

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report July School Holidays

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

Mitre 10 Mega Westgate

Circulation is 10,000 print copies.

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

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

July 2022



Greetings

Have you heard the news? In 414. B.C. an Athenian army suffered a disastrous defeat in Syracuse. Several months elapsed before a survivor reached Greece and spoke of the loss. The Athenians tortured him for spreading false rumours but eventually further messengers got through and they appreciated the full extent of the catastrophe. In 1969 we watched astronauts on the moon only shortly after it happened and these days we expect to be able to see news events all round the world the same evening.

But how do we know what's true? Can we separate facts from opinion, or even propaganda? What is truth? Today it is harder than ever because we have people who don't care whether they lie to you (or their own people) as long as they make money or hold on to power. The ability of the a country's media to twist, elaborate or simply make up information to suit the state's agenda is nothing new. Reputable news sources will indicate whether they have been unable to verify details. Reality depends on our perception, and we depend on outside sources, hoping they are accurate. Ask a number of people to describe an accident they saw, and you may get several answers. In time, memories can become confused, and false memories develop.

The good news is that there are plenty of great activities happening in our neighbourhood, and you can find them in this month's Westerly. Visit Mitre 10 MEGA this month and you could win. Don't forget those who are doing it tough, and that a local foodbank is supporting them. Check out the continuing celebrations around Matariki. Read Graham's analysis on the problems currently faced by borrowers in the property market. See how co-ownership might be worth considering.

Have you made a will? A brand new customer centre has just opened to help you. Read about a local initiative to help schoolchildren with computer access. Did you know how helpful mindfulness can be for children? Look at the work carried out at the historical Hobsonville Settlers' Church. Learn about the benefits of upcycling. Could our health tips help you?

As always, there is so much news about what's on offer in our community. Please enjoy it.

Keep warm and have a happy July.

John, Editor



What's inside

- 3 People & Places
- 4 Community News
- 6 In brief: Updates
- 8 School Holidays
- 10 Show Dad
- 12 Property News
- 16 Property Statistics
- 18 Property Market
- 22 Central's Tips
- 24 Hot Property
- 26 Home & Garden
- 28 Rain water
- 30 Whenuapai Garden
- 32 Pets
- 34 Food & Beverage
- 36 Health & Beauty
- 38 Hormones
- 40 Skin Treatments
- 42 Area Columnists
- 44 Churchyard
- 46 Health & Safety

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People & Places

Mitre 10 Mega Westgate



In 2014 Dave and Elaine Hargreaves were joined by their team in throwing open the doors to the brand-new Mitre 10 MEGA Westgate. Their months of hard work now allowed them to welcome customers to a store offering a huge range of products designed to help Kiwis make their homes a better place to live.

On that day little did anyone know what the next 8 years would bring - the local community growing at an unprecedented rate, the upsurge in consumers wanting to grow their vegetables, indoor plants becoming the go to hobby, the popularity of outdoor cooking going through the roof, and a housing market that meant a lot of Kiwis embarked on a campaign of renovation and refurbishments. On top of all this why not add in a global pandemic which forced a lot of us to change the way we shop - it certainly has been a busy few years.

By 2020 it had become clear to Dave and Elaine that the current store simply did not have the floor space to accommodate both an ever-growing product range and increase in shoppers visiting the store. Fortunately, the opportunity arose to expand into a vacant site right next door to the current store. The past two years have seen a huge amount of work put in by the team which now allows our timber yard to now offer all their products undercover, a doubling of the floor space to display our range of seasonal products, a huge increase in

the range of power tools we are able to offer, an enhanced colour centre for our paint department plus so much more right across the store. Currently work continues throughout the store but the end is now in sight.



To celebrate the official re-launch of the store Dave and Elaine have decided that the best way to celebrate the work of their team and reward their loyal customers, who have been so patient with disruption caused by the expansion project, was to give one lucky customer the chance to win the latest Suzuki Swift. To enter all a customer has to do is shop at Mitre 10 MEGA Westgate during the month of July, register online and then be instore at 1pm on Saturday July 30th to see if they are the lucky winner of a brand-new car.




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Community News

St Vincent de Paul Massey

St Vincent de Paul Massey is a 12 strong volunteer foodbank who operate with support from St Paul's Parish, St Paul's primary school, Pak n Sav Lincoln Rd and Baker's Delight in Pt Chevalier.

With referrals coming from several organisations and posts being put on the Swanson/Ranui Community pages we saw a large increase last week in the number of food parcels needed, owing to families being in isolation due to Covid 19 and many just struggling to keep up with the cost of living, petrol and food after paying all the other bills or emergencies that come up.

