you head to sea. Re-pack snacks such as potato chips, nuts, or dried fruits into reusable containers and leave the soft plastic packaging behind. Fish heads and frames have a lot of food on them. If you don't want them, give them to someone who does! See freefishheads.co.nz Fish with reusable lures and hooks. Try to avoid using homemade, single-use lures, made with soft plastics. Save your shellfish or fish scraps to make your own berley, rather than buying berley in a plastic bag. Go to ourauckland.aucklandcouncil.govt.nz for more details.



Learn French, Spanish or Italian

Have you always wanted to learn French, Spanish or Italian but never got around to enrolling into that beginners' course? Or perhaps you want to equip your child with a passion for language at a young age. ABC Language Tuition offers after school language classes, one on one language tuition and adult language classes.

Kumeu Arts Centre is where all the adult language classes are offered.

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ABC Language Tuition offers after school Language classes in several primary schools in the west.

The Neuro Connection Foundation

The Neuro Connection Foundation (NCF), established in 1992, is a long-term, community-based rehabilitation provider, for people with neurological conditions.



After the experience of a stroke or the diagnosis of a neurological disorder, a person's life, along with that of their families, can be changed in an instant. Here at the Neuro Connection Foundation, we provide the unique and holistic therapy of Conductive Education, which is based on the theory of neuroplasticity - rewiring the brain. At NCF we help build empowerment and independence in the individual lives of those in our community. We can provide you with ongoing care, long after traditional methods have ceased.

Neuro Connection Foundation is a not-for-profit and registered charitable trust with incorporated society status.

For more information on the work this foundation continues to do - to empower people with neurological conditions to lead a more independent life - you can view their website at www.neuroconnection.org.nz or email admin@neuroconnection.org.nz to enquire about a free consultation with one of our qualified senior rehabilitation specialists.

Hub started for subsidised sports apparel

Mark Adcock of Waimauku has some great ideas - his latest being a SubHub where community sports teams and potential sponsors can collaborate on funding.

Frustrated by the lack of funding available for schools and sports teams, especially those in low decile areas, Mark decided to do something about it.

He sees the issues frequently through his Waimauku-based Smashing Promotions business which provides items such as team uniforms, trophies, sports balls,



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drink bottles and the like.

"Some also don't have the volunteer resources or know-how to apply for funding," he says.

Mark also believes some organisations inflate quotes to ensure kickbacks from providers - so the available money soon runs out.

"My idea is to create a hub where teams and sponsors can meet.

"Sponsors provide the funds for teams to create their own custom designed garments with their own number and names on the back."

Mark says all this can be done at little or no cost to the teams and schools involved, and he can help steer people in the right direction for funding.

"The only proviso is that teams include the sponsors' branding on the apparel, that they formally thank the sponsors, post a photo and provide a digital shout out every week."

The sponsors need to feel the love, and see tangible results as a marketing initiative, that way they will repeat the exercise and ensure further sponsorship for additional community needs, he says.

Various sponsorship packages are offered.

"For instance, we're looking for a business to pay \$350 annually to get their logo on about 50 sports tops and that way we can get them across three different sports codes with their branding seen by a variety of audiences - opposition teams and spectators, home and away," Mark says.

"These are walking billboards working 24/7 for years of brand exposure, very cost-effective advertising and huge goodwill.

"And you can't buy goodwill, It must be earned.

"We can even incorporate a community message within the garment, like 'seat belts save lives', the sublimation process allow for full colour branding with no limitations."

Clients can create some eye-catching apparel and have a sense of pride and a point of difference from other competitors.

"It's a platform to bring people together and help them while also providing pride in community." Mark says he's provided corporate apparel and sports uniforms for numerous businesses and schools throughout New Zealand and the Pacific (he's just supplied Vodafone Cook Islands with uniforms).

"We have our own inhouse design team and designer software on www.subhub.nz to assist with creating unique artwork," Mark says.

"Often it's just a case of providing the logo, and from there we can use the logo colours to create a bespoke piece."

Another unique idea is Mark's development of a personalised eco trophy (metal/wood) that can carry an actual image of the team or player, rather than just another plastic trophy eventually heading to

the landfill.

These provide a timeless memory in pictures, and also provide enough room for sponsors' logos to fund the trophy, he says.

"It's a win-win and a cool image is a lot more likely to be displayed and shown off, giving further exposure to the sponsors' logos and businesses."

Mark began seeing the need for sports funding while coaching various teams in hockey, football, netball and cricket.

