

# the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

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

## Mitre 10 Tough Kids Challenge

Circulation is 10,000 print copies.

Editorial contributions are free from cost. Advertising starts at \$100 plus gst for a business card size.

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

February 2023



## Greetings

Our world-wide problem with plastic waste can be confusing, because not all plastics are created equal. There are polymers and plastics. Polymers are molecules forming chains, plastics are part of the group of polymers, and the problem plastics are generally those in commercial consumer use. Polymers are widely used in hospitals for sutures, catheters, keyboards, monitors, gloves, drip lines, syringes, paints and so on. Specialised polymers include light-weight materials in the transport industry - modern fuel-efficient cars consist of about 60% of polymers and polymer composites by volume.

Commercial plastics are the thicker ones (type 2) and are fully recyclable, while the thin plastics such as those for wrapping food are not always recycled in NZ, as they can cause tangling in the recycling machines. In due course all commercial plastics are expected to be recycled through a worldwide commitment to a Circular Economy network. Current financial systems encourage a take, make, waste approach, because it is cheaper than a circular economy. In Auckland the economic saving could be worth up to \$9 billion through the reduction in wasted resources. So please recycle what you can (only 60% of recyclable plastics are currently being put out), and choose only retailers in appliance purchases that accept packaging back for recycling. See [sustainable.org.nz](http://sustainable.org.nz)

Welcome to our first issue of 2023. There is plenty to interest all age ranges in the magazine. A full spectrum of activities is coming up locally, from the Tough Kids 2023 combat course (for which participating children's schools will need to register this month) to the Best of Aged Care Seminar at the end of the month. Community events and entertainments are happening at NorthWest and at Te Manawa, and the popular Let's Reconnect gatherings are being repeated for Hobsonville residents from next month. You could make a difference by volunteering at Hospice West Auckland or at Citizens Advice in Massey. Does your workplace have enough First Aiders? Training courses are available. If you don't know what our local Community Constable does, now is your chance to read about her involvement.

Read Graham's analysis of the difficulties the Property Market is experiencing. There are tips for looking after yourself in our Health & Beauty Section, see what's happening in the garden, and enjoy what our Area Columnists have been busy writing over the holidays. Please support our advertisers - they have much to offer you.

Enjoy your February.

John, Editor



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# People & Places

## Tough Kid 2023 – Local leaders developing local kids



Mitre 10 MEGA Westgate & Henderson have once again partnered with the Royal New Zealand Air Force to bring you Tough Kid 2023 at the Whenuapai Air base on March 9th, 2023, starts 10.30am to approx. 1.30pm finish.

Tough Kid is a super fun child-friendly military style combat course which will be run in age groups for kid's years 3 to 6, the kid's will run, walk and crawl across the grueling course over a distance of 1-1.5km set up by the Air Force, there is sure to be mud, plenty of water to contend with and obstacles that will challenge the agility and strength of our participants. This year the course will be like previous years but with new twists and turns. Each participant will receive a goody bag at the finish line. The Air Force intend to do a flyover and a parachute demonstration (staff availability and weather dependent) and will provide different machines on display for the kids to see and learn about. More FM will also be on-site handing out treats and will provide a chill out area for the kids at the end of the course.

Registrations are limited to 1500 entries and cost per child for the event is \$3. We have approached many schools in the West Auckland area, and the response has been awesome thus far, however if you want your school and your children to get amongst what is going to be an awesome day then we need our local schools to register their interest, collect registrations and provide teacher/parent volunteers to help on the day. All registrations must be made through the schools. Talk to your school coordinator about getting involved. Schools can email us for an information and registration pack, contact [marketing.westgate@mitre10.co.nz](mailto:marketing.westgate@mitre10.co.nz)



The Tough Kid Challenge is getting more and more popular every year and is great for growing confidence in our children as well as fabulous memories that last a lifetime.

Mitre 10 MEGA Westgate and Henderson would like to thank the Royal New Zealand Air Force for helping bring this amazing activity together and we can't wait to see everyone on the field on March 9th, 2023 at Whenuapai Air base. Registrations will close on February 16. For more information contact [marketing.westgate@mitre10.co.nz](mailto:marketing.westgate@mitre10.co.nz).




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# Community News

## Auckland Pride 2023

Auckland Pride 2023 boasts an expansive arts programme that transcends mediums, disciplines, and artforms. From drag artistry to the most experimental edges of live art. From plays to improv comedy too exhibitions to gigs and literary panels. Community events include a fantastic range of workshops, parties, speed dating, and even a little bit of touch rugby.

"Auckland Pride is excited to be celebrating and uplifting artists at the centre of our 2023 festival" says Auckland Pride Creative Director Nathan Joe. "This is a programme that places the artists in the spotlight. A programme that displays the phenomenal range and versatility of our community. A programme that will unify our queer communities through the unique intimacy of live events."

Events are at multiple venues throughout Auckland (visit <https://aucklandpride.org.nz/festival-info/venues/>), and locally at Te Manawa 11 Kohuhu Lane, Westgate: Movie Sing Along (9 Feb 6pm); Siapo Workshop (11 Feb 11am-3pm); Along the Yellow Brick Road (16 Feb); Great to Be Here (17 Feb 7pm- 8.30pm); PRIDE Market (18 Feb 11am-1pm); My Life in 20 Pictures (23 Feb 7pm); Understanding Conversion Therapy (24 Feb 6pm); T-Shirt Screenprinting (2 Mar 7pm-9pm).



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## Products for people with dementia

At Mindjig we have a great range of products designed to help people with dementia and their carers to be more comfortable in their homes, whilst supporting independence and safety. These include reminder clocks to keep track of time, easy to use telephones and simple music players, games and activities that support enjoyment, independence, communication and quality of life. Visit our website: [www.mindjig.co.nz](http://www.mindjig.co.nz). Feel free to get in touch with Jonathan or Julie via email at [info@mindjig.co.nz](mailto:info@mindjig.co.nz) or call 09 600 3251 or Mobile 022 480 3022.



## Discoverers

Discoverers informal Methodist church in Hobsonville Point has, among its objectives, "A focus on themes that encourages wellbeing and the development of a spirituality that is life-centred and world affirming."

Since beginning holding monthly gatherings in the Baffin lounge, these are some of the issues that Discoverers has focused on;

- What helps us to persevere during the tough times we face?
- What are the features of living a compassionate life?
- Offering hospitality - no strings attached.
- Green Sunday -accepting responsibility for helping to keep planet earth healthy.
- Honouring ANZAC day and exploring how to work for peace.
- What helps us to cope in testing times?

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# Community News

· Being a good neighbour to others.

If you would like to reflect on issues like these in the company of others who are open-minded and inclusive, then come and join Discoverers informal church. It meets on the 4th Sunday of each month from 3-30pm to 4-30pm in the Headquarters building, 214 Buckley Avenue, Hobsonville Point.

Barry Jones - facilitator: Phone 022 068 3873 Email [beejaynz05@gmail.com](mailto:beejaynz05@gmail.com) Facebook "Discoverers Hobsonville Point."

## Become a certified First Aider in your workplace

Having a conference or staff training in 2023? Upskill and certify your team in first aid with a Medic \*BasicPlus First Aid course.



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learning environment coupled with smaller class groups, your team will be well supported to learn essential skills and techniques in CPR, and first aid.

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\*Follows the published guidelines of Worksafe NZ.

## Hobsonville Let's Reconnect

"Hobsonville Let's Reconnect" is being facilitated again by Hobsonville Community Trust and runs from March to June 2023. Last year 28 gatherings were held by Hobsonville residents with almost 700 residents attending.



They provide \$100 local food vouchers to any streets, laneways or blocks in the Hobsonville area that want to get together for a neighbours' gathering.

Super easy and great way to connect with your neighbours and embrace community. Minimum of 10 households (although a \$50 voucher available for between 5-10 households). More info at [hobsonville.org.nz/connect](http://hobsonville.org.nz/connect).

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# In Brief Updates

## How often do I need a wheel alignment?

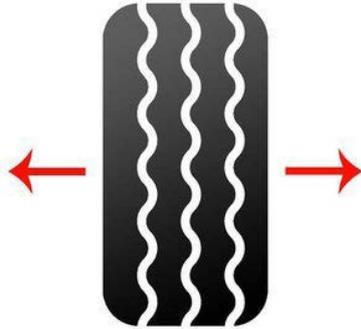
You should get a wheel alignment done if you are experiencing any warning signs, every 10,000 km, when you purchase new tyres or replace any part of the steering or suspension system.

**Warning signs** - You might see that your tyres are wearing unevenly, your vehicle is constantly pulling to the left or right, or you feel a vibration or jerky movements in the steering. If you are not sure, ask a tyre specialist for a free tyre check.

**Why is a wheel alignment important?** Wheels can become misaligned from hitting potholes and kerbs, and from general wear and tear, especially if you travel on an uneven surface. This can affect both the performance and life of your tyres, as well as wear on your suspension and brakes affecting vehicle safety. A wheel alignment can save you money in the long term, both in fuel efficiency and longevity of your tyres. You will also find the car handles better.

**What happens during a wheel alignment?** A wheel alignment refers to the angle of your wheels in comparison to each other and the body of the vehicle. Using specialist equipment, the alignment of each wheel is measured and adjusted by altering the vehicle's suspension. The process takes into consideration camber (the tilt of the tyre that affects cornering), toe (to make sure the wheels are pointing straight) and the caster angle (the tilt of the steering axis).

**How long does a wheel alignment take?** An alignment should usually take less than an hour, with four-wheel drive vehicles taking



a little longer than two-wheel drive vehicles.

What is the difference between a wheel alignment and wheel balance? A wheel balance is done when fitting new tyres to ensure anything uneven between the tyre and the rim are corrected so that the tyre runs smoothly. This is different from the alignment which ensures all the tyres are aligned with each other and the car body.

For a free tyre check, or to book a wheel alignment, call into Bridgestone Kumeu or Westgate. You can find us at 1 Cellar Court, Westgate phone 09 833 8555 or 43 Main Road, Kumeu phone 09 412 9111.

## Greetings from Hobsonville Point Secondary School

2022 was another challenging year for the school and wider community. While, fortunately, we did not have any full lockdowns there were several weeks when we rolled out a hybrid learning model with year levels rostered home on alternate days as we attempted to cope with high levels of staff sickness at key points in the year.



The main challenge was having some staff home sick, some staff isolating at home but not sick, some students at home sick and some students at home isolating but not sick. I am extremely proud of how staff managed this situation and how students stepped up and showed how resilient they are and how they could truly self-regulate when we create the right environment for them.

We are looking ahead to 2023 with some excitement. 6 new staff will be joining us and I will introduce them in the next edition of the magazine. As well, we have 6 outstanding Kaiārahi (head students) who will lead the student body. I'll also introduce them in the next edition.

There are also exciting property developments about to be underway. We expect the artificial turf to be laid on our top hard courts and covered with an all-weather roof in the first 6 months of the year. We also expect our newly-installed pottery kiln, kindly funded by the Hobsonville Heritage Trust, to be fully operational in the next few weeks.

We are also excited by a three year partnership programme we have signed up with Kawerau a Maki to develop a strong local curriculum that reflects their status as mana whenua.

The last 3 years have been challenging as a result of the Covid pandemic and the challenges and disruptions will be continuing.

### RSA Hobsonville

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### Paul Miller

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# In Brief Updates

We are certain that our focus on the important Hobsonville Habits of being Adventurous, Creative, Compassionate, Curious, Contributive, Purposeful, Resourceful, Resilient, Reflective and Responsive best prepare our students, not only for the currently disrupted times, but also prepares them best to thrive in a rapidly changing world.

Best wishes to all of you from us here at Hobsonville Point Secondary School.

## Children's Christmas decorations workshop

Last year on Sunday afternoon the 18th December, the Discoverers informal Methodist Church hosted a Christmas decorations workshop. Over 60 people (children, their parents and helpers) met in three of the rooms in the Headquarters Building, Hobsonville Point and made Christmas decorations from 3-00pm to 5-00pm. Children had a selection of 8 different Christmas decorations they could make and take home with them.



## West Harbour Christian Kindergarten

Sharing news from West Harbour Christian Kindergarten is a highlight for us and as such here we go. Cultural events allow us to celebrate diversity and inclusiveness and what better event than Christmas to help our children understand more about traditions and beliefs.

Over the last term of 2022, imaginative play, played a large role in the centre focus which inspired some very creative activities. Add tinsel, a few ornaments and other fun collage bits and bobs, with a creative group of children/tamariki and what do you have - a decorated teacher, all set to sparkle and shine.

Noting how much fun was had, has inspired the extension of the



tamariki/children's interests to not only include extended areas for imaginative play but to also use what summer is providing for us and that is the great outdoors. For this term it will include provocative setups designed to inspire imaginative play, activities to bring out the young Einstein in all, water to play in and to discover more about (including water safety), and challenging areas to further develop on our gross motor extension.

To know more then please feel free to drop in or give us a call.

Tae noa kit e wa e whai ake nei/Until next time.

## Meet your everyday heroes

Saturday 11 February 2023, 10am-2pm.

A chance to meet your local heroes. Held outdoors in the NorthWest Town Square, New Zealand Police, New Zealand Defence Force, St John, Fire and Emergency New Zealand, Surf Lifesaving and Coastguard New Zealand will be on site, parked up in their emergency vehicles. Free face painting for the kids and a great day out for all the family.



## Community Constable

Hi my name is Theresa McCabe and I am the Community Constable for Massey. My patch covers Whenuapai, Massey and Hobsonville.

My career started over 37 years ago in 1985 at Auckland Central Police Station before transferring to Henderson.

I began on frontline, through various investigation teams in Criminal Intelligence, Family Harm, Burglary, Enquiries, Police Communications, Scene of Crime, Team Policing and Community Relations.

I have received some commendations including a gold merit award for bravery after being punched and stabbed whilst chasing and apprehending an offender who had sexually violated an elderly woman in Glen Eden.

Requests for my service normally come via the Call Reporting Line 105, and cover anything from kindergarten visits; crime prevention talks with businesses and retailers, troublesome youths, noise pollution, road safety, neighbours at war, trespass of individuals and attending to suspicious persons/vehicles.



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# In Brief Updates

Advise on useful contacts to call if you have any concerns like the above are:

111: Emergency - crime happening NOW.