We have a lot of lovely feedback from families who have received food parcels and that makes our work even more worthwhile and heart warming

We are grateful to be part of this wonderful community and to be able to carry out the mission of St Vincent de Paul providing support and promoting human dignity

If you would like to support your local St Vincent de Paul you can contact Marion Carrodus, President of The Massey Vinnies on j.carrodus@outlook.com otherwise they are a registered charity so all donations are tax-deductible St Vincent de Paul Massey Conference 12-3020-0488828-00.



Kip McGrath Education Centres

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

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



programmes we create to meet each child's specific needs.

What parents say...

"I would like to take the time to really thank you for the help you have provided our son. He has excelled dramatically since being under your wing. You have given him the confidence in reading that he really needed." Mrs M.

"...I have found the tutors to be so incredibly dedicated to teaching and always have a positive approach to making learning such a fun-filled experience. My daughter thinks going to Kip McGrath is such a treat." Mrs S.

"...Before Kip McGrath I was struggling to help my daughter understand some of her school work resulting in both of us being frustrated." Mrs P

"... We cannot thank you enough for helping our son. His latest report was the best he's ever had." Mr & Mrs G

"... Her report did reflect the extra tuition and her teacher did see a great change in her confidence and achievement." W

"...I am so grateful for the support that Kip McGrath has given my son. His progress has been well noticed by his school." Mrs H

Book online (kipmcgrath.co.nz) or call 021 121 8570 today for a free assessment.

Scott Point School

Scott Point School at 11 Scott Road opened its gates for the first time after operating in the temporary site since the beginning of 2021. After the blessing of the buildings the previous week, an open afternoon for families to do a walkthrough and the moving in of all the furniture, the school was ready for children to start in their new classrooms from Tuesday the 3rd of June, 2022.



The school now has a roll of 340 learners and is rapidly growing as new families move into the Scott Point School zone. The school has been built for 650 learners and is at the hub of the Scott Point community. The grounds are open for the community to use and the hall will soon be available for hire. Scott Point School has already established itself to be an environment where learning and achievement is fostered and families are valued as being an integral part of its success. The school looks forward to welcoming all the new learners and their families as they join the Scott Point,



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Community News

Hobsonville community.

NorthWest rewards schools

It's back for 2022. NorthWest Shopping Centre is giving away a total prize pool of \$6000 to three lucky West Auckland schools, and you get to vote for who wins. Every \$1 spent = 1 point. PLUS, vote for your school until 24 July and be in to WIN* a \$500 NorthWest gift card!

*T&Cs apply, see northwestshoppingcentre.co.nz for more info.



helloworld travel

Carolyn and Lesley are temporarily operating from home in Riverhead until reopening later this year and are happy to welcome clients in-house who would like to sit down with us.



Travel is very busy right now and flights are exceedingly full. Carolyn strongly recommends everyone who is thinking of travelling to book early as people are having to pay expensive airfares to travel right now.

Travel to UK and Europe and the islands this year is extremely popular and the flights are pretty much sold out until the end of July. August is filling fast and there is not much availability left through September either.

Carolyn suggests calling or emailing the office direct if you want a reply quickly as the online website enquiries are sometimes sitting for a while until someone is able to get to them. Talk about going from a famine to a feast, we are really struggling to keep up after 2 years of pretty much nothing. Definitely take travel insurance now as the helloworld policy covers you if you have to change your flights due to testing positive with Covid-19.

Carolyn has one room left on her Tasmania tour departing 10th November for 10 days around Tasmania, call her if you may be




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interested and she can send you further details.

Contact us on 09 416 1799 or email hobsonville@helloworld.co.nz.

Building confidence and self-esteem

Anxiety is a feeling of worry, nervousness, or unease about something with an uncertain outcome. This places anxiety in the realm of negative thoughts and feelings. Everyone feels anxious at some point, whenever we do something unfamiliar or outside our comfort zone. Feeling anxious is perfectly normal, as is an awareness that it will pass.



However, some people find anxiety hard to control, and these feelings can remain as a constant presence, impacting upon our daily life. Anxiety activates the fight or flight mechanism, resulting from a triggering thought or circumstance, or an unresolved trauma. Our fight or flight response is designed to keep us safe.

Sometimes it's hard to imagine what life could be like without the limiting beliefs that hold us back. It makes us feel increasingly exhausted and frustrated.

View full article www.terrinenmancoaching.com/article/defining-anxiety

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Sessions Online, or In-Person at Hobsonville Point

In Brief Updates

Final stages of village pre-selling now

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



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

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

There are two Open Days in July, Sunday 10th July, 10am - 2pm and Wednesday 20th July, 10am - 2pm. Please RSVP to 09 951 8922 if you would like to come to these.

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

Discoverers

What helps to nourish our spirits and give purpose and direction to our lives?

- Discoverers church seek to explore themes that address that question.

- Discoverers church meets on the fourth Sunday of each month in the Baffin Lounge, Headquarters building 214 Buckley Avenue, Hobsonville Point from 3-30pm to 4-30pm.