The concept further developed after Mark came up with a novel charity idea of selling swan plant seeds when he learned the monarch caterpillar's main food source was in short supply.

His www.hopeseeds.nz included a charity fundraising component and, after it featured in the Kumeu Courier in November 2018, and then on 7 Sharp the project was taken up by Simplicity Kiwisaver which has distributed 20,000 customised seed packets with its own messaging.

Mark says Hope Seeds provided a foundation for him to work off with his present SubHub project.

That may also provide a charity element for groups Mark helps such as the Breast Cancer Foundation NZ, Bowel Cancer NZ, Brain Injury Association, and Youthline.

"It's a buzz being able to run a business, but at the same time reach out and assist those in need". Contact Mark on mark@smashingpromotions.nz, 09 412 6235, www.subhub.or www.smashingpromotions.nz for more information.

The weird and wonderful contents of recycling bins

While most Aucklanders do a pretty good job of recycling and putting the right things in their kerbside recycling bin, Auckland Council's kerbside recycling collection service has turned up some weird and wonderful things over 2019. Everything from dead animals to bottles of chemicals, golf clubs to plastic deck chairs, barbed wire to home appliances, tree stumps to medical waste, prosthetic body parts to firearms and ammunition, flares to Christmas trees, and car parts to Lego.

About 12 per cent of what is picked up from kerbside recycling collections is either non-recyclable items that people incorrectly



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put in the bin or items that are too contaminated to recycle. These materials have to be sent to local landfills for disposal where gate fees apply - a costly exercise for both ratepayers and the environment. The more we recycle, the less goes to landfill. Currently around 15 per cent of an average Aucklanders kerbside rubbish bin is made of up materials that could be recycled.

"We especially urge people to keep flammable and explosive items, like batteries, electronics, and electrical appliances, out of their recycling bins. They pose a significant risk in our recycling trucks, especially when the compaction equipment is used," says Parul Sood, General Manager Waste Solutions.

Help bring more awesome to the world!

Do you believe that all girls and young women should be valued, inspired and empowered to take-action to change their world? GirlGuiding NZ does. This non-profit organisation has spent over 110 years providing adventures and challenges in which girls can discover their passions, contribute to their communities and form friendships in a safe and positive environment. This enables girls and young women to develop into confident, adventurous and empowered leaders of the future.



To help them on their journey they need inspiring mentors and leaders. So, we are calling all go-getters, brainstormers, mentors and adventurers to volunteer with us! Bring your enthusiasm, skills and energy and play a part in creating some of a girl's best

experiences. As Emma, a GirlGuiding NZ Unit Leader says, "The girls make me smile all the time - but also give me a completely different perspective which keeps me learning."

To start the year with a bang, we need volunteer leaders in Kumeu, Waitakere, Henderson and Te Atatu Peninsula. Join us in 2020 to empower the next generation of girls and young women! Find more information at girlguidingnz.org.nz/volunteers.

A Parent's Guide to Instagram

Instagram and Netsafe have partnered on A Parent's Guide to Instagram: New Zealand Edition 2019.

Digital technology is an important part of Kiwis' lives - and an exciting one. We're creating and connecting with others online in ways that have never been possible before. Services like Instagram have provided us all with opportunities to capture and share a moment in time, to reach out to others with similar ideas, beliefs and values, or simply to tell the world what you had for breakfast.



It's an exciting time to be curious, inquisitive and interested in the online world around us.

But as we learn to share, post, tag, and like online, there are social rights and responsibilities that we need to understand too. It's this set of knowledge and skills that help us to become successful digital citizens making a positive contribution online. Although young people are often digitally savvy, they're still developing. They may need your guidance on appropriate online behaviours and how to navigate challenges. As a parent you don't need to be an expert in technology, but being familiar with the technology that young people are using and the challenges that they may experience is a great start. This guide will give you that insight and prepare you to give your kids the guidance when they need it.

Google "A parent's guide to Instagram" to download this helpful guide.

Top tips for upcycling

There are many great options for keeping your unwanted items out of landfill. Parul Sood, Auckland Council's General Manager for Waste Solutions, offers these tips to make it easy for you to do the right thing when you are done de-cluttering.

1. If you are donating to an Op Shop, make sure it is an item that

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someone else wants to buy. Take a minute to check clothing for stains or holes, and call ahead to confirm they need what you are offering. Smaller places lack storage and can be inundated at this time of year.