105: Crime ALREADY happened. Car stolen, burglary

\*555 Traffic offences from your cell phone

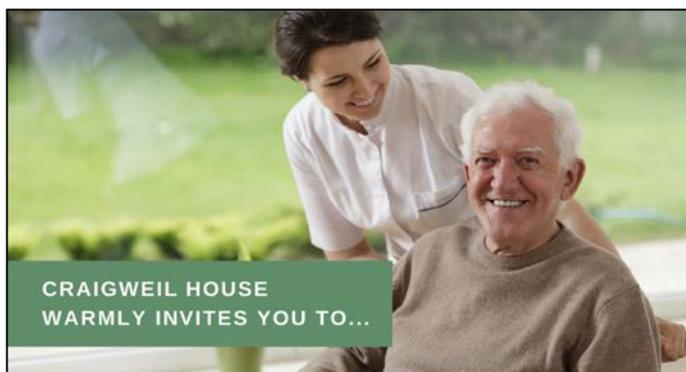
You can also remain anonymous and call CRIMESTOPPERS 0800 555 111.

The main point to remember is that crime cannot thrive when we have a community that cares.

## Hey mums and dads, schools back soon

School's back soon, which means routines and commitments and rushing. A whole lot of rushing, and maybe a bit of stressing. Oh, who am I kidding, a whole lot of stressing. Amongst all the "busy-ness" however, catching a glimpse of my Stacking Heart rings is a timely reminder of what truly matters most. It's not deadlines, being late for after school activities, if dinner is late or bed times broken. It's family. Precious family. Loving and supporting each other and most of all cherishing our time spent together.

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what matters most.

Visit my website [www.preciousimprints.co.nz](http://www.preciousimprints.co.nz) and create your very own little "reminder" today.

## Te Manawa pre-school programmes

Wriggle & Rhyme - active movement and brain development for babies and toddlers aged two years and under. Restarts Tuesday 14th Feb 11.00 am, Level 3

Rhymetime - songs, movement and finger rhymes for pre-schoolers (18 months & over) and their caregivers. Restarts Wednesday 15th Feb 11.00 am, Level 3

Storytime - captivating stories and music ideal for children three to five years but everyone welcome. Restarts Friday 17th Feb 11.00 am, Children's area

Note: Pre-school programmes do not run during school or public holidays.

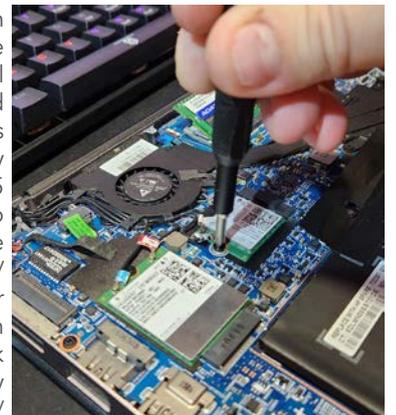
Please check our Facebook page: TeManawaAC for any updates or cancellations of sessions.

Te Manawa public library and community programmes 11 Kohuhu Lane, Massey and on Facebook.



## Powell PC

Hi everyone, Dan here from Powell PC in Massey. I pride myself on providing a full range of fast, efficient and reliable computer services such as repairs, data recovery and more. With over 15 years of experience, I'm who you should call if you have computer problems. Call/txt me on 021 0262 0679 or find Powell PC Services on Facebook. I love to give back to the community so in my spare time I also collect old/broken or unwanted E-waste such as laptops and computers, which I then clean and repair if possible and don't worry, I wipe any data



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General Manager

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# In Brief Updates

left on them. These are then donated to pay it forward to families that don't have such devices - 100% non-profit. So, if this sounds like something you can help with, please contact me. I look forward to hearing from you in 2023.

## Juggling debt?

Here's a quick read on how debt consolidation works.

Credit cards, store cards, personal loans and other... keeping on top of multiple debt repayments can be challenging and at times, stressful.

When used properly, debt consolidation can be a good option to manage debt and even, depending on your circumstances, pay it off faster. But is it the right option for you? Let's take a closer look at what debt consolidation is and how it works.

What is debt consolidation, and what are the benefits?

Debt consolidation means rolling all (or most) of your credit facilities into one loan, with one repayment. There's a number of good reasons to consider debt consolidation:

- Debt consolidation can simplify your finances, combining the smaller payments into one easier-to-track amount.



- It can potentially save you money, provided you use it to reduce multiple high-interest payments into one low-interest monthly payment, and keep the term of your loan as short as you can afford.

- Lastly, it can help you get debt-free faster and pay less interest overall, if you can achieve a lower interest rate and keep your current monthly payment the same as it is now.

But what are the downsides?

It can be easy to get caught out by debt consolidation if you move your loans to a much longer loan term than your current loans are on. While this may reduce your outgoings, it will usually mean you pay more in interest charges in the long run. If you are extending your loan term, but on a lower interest rate, you may still be better off financially - so it pays to compare the total cost of several different options.

Is debt consolidation for you?

To work out if debt consolidation is the right option for you, start with some key questions. For example, do you know how much you currently owe? How much interest you'll be paying? Have you worked out a budget? And how likely are you to take out any further debt on top of repaying your debt consolidation loan?

Like to find out more? Get in touch with the team at GR Finance at [info@grfinance.co.nz](mailto:info@grfinance.co.nz), [www.grfinance.co.nz](http://www.grfinance.co.nz) or call 021 669 430.

Disclaimer: Please note that the content provided in this article is intended as an overview and as general information only. While care is taken to ensure accuracy and reliability, the information provided is subject to continuous change and may not reflect current developments or address your situation. Before making any decisions based on the information provided in this article, please

# Time to take the stress out of debt?

Credit cards, store cards, loans, and more: If you're tired of juggling debt, take a look at **Debt Consolidation with GR Finance**.

One manageable loan, with one repayment and one interest rate. **Simple.**



\*Approval is subject to meeting lending criteria, and affordability test applies.



SCAN ME

# In Brief Updates

use your discretion and seek independent guidance.

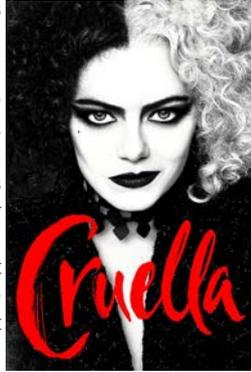
## Free Movies in the square

Encanto - Friday 24 February 2023, starts 6:30pm.

Disney's Encanto tells the tale of an extraordinary family, who live hidden in the mountains of Colombia, in a magical house, in a vibrant town, in a wondrous, charmed place called an Encanto. Rated PG. This movie will be shown on the giant outdoor movie screen in the NorthWest Town Square. Bring the family, pack a blanket and settle in for a night to remember. The Centre closes at 6pm, but Maki Street restaurants will stay open late.

Cruella - Friday 3 March 2023, 7:30pm.

Based on the character Cruella de Vil from The Hundred and One Dalmatians, prepare to witness the origins of cruel and the story behind the notorious puppy villain. Rated PG. Shown on the giant outdoor movie screen in the NorthWest Town Square. Bring the family, pack a blanket and snuggle in amongst the beanbags. The Centre closes at 6pm, but Maki Street restaurants open late.



## New Shoots Coatesville

Our newest New Shoots children's centre has opened it's doors and is a welcome addition to the vibrant rural community of Coatesville and surrounding areas of Riverhead, Kumeū, Huapai, Albany, and Waimauku.



Located in the main village area, the centre is planted between two local cafes: The Black Cottage and Viviland Cafe. Nice and close to the local school and set back off the main Coatesville Highway for privacy and accessibility, it's the optimal spot for families seeking countryside living less than 30 minutes from Auckland's CBD.

Designed with the area's rich history of Kauri logging and gum digging in mind, the centre's interior décor boasts warm earthy tones and natural materials. The building is passively designed for natural light and ventilation and like all our children's centres, has been developed by architects and spatial designers.

When tamariki explore nature, they do so with engagement, imagination, and cooperation. That's why Coatesville offers plenty of outdoor space for children to enjoy the sunny north-facing playground.

The centre is now open, so get in touch or pop in for a free barista made coffee on us!

Download our enrolment pack - [https://newshoots.co.nz/wp-content/uploads/2022/07/New\\_Shoots\\_Enrolment-Pack\\_FINAL\\_Website-Coatesville.pdf](https://newshoots.co.nz/wp-content/uploads/2022/07/New_Shoots_Enrolment-Pack_FINAL_Website-Coatesville.pdf)

Hours: Monday-Friday, 7.00am-6.00pm

Phone: 09 304 0030

Email: [coatesville@newshoots.co.nz](mailto:coatesville@newshoots.co.nz).

## Happy birthday to us

House of Travel Hobsonville is 100% Kiwi owned and operated and we're proud to have supported our local communities for over 30 years. We've kept our doors open through the biggest challenges our industry has ever seen which gives our clients confidence knowing we are still open, available and eager to help plan and book their next journey.

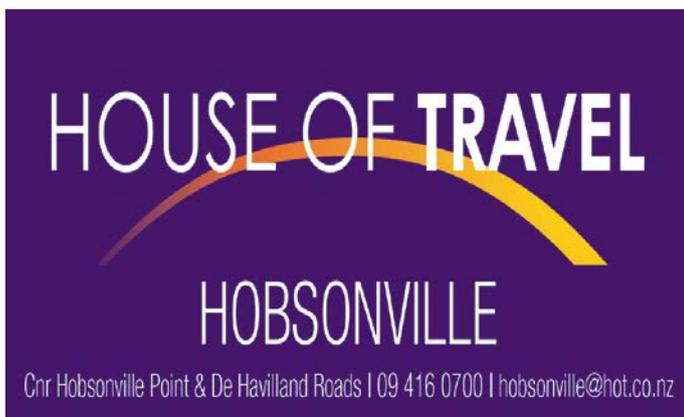


We recently celebrated our 5th birthday in Hobsonville with an evening of live music, local food, bevies, prizes with a joyous group of likeminded clients and fellow travellers that spilt out onto the road. It was fantastic to dust off the past and get excited about the future.

House of Travel Hobsonville. 09 416 0700 [hobsonville@hot.co.nz](mailto:hobsonville@hot.co.nz)  
225 Hobsonville Point Road. 10-15mins from your place.

## Waitakere Greypower Association

Waitakere Greypower Association Office is open Monday to Friday 9.00am to 12.00 pm. Our Office is in the Te Atatu South Community Centre, 247 Edmonton Rd, Te Atatu South. Phone 09 838 5207. We are the largest advocacy organisation for citizens 50 years old and over in the country. Keep these dates free in your diary: our first General Members Meeting will be held at 1.00 pm Wednesday 22nd March 2023 at the Te Atatu South Community Centre. We



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# In Brief Updates

have a Guest Speaker organised, watch out for the March 2023 issue for further details. Our Annual General Meeting will be held on Wednesday 21st March 2023 at 1.00 pm at the Te Atatu South Community Centre, 247 Edmonton Rd Te Atatu South Auckland further details in future issues. If you would like to join us as a member contact our Office on 09 838 5207, subscription \$25 single ad \$35 couple, you are welcome and invited to join Waitakere Greypower Association. Yours Sincerely, Mate Marinovich President Waitakere Greypower Association Office 247 Edmonton Rd, Te Atatu South Auckland.

## Become A Hospice West Auckland Volunteer

Volunteering is a rewarding and empowering way to make a difference to someone's life that can help give meaning to yours.

Time is one of the most precious things we can give each other. Often just having the time to make a cuppa for a patient, chat with a family/whanau member, or help at one of our Hospice Op Shops or a fundraising event can make all the difference to our organisation and the people we care for.

Volunteering can be an enriching experience in so many ways:

- Learn new skills
- Meet people and make new friends
- Increase your self-confidence and mental well-being

- Learn about different cultures
- Try something different and have new experiences
- Know that you are giving back to your community as part of a wonderful organisation

No volunteer experience is necessary to join our team. All of our volunteers attend Hospice orientation programmes and we provide specific training as required. To find out more please contact us at [volunteerservices@hwa.org.nz](mailto:volunteerservices@hwa.org.nz) - we'd love you to join us!

## Gently Loved Markets

Gently Loved Markets Twilight is coming to the Huapai Hub, right behind Kumeu Arts on Saturday 11th of February from 4pm - 7:30pm.

Gently Loved Markets Twilight will have a range of stalls selling preloved, vintage, retro and upcycled clothing, accessories and homewares in the Kumeu Arts work room and outside in the hub. Plus, a great line-up of food trucks outdoors to be announced. Keep an eye on the Gently Loved Markets Twilight Facebook event page for the announcement.



Gently Loved Markets is all about a sustainable lifestyle and what better way to do that than buying preloved. Grab a bite, your favourite fabric bag and come have a preloved treasure hunt with

# We're Hiring

## Retail & Hospitality Superstars

Work near home, earn at least the living wage, further your career with training and enjoy excellent career opportunities.

View our job listings online at : [thetrusts.co.nz/job-opportunities](https://thetrusts.co.nz/job-opportunities)



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# In Brief Updates

us.

To book a stall email [gentlylovedmarkets@gmail.com](mailto:gentlylovedmarkets@gmail.com)

Gently Loved Markets Twilight, Saturday 11 February, 4pm - 7:30pm, Huapai Hub and Kumeu Arts, 300 Main Road, Huapai. FB & IG @gentlylovedmarketsnz.

## Free outdoor entertainment

Make the most of warm summer days at NorthWest Shopping Centre. Check out the NorthWest Summer Series where there is plenty of free outdoor family fun. Park on the ground level and walk straight through the shopping centre. For more information visit [www.northwestshoppingcentre.co.nz](http://www.northwestshoppingcentre.co.nz).

## Elite Professional Cleaning Services

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Happiness is having a clean home or workspace... especially when you didn't have to lift a finger yourself because you left it to Elite Professional Cleaning Services. We are the perfect team for all your residential, commercial and construction cleaning needs to the highest quality standards.

Services include: Spring cleans, exit / move-in cleans and new-build / construction cleans. Our team has great testimonials and are police-checked for clients' peace of mind. We provide a high quality standard and are not happy unless you are..... our clients are our number one priority!

Phone 021 194 8924 Email [hello@nzelitecleaning.com](mailto:hello@nzelitecleaning.com), visit [www.nzelitecleaning.com](http://www.nzelitecleaning.com) or Facebook [www.facebook.com/Elite-Professional-Cleaning-Services-959575357455622/](https://www.facebook.com/Elite-Professional-Cleaning-Services-959575357455622/) or Instagram /





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## Thinking about moving to retirement living?