- Discoverers church encourages participation at a level that each person feels comfortable with. Mutual sharing and reflecting are a major feature of its monthly gatherings.





MURIWAI GOLF LINKS

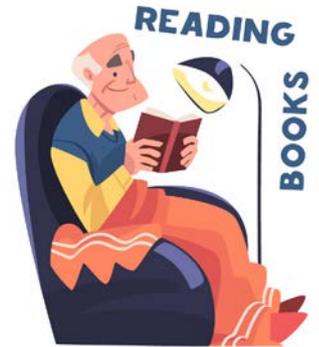
Andrew Jackson
General Manager

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

For further information contact: Barry Jones 022 683 873. Email beejaynz05@gmail.com Facebook link "Discoverers Hobsonville."

Helping to keep people reading

Reading can be a lifelong passion for many people. But when age, vision or memory issues arise, reading can become a difficult pastime to continue with. But maintaining enjoyment in hobbies can be good for slowing cognitive decline and also helps to keep spirits high.



At Mindjig we have a collection of books that have been written with this in mind. With short chapters, large print, and summaries at the end of each chapter these classic stories have been specially selected and adapted to enhance the joy of reading for people with cognitive impairment.

Visit www.mindjig.co.nz to see these and other helpful resources, games and hobbies for older people. Email Julie or Jonathan at info@mindjig.co.nz, Phone 09 600 3251, Phone or Text 022 480 3022.

West Harbour Christian Kindergarten

Hi, from West Harbour Christian Kindergarten once again (you know the little centre with the big heart).

Being small definitely has its advantages, not only with the more teachable moments but also with our community and whānau connections. West Harbour Christian Kindergarten's whānau is a kind and caring one and their input is just amazing. To give examples: through the assistance of one whānau we have been able to supply hangi kai for lunch, which not only supported what we were doing for Matariki, it was also done in a way that met with dietary needs, hence the needs of the child were put first. Meeting the needs of the child is something that we as teachers, always aspire to do. The next helping hand came from another member of our whānau and they joined us in the reading of some of our favourite stories, using Te Reo - this too was done in support of Matariki and it was done using stories that they children were familiar with. Story telling is something that all tamariki love and ours are no different so hearing it in Te Reo is further enriching their appreciation for language -



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In Brief Updates

their own and the native tongue of New Zealand.

Being able to give you, the reader, a brief glimpse into our Centre activities is our way of reaching out and as said before please do contact us on 09 416 8091 if you would like to know more. Kia kaha from us.

House of Travel

Greetings! My name is Mike (Buzz) Thomson and I own the House of Travel in Hobsonville Point. We are 100% Kiwi owned and operated business with a store on the corner of Hobsonville Point Road and De Havilland Drive. Hobsonville@hot.co.nz 09 416 0700 Monday - Friday 9AM-5PM.



We're super excited it's now even easier for many Kiwis to explore the world again with pre departure RAT tests not required to re-enter NZ from next Tuesday. We can't wait to help you plan your next adventure!

The last few months have been wonderful. Helping our loyal customers plan their journeys, back doing what we love - and we've learned a lot about travel! We've also appreciated your support, patience and understanding as we re-build our teams to manage the huge levels of enquiry we are receiving.

So if this news has you whipping out your passport, here's a few HOT tips from us.

It's not too early to start planning 2023 travel - the world has been travelling for a while and with so much pent up demand things are filling up fast!

Fiji, Australia and the Cook Islands are super popular and many travellers have been disappointed to find over popular dates, flights and resorts are very full. So even for trips closer to home we're seeing demand building steadily for early 2023 and beyond.

Airline capacity for New Zealand is not expected to reach pre Covid levels this year - yet demand for seats is HOT - so our message is book early to avoid missing out.

Travelling is definitely getting easier and customers returning are buzzing, but it's still not the same as it was in 2020. Your trusted consultant is a wealth of information and will recommend trusted suppliers and provide peace of mind support.

Even pre-Covid we highly recommended travel insurance is taken at the time travel is booked (people are always surprised to hear how many claims are made before travel commences). A lot of customers are also surprised to hear that the travel insurance we offer does provide Covid related cover should you fall ill before or during travel - ask us for more details

Our consultants are super popular right now and working round the clock to keep up with the demand. We recommend that you get in touch as early as possible to make an appointment to ensure we can give you and your travel plans the time and attention you deserve

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"Moving into the village has given us more freedom to do the things we enjoy."

Ross

Former accountant and resident at Ryman's Diana Isaac Village



Scan the QR code to learn more.

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3 Scott Road, Hobsonville, 416 0750



In Brief Updates

- but don't leave it to the last minute as our team are booking out fast! We thank you for all your support as together we re-explore the magic of travel.