2. Turn your worn-out clothes into rags instead. You can drop off fabrics to Kiwi Cleaning Rags in Mangere anytime during their opening hours. Last year, they repurposed an estimated 360 tonnes of clothing fabric.

3. Visit a Community Recycling Centre for a one-stop drop-off for most items. Community recycling centres aim to reduce waste to landfill by reusing, re-purposing and upcycling as much as possible. The centres have shops on site to sell household and building materials. They will also take your green waste or rubbish, saving you a trip elsewhere.

4. Book an Auckland Council inorganic collection online, by phone at 09 301 0101, or visit one of our service centres. Use it for some items not appropriate for your kerbside bins, such as appliances, furniture, electronics and lawnmowers. There is no charge for your on-property collection; it is included in your property's rates.

5. Wherever you choose to donate your items, please only drop off during open hours. Otherwise it is illegal dumping, and you may be fined. Got an item you're not sure what to do with? Go to www.aucklandcouncil.govt.nz/rubbish-recycling/Pages/get-rid-unwanted-items.aspx and we will tell you the best way to dispose of it responsibly.

Karate at Taupaki Hall

Taupaki Dojo is a long established family friendly place for children and adults to learn traditional Goju Ryu Karate.

Sensei Bryan, David, John and Craig have extensive experience teaching a style of Karate that trains the mind as well as the body. Emphasis is placed on learning practical self defence skills, building strength, co-ordination, endurance and flexibility which drastically improve fitness and confidence levels.

Goju Ryu can be practised by anyone, regardless of build, gender, age or athletic ability and whatever your physical condition. No previous proficiency in sport is needed, rather a commitment and a desire to progress.

We are members of Jundokan New Zealand (an official branch of Jundokan Japan) a nonprofit organisation established to promote the practice and study of Goju Ryu (hard & soft style) karate in New Zealand. Our training fees are kept low to encourage continued participation, with any profit returned to the club for the benefit of the students.

Anyone can open a Dojo but not everyone is qualified to teach you

or your child.

Taupaki Dojo is a member of an internationally recognised Karate style with a traceable lineage to Okinawa. Bryan Williams - Sensei, is an accredited instructor. This means your grade and certificate will be recognised by Jundokan worldwide.

Adult classes have started for the year and Junior classes start on Tuesday 11 February, however you are welcome to join at any time. Just come along to a class and try it out. We offer a two week free trial so why not come and see what we do?

Taupaki Hall (Opposite Harry James Reserve, Taupaki Road, Taupaki). Tuesday & Thursday. Junior training (7+) - 6-7pm . Adult training (ages 13 +) - 7-8.30pm. Contact: julia@bwainsolvency.co.nz 09 412 9768 or www.taupakikarate.co.nz.

Waitakere Fire Brigade

The Australian wildfires have certainly shown us all how powerful Mother Nature can be. Three members of the Waitakere Volunteer Fire Brigade were deployed to assist New South Wales Fire Service in managing and fighting the fires. It was an honour to assist our Australian cousins as well as representing Aotearoa.

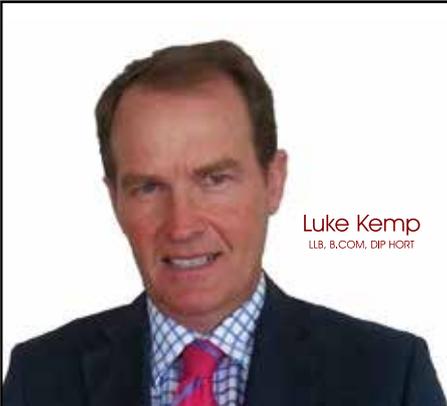


Scientists are telling us that our climate is changing, and we will get more frequent and more powerful natural events that will challenge us. Now is the time to make changes to the way we interact with our planet.

Last year Fire and Emergency New Zealand battled 4,416 vegetation fires, mostly in summer. This year's summer educational campaign targets domestic and international tourists, and those living and working near forested areas, with an emotive education campaign to get people to reduce the risk of wildfire especially if it's hot, dry and windy.

The new educational website checkitsalright.nz will give you great information on how to reduce the risk, assess the risk and can I light a fire. From here you can check if you can light a fire and then apply for a fire permit.

Fire and Emergency New Zealand are also running educational promotions including TVNZ Weather partnership, radio, social media, advertising at petrol stations, on Air NZ Domestic flights, regional print, truck backs, campgrounds and more.



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