Free from cost, and without commitment to act, we are hosting a fun and information packed event providing answers to the common questions about moving from the family home into a better and easier living environment.

The Best of Aged Care Seminar and chat is on Tuesday 28th February 2023, 10am to 12.30pm, West Harbour Church, 145 Moire Road, West Harbour, Auckland. The best of aged care seminar will deliver a number of the very best accommodation and health care options available to you today from reputable and proven suppliers that really care about you, and your journey, to retirement living, making your next stage of life, comfortable, easy, simple and enjoyable. For more information call 0800 900 700 or email [editorial@thewesterly.co.nz](mailto:editorial@thewesterly.co.nz).



## Want to try something different?

How about Country Dancing? Bring a friend, a partner, a family, or come on your own! Very sociable, no previous experience required, tuition supplied. Our club has been dancing at Kelston Community Centre ever since the complex was built in the 1970s, but we have had to shift due to much needed renovations. Lucky us! Our beginners will now dance from 6.45 pm - 7.45pm at Glen Eden Primary School Hall, 3 Glenview Rd, Glen Eden and all club members from 7.45 pm - 10.00 pm, every Tuesday, starting for the year on Tuesday 7th March. Any queries, phone 09 838 7263. Come and try it - we would love to see you.

## \$100 = Exposure for a month

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

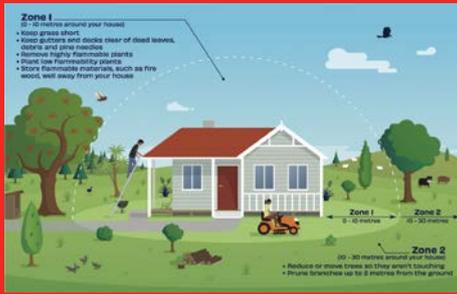


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# Safer Communities



The joys of Christmas and New Years are a much looked forward to part of the year for most.

The sun is shining, and it is a great time to enjoy the outdoors.

With this beautiful weather comes with a range of fire risks that we can all play a part in preventing.

Higher temperatures and lower humidity's allow for vegetation to cure and dry out faster, meaning they will ignite easier, spread a lot faster and be harder to get under control.

What can you do to protect your property

and make it safer?

- Ensure lawns and grasses are kept short to prevent the fire from spreading quickly.
- Keep stacked firewood away from your house (preferably in an enclosed shed).
- Clear gutters of dry debris to prevent ignition if any burning embers travel and land there.
- Remove scrub and dead or dying plants/debris
- Clear the entranceway to your property (4m x 4m) to allow access for a fire truck should it be required.

If you do have planned fire on your property, remember check [www.checkitsalright.nz](http://www.checkitsalright.nz) before lighting to ensure we are not in a restricted/prohibited season and to help you be prepared

There are some helpful links below that can assist with your preparation and fire safety.

<https://checkitsalright.nz/reduce-your-risk>

Take care and be safe.

Jamie Shaw

Waitakere Volunteer Fire Brigade



Jamie Shaw

Senior Fire Fighter  
Waitakere Fire Brigade  
Phone 09 810 9251



Help prevent drowning

## Look for clues

### In the backyard



- Buckets filled with water
- Pool gate left open
- Uncovered pond
- Spa with no cover

If you spot any of these clues it could spell danger. Visit our website for free online water safety courses to help you and your family stay safer around water this summer.

[dpanz.org.nz](http://dpanz.org.nz)



# Best of Aged Care

## Making the move in 2023

Moving is regularly up there on lists of the most stressful life events, but it doesn't have to be that way.

If 2023 is the year you will be relocating or downsizing, here are some tips from the experts at Retirement Moving to make your move easy:

1. Don't take everything. Spend time sorting your possessions before you move, and gift, donate or dispose of unwanted items.
2. Take your time. Chip away at sorting and packing one space at a time over a couple of days or weeks.
3. Dig around. Check every cupboard, under the house, in the garden and track down everything that will either need to be moved, sorted or disposed of.
4. Pack sentimental and valuable items yourself. It'll give you peace of mind knowing you packed things of vital importance, and you'll know exactly where to find them.
5. Get the professionals to pack oddly shaped and fragile items and disassemble/reassemble furniture. They will have the right tools for the job.
6. Empty your fridge and freezer and switch them off 24-48 hours before the move. They are large, heavy and bulky items, and having



food in them adds to the weight.

7. Make a priority carton where you can pack a toothbrush, PJs, medicine, keys - anything that you use every day - and keep it somewhere accessible.

8. Unpack immediately. Add a day to your move-in plan and get the boxes emptied, furniture reassembled, and rubbish disposed of.

If you are in a position to do so, engage a moving company you can trust to help with your move. Ask friends and family for recommendations or look at reviews online. Talk to your moving company about the little extras that can help make your move easy - things like helping to declutter, providing boxes and tape, or arranging a post-move clean.

## Radius Taupaki Gables

Radius Taupaki Gables provides residents with hospital-level medical care from the comfort of their own bed, in a family friendly environment. Offering 48 hospital beds and 12 rest home beds, Radius Taupaki Gables provides a range of services, including respite, palliative, and young and disabled care. The care home's core value is to ensure that families feel good about their loved ones being in care. Laurel and her team



## Making moving easy

Manage,  
declutter,  
pack and  
relocate.



Our professional Move teams are available to provide you with a stress free, full end to end move service.

Book your **FREE** consultation today.

**Phone: 0800 473 8473**

Email: [hello@retirementmoving.co.nz](mailto:hello@retirementmoving.co.nz)

The Retirement Moving team are people you can trust to make your next move a success. From the first free consultation, to the unpacking and placement of your goods, our focus is on you and getting it right first time.

**Retirement Moving** 

Manage > Declutter > Pack > Relocate

[www.retirementmoving.co.nz](http://www.retirementmoving.co.nz)

# Best of Aged Care

take a holistic approach, ensuring that residents' medical care is furthered by supporting therapies, social activity and engagement with the community - and even animal visits.

A leader in the aged care sector, Laurel Winwood brings a wealth of knowledge from her extensive background in nursing. She merges medical care and wider care into one, so residents can feel at home while they recover from injury or illness. Laurel explores innovative ways to engage with residents to keep them active, including working with an Auckland University study into reducing falls.

## Summerset at Monterey Park

Experience luxury living in the thriving community of Hobsonville at Summerset at Monterey Park.

**Villas:** These brand-new homes are equipped with all the modern amenities one needs for easy living. Two large double bedrooms, large open-plan living which flows to a deck or outdoor patio, an internal access garage with laundry and tiled bathrooms, plus an extra separate toilet. Easy modern living.

**Clark Coastal Villas -** Our premium homes, set on the water's edge, featuring open-plan living with a seamless flow to a large outdoor deck. Including two large bedrooms with ensuites, plus a third room



perfect for a study, or spare room, a double internal access garage, elevator and huge storage options. Orientated for fantastic sun and views and finished with a modern neutral décor throughout.

Summerset is also excited to announce a brand-new retirement village, Summerset Milldale, located close to Wainui, Silverdale and the Whangaparaoa Peninsula. Once complete, it will offer over 220 independent homes to choose from including villas and apartments. Plus, a wide range of care options, including serviced apartments, a care centre and our industry-leading memory care centre.

For more information on either of these villages, visit [summerset.co.nz](http://summerset.co.nz).

## ClearStone Legal

ClearStone Legal are a full-service law firm who are able to assist with residential conveyancing (sale, purchase and refinancing of property), advise on occupation licences and Retirement Villages Act 2003 and estate planning (Wills and Enduring Powers of Attorney).

Occupation Licence - often the first step is deciding on and securing a unit in your village of choice. We will complete a full review and advise you on the terms of the occupation licence (sometimes called an Occupation Right Agreement). Your initial



Debra Barron  
Principal, ClearStone Legal

## Summerset Milldale coming soon.

Summerset is excited to announce a brand-new retirement village, **Summerset Milldale** which begins pre-selling in early 2023.

Once complete, it will offer over 220 independent homes to choose from including villas and apartments. Plus, we will have a wide range of care options, including serviced apartments, a care centre and our industry-leading memory care centre. All safe and secure within a fully gated village community.

Summerset Milldale is located close to Silverdale and the Whangaparaoa Peninsula in one of Auckland's newest and most affordable suburbs. It will offer the perfect retirement lifestyle, close to beaches, cafes and shopping, everything the Hibiscus Coast has to offer.

Only 25 minutes from downtown Auckland, this stunning village will give you easy access to everything a busy retirement life demands.

**Get your free information pack today**  
**0800 SUMMER (786 637)**  
**[summerset.co.nz/milldale](http://summerset.co.nz/milldale)**



# Best of Aged Care

agreement might need to be subject to the sale of your home.

Sale of your residential property - once you have a buyer in front of you, your agent will negotiate and put in place a sale and purchase agreement. From this point we will work with you and the purchaser's solicitor to reach unconditional status, and then work towards settlement. We will prepare the documentation to transfer title to the purchaser, and if needed obtain a discharge of mortgage from your bank. We will apply the proceeds of sale to pay the purchase price for the occupation licence for you on settlement date.

Estate planning - one of the requirements of entry to a retirement village is to have up-to-date Enduring Powers of Attorney and Wills in place. We will take your instructions, advise you, guide you and draft the appropriate documentation to complete the requirements.

## Country Club Huapai

Luxuriously designed to meet all the needs of its residents, Country Club Huapai offers a new standard in retirement living. The Apartments and building facilities are open daily pop in and discover a superior retirement lifestyle for the over 60's, in the heart of



Auckland wine country.

The Country Club Huapai is located on the original Nobilo Estate winery, close to the quaint Huapai Village and approximately 35 minutes North West of Auckland's CBD. This is the newest addition to the prestigious Hopper Living Retirement Lifestyle Villages in the Rodney/Waitakere region. It offers a range of superior homes and apartments that embrace the relaxing lifestyle benefits of the country, while being so close to the city amenities.

## Register today for "Best of Aged Care 2023"

The Best of Aged Care Seminar and chat is on 10am, 28th February 2023, at West Harbour Church, 145 Moire Road, West Harbour, Auckland.

Free from cost, and without commitment to act, we are hosting a fun and information packed event providing answers to the common questions about moving from the family home into a better and easier living environment that provides some future proofing to changes in health, situation and dependency.

The best of aged care seminar will deliver a number of the very best accommodation and health care options available to you today from reputable and proven suppliers that really care about you, and your journey, to retirement living, making your next stage of life, comfortable, easy, simple and enjoyable.



**Teena Speedy**  
VILLAGE MANAGER

Hopper Living



Country Club

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Enjoy a luxury  
country retirement  
*today*

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# Best of Aged Care

You can bring a friend or family member with you to this independent seminar and chat with a range of professional support providers to help you.

Morning tea is provided, however as seats are very limited we need you to reserve your seats early to avoid disappointment. Call 0800 900 700 or email [editorial@thewesterly.co.nz](mailto:editorial@thewesterly.co.nz) with your name, contact details and seats you would like reserved. Multiple seats will require names and contact details.

"This is a fun, engaged and interactive chat that will talk openly about aged care living and planning ahead" says Graham McIntyre, publisher of the Westerly Magazine, who, with partners Seniornet, Mike Pero and Clearstone Legal will deliver confidence and clarity to your decision making.

For more information call 0800 900 700 or email [editorial@thewesterly.co.nz](mailto:editorial@thewesterly.co.nz).

## Appreciation for great design

Today's retirees appreciate great style and design and, after almost three decades in the business of building and operating premium retirement villages, Metlifecare takes a unique approach to creating its bespoke villages and



amenities.

Metlifecare ensures its villages fit perfectly into local environments and communities and the process starts by considering potential customers and determining their needs and expectations.

"We know our future residents are accustomed to high-end architecture, they appreciate outstanding urban design, and they want to be proud to show their children and grandchildren where they live," says head of development, Matt Wickham.

"We look for outstanding sites with strong links to the local community and desirable lifestyle features and use award-winning architects and landscape designers to bring to life bespoke villages that residents can be proud of."

Those sites can be coastal, urban or rural, and each Metlifecare village is completely unique, with its own individual theme. One of the company's latest developments, Orion Point, currently under way in Hobsonville, has been designed with an urban coastal sanctuary focus. With Stage 1 complete, we welcomed our first residents in February 2023.

Metlifecare has considered the area's rich history, taking great care to honour it, building a premium retirement village with independent villas and apartments, a care centre and stylish modern amenities, all sitting comfortably within a stunning coastal location.

[www.orionpoint.co.nz](http://www.orionpoint.co.nz)

## ORION POINT

### Point of perfection

Discover Orion Point, a premium retirement community nestled on the stunning peninsula between Hobsonville and Scott Points. Our range of newly released Stage 1 villas and apartments ensure you will find the perfect home for your retirement.

**Call us to discuss your options**

● **For the life you want to live**

**Call 0800 123 880**

[orionpoint@metlifecare.co.nz](mailto:orionpoint@metlifecare.co.nz)

62 Tahingamanu Road, Hobsonville

[orionpoint.co.nz](http://orionpoint.co.nz)



#### FACILITIES COMING LATE 2023

Village clubhouse and green with bistro-style café and bar

Swimming pool, spa, activities room, hair & beauty salon, resident workshop

Coastal walkway extension

#### COMING EARLY 2023

Coastal pavilion



Luxurious, move-in ready apartments from \$885,000<sup>^</sup> and Stage 1 villas now selling from \$1,520,000<sup>^</sup>.

<sup>^</sup> Price is for an Occupation Right Agreement secured by a first ranking mortgage in favour of the statutory supervisor on behalf of the residents. Price valid for 30 days from time of printing. Stock availability subject to change. Car park not included in apartment price. Product images are artists' impressions and an indication of product only.