July school holidays

Get ready for out-of-this-world fun at NorthWest Shopping Centre these school holidays. Kids can create their own space rockets and rocket fridge magnets to take home for space-filled fun. Join in on the action at 10am - 2pm daily from Monday 11 - Friday 22 July (excludes weekends).

Located in front of the customer service kiosk. No booking is required but spaces are limited. See northwestshoppingcentre.co.nz for more info.



A passion for people, pets and portraits

Picaboo Pictures is the place to be for all your professional portrait photography wants and needs. We offer a wide range of high-end photo shoots including family, newborn, baby, pet and commercial portraits, both in our home studio in Massey or on location in the wider Auckland region. We love sharing our passion for crafting beautiful imagery and are willing to go the extra-mile for our clients to offer a creative professional touch to business imagery, personal portraits or family memories. At Picaboo Pictures we strive to make you, your family or your pet feel comfortable by working closely with you to ensure we capture the very best moments and the perfect shots to cherish forever.



Our head photographer has years of experience in both the photography and graphic design industry and we offer a range of affordable packages to suit all budgets. We love nothing more than capturing everyday people in a way they have never seen themselves before. We don't just TAKE pictures at Picaboo Pictures,

we CREATE them.

Have a look at our website www.picaboopictures.com or e-mail us your enquiries or questions via contact@picaboopictures.com. We would love to capture you in our next shoot.

Hobsonville Dads group

Naveed Ahsan Tariq, a solo dad from Hobsonville Point, always felt there is a missing element in Hobsonville Community that dads are not able to meet each other or talk about how life is treating them in general. He created a group for local dads to regularly chat, meetup, share advices and information among each other. Soon after he established the group Geoff 'Polly' Polglase and Brendan Dean also joined the group along him as administrators. Any dads or expectant fathers-to-be from Hobsonville can join this group. The group also welcomes dads with dogs or cats but no kids.



The group is meeting regularly among local dads from the community. So far 150 plus local dads have joined this group and Naveed is expecting more as people will be aware about the group they will participate and bring more thoughts and can organise frequent events. In the picture Layton French and Michael Barry are along with their toddlers. While dads are talking, the kids are having their own time, meeting other toddlers and playing together. Naveed says "We are trying to choose kid-friendly venues and are also planning to have dads' early dinners or dads' nights out and other similar events." The best way to contact the group is to join our Facebook group "Hobsonville Dads Group". We can also be contacted via email address Hobsonvilledads@gmail.com.

Flippin' Fun provides awesome community service

With the school holidays around the corner we got to wondering how much energy we released from kids in the two weeks of the previous July holidays. Based on an average kiddy calorie burn for a one hour trampolining - an astonishing 2,720,000 calories. The upcoming holidays look to be even busier so be sure to check our booking page to avoid full or sold out sessions.



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In Brief Updates

Of course it's not just in normal bounce sessions when you can experience the benefits of trampolining. We have a range of skills and activity classes to suit you and your schedule. Check these out for Term 4 (kindly note, except for fitness we suspend classes during the holidays)

Flip fit classes - keep active through the winter months burning calories the fun way. Classes are full of variety to keep you wanting more! Bring a friend for even more fun and motivation.

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

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

Little flippers - a super fun toddler session for the 5 & unders - no older kids allowed.

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

We are handily located next to Westgate shops at 19 Fernhill Drive, Massey.

Te Manawa

There are several programmes happening at Te Manawa, 11 Kohuhu Lane, Westgate celebrating Matariki.

Friday 1 July, 6-7pm - Matariki rooftop storytime

L3 Rooftop terrace & Kokiri Ngatahi Auditorium

Join us as we share a special night time storytime of purakau, and waiata under the stars on our rooftop terrace. We will have some fun games and share a cup of hot chocolate and biscuits to welcome in the Maori New Year. Spaces are limited, please register via the eventbrite link. Suitable for tamariki and whanau. (Only a few spots left)

www.eventbrite.co.nz/e/matariki-rooftop-storytime-under-the-stars-tickets-321127479937

Wednesday 6 July, 3.30-5.00pm - Matariki Manu Aute (Traditional kite making) workshop

L1 Te Ara Tapuwae Creative space

Connect with ururangi - the Matariki star of the winds and make your very own Manu Aute Matariki kite. All materials provided. Spaces are limited so please register via the eventbrite link. Suitable for tamariki and whanau. ((Only a few spots left) www.eventbrite.co.nz/e/matariki-manu-aute-kite-making-workshop-tickets-321132916197



Thursday 21 July, 10.00-11.30am - Matariki performance and Ti Rakau workshop with Loopy Tunes

L3 Kokiri Ngatahi Auditorium

Come along to a special Matariki musical performance with Leah & Siu from Loopy Tunes music, There will be a ti rakau decorating workshop afterwards. Suitable for tamariki ages 5 years and over. (Drop in - no registration required)

Sat 16 & 23 July, 10.00-11.00am - Matariki Kids Art Circle Workshop
L1 Te Ara Tapuwae Creative Space

Get creative and crafty with this special Matariki themed arts and crafts workshop to celebrate the Maori New Year. Suitable for Tamariki ages 8 years+ all materials provided. (Drop in - no registration required)

What's wrong with fake news?