Note: Visitors must be feeling well to enter a Metlifecare site. Mask-wearing within a village is optional. For full Metlifecare COVID-19 guidelines, please refer to our website [www.metlifecare.co.nz](http://www.metlifecare.co.nz)

# Property

## Property market report

On 22 March 2021, Grant Robertson, Labour's finance minister announced his plan to cool New Zealand's property market. It was a two tiered approach, change the lending and tax rules and then pressure the Reserve Bank to change the deposit and debt and income to loan ratios. Almost two years on we can safely say he has been hugely successful in creating one of the biggest market declines since the Global Financial Crisis with many saying the worst in New Zealand's history. The first step was a tax change implemented through Inland Revenue Department. The second part was new legislation called CCCFA (the responsible lending act) that made directors of lending organisations personally liable for their lending portfolio and responsible to the lending profile of their clients. The third tier was to massage the NZ reserve bank to increase the deposit requirements, the debt profile to loan approval and the debt to income profile of the lenders answerable to the Reserve Bank of New Zealand.

In short the current property market has been manufactured and manipulated by the Labour government like nothing that we have seen in the history of New Zealand politics. Seemingly a more dictatorial approach to curb investment in New Zealand Real Estate with considerable spin and finger pointing.

So let's look at how the market has changed over the last 12 months:

CoreLogic's House Price Index (HPI) shows property values in New Zealand fell 0.2% in December showing values down 5 % nationally over the calendar year

REINZ HPI was down 13.7% in the year to November, and is similar for the calendar year end.

In comparison the NZX was down 12% in 2022 trading, so overall a year that was disappointing all round.

Let's look at sales over the last month:

Herald Island	\$1,140,000 to \$1,845,000
Hobsonville	\$520,000 to \$1,750,000

the  
rentshop

**Mike  
James**

Managing Director

☎ 021 413 660

✉ mike.james@therentshop.co.nz

The Rent Shop Hobsonville Ltd  
PO Box 317118  
Hobsonville  
Auckland 0664

[www.therentshop.co.nz](http://www.therentshop.co.nz)



Scan me to view our listings & apply online.

Massey	\$740,000 to \$1,160,000
Swanson	\$800,000 to \$1,580,000
Waitakere	\$1,400,000
West Harbour	\$960,000 to \$1,600,000
Westgate	\$1,290,000 to \$1,500,000
Whenuapai	\$760,000 to \$1,410,000

The buyer enquiry through email, text and phone calls is steadily increasing and I would encourage anyone that is considering selling a property to give me a call today on 0800 900 700 or email me [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com). After 17 years in real estate you will engage with a very professional and experienced agent that will highlight the best options to get you on and off market in a timely manner - Mike Pero Real Estate Ltd Licensed REAA (2008).

## Gain longer occupancy from your tenants

Great tenants are invaluable and an asset and its beneficial to retain them for as long as possible, so we have prepared some beneficial tips to ensure a happy, secure and stress-free long-term tenancy:



Keep up to date with Maintenance - Maintaining

your investment and keeping on top of repairs will help you protect the property's capital value and allow you to attract and retain quality tenants. Delaying repairs and maintenance to save money is a false economy as you're only likely to attract unsatisfactory tenants, have longer vacancy times between tenants, and receive lower than market rent. Most maintenance jobs can be organised quickly and putting the time in now can save an 'odd job' from becoming a big job later. Our experienced team of Property Managers can organise this for you. Our landlords and tenants benefit from the excellent network of suppliers we have. These are long term trusted relationships with quality tradespeople and due to the volume of work we allocate them, we can negotiate competitive pricing and often our jobs are given priority.

Setting the correct rent for your property - Setting your rental price is one of the most critical decisions you will make as an owner of an investment property. Your property manager is the best person to assist you with setting the best rental price for your property by carrying out a comprehensive rental appraisal. Considering rents can only be increased once a year, it is important to get it right the first time. There are a few factors that must be considered when

**Graham McIntyre**

LICENSED SALESPERSON  
BRAND & TERRITORY OWNER

**Mike Pero**  
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[www.mikepero.com](http://www.mikepero.com)

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

# Property

setting your rental price. You must consider the condition of the property, market conditions, its features and location. If you set the rent too high, you are less likely to generate much interest, or a volume line of enquiry and it may also attract desperate tenants which can develop into a problematic tenancy. Similarly, if you set the rent too low you may attract a lower quality tenant. A great tenant will pay rent on time, keep your property in good order, and stay for longer.

Consider allowing pets in your rental property - Keeping an open mind about what sort of tenants you are looking for may well help you rent your property more quickly. Tenants with pets often have more trouble finding suitable rental properties and when they do secure a suitable property, they often stay longer giving a landlord more security of tenure. Keep in mind more and more quality tenants these days are looking for a 'pet-friendly' rental property. If a pet is negotiated in a tenancy, we can obtain a pet clause such as commercial cleaning of carpets and flea treatment.

How The Rent Shop can assist you - When you invest in property you take on a lot of responsibility and sometimes it may feel overwhelming, particularly with all the new legislation that has come into effect over the last few years. Our property managers are experts who can help take the stress out of managing your property. We are redefining the standards that you expect from your property manager. We are here to help: [mike.james@therentshop.co.nz](mailto:mike.james@therentshop.co.nz).

## More is not always better

When you purchase a property, you are expected to pay a deposit of 10% to the real estate agent (sometimes you can negotiate this down to 5%). The deposit is to secure the property and demonstrate your commitment to completing the purchase. However, if you don't complete, you risk losing your deposit.

When you obtain finance, banks have what's called a Loan-to-Value Ratio (LVR). Currently the LVR is 80% for an owner-occupied property. That means the Bank will lend you 80% of the purchase price, and you need to pay a deposit of 20%.

Recently we helped Paul and Sarah with the purchase of their first home. They had worked hard and managed to save a large deposit. Paul and Sarah eagerly made an offer to purchase their new home, recording on the Sale and Purchase Agreement a deposit of 40%. They consulted with us after the offer had been accepted, so it was too late for us to change the agreement. The risk to Paul and Sarah was that if the contract was cancelled for some reason, the vendor was only entitled to retain 10% of deposit, but to get the remaining



Debra Barron  
Principal - ClearStare Legal



Free Property Advice  
[www.property-hub.nz](http://www.property-hub.nz)

30% could be difficult. To protect their deposit, we registered a caveat on the property's title until settlement had been completed.

We know some of this stuff is a bit confusing and the way we talk about the deposit means something different depending on the context. We do this every day, and we understand that you don't - let us help from the start.

Our friendly team are always happy to check over any contract before you sign on the dotted line. You can reach us on 09 972 5102 or check out our website at [www.cslegal.co.nz](http://www.cslegal.co.nz).

## Could the cheapest mortgage rate end up costing you the most?

It can be tempting to pick the lowest mortgage rate on offer - regardless of the length of time the rate is locked in for. For the last few years the lowest rate has generally been the one-year rate. However, by the time you're reading this magazine, there is a good chance some or all of the banks may have lowered their five-year rates below their one-year rate. The five-year rate may well be the cheapest on offer. So, should you go for it?



There are borrowers who will. However, there is a strong chance that rates will go down before the 5 year term is up, resulting in a lot of borrowers who locked in this rate wanting to break it to get the cheaper rates - only to find there are heavy break costs to do so. These borrowers may even end up paying more interest over those five years, than if they had gone for a higher but shorter term rate to start with.

For certain customers it could be the right move. If you really need certainty of payments for five years - or if you really need the lowest rate right now for cash-flow (and have already explored options such as pushing out your term, or looking at interest only). For others I'd advise thinking very carefully before committing to a five year term. Whilst I can't give you advice without knowing your situation - I can say I'm very unlikely to lock in any of my own lending for five years.

Before you lock in a rate you should always consider

- What are your goals?
- What might happen over the next few years, might you need to break the rate or repay the loan early?

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# Property

- Are you with the best bank/lender for you?
- Have you got the right mix of loan products?

If you'd like help with your next fixed rate decision, I'm available free of charge; and if you want to meet in person the coffee is on me.

Scott Wombwell, Managing Director & Financial Advisor, Better Borrowing 020 4009 8944 | [www.betterborrowing.co.nz](http://www.betterborrowing.co.nz).

## Buying a tenanted residential property

Buying a residential property that is currently tenanted is slightly more complicated than buying property from someone who is living there and will move out on settlement day

If you wish to live in the property you will need to ensure that the sale and purchase agreement provides for vacant possession. The words "vacant possession" must be inserted in the tenancies box on the front page of the Agreement for Sale and Purchase. This is particularly important if you are using a KiwiSaver withdrawal or Kainga Ora First Home Grant to assist with your purchase.

Fixed term tenancies cannot be terminated before the end of the fixed term, unless the tenant agrees.

If you want to keep the existing tenants your lawyer will ensure that the appropriate paperwork is completed prior to settling. You should not assume that the rental currently meets all the legal requirements for a rental, such as the Healthy Homes Standards and



do your own due diligence to make sure the property meets your legal obligations as a landlord.

By Jennifer Edwards - Smith and Partners, 293 Lincoln Road, Henderson phone 09 836 0939 or email: [partners@smithpartners.co.nz](mailto:partners@smithpartners.co.nz).

## Getting out of an 'off the plan' agreement

It is common for the developer in a property agreement to get the code compliance certificate and having the title issue by a certain date. Sometimes the satisfaction date for those conditions can be 1 or 2 years. If so, a purchaser should include a sunset clause in the contract allowing them to cancel the contract if the developer has not satisfied its conditions by a certain time. Getting out of the agreement may be important if the value of the property is less than the price you have contracted to pay.

Section 225 of the Resource Management Act also gives a purchaser another way out of the agreement even if there is no sunset clause in the agreement. It allows the purchaser to either:

- get out of the contract within the first two weeks of signing; or
- cancel the agreement if the developer has not made reasonable progress in getting a title for the property within two years after the date of granting of the resource consent or 1 year after the date of the agreement, whichever is later.

In the property climate we currently find ourselves, both sunset clauses and section 225 are conditions that both developers and purchasers must not overlook. For more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at [info@kempsolicitors.co.nz](mailto:info@kempsolicitors.co.nz) or 09 412 6000.

## \$100 = Exposure for a month

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

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BBQ with Cart



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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	1,645,000	1087M2	121M2	1,845,000		920,000	437M2	86M2	862,000
	1,115,000	840M2	120M2	1,140,000		1,200,000	1249M2	95M2	805,000
HOBSONVILLE	1,225,000	201M2	160M2	1,150,000		1,050,000	410M2	155M2	790,000
	900,000	130M2	120M2	850,000		1,225,000	499M2	159M2	980,000
	1,825,000	374M2	255M2	1,650,000		840,000	217M2	79M2	805,000
	1,915,000	325M2	333M2	1,750,000		800,000	157M2	77M2	780,000
	870,000	113M2	90M2	845,875		1,150,000	335M2	138M2	900,000
	1,075,000	181M2	156M2	987,500		880,000	225M2	89M2	900,000
	1,720,000	809M2	130M2	1,525,000		1,150,000	559M2	129M2	1,160,000
	1,080,000	159M2	121M2	968,000		1,050,000	350M2	167M2	890,000
	925,000	112M2	888M2	845,000		900,000	189M2	93M2	1,020,650
	1,495,000	617M2	234M2	1,406,000		890,000	221M2	92M2	900,000
	1,050,000	151M2	127M2	1,100,000		960,000	450M2	135M2	895,000
	800,000	92M2	80M2	765,000		1,600,000	301M2	285M2	1,385,000
	1,210,000	219M2	173M2	1,165,000		1,000,000	1230M2	178M2	835,000
	1,125,000	170M2	173M2	1,230,000		1,080,000	690M2	90M2	930,000
	1,105,000	169M2	140M2	1,130,000		950,000	817M2	90M2	925,000
	1,840,000	300M2	275M2	1,710,000	SWANSON	1,140,000	348M2	188M2	1,160,000
	1,475,000	300M2	232M2	1,650,000		850,000	112M2	101M2	800,000
	970,000	115M2	111M2	915,000		1,150,000	5010M2	80M2	872,822
	1,420,000	298M2	208M2	1,320,000		1,075,000	675M2	160M2	930,000
	1,440,000	182M2	220M2	1,200,000	TAUPAKI	1,875,000	2.54HA	206M2	1,905,776
MASSEY	1,075,000	956M2	85M2	800,000	WAITAKERE	1,625,000	2.96HA	372M2	1,855,000
	890,000	499M2	80M2	804,500	WEST HARBOUR	1,150,000	617M2	150M2	1,000,000
	920,000	241M2	93M2	982,000		1,405,000	701M2	226M2	1,200,000
	1,600,000	430M2	290M2	1,500,000		1,420,000	600M2	210M2	1,330,000
	1,225,000	644M2	180M2	935,000		1,130,000	463M2	160M2	1,163,000
	960,000	491M2	82M2	879,000	WESTGATE	910,000	199M2	74M2	860,000
	1,300,000	872M2	90M2	910,000		1,105,000	189M2	163M2	1,100,000
	1,050,000	408M2	230M2	600,000	WHENUAPAI	1,325,000	318M2	224M2	1,250,000

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

Mike Pero's **low** commission rate:

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



Graham McIntyre  
Brand & Territory Owner  
027 632 0421

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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 \$100 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 \$100 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 \$450 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](mailto:editorial@thewesterly.co.nz)  
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People & places  
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Community Notices  
Food & beverage

Catalina Bay Farmers Market



## STEP ON THE PROPERTY LADDER

2 1 1

\$749,000

### 2 / 10 Wickstead Place, Massey Asking Price \$749,000

I seldom find a home that offers so much and is so affordable. This home offer exceptional value for money with options for lounges/ study, office and relaxing. A simple two bedroom home with a large open plan lounge-dining integrating into a very useful and expansive conservatory, offering stunning sunshine and options for office/ study or 2nd lounge. Off street parking and a single garage for treasures, which the lawn area and plantings are low maintenance and park-like. A short stroll to the inner harbour, convenience shopping, schools and parks. Make your move to home ownership call me today.



**Graham McIntyre**  
027 632 0421

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## EXTENDED FAMILY OR BLENDED FAMILY - ROYAL HEIGHTS

5 2 2

\$1,249,000

### 3 Bangla Place, Massey Asking Price \$1,249,000

If your expecting to house all of the family plus some, you'll need a big home with multiple living and outdoor spaces, you'll also need some clever parking options and a fully fenced yard for the cutties and the critters. Well you've found just that. A near new, multi-level home that delivers more than you thought possible in its price category. Tucked away, off-street parking for four cars (tandem) and double garage, moving up to an expansive lounge-dining-kitchen with direct access to sunny and expansive entertainment decking and fully fenced yard, peppered with mature trees for shade and ambience. Two bedrooms and bathroom and guest w/c on this level and up-stairs three more generous bedrooms, separate lounge and bathroom. Delivering the perfect environment for a mixed, blended or growing family.



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**RURAL ASPECT CLOSE TO WAITAKERE PRIMARY SCHOOL**

3 2 1

**Asking Price \$835,000**

**5 Northfield Road, Waitakere**  
**Asking Price \$835,000**

A 1950's three bedroom home in a quiet hamlet, overlooking farmland and yet close to Waitakere Primary School, services and park. Set on 850 square meters, this is a unique home that can host the full joys of family and friends in an environment that extends to alfresco living, outdoor pursuits and garaging tinkerers, all in the confines of this fully fenced property. Lovingly presented to reflect its pedigree and offering a neutral canvas for you to fully express your individuality. Available immediately for you to claim and move on in. Close to transport links, convenience shopping, Waitakere Primary School, and a short drive to Swanson Rail Station, Bethells Beach and Westgate Shopping hub. Motivated Vendor welcomes your interest today - You won't be disappointed.



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**STUNNING 1970 'S PERIOD HOME ON 680SQM (APPROX)**

4 2 2

**Asking Price \$998,000**

**7 Zita Maria Drive, Massey**  
**Asking Price \$998,000**

Seldom found, this represents "fantastic character living", a big and bold four bedroom home offering elevated living with easy access to everything you love. If you've been seeking the right house to stamp your mark with family or if you're a buyer wanting space to live, develop, add value and tinker, this is "the one". An absolute 1970's treat with three bedrooms downstairs with bathroom and laundry and an oasis upstairs with master suite and bathroom. Lots of room and great light. Open plan dining and lounge opening out to decking and patio area, while a bar-b-que area, double garage offers options to entertain and tinker. Set on a private 680 square meter section, peppered with trees, and close to schooling, convenience shopping, Transport links, Westgate and Costco Megastore.



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## BUSINESS - TOWN CENTRE ZONE - HUAPAI

3 1 1

By Negotiation

### 8 Oraha Road, Huapai By Negotiation

Nestled to the Eastern boundary of the Huapai Business Zoned area is this generous 869sqm parcel of land offering a flat section which shoulders the carparking and the Police Station at Huapai. A stately three bedroom bungalow with open plan kitchen, dining and living room leading onto westerly decking. A large shed and carport offers storage options while the yard is full of mature fruit trees. Fully fenced, flat section with services in the street. A short distance to parks, schools and convenient transport links. Invest today for options tomorrow.



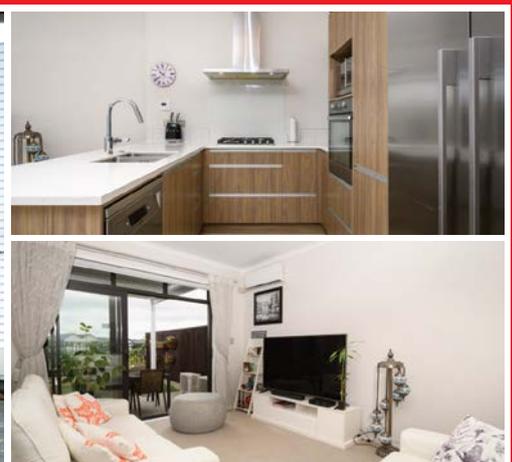
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## NORTH FACING ALFRESCO - HUAPAI BY THE PARK

4 1 2

\$1,020,000

### 12B Dida Park Drive, Huapai Asking Price \$1,020,000

A near new Universal home, set within a quiet suburb and enjoying a stunning north facing aspect overlooking the park. Set over two levels this 153sq meter (approx.) townhouse delivers generous space and outstanding sunshine. Downstairs has a fully carpeted multi-use single garage, storage, guest w/c and wide open plan kitchen, dining and lounge leading out to open/close pergola patio and access to park. Upstairs connects four bedrooms off a central corridor bathroom and ensuite and walk in off the master. Master and guest room/ office also enjoy park views. Set in an established suburb within Huapai Triangle the home has close access to Huapai Primary School, Access Road Film Studios, convenience shopping, restaurants, bars and transport links.



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**STAND ALONE ON 450SQM, STUNNINGLY GOOD**

3 1 1

**\$849,000**

**17 Chorley Avenue, Massey**  
Asking Price \$849,000

An absolute treat is on offer here on Chorley Avenue, this homely bungalow offering the best of suburban living with private and quiet section, yet close to schools, amenities and transport links. Make the most of this great real estate, priced well and positioned well with Northerly aspect, framed in lawn and peppered by fruit trees. Three bedrooms, one bathroom, separate laundry, with open plan lounge-dining opening out through french doors to north-east decking and patio area. Good parking as you enter section. A master-class in homeliness awaits you, and we invite all \$800,000 plus buyers to view the property today. Close to Henderson shops, schools, convenience shopping just up the street with transport links.

[www.mikepero.com/RX3493287](http://www.mikepero.com/RX3493287)



**Graham McIntyre**  
027 632 0421

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



**HIGH END BUILD - LOADS OF EXTRAS - CORNER SITE**

4 2 2

**Asking Price \$1,249,000**

**17 Moemoea Avenue, Huapai**  
Asking Price \$1,249,000

Near new, and built to a high standard with excellent attention to detail, high 2.7m internal roof height throughout and a significant list of upgrades that will delight and inspire you to secure this sun filled home. This seldom listed corner site delivers fewer neighbours, more sunshine and open aspect, so you feel you have space and an ambience that is hard to match. A beautifully presented four room brick and weatherboard blend with robust coloured steel roofing, while the layout provides excellent separation between the master bedroom and the family rooms. Two bathrooms and a guest w/c while the entertainers kitchen integrates seamlessly with lounge, dining area and alfresco decking and yard. A short drive to Huapai Primary School, convenience shopping, bars, restaurants and public transport.

[www.mikepero.com/RX3399606](http://www.mikepero.com/RX3399606)



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## BIG, BRICK, FAMILY HOME - HENDERSON

4 2 2

By Negotiation

### 27A Swanson Road, Henderson By Negotiation

Set off a quiet and private drive, resides a well presented two level 4 bedroom, brick home set on over 500sqm. The property enjoys generous garaging and off-drive parking with flat lawn and peppered established trees. Spread over two levels with three bedrooms upstairs, one down stairs with two bathrooms and additional guest w/c. Offering open kitchen and dining with separate lounge and options for a second lounge/ office/ study or day room. Alfresco to decking attracting great sunshine. Certainly a home that is convenient to transport links, a short walk to Henderson, Waitakere Hospital and Waitakere College.



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## FLAT LAND - BIG SHED - AQUAFER BORE

By Negotiation

### Lot 2 / 337 Ararimu Valley Road, Helensville By Negotiation

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

- An unconsented 150sqm (approx) plus high stud barn
- A deep bore with water rights accessing a deep spring aquifer
- A pre-existing house site (house removed) with septic and water tanks
- Power, water and waste infrastructure on site

This is a rare opportunity to buy land that has infrastructure already in place, and although it has no house on site it offers opportunity and improvement value.



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**BIG ON VALUE - SMALL ON PRICE**

3 1 1

**By Negotiation**

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

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



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[www.mikepero.com/RX3197566](http://www.mikepero.com/RX3197566)



**ELEVATED LIFESTYLE LAND, VIEWS ARE PLENTIFUL**

**By Negotiation**

**Lot 1 / 30 Mahana Road, Waimauku**  
By Negotiation

Good land is hard to find and this land is picture perfect, offering a significant building platform, with extensive views and excellent soil composition. Set on Mahana Road, the land has services at the gate and provides a canvas that is fenced and has pockets of planting for privacy. If you are ready to build, this land is ready to go, with clean title and great access. We invite all land buyers to view this outstanding land offer in the heart of Waimauku. A short drive to beach, convenience shops, school and transport links. Make this decision the start of something truly amazing.



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## NZ Biosecurity

Summer is one of the best times to finally get on top of gorse. With the hot, dry weather the gorse is stressed and requires a lot less effort to control. Gorse is one of those pesky weeds that requires agrichemicals to fully control, and this weed is so tenacious that you can spray it, and miss one small tip of a branch and the plant will continue to grow. If you undertake gorse control in the height of summer, the agrichemicals that you use are absorbed faster, and you can use the lowest concentration of agrichemical to



kill the weed effectively. There are a number of thoughts out there about the best way to control gorse and by far cutting the mature plants down and applying a smaller amount of weed killer to stumps is the most effective method. Not only do you get instant changes by having the gorse cut, you use the least amount of chemical possible and any re-growth can easily be controlled before it gets too big. The folks at NZ Biosecurity Services have teams that can turn a gorse forest into native forest - send us an email and we can provide a no-obligation free quote on [administration@biosecurity.net.nz](mailto:administration@biosecurity.net.nz).

## Introducing Signature Homes Huapai showhome

Searching for new home inspiration? Why not visit Signature Homes latest Huapai Showhome to experience the difference?

This dual pavilion home provides 199sqm of effortlessly light, bright, and beautifully sun-soaked living spaces.



Enjoy three thoughtfully placed bedrooms, separate media room, a spacious open-plan kitchen, dining, and living room that flows out onto a stunning louvered pergola and deck area - perfect for entertaining with friends and family.

Designed to reflect a welcoming coastal-inspired abode, the Huapai design perfectly celebrates nature and a connection with the outdoors. Featuring a minimal tonal colour palette of crisp white, paired with stunning wooden accents to further accentuate the modern coastal look.

Experience this stunning showhome for yourself, and the quality you can expect when you choose to build with Signature Homes West & North-West Auckland.

Located at 190 Matua Road, Huapai. Open daily from 12pm-4pm.

Start your new home journey with Signature Homes West & North-West Auckland

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

Owners Dean and Amanda Pritchard bring unrivalled new home experience to West Auckland. The unique combination of Dean's decades of experience as an award-winning builder with Amanda's expertise in sales and marketing enables them to provide a full-service building solution that is second to none.



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9a Weza Lane, Kumeu, Auckland 0810

# Home & Garden

Contact Signature Homes West & North-West Auckland for more information on 0800 020 600.

## Summer is here

Time to enjoy that lawn you have been preparing for the past few months. And now that summer has finally arrived we face the classic "lawn tragics" dilemma - loving the sunny days but really wanting some rain to continue too. Over the past few months we have had plenty of rain, and now that the sun is out it's practically perfect for lawn growth.

The grass is growing well and with frequent mowing on a high setting (probably weekly), taking the top off the grass encouraging a tight, dense habit - it'll look fantastic. Those same conditions that help grass grow also are great for weeds, so you will need to stay on top of them. Use a specialised broadleaf spray to knock back those dandelions, paspalum etc and prevent them going to seed and creating a problem for next year.

If not enough rain they will need watering - hopefully you have a full rain tank and are able to use that to help your lawn. La Nina is supposed to keep giving us regular soakings, but if your lawn is drying out, keep the mower very high - a lush lawn protects the grass and aids its recovery when rain does come, it also protects the soil from baking. Maybe use a mulch mower to drive the clippings down onto the soil to act as a mulch barrier mulch covering and protecting the soil too

So kick back and enjoy your summer lawn, fingers crossed it only

rains at night - and does a lot of it.

Gary Turton, Jim's Mowing.

## Whenuapai Floral and Garden Circle

With the New Year we are ready for meetings and outings and catching up with other members who have become friends. Our President, Margaret, has gardens booked for viewing for inspiration and enjoyment and guest speakers have been booked for all the meetings to tell us about their gardening pursuits and answer any questions you may have.



So do come along, to the Whenuapai Village Hall, 41 Waimarie Road at 1pm on the second Thursday of the month, February, March, April, May, then September, October, November with outings on the fourth Thursdays to be advised, also luncheons early in June and December, to celebrate the birthday of our Club, and Christmas.

If you would like to know more about our Garden Club, and wish to join us, please phone either Doreen Brown on 09 832 3020 or Judy Garrity on 09 833 5592. Entry fee just \$4 with another dollar

## Maximise the value of your land



Talk to Signature Homes West & North-West Auckland today about maximising the value of your land.

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Designed to improve housing supply in New Zealand's five largest cities, the new legislation will allow landowners to build up to three dwellings on a single section, up to three storeys high - without the need for resource consent from the council. **Talk to Signature Homes West & North-West Auckland today about maximising the value of your land. 0800 020 600 | 09 412 9010 | signature.co.nz**

Showroom/Office: 80 Main Road, Kumeu, Auckland.

Open: Mon-Fri 9am-5pm



# Home & Garden

optional for the raffle (good prizes).

Until next time, Happy Gardening from Mary Anne Clark.

## Not too late for extra water storage

Choose from 11 different colours and sizes ranging from 300L garden tanks to 31,000L there are options for everyone. Use FREE rainwater to wash your cars, boats, house, and to water the garden.

Tank level indicators, aqua filters, water buoys and water pumps sold in store for your convenience.

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Pop in and see one of our friendly team at our showroom based in the heart of Kumeu for all your plumbing, water pumps, water filtration, drainage, roofing, woodfires, pool & spa needs.

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



## Tile and grout cleaning and re-colouring

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

Grout is porous, and dirt, grime and bacteria soak into the surface



leaving it unsightly, unhealthy and practically impossible to clean using normal cleaners. Give GroutPro a call, we deep clean (vacuum extraction) and re-colour your grout to look like new again.

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

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

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## Laser Plumbing and Roofing Whenuapai

Your local plumbing, roofing & drainage specialists based in Whenuapai.

Happy New Year! It's hard to believe another year is done and dusted. Welcome to 2023.



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Maintenance Plumbing - for all your plumbing requirements, from basic tap washers, leaking pipes, the dreaded blocked toilets, or gas work, our maintenance plumbers are here to help - 24 hours a day.

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

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

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

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# Home & Garden

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

## Ladies who Lawn

Ladies who Lawn is a West Auckland landscaping garden company, providing an opportunity for women to challenge the traditional, male-dominated industry. The aim is to support women to be financially independent, in a workplace providing training, above-average wages and free childcare. The company has paired with a women's safe-housing site, with support from Mitre 10, providing an outdoor area for kids over summer and create a safe space for them to play and spend time with their whānau.