Spotting misinformation isn't easy, and it can hard to know what to do when you do come across it. Fake news or even 'fake media' are popular terms you might hear used to describe two types of false information that are created to mislead people into believing lies or doubting the truth. These two types of false information are called disinformation and misinformation.

Disinformation is false information created with the intention of harming a person, group, organisation or even a country. Misinformation is false information that people didn't create with the intention to hurt others. For example, some health conspiracy theories circulate with good intentions for the wellbeing of others. There is also a third type of fake news called mal-information. This is true information used with ill intent. For example, spreading information about someone's sexual activities when it is of no public interest.

Misinformation and disinformation can divide and harm people, their families, specific groups of people and wider society.



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In Brief Updates

Misinformation and disinformation can also hurt our society on a deeper level. It can cause people to stop trusting important knowledge institutions that we rely on to provide good information, like the media or scientific institutions. It can also lead to people distrusting others in places like the government, which we need to keep a democratic society working.

For more details, go to netsafe.org.nz and search "Fake news and health information" for how to assess whether you are reading good information and details of reliable Health & wellbeing sources.

Show dad how much you love him

Father's Day is fast approaching. How are you going to show him you care this year?

Socks? Craft beer? Tools? BBQ equipment? OR why not do something different this year and buy him a personalised gift from Precious Imprints.

Choose from bracelets, pendants, rings, key rings, guitar picks and more. Or we can work together and create something unique to your relationship with him, something only you and he will "get".

Visit my website www.preciousimprints.co.nz for inspiration or feel free to email me jo@preciousimprints.co.nz so we can start creating an original gift for Dad, one that he can treasure forever.

Father's Day - Sunday 4th September - Order now to be sure you have the perfect gift in time.



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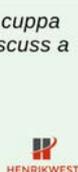
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School holiday activities at Te Manawa

There will be events happening at Te Manawa 11 Kohuhu Lane Westgate 0814 during July.

Mon 11 July: 10.30- midday. Marble Run and LEGO on Level 3 at Te Manawa. Everyone is welcome

Friday 15 July: 10.30- midday. Matariki Colouring on Level 1 at Te Manawa. This is a drop in session, so everyone is welcome

Tues 19 July: 11am- midday. Matariki Kahoot!. Level 3 at Te Manawa. Bring your friends or family for a Matariki quiz. BYO device or use ours. Suitable for children aged over 6 years but everyone is welcome

Wed 20 July: 11am- midday. Matariki kites. Level 3 at Te Manawa. Make your own kite by decorating and folding an A4 sheet of paper, then fly it outside or in our huge auditorium. Suitable for all ages

Photo credit Richard Leonard.



Waitakere Greypower

Waitakere Greypower Association held its Annual General Meeting on Wednesday 15th June and our Guest Speaker was Hon. Chris Carter, currently a member of the Henderson Massey Local Board and former United Nations envoy to Afghanistan. Chris gave us a most informative talk about his three year role four in Afghanistan. We had a turnout of just over thirty members. Our Executive for 2022/23 elected unopposed are President, Mate Marinovich, Vice President, Steven McDonald, Secretary, Jill Harvey, Treasurer, Owen Frewin and Office Manager, Peter Harvey and four Committee members. Our subscriptions are unchanged at \$25 single and a couple \$35. Remember we advocate for citizens over 55 to local government and all the main political parties on a variety of issues. We are forever vigilant on National Superannuation and would vehemently oppose any changes to the age of eligibility of 65. We are always keen on recruiting new members and are always keen to co-opt new faces onto our Committee. Call into our Office in the Te Atatu South Community Centre, 247 Edmonton Rd, Te Atatu South, Monday to Friday 9.00 am to 12.00 pm. Phone: 09 838 5207. Written by, Mate Marinovich.

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Safer Communities

As winter approaches we have seen some wild weather which can cause wet, slippery roads.

Please take care when driving in wet conditions, allow for extra time to reach your destination and increase your following distance to the 'four second' rule to allow more time to stop in a hurry.

If you do come across a motor vehicle accident, remember your safety is important and only provide assistance if it is safe to do so.

Park off the road to allow emergency vehicles access. If you have to slow traffic to protect the scene, never stand on the road as other drivers may not see you and store a high vis vest and torch in your vehicle to ensure you can be seen.