A team of predominantly female professionally qualified landscape gardeners, design specialists and horticulturalists have all the skills, knowledge and experience needed to tackle a garden project. They are not afraid to tackle the heavy work, from undertaking scraping back and retaining, to creating paths and laying pavers, trenching, grubbing, weeding, clearing, turning, planting and mulching, whatever is needed for the job. They have qualified builders who are ready to build



a retaining wall, down to boxing or edging an existing garden or space. Maintenance of a large or overgrown section is part of the available service, as well as the experience and equipment to keep hedges and trees tidy and healthy. The Ladies have a maintenance plan, doing a full garden and outdoor tidy and trim on a regular basis, popular with a group of developers for their rental properties. Contact ladieswholawn.nz@gmail.com 021 846 017 ladieswholawn.com.

## Join Community Compost Hub in Hobsonville Point

Don't have the space, but want to compost? Join our hub in Hobsonville Point and compost with us. Visit [kaipatiki.org.nz/compost](http://kaipatiki.org.nz/compost) to sign up, receive all the details and become a member. We take bokashi food scraps and offer free composting workshops through Compost Collective.

Thanks to many who already compost with us, we were fortunate to fill up a number of bags of living compost. By living we mean it is full of worms and beneficial micro-organisms to activate and improve soil fertility. Made in our



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156G Main Road Kumeu / BIG BLUE BUILDING

# Home & Garden

hot compost boxes using local food scraps. Plants love it!

## Blackout Electric

Established in August 2020, Blackout Electric is a local family owned and operated business, run by Sebastian Weaver, a registered Electrician with over 16 years' experience in the industry.

After completing his apprenticeship and spending a number of years working for various companies, learning the ins and outs of the industry, Seb decided it was time to go out on his own and build his own business from the ground up - since then, he hasn't looked back.

After being in business only a few months, Blackout Electric had generated enough business to bring on an apprentice, and approached Kaipara College and their Gateway Programme. This is where we found Branden, who is currently enrolled in his first year of an Electrical Apprenticeship. Seb is incredibly passionate about passing on his knowledge to others who want to be in the trade, and really enjoys seeing them succeed and become successful electricians themselves. Branden has been a fantastic addition to the Blackout Electric family and continues to develop his skills under the ongoing guidance of Seb.

In December 2020, Seb's wife Toni joined the team in a full-time capacity running the Office and Administration side of the business. Since starting Blackout Electric, we have experienced a huge amount of loyalty from local customers and businesses alike. Customers who not only continue to use our service, but refer and recommend us to their own family and friends. This is a testament to the service we provide, and the reason we continue to grow as a business. Blackout Electric are striving to be the number one choice for local electrical services. We hope that as time goes on, when



people think of electricians they will think of Blackout Electric.

We specialise in all forms of residential and commercial electrical work. Including new builds and renovations, alarm systems, CCTV and AV, and general maintenance - From something as simple as a new power point, to an entire house rewire, Blackout Electric is happy to help.

Seb is highly experienced in delivering cost-effective, high quality workmanship - offering solutions, not problems. At Blackout Electric, we pride ourselves on exceeding client's expectations. We build a relationship with our customers that begins on the first day of contact, and only ends once they're fully satisfied with our work.

Contact Blackout Electric for all your electrical service needs. We can be found at [www.blackoutelectric.co.nz](http://www.blackoutelectric.co.nz) or [info@blackoutelectric.co.nz](mailto:info@blackoutelectric.co.nz).

## City Botanics summer garden care

The arrival of summer is such a rewarding time in the garden, but it can also be quite demanding. Plants will need adequate water, especially those that aren't drought tolerant. Water your garden early in the morning or late in the evening, and try to avoid wetting the leaves. A good deep soak is preferable once or twice a week as it allows the water to penetrate down to the roots.

As the temperatures rise, so do weeds, bugs, and fungal diseases. These things can quickly get out of control, so it pays to keep on top of them. The first line of defence against pests and diseases is healthy soil. Replenish essential micro-nutrients in the soil by adding lots of organic matter like organic compost and mulch. Mulching your garden beds also suppresses weeds and stops the soil from drying out quickly in the summer. Remove any weeds as soon as they start to grow; they're much easier to pull out at this stage. Don't let them go to seed, or they'll quickly spread.

To respond to the nutrient needs of our urban gardens, we have developed a range of organic Garden Mixes that are loaded with beneficial microbes. Nutrients are released when they are broken down by beneficial microbes such as bacteria and fungi. As the organic matter decomposes, clay particles clump around the humus, slowly improving the aeration and drainage of the soil below and allowing your plant's roots to grow deeper and stay healthier.

Additionally, we offer a delivery and empty bag-return service so we



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# Home & Garden

can reuse the bags and reduce the amount of garden waste! For a summer-ready garden, use the code WESTERLY10 for 10% discount on our garden mix range.

Visit [www.citybotanics.co.nz/gardensupplies](http://www.citybotanics.co.nz/gardensupplies) to learn more.

## Tough groundcover plants for tough areas

Most gardens will have an area where conditions are tough, and many plants struggle to grow in these areas. At Awa Nursery we have an area dedicated to these tough zones, and the plants themselves are subject to fairly harsh conditions at the nursery. We have a great variety of groundcovers currently in stock



which are tried and true in many a garden to counteract weeds, hold a bank together, or just survive in dry conditions. They also add colour and interest to your garden, and are low maintenance. We have many options, from the firm favourite Coprosmas (there are many varieties in the nursery) to the Mondos, Ajugas, Dymondia, Muehlenbeckias, Dichondria Silver Falls, Selleria, Acaena purpurea, Vinca, Leptonella dioica, and Thymus to name a few. Hebes are

another great addition to your garden, thriving in many a tough area, and are very easy to maintain. Mostly flowering in summer, they provide nectar for the bees, and brighten up the garden with the long flowering period. Also, consider Flaxes, Grasses (both NZ Carex and Lomandras), creeping Rosemary, Star Jasmine, Liriope and Grevilleas, which are all proven tough plants. Remember your garden will always thank you if you mulch your garden especially when conditions are hot as it helps prevent the soil from drying out, suppresses weeds and improves fertility and health of your soil - plus it looks great! Pop along to Awa Nursery and see what we have that can brighten up your tough patch or call Nathan on 021 146 5429.

## Western ITM

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# Food & Beverages

## Soljans Estate Winery

Valentine's Day is just around the corner! Don't forget to book your romantic evening with your significant other, Soljans are offering a fantastic 4 course dinner with the option of adding on a divine wine pairing. Book through our website to secure your spot. [www.soljans.co.nz](http://www.soljans.co.nz)



## Berba is back!

For as long as we can remember we have celebrated harvest through our Berba Festival. Inviting anyone and everyone to come and join us in our excitement for the new vintage and having harvest underway. Over the 4th & 5th of March, we will be celebrating harvest in true Soljans style! With grape stomping, winery tours, good food, award winning wine, live music, wine deals and many more activities this event is perfect for all ages. Visit our website [www.soljans.co.nz](http://www.soljans.co.nz) for more information and to book your spot!



## Choc-Coated Blue Coconut Ice Block Recipe

Just in time for summer! Blue Butterfly Pea Tea is the star ingredient used to create the vibrant blue colour in this recipe. Use any of your favourite herbal teas in place of the Blue Butterfly Pea Tea and vanilla essence to create your own unique flavours of ice blocks.



Blue Butterfly Pea Tea has a mild, slightly grassy flavour is a best used as a colourant in beverages, desserts and baking or used as a dye. It will change from blue to cerise pink with the addition of lemon juice which can be a fun experiment for kids.

**Ice Block Ingredients:** 2 tablespoons Blue Butterfly Pea Tea, 3 tablespoons boiling water, 400ml coconut cream, 2-3 tablespoons maple syrup (depending on your taste preferences), 2 teaspoons vanilla essence.

**Chocolate Coating Ingredients:** 2 tablespoons coconut oil, 2 tablespoons cocoa, 2 tablespoons maple syrup, ½ teaspoon vanilla plus 4 tablespoons toasted, shredded coconut to sprinkle over.

**Method:** Make a tea by adding the boiling water to the Blue Butterfly Pea Tea. Allow to steep for five minutes, then strain and squeeze all of the liquid from the flowers. Next, add the coconut cream, maple syrup and vanilla essence to the tea and mix well. Pour into ice block moulds, place a stick in each mould and allow to freeze for a couple of hours until set. You may need to adjust your ice block sticks when the mixture is partially frozen.

Once frozen completely, make the chocolate coating by mixing all of the coating ingredients together and heating gently until the coconut oil has melted. Mix well. Working individually, spoon the coating over the ice block, then sprinkle over the toasted coconut and place onto a lined tray. Repeat until they are all completed, then place in the freezer for 5 minutes to set, or until you are ready to enjoy them.

Blue Butterfly Pea Tea and other herbal teas are available from our website: [www.NewZealandHerbalBrew.co.nz](http://www.NewZealandHerbalBrew.co.nz). Also, check out our selection of recipes showing you how herbal teas can be incorporated into various foods and beverages.

## Good From Scratch Cookery School

Happy New year to all! It's hard to believe the kids are almost back to school and once again the lunchboxes need to reappear

This is a great Lunchbox filler packed full of delicious goodies and so simple and easy to make the kids can make them!

Weetbix, cranberry and seeded museli bars

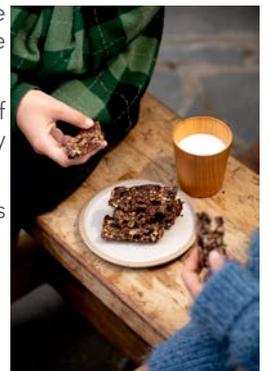
Prep time: 20 minutes

Cooking time: 30 minutes

Makes: 20 bars

4 Weetbix, crushed

1 cup cooking oats



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# Food & Beverages

- 2 tbsp peanut butter
- 2 tbsp coconut oil
- 4 tbsp honey
- 100gm dark chocolate
- ½ cup raisins
- ½ cup cranberries
- ¼ cup pumpkin seeds
- ¼ cup sunflower seeds
- Pinch cinnamon
- Pinch salt

Preheat oven to 180°C and line a 20 x 30cm baking tray with baking paper. Place the peanut butter, chocolate, honey and coconut cream into a heavy-based saucepan over a low heat. Stir until melted together.

Combine the remaining ingredients in a large bowl.

Pour the hot chocolate mix over the dry mix and work quickly to combine. Press into baking tray and put in oven for 30 minutes. Remove from oven and allow to cool completely (finishing in the fridge) before cutting into bars.

## Jesters Pies Westgate Gluten Free Pies

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- Billy T - Mince and cheese
- Stockman - Steak
- Maharaja - Butter Chicken
- Kentucky Delight - Apple, Blueberry and Custard



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Email: [amljesters@gmail.com](mailto:amljesters@gmail.com).

## Don Buck Honey

Don Buck Honey is the brand of a West Auckland beekeeper who sells honey produced locally as well as from the Far North. My Waitakere Forest Honey from Nov-Dec 2021 won a silver medal at the June 2022 Apiculture NZ Honey Awards. Please visit my online store to see the full range of honey varieties and the bulk prices for cartons of honey pots - a great idea for lower cost consumable gifts. [www.donbuckhoney.co.nz](http://www.donbuckhoney.co.nz).



## Hallertau New beer alert - Island Haze 6.5%

Hallertau New beer alert - Island Haze 6.5%

The view from the carpark on dusk. Westcoast magic, the only beer for now.

4 hours in the water and tomorrow will be bigger, better.

Hops like this make for a special vibe.

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Pouring now at Hallertau and available in 1L KEEPER bottle.



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



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# Health & Beauty

## Does Your Liver Need Some TLC?

The liver is a big player in detoxifying chemicals (like alcohol - guilty conscience anyone?) from the body. It also helps the cardiovascular system and supports your metabolism. Fun Fact: your liver is responsible for 25% of your basal metabolism.



It is a shame that a modern lifestyle of high sugar intake, wrong fats, alcohol consumption and stress can damage the liver. But there are fantastic nutrients that can support the function of the liver and even repair damage.

**Repairing Liver Damage:** You have 33km of membranes inside your liver (another fun fact). These membranes are made up of a variety of fats, 70% of which are phosphatidylcholine (PC). If you take supplemental PC, you can repair damaged liver membranes and restore liver function, and energy and vitality. Benefits have been shown in fatty liver disease, hepatitis, and cirrhosis of the liver. PC can be found in egg yolks and soy lecithin. It can also be taken in potent lipospheric forms as a supplement for a boost.

PC may also slow down the ageing process, improve the health of blood vessels, help colitis, reduce gallstones, and help in the brain (mania, learning, age-associated memory impairment to name a few).

While I consider PC as the "rock star" of liver repair nutrients, there are also other nutrients that can be very helpful. These include: Alpha Lipoic acid; N-Acetyl cysteine; Silymarin (milk thistle); SAMe.

These nutrients can protect the liver from environmental toxins, stabilise liver membranes, and reduce oxidative damage. NAC is used in hospitals to protect the liver from damage due to

paracetamol overdose.

A damaged liver will sap your energy and vitality. That's why I recommend a liver reset every 6 months.

**Daily Liver Care:** You brush your teeth every day (well I hope you do), so why not give your liver a bit of TLC after the holiday season. You may even find that other seemingly unrelated conditions improve (like fatigue or psoriasis). Come and chat to the team at Massey Unichem Pharmacy to see what the best liver support supplement for you would be. Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.

## Love to Move

Love to Move was born from my own journey to improve my health and fitness as I age.

I am a fully qualified personal trainer, here to help you to achieve your fitness goals. My key area of focus is helping my clients achieve goals which allow them to continue doing the things they love independently.

If you want to increase your energy levels, feel more confident, feel healthier and fitter then I have the following services I can offer you.

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**Bootcamps:** provide a fun social environment where you can challenge yourself, contact me for class times.

**Mum's and Bub's -** Fun social atmosphere with exercise targeted at the post-natal mum

**Functional Fitness -** as we age. Focused on those increasing in age or very new to exercise. Gentle and safe, focusing on maintaining fitness levels.

Please contact me on 027 665 4091 or [kayleen@lovetomove.co.nz](mailto:kayleen@lovetomove.co.nz).



## Four tips for a healthy new year

Here are 4 simple tips that can help you start 2023 off on the right foot. They are all simple to do and implement and are essential for a healthy life.

1. Eat clean. Minimise sugary and processed foods and stick to more natural, unprocessed foods.

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# Health & Beauty

2. Drink water. Aim to drink 1 litre of water per 40kg of body weight.
3. Move your body. Try to get in at least 30 minutes of movement/exercise per day. One of the easiest ways to do this is simply going for a walk.
4. Breathe. Try practising 5-10 minutes of diaphragmatic breathing. This is an important skill to master and is also a good way to destress the body.

If you want to find more about these for tips, read the blog post on our website. [www.elevatechiropractic.co.nz/blog](http://www.elevatechiropractic.co.nz/blog).

## Should you replace your old metal fillings?

Have you ever looked at yourself in the mirror or photos and seen a flash of silver in your teeth? In the 20th century silver 'amalgam' was the popular material to use for dental fillings because it was strong and durable. However, there are some shortcomings with amalgam fillings - mainly their unsightly appearance, plus the fact that over time they can place uneven pressure on



your teeth and cause them to crack. Some people have also felt concerned about the mercury content of their silver fillings.

The good news is that it is very easy to replace silver fillings to restore the appearance of white teeth. Although silver amalgam fillings are still used at some other dental practices, at McIntosh Dental we use composite resin for all fillings and to replace silver ones. Composite resin is strong and a far-superior material aesthetically compared to metal fillings. The nano-composite materials allow for incredible bonding plus colour blending and matching of the filling material to your natural tooth structure.

The process to remove old silver fillings is as simple as having a normal filling placed. It is a standard dental procedure that we are very experienced in and only takes one appointment to restore the aesthetics of your teeth with a modern alternative.

If you're interested in replacing your silver fillings, please contact us on 09 837 2598 or email [info@mcintoshdental.co.nz](mailto:info@mcintoshdental.co.nz) to book an appointment, or discuss it at your next dental check-up. The procedure is very cost-effective, and the results on your smile are dramatic!



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## Hobsonville Chiropractic

At Hobsonville Chiropractic we are excited to welcome Dr Emily Pua to begin working with us. Emily will be working alongside Lynnette and Tash. Emily is interested in musculoskeletal disorders and injuries, health promotion and education, posture, nervous system function, wellness care and preventative care. Dr Emily loves seeing the changes and benefits that occur in her clients when under chiropractic care. Give us a call today to book in with Emily or one of our other lovely chiropractors.



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

## Time

The most precious gift we have to give to one another is time.

Time feels different at different points in our lives.

The time a new born baby has to explore the world is evidently longer and more expectant of new wonders than the time a retiree has to enjoy the little milestones of their new grandchild as they grow.

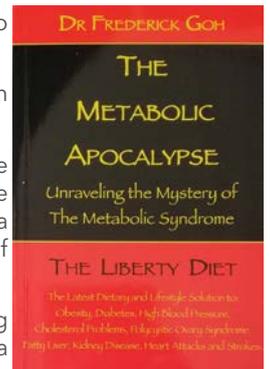
Time also passes faster when we are having fun enjoying the many experiences a holiday destination gives us and yet at the end of the holiday, we find ourselves wishing time would slow down as we dread going back to normal life.

The sad thing is that time moves only forward and what we are left with are the memories of time past and things done. Or undone.

Time also puts an urgency to matters like health.

Health is something we should expect to decline with time. Taking medications for various chronic illnesses is a matter of WHEN not IF. Sooner or later, high blood pressure, high cholesterol and diabetes will catch up with us so we should be vigilant.

When we realise that time is our health's enemy, we learn to accept



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# Health & Beauty

that we should look after our health more carefully as we age. And take those medications diligently when your GP says you need to take them.

On the topic of time, I spent 3 precious years writing my book *The Metabolic Apocalypse* and creating *The Liberty Diet*.

And it's my gift to you - 3 years of my time, time I spent reading journal articles, collating evidence, writing, editing and even typesetting the book.

It's available for FREE at Royal Heights Pharmacy in Royal Heights Shopping Centre, 138 Royal Road, Massey.

Or come by our clinic Royal Heights Doctors for more copies - have a whole box for your family, friends and colleagues.

My time, your gift - maybe, just maybe, we'll change the way people live and eat, and get everyone's health better. The most precious gift we have to give to one another is time. Dr Frederick Goh, Royal Heights Shopping Centre, Shop 12, 138 Royal Road, Massey, Auckland, phone 09 393 6313 [www.rhdoctors.nz](http://www.rhdoctors.nz).

## The Doctor's Massey

The Doctor's Massey Medical is receiving new patients, enrolments are open via our website or call into the Centre when you are next passing. We open at 8am with consultations starting at 8.30 and close at 6pm Monday to Thursday and 5pm on a Friday. We now have 7 doctors available for your care. We would like to welcome Dr Trinh Wright back from maternity leave, Dr Sonal Mehra has joined us from Singapore and



is loving our beautiful country and Dr Lu'isa Fonua-Faeamani is an experienced GP who joined us from another west Auckland practice.

You can phone to book an appointment, or we offer patient portals so you can book your appointment or request a prescription online. Come and meet us, located at 394 Don Buck Road Massey, plenty of parking in front of the shops or behind. We look forward to welcoming you.

## Gluten Free

From about the age of three, we knew our son's tummy couldn't handle large plates of pasta, even though he loved the stuff. We cut down and he seemed OK, but a fractured elbow at age seven led us to a paediatric bone specialist who questioned his bone density and recommended a test for Coeliac Disease. With no-one else in the family with this disease, the positive diagnosis was a shock, and sent us on a steep learning curve as we adjusted our kitchen and our cooking to keep him safe from this new poison in our lives - gluten.



For people with Coeliac Disease, being gluten free is not a choice. Even a tiny crumb of gluten can quickly give many people nasty symptoms like stomach pain, vomiting, diarrhoea and brain fog. Some people don't get these symptoms, but for everyone with Coeliac's, long term exposure to gluten causes damage to the lining of the small intestine. This means the body cannot absorb nutrients from food, leading to issues such as anaemia, fatigue, weight loss, weakened bones, skin issues, irritable bowels, muscle pain, and even infertility and miscarriages. The good news is that a vaccine is in development to turn off the gene that causes this to happen. Until that is ready, staying 100% gluten free is the only way to stay healthy.

In our family, we still love food. Learning to read food labels (gluten hides in so many ingredients) and keeping our kitchen safely gluten-free has been the easy part. The hard part for our son is events involving food at school and in his social life. We constantly have to request information about food, educate, and send him with alternatives if he can't be catered for. We love it and are very grateful when people ask questions and give making food for him a go - it's not that hard, it just takes a little care.

Eating out is another thing entirely. It's often tricky, but we are lucky in this area to have several great establishments that understand the difference between gluten free as a lifestyle choice and Coeliac Disease. Indian Summer in Hobsonville Point make everything



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# Health & Beauty

except their naan bread gluten free - they are amazing. Tok Tok labels everything that contains gluten, and both Coffee Club and Hobsonville Larder have good options. Wen and Yen in Constellation do great gluten free donuts and pies. Our go-to for takeaways are Hell's Pizza and Saint Pierre's Sushi -both have put their staff through the 'Dining Out' training with Coeliac NZ to make sure their gluten free options are truly safe. We are so grateful when hospitality workers put in that little bit of extra effort to make eating out safe for us. And it's worth their while - it is estimated that there are up to 100,000 people in NZ with Coeliac Disease (many are yet to be diagnosed). For more information, to take an online test to see if you might have Coeliac's, or to find out about gluten-free food safety certification for your establishment, visit <https://coeliac.org.nz/>.

## To have lasting love you must first love yourself

Many have heard the phrase, "You can't love another until you love yourself" And, it's true.

If you don't love yourself, you might feel like others don't love you either. You project your lack of love onto them instead of realising that it comes from you. You might think others see you as ugly, overweight, or unworthy when it's really you who thinks these things. Others think you are amazing.

Unfortunately, you don't believe them because you don't believe that about yourself. Then, you might push people away and isolate yourself because you can't see how people could possibly love 'someone like you'.

Your mind will do everything in its power to find evidence to support beliefs about yourself. This is going on in your subconscious mind, and you act on it without even realising it. You self-sabotage and find reasons why someone is not good enough for you when in reality it's you who feels not good enough to be with them.

I found this in myself and in my clients and what needs to change is your limiting beliefs. Changing beliefs at the subconscious level is what I do and it works. I went from being single for 11 years to now being in a loving relationship for over 4 years. And it all started with me starting to love myself and believe I am lovable no matter what. And you are too! You can have lasting love when you choose to change your beliefs and love who you are, flaws and all.

Need help loving yourself? Get in touch. Lorraine Maguire - Rapid

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## Summer sunnies

There is no question that a pair of Polarised sunglasses is a great investment for the protection of your eyes from harmful ultraviolet light and UV rays.

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All our sunglasses can have your prescription put into them. And don't forget, if you have a pair of sunnies that you love and simply want sunglass lenses in your prescription put into those frames, we are happy to help. Come and talk to us any day of the week except Sundays at 413A Hobsonville Road or call for an appointment 09 416 3937.

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# Area Columnists

## Armed hold up/robbery/ violence at work – customer service areas

Pick up a newspaper, watch the news on TV, a common news theme is an armed robbery.

Such incidents, involving people can be very distressing, and stressful for staff. And while a robbery or heaven forbid an armed holdup should be reportable to the Police, they are a Health and Safety issue, and require a H&S response.

Securo's list of hazard templates, contains five hazards that are all related and need to be considered when addressing such incidents in the workplace.



Armed holdups and violence in the workplace will cause emotional and psychological stress, or injury or illness as a result of violence or an armed holdup. The thought or likelihood of violence or an armed holdup may cause emotional or psychological stress or the potential of an injury or illness from such an incident and Working Alone could well contribute to a workers emotional or psychological stress or illness.

- Armed Holdup
- Emotional and Psychological Stress
- Stress - Injuries or illness from (potential or Actual)
- Violence in the Workplace
- Working Alone

Worksafe NZ, provides a factsheet on violence at work in customer service areas and guidelines for the safety of staff from the threat of an armed holdup.

The guidelines provided by Worksafe on "armed holdup" were last updated in 2011, prior to the H&S at Work Act 2015 being enacted. It is worth noting the fundamental principal of the HSAW Act 2015 is that a PCBU must ensure so far as is reasonably practicable, the health and safety of workers, and ensure that others are not put at risk from your work.

So, what can be done to assist workers and yourself as an owner or manager in a business that could be the subject violence or an armed holdup. The Plan - Do - Check - Act approach provided by Worksafe (below) is an ideal way to work out whether violence is a

risk to your workers or others, and if so, how you could deal with it. Worksafe also provides a range of possible control measures that are worth noting.

Architectural/Layout - allow people to enter, exit and move about without risk to health and safety both under normal working conditions and in an emergency normal working condition. Layout needs to allow for safe and rapid evacuation (eg clear escape routes/ access to safe rooms or areas). Customer service areas methods to restrict physical access to workers - counters/screens/restricted access to work areas

- Policies and procedures - Implementing a zero-tolerance policy against all forms of violence.

Develop procedures for:

- how to deal with customers including what unacceptable behaviour is and what to do about it
- how to keep workers safe (e.g., positioning themselves so they have an escape route)
- what to do when confronting acts of violence including an armed incident (see emergency planning)
- locking back doors and windows
- carrying out banking
- workers notifying you of incidents
- recording incidents and investigating them
- warning and trespassing clients (across multiple sites if applicable) and calling Police.

Expectations that all incidents are notified to you - encourage workers to report, positively recognise those that report appropriately.

- Emergency planning

Your workplace must have an emergency plan that is implemented in an emergency.

You must also provide adequate first aid equipment/facilities and access to first aiders.

Plans should include:

- what workers should do when acts of violence occur
- how you will support workers if an emergency occurs.

Conduct drills to regularly test the plan.

Training - You need to provide workers with the training/ supervision they need to work safely.

- procedures for working safely
- what to do in an emergency including evacuations
- special training for security personnel on their role if an incident unfolds.
- Other security measures for example ...
- Panic buttons/duress alarms to seek help and alert other workers to potential danger.



**Pete Sinton**  
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# Area Columnists

- CCTV with warning signs.
- Signs that set out clear expectations of the behaviour of customers (eg no bad language, no verbal abuse, no physical intimidation) and consequences of bad behaviour.

If you have any concerns around this topic or other Health & Safety matters, contact John Riddell from Securo by emailing [securo4@securo.co.nz](mailto:securo4@securo.co.nz) or contact Securo by visiting the Securo website [www.securo.co.nz](http://www.securo.co.nz).

## Distance Families: a line in the sand

Christmas/New Year 2022/23 created a 'line in the sand' for so many Distance Families. We were separated during the pandemic in 2020 and 2021 and finally, most families were able to reunite, in at least one direction - mine included.

During many airport visits it was hard to miss the 'Covid babies' snugly enclosed in parental front packs, meeting their grandparents for the first time. Many a Love Actually scene unfolded nearby, making my eyes water.

Pent up emotions spilled over like the opening of a shaken beer can. Expectations of what the visits meant to all parties were high.

What have we learned?

- Western globalisation and its ease of mobility has lost a little of its sparkle.
- The pain of forced separation was harder than we imagined. Perhaps for some, they've realised their family means more to them than they'd previously considered.
- Going forward, non-changeable, non-refundable airfares offer little appeal.
- Having future travel plans in place, knowing when we'll next physically connect was always important. Now these plans are vital, but remain clouded by a cautious, "what if?" question mark.

As we pick up our lives navigating a new version of normal the previous rhythm of catch up visits will resume, albeit with rejigged attitudes and priorities. We will never again, take for granted, the ability to fly around the world and physically connect with families.



It's a luxury to be forever grateful for.

Helen Ellis, M.A. is a researcher, author, anthropologist, veteran of Distance Grandparenting and Founder of DistanceFamilies.com. She is the author of Being a Distance Grandparent and Being a Distance Son or Daughter, the first books of a three part generational book series highlighting the 'how it is' of Distance Families. Her books are available online, at selected book and Kiwiana gift stores and Hobsonville Point Pharmacy.

Photo credit: "A line in the sand" by Sushicam is licensed under CC BY-NC-ND 2.0.

## Reviewing the past - setting goals for the future

By the time you read this, the Christmas holidays may be a distant memory. The kids are back at school, and the traffic is back to its worst.