The recent weather has also caused trees to come down across roads. Take care when driving during or after windy nights and call 111 if you come across trees or any debris that may cause harm to road users.

Park away from the scene to allow access for the fire truck and avoid getting out of your vehicle as the tree may have brought

down power lines or other trees may fall over.

Fire and Emergency NZ also responds to medical events to assist St John paramedics. If you have called 111 and asked for an ambulance, don't be surprised if a fire truck arrives first.

Ensuring your driveway is clear of overhanging branches by four metres high and four metres wide will also ensure enough space for fire trucks to get to your house.

Sending someone to the road will make it easier for emergency vehicles to locate the correct driveway.

Rural properties can be difficult to locate, ensure your street number is clearly visible on your letter box, or even painted/ written on a fence, tree or driveway entrance.

If you have multiple dwellings/ buildings on your property or if your medical emergency is not in your house, give the 111 call taker as much information about where you are to help emergency responders locate you as quickly as possible.



Tom Kearney

Senior Fire Fighter
Waitakere Fire Brigade
Phone 09 810 9251

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Property

Property market report

The CCFA (responsible lending act).

The act was widely attacked for needlessly adding expensive paperwork to mortgage advisers, and for blocking credit to solid borrowers who would normally sail through the approvals process.

These outcomes led to a blitz of criticism and the Government agreed to review the new rules less than two months after they were enacted.

The first of two tranches of that review process is well underway and draft proposals have just been given to the lending industry for further feedback.

The proposals include excluding savings and investments from the definition of the 'listed outgoings' of a would-be borrower.

They also propose that when would-be borrowers' likely living expenses are benchmarked against statistical data, then there is no need for lenders to trawl through their bank statements.

This last proposal would remove the notorious cups of latte that got added to a customer's living costs. The rules on this were so onerous, that lenders did not have the leeway to enquire about how this spending might change after a loan was agreed to.

This rule applied even though most borrowers trim their expenses as new obligations fall due, especially mortgage payments for something as important as a home to live in.

The proposed changes would allow a lender to enquire into likely behavioural changes such as these.

Other changes refer to issues like a borrowers' 'reasonable surplus',



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Managing Director

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and any 'obvious' affordability of a loan.

These and other changes are hoped to be enacted in June after the current period of consultation is dealt with.

The second tranche of reform is still being analysed by MBIE officials but is likely to be on the slow train from China.

Another significant failure under the watchful eye of Grant Robinson and Stuart Nash.

So let's look at what has sold this month:

Hobsonville	\$675,000 to \$2,000,000
Massey	\$662,000 to \$1,555,000
Swanson	\$760,000 to \$3,700,000
Waitakere	\$770,000
West Harbour	\$1,105,000 to \$1,900,000
Westgate	\$1,120,000 to \$1,230,000
Whenuapai	\$1,398,000

Give me a call today on 0800 900 700 for more information. After 17 years of making people my priority in real estate, you will benefit from unparalleled experience, care and commitment. It costs no more to use a more experienced customer focused agent that puts you, front and centre. Graham McIntyre phone 027 632 0421 email graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

Pre-settlement inspections

By ClearStone Legal, Elyse Crowther.

Under the standard ADLS Agreement for sale and purchase a purchaser is entitled to undertake a pre-settlement inspection of the property prior to settlement, this needs to be done at least 2 working days before settlement as anything discovered during the inspection needs to be raised before the settlement date.

The purpose of a pre-settlement inspection is to ensure the property is in the same condition it was in at the time you signed the agreement and all the chattels listed in the agreement are present and in working order. If there was agreement for the vendor to undertake any works prior to settlement it's an opportunity to confirm those are done too.

When identifying issues a common sense approach works best, for example the oven not working or a smashed window would be considered a valid issue whereas the lawns not being mowed or an untidy kitchen would not be a valid complaint. It is an opportunity



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Property

to check there is a key supplied for every external door, and look for rubbish (or 'treasures') stored under the house.

When undertaking your pre-settlement inspection remember that unless you specifically added a clause there is nowhere in the standard ADLS agreement that states the property must be clean or cleaned, rather it just needs to be in the same state it was in when you signed the agreement.

If an issue is discovered there are three options available, the vendor may agree to fix the issue, or you can agree a reduction in purchase price and you accept responsibility for the issue yourself, or a retention may be agreed and held in the solicitors trust account until the issue is remedied. If the vendor does agree to fix the issue then you have an additional right of inspection prior to settlement to check that it has been done.

ClearStone Legal can assist you with any questions you have about buying or selling property. Telephone 09 973 5102.

Presentation and Price – The 2 P Method

If you are a little confused by what you are seeing on the rental market, you are not alone. It looks like some people have been blind folded and are taking a stab in the dark or are literally pulling numbers from thin air to choose what price they are listing their properties for.