Over the holidays you may have had time to reflect on 2022 while you recharged from another strange year. What did you learn? If you were to have a second chance, what would you have done differently? What were your achievements? What are you going to do differently in 2023?

This applies to both your personal life and your business life although there is often a crossover. While there are many challenges that are outside of your control, your decisions drive your successes and failures.

As a business owner you have a big impact on the quality of life of those who work for you and with you. Consider how 2022 has impacted them, both from a work perspective and a mental health perspective. With the labour market so tight, employers who look after their staff are more likely to retain their staff.

As the financial year draws to a close, now is the time to set priorities and budgets for the next financial year.

- What worked well in 2022 that you need to keep doing?
- What didn't work well that you need to stop or change
- What did you say you were going to do, but never got around to?
- Has your business vision changed?
- Do you need to modify your plan to fit within the changing business environment?
- What do you want to achieve this year?

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# Area Columnists

- What suggestions for improvements do your employees have?
- What support do you need to reach your goals?

Include your staff in your discussions. It is often helpful to have these conversations off site so that you can avoid the distractions of day-to-day work.

Start the year the way you intend to carry on. Be deliberate in your decision making. Step outside your comfort zone.

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

## Welcome 2023 - ready to put your New Year's resolutions into practice?

Astramana™ Healing Services wishes all readers and our client's a very Happy New Year!

A lot of us start the New Year with various goals and resolutions, we wish to achieve. However, we often start the year off with the best intentions, but as the year goes on, we tend to slip as life moves on and we get back into a normal routine, how can we change that?

Goal setting is part of everyday life. By setting ourselves small and easily achievable goals on a daily basis will help us to successfully achieve the larger goals we have in life such as stop smoking, weight loss, saving money for a holiday.

To create a goal, we can use the SMART Goal Setting Guide, our goals should be:

S: Specific

M: Measurable

A: Attainable

R: Realistic/Relevant

T: Time- Based

It is important that your goal be specific, identify specific targets you hope to achieve at different stages, make sure your goal is achievable, otherwise you could struggle with success. The goal needs to be realistic and relevant to you and put a time frame on it,



as this will help you to move towards success.

Astramana™ Healing Services can help you achieve your goals and New Year's resolutions. We can't do it for you, as only you can, but we can help you, through the various services we offer. We offer hypnosis, energy healing workshops or just one on one motivational support or tarot reading.

Later this year, Astramana™ Healing Services will be offering a psychic self-development course where you can join like-minded people to open your psychic abilities, or join us for our first 2023 Reiki level 1 workshop, the higher levels will be taught throughout the year. Please contact us for details and register your interest for any of our workshops.

Astramana™ Healing Services, was founded by International Hypnotist, Reiki Master-Teacher, Clairvoyant & Tarot Reader Jason Mackenzie. Please visit our website: [www.astramana.com](http://www.astramana.com) or email [astramana@gmail.com](mailto:astramana@gmail.com), phone/ text us on 021 0277 0836 with any questions or to book a session, workshop or a New Year's Tarot reading. We offer a mobile service to those out West Auckland.

## The Locky Docks

No matter where we live, we all need to be able to move about freely in fun and healthy ways - get on a bike to your friend's place, a sports practice, or a leisurely ride across town. A great city for everyone supports our health and wellbeing and allows us to choose the mode of transport which best suits our needs and abilities.



For over a decade, the number of people using bikes has been declining due to enduring challenges. A major challenge is the need for more investment in active travel to encourage people to choose travel options other than vehicles.

But the good news is that people will change how they travel when there are viable alternative options. Local and international evidence tells us when investment is used to improve alternative travel infrastructure (other than cars), more people use it. When more people use various modes of transport, fewer cars fill our roads, providing smoother journeys for those who still choose to drive.

Helping Aucklanders who choose to ride a bike or drive an e-scooter is the mahi of Big Street Bikers. The team are on a mission to roll out an Electric Bike Network across Tāmaki Makaurau (and other urban centres), with the support of Mercury, Waka Kotahi and regional Council across the motu. West Auckland is set to receive up to 15 Locky Dock Stations where anyone can securely lock, dock, and recharge their bike, e-bike, or scooter free of charge, using a Public

**Graham McIntyre**  
LICENSED SALESPERSON  
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# Area Columnists

Transport card.

To better understand West Aucklanders' wants and needs and offer a fair distribution across neighbourhoods, Big Street Bikers chose to work with Healthy Families Waitākere Systems Innovator Rea Kenkel. The team worked together to understand where Locky Docks would be best placed in West Auckland, including coping and mapping exercises.

These locations are selected for their access to public amenities, retail centres, commercial properties, any tertiary or educational facilities in the area. Each Locky Dock also includes wayfinding maps to highlight new cycleways and safe cycling routes to encourage more people to consider alternative options to using a car by default.

Big Street Bikers Cofounder Cleve Cameron says, "We love that West Auckland understands how important it is for alternative transport options. As the cost of petrol increases, we know people are looking at different ways to get around and providing secure parking is key to making bike riding a great option. It's not only healthy and cost effective, it's also fun. Ride to work and you just feel great."

The Big Street Bikers' approach and commitment to getting more people on bikes is a clear win for West Auckland. Kenkel continues. "West Auckland often suffers from a lack of infrastructure investment, which impacts our community's ability to enjoy the benefits of using more active forms of transport. By looking at our community and considering how to centre equity, we hope to enable better access to the resources that make cycling much easier."

The Locky Docks will pop up in West Auckland neighbourhoods in the coming months. To keep up to date with the latest developments, visit [www.lockydock.co.nz](http://www.lockydock.co.nz).

## Volunteering is valuable

At the start of a new year At the start of a new year sometimes we start to think about what we may want to do and how we can make a better contribution to our community.

I work as the manager of the wonderful team of volunteers at the Citizens Advice Massey. I wanted to know what keeps them coming back, why they volunteer.

The response I got was that it is very rewarding being able to help other people, that it gives you a sense of satisfaction. They also find that they learn lots for themselves. One said that her self-esteem had improved since she had been volunteering.

For those who have been in a situation where we need information



or want to know about our rights but we do not know how to get the answers the local Citizens Advice Bureau in Massey can be the first port of call to seek advice. People think that bureaux are only a signposting organisation, putting people in touch with other services that are better placed to help than the local CAB. Far from it. The CAB can provide a quality information service based on accurate and up to date information that assists people in making complex decisions to improve their life.

In a typical session a volunteer may encounter a client who is a grandparent worried that they will lose contact with their grandchildren, when their child's marriage breaks down, the next client could be someone who has bought a faulty appliance and needs to know their rights under the Consumer Guarantees Act. The following query could be a landlord whose tenant hasn't paid rent for two weeks or from a tenant whose landlord hasn't done repairs to their house.

Citizens Advice are running a training course for new volunteers early in the year. If you are able to listen, open minded, keen to learn, interested in people, enjoy helping others, want to learn about your community and can make a regular time commitment, you may wish to join our successful team. You will also need excellent English skills, and basic computer knowledge.

We'd love to hear from you if you feel you have the skills and wish to join our friendly team. You may find that you learn things for yourself too.

Contact Barbara Guy 09 833 5775 or [massey@cab.org.nz](mailto:massey@cab.org.nz).

## Shopping online safely

There are so many conveniences to shopping online, but you also need to be careful about who you're buying from and the information you're giving out. The last thing anyone wants is a dud deal, products that never show up, or credit card details in the wrong hands.



With a bit of know-how and planning, you can be smarter and safer when shopping online.

There are lots of issues to consider. Make sure you are using trusted Wi-Fi connections. Look for a padlock symbol in the browser window. Only enter your credit/debit card details on a webpage that begins with 'https://'. Check your refund options before you purchase. Buying with a credit card gives you better protection than a debit card. Consider using a disposable credit card such as a Prezy card. Think twice before saving your payment details for next time. Check your credit card statements.



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# Area Columnists

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## Aiga Jam gets tamariki active in West Auckland

West Auckland students are leading the way in trialing Aiga Jam sessions in their school environments - and enjoying the benefits of being physically active and having fun at the same time.



Aiga Jam is a model initially started for families back in 2017 when Sport Waitākere was looking at options for engaging the Pasifika community in locally led recreation that all ages could participate in. The early sessions of Aiga Jam provided a genuinely family-oriented experience and environment, which later evolved to meet the needs of the community.

The programme was flexible and gave family members multiple activities to choose from including hip hop dance and traditional forms of Pasifika active recreation, such as Hulanesia and Siva Samoa, along with a kidzone for younger siblings.

Almost five years on, Sport Waitākere is trialing the model as part of Healthy Active Learning, a joint government initiative between Sport New Zealand and the Ministries of Health and Education to improve the wellbeing of tamariki through healthy eating and drinking and quality physical activity.

Healthy Active Learning Community Connector at Sport Waitākere, Christian Curtis, says it's exciting to see the positive benefits of engaging tamariki in Aiga Jam for the first time.

"Thanks to funding from Sport New Zealand, we've been able to test

this concept across school settings and the results to date have been extremely positive. The tamariki are engaged, enjoying the unique physical activity that Aiga Jam provides, and for many, it's also a valuable opportunity to connect with elements of their culture."

More than 250 of students and their whānau across St Mary's (Avondale) and Chaucer School in Blockhouse Bay have participated in the 10 week long programme.

Feedback from the participating tamariki reinforces the many benefits enjoyed from the positive combination of culture, physical activity and fun.

"I liked making moves every week and putting them together and I also liked playing the games," said one participant.

"I've learnt new difficult moves every Tuesday that are very hard. I have enjoyed Aiga jam and all the games you provide us," added another.

The success of the original concept of Aiga Jam relied on partnership with community champions and partners to foster the locally led approach. This has remained a core element of the schools programme with support coming from F45 Henderson, who have supplied the trainers, and dance instructors from Freshmans Dance Crew.

After completion of the sessions, Sport Waitākere will evaluate the initiative for potential rollout to additional Healthy Active Learning schools in West Auckland.

## Re: Maker space for Massey

Massey now has a zero-waste community makerspace which delivers DIY skills-based classes around woodworking, sewing and a variety of other crafts. The Re: Maker space will act as a community garage where tools, skills and designs can be shared. The bonus is reusing materials that already exist or off-cuts that have been donated from local businesses. It's all about saving money, feeling a wellbeing from creativity all whilst helping the environment.



An example of amazing materials include Rimu donated from a deconstructed house in the Waikato by Levela Deconstruction or colourful upholstery off-cuts donated from Eden Office. All of these can be used to make beautiful furniture or fashion as well as home décor all saving money and the planet.

Skills, Craft & Koha night - every Thursday 6-8pm

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# Area Columnists

Want to check out the space? Why not come along to one of our Skills, Craft & Koha nights. Each week we will showcase an activity or just come along and work on a project with the group. Have a look around and see if you would like to become an active member.

## 10-week Circular Woodworking Programme

Learn woodworking basics and then move on to more complex woodworking machinery so that you can design, make and even sell beautiful furniture. The ReCreators are taking expressions of interest for this FREE course and decisions will be made 25 Jan about the programme starting in February.

## 5 or 10-week Circular Fashion Programme

We have a FREE 10 week Circular Fashion Course which we are taking expressions of interest or for those working, we have a paid 5 week course in Circular Fashion. Both provide all materials although where possible we recommend that users bring their own machines. The space does have space machines but it's always best to have one at home to fully engage with making.

## After School Tween/ Teen Fashion & Woodworking

Many parents have requested programmes for tweens/teens to learn about circular fashion and woodworking. Classes will run on a Wednesday 4-6pm and include all materials and tools with participants leaving with amazing creations at the end of the 10-week programme plus skills for a lifetime. Book online here.

## Volunteering/ On-Teach a Skill

We are currently trying to build a community of creative volunteers who can help prep materials for classes, sort our donations or potentially help or even lead classes. We also would love anyone who can help with marketing, graphics, accounting (Xero) or just suggest you skill if you want to be part of a creative group.

## Hire our Creative or Woodworking Spaces

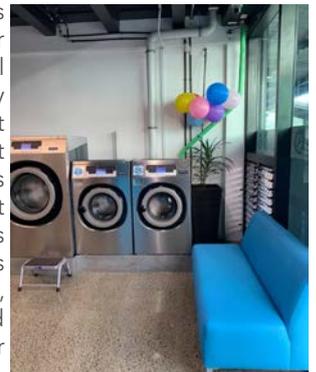
Want to teach a class, why not book our space online. We use a system called SpacetoCo for online bookings. Or why not just email [ger@therecreators.co.nz](mailto:ger@therecreators.co.nz)

Want to get in touch about visiting, becoming a member or volunteer, teaching or hiring a space or just want to join a class - email [ger@therecreators.co.nz](mailto:ger@therecreators.co.nz), [www.remakerspace.nz](http://www.remakerspace.nz) and [www.therecreators.co.nz](http://www.therecreators.co.nz).

easier living environment. The Best of Aged Care Seminar and chat is on Tuesday 28th February 2023, 10am to 12.30pm, West Harbour Church, 145 Moire Road, West Harbour, Auckland. The best of aged care seminar will deliver a number of the very best accommodation and health care options available to you today from reputable and proven suppliers that really care about you, and your journey, to retirement living, making your next stage of life, comfortable, easy, simple and enjoyable. For more information call 0800 900 700 or email [editorial@thewesterly.co.nz](mailto:editorial@thewesterly.co.nz).

## The Hobsonville Laundromat

The Hobsonville Laundromat is at 120A Hobsonville Road. Our laundromat is set up to serve all nearby communities. For highly dense suburbs like Hobsonville Point where residents may not have perfect clothes line facilities or limited spaces for washers and dryers, a laundromat plays an important role. Our services include domestic laundry services such as washing and drying, folding, drop and pick up, home delivery and dry cleaning. We also offer similar services to commercial customers.



Self-service and attended services are available. There is also a machine for your pet's bedding. We have three sizes of machines to accommodate the size of your load. We are open all week from 7am - 9pm, with attended services Monday to Friday, 8am - 6pm. Contact us on 09 218 9176 or 022 596 0700, [hobsonvillelaundromat2021@gmail.com](mailto:hobsonvillelaundromat2021@gmail.com), [www.hobsonvillelaundromat.co.nz](http://www.hobsonvillelaundromat.co.nz) and Facebook. We work with Maxwells Dry Cleaning for our dry cleaning services.

## Thinking about moving to retirement living?

Thinking about moving to retirement living?

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