We are also getting requests from new investment owners trying to achieve more than market value; however, a property is only worth what someone will pay for it, rather than what your mortgage repayments are.

None of these strategies have ever worked, and it feels like the right time to share "the how" and "the why" we prepare a property for market under our care.

I like to call it the 2 P method. Presentation and price. If the property has been presented well, ready for a tenant to move in and the price is on point, (meaning it is current market value) then you should expect to see your property rented quickly and well.

Presenting a property well means you have ensured it is ready to move into and has been fully cleaned from ceiling to floor with everything in between. It is important that the bathrooms are removed of all soap scum and are sparkling. The kitchen should be ready to cook in on the night they arrive so the ovens should have been cleaned and all the cupboards wiped out. Imagine

arriving to the property for a viewing and the first thing you see is knee-high grass and gardens overgrown with weeds! All a tenant sees is a lot of hard work and ideally, no tenant wants to spend all weekend maintaining a yard. This is why every property needs to be presented to its absolute best when you are going to market.

When agreeing on the weekly rent, we will present the current market price. We have accessed local data that corroborates the amount we suggest. We have considered the current market as we are seeing on a day-to-day basis, what is happening in the field. Our team are trained and skilled at establishing the market value for you as an owner. There are many things that determine the value of a property, and the number of bedrooms is #1. A garage also adds value as does extra bathrooms and toilets. Is your property pet friendly? Is it a new build or when was the property last renovated or upgraded with fresh paint and carpets etc? The area your property is in also determines the value. Once we have all the information and are aware of the condition of your property, we can then give you a current market appraisal.

Why are these two things so important? When we market your property, we expect to have found a tenant within the first 7-14 days. We pay for premium advertising to ensure your property is featured first for the first 7 days. To leverage from this, we ensure the marketing photos are showing the property in its very best light. People are searching by what they can afford so if you don't have the correct market value listed, they won't see your listing. We know within the first 48 hours of going live if your property is listed correctly by the level of interest received. The longer the property is listed online the less people will actually view it and that is why we focus on those first 7 days to ensure we have captured the interest of people currently looking to rent.

Having your property income producing as soon as possible is our ultimate goal and by ensuring your presentation and price are 100% will then ensure we are able to tenant the property quickly and well for you. It is also good to understand that today's market where there is a lot of rental stock available, the tenants are applying for multiple properties at the same time and they are price sensitive, so will accept the best value for money property available. It's a very competitive market so another reason why you need to be putting your best foot forward to ensure your property is highly sought after. Feel free to contact us if you have any questions about what you should be doing to prepare your property for market. Mike James 021 413 660 or email mike.james@therentshop.co.nz.

Title approval clauses in sale and purchase agreements

A due diligence clause usually maximises your protection as a purchaser because it provides for you withdrawing from an

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agreement on almost any basis. However, in the absence of a broad due diligence clause there should at least be a solicitor's title approval clause. Without it, you as a purchaser take a risk about things on the title including easements or land covenants. That is, while it is possible to object to a mistake or a defect on a title, there are situations where the easement or land covenant is not defective but unsuitable for your purposes. The easement or land covenant for instance may involve lengthy restrictions against your freedom to build, fence and landscape the property with materials of your choice. Or, an easement in favour of another person, while not defective, prevents you doing other things on your land such as further building within that easement envelope or carrying on certain activities.

For this reason, it is sometimes helpful to include your lawyer before you sign a purchase agreement for a property. This is especially so if you want to make an offer with a minimum of conditions in order to facilitate getting to agreement. For more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

Can your property be developed further?

The unitary plan for Auckland has allowed rezoning to enhance the development opportunity in New Zealand's largest city. Depending on the size of your section, zoning rules may now give you an opportunity to build on your property and in some instances subdivide.



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which can give you the option of achieving a high return income from an otherwise spare piece of land. Adding a minor or secondary dwelling to your section can provide you the ability to house a parent, grandparent or family member on your own site.

Whether your goal is to create another income, retire early, house your family or pay off the mortgage quicker, an additional dwelling is a great way to achieve your goals.

For further information on the development potential of your property contact Alex today - 028 415 7562 or alex.lishman@khh.co.nz.

How much can you really borrow for a home loan?

I've had a few clients call me up recently and say that their bank has said they can borrow up to a certain amount, but they'd like more; is this possible? In every case, when I've looked at the numbers, it turns out that different lenders will do quite different amounts, and often even a client's own bank may lend more if the application is structured differently.



So, how do you work out how much you could really borrow? There are a few key areas that lenders look at:

Serviceability: Your ability to make payments on the loan. To figure this out lenders look at all your sources of income, all your regular expenses (and/or budgeted expenses after buying a property), and then figure out what would be left over to repay a home loan. When looking at future loan payments, they also allow for rates being higher than they are now - this is called 'stress testing', and they all do it slightly differently.

Loan to Value ratio: How big your loan will be compared to the value of the property you're purchasing. Depending on your situation, the type of property, and the lender, lenders may be comfortable with your loan totaling anywhere from 50% to 95% of the value of the property you're buying. In other words, you could need a deposit anywhere between 5% and 50% (or equity).

Debt to Income ratio: Your total debt divided by your total yearly income. Lots of lenders are only comfortable lending up to six times your income, but there are others (including well known banks) who will go a lot higher.

So, how do you work out how much you could borrow? My advice is to first figure out two things:



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- 1) How much of a deposit can you put together
- 2) How much of your income would you be comfortable budgeting towards loan payments?

Once you've got that - get a mortgage expert to work with you on the rest. Have them do the hard work on finding out which lenders best fit your needs and how much they would lend you.

The great thing about mortgage brokers (if I do say so myself), is most of us don't charge any fees for this service (I certainly don't). So if you'd like help in figuring out how much you could borrow, give me a call/email and let's see what we can do. And as always 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.

Transform your living room to get top sale dollars

If you aim to achieve top dollar from your home consider the living room and the center piece and the customizable showpiece of your offering to the home buyer. The living room is important as it is a multi-purpose room that is used for entertaining, relaxing and gaming.



Firstly, think about who is going to buy your home. What life stage are they in, and what do they use the space for most of all. For example the family buyer will want separate living options for adults and children. Options for entertainment and gaming options and a central hub for gathering for meals and discussion. A mature buyer which is downsizing will look for easy living, convenience and peaceful areas but separation so that one can watch the cricket and the other the gardening program.

To transform your living area start with a blank canvas. Get everything out, box up and move out all your items that you have hoarded for years. It all has to go because you're creating a space for the person that will buy the home. Once everything has gone step back and look at the space, the flow, the aspect with a fresh perspective. Decide what you like about the space and strive to enhance it. Any flaws or defects need to be eliminated or create enough attention elsewhere to draw attention away. Accentuate the positive.

Flooring makes a big difference, it must be clean and cozy. But also consider the ease of cleaning and the ability for this space to handle heavy traffic. Accentuate some of the relaxation areas with soft cushions, bean bags, pillows and rugs. Rugs that are almost the



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same room size, but for a small framed area will make the room look bigger.

Windows coverings need to accentuate the window and the view, not detract from it. Remove net curtains and make sure drapes are clean and well retracted from the window. Use drape ties to pull the drape away from the window to provide more light and a fuller window. If you have blinds ensure they are retracted to enhance the light into the room. If the curtains are worn, dirty or moldy take them down altogether. They will send the wrong messages to the buyer.

Furniture makes one of the biggest differences to a room. Ensure the furniture reflects the use of the room. Make sure it is smaller to show off the size of the room, and be frugal. The more you put into a living room the smaller the room looks. Dress your furniture with throws, pillows, and a simple ornament.

Paint is quick and cheap and is an easy way to enhance the light and achieve a fresh modern look. It also delivers a fresh smell that lingers in the home. Avoid dark colours and confronting colour choices. The aim is to appeal the broadest cross-section of buyers available.

Lighting in rooms can be an easy fix with a higher wattage and a light shade that will reflect the light down. You may need to consider a side light to enhance the mood or you may choose a skytube or skywindow to create a significant light change in the space. Ensure you obtain a quote before you embark on structural lighting changes.

Make the room memorable with artwork, a feature plant, sculpture or talking piece. The use of accent colours in throws, pillows and rugs and ensure the cushions are plump, oversized and desirable. Allow yourself the luxury of candles and scent sticks to enhance to mood and playfulness of the room and to appeal to the senses.

If in doubt, ask for help. After 17 years in real estate, I can provide a balanced and independent perspective on the best and easiest upgrade options that deliver the very best return on investment. Call me today on 0800 900 700, text me on 027 632 0421 or email graham.mcintyre@mikepero.com.

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Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HOBSONVILLE	1,430,000	316M2	202M2	1,580,000		1,575,000	406M2	257M2	1,555,000
	1,260,000	220m2	164m2	1,360,000		975,000	187M2	162M2	1,052,000
	1,160,000	233M2	120M2	1,181,000		920,000	136M2	79M2	873,000
	1,375,000	200M2	162M2	1,299,000		1,350,000	847M2	270M2	950,000
	720,000	118M2	59M2	675,000		2,200,000	1553M2	220M2	1,350,000
	1,230,000	220M2	184M2	1,345,000		1,225,000	609M2	200M2	1,205,000
	1,655,000	385M2	251M2	1,700,000		1,000,000	858M2	200M2	1,130,000
	1,285,000	490M2	178M2	1,410,000		980,000	514M2	160M2	1,040,000
	1,730,000	826M2	310M2	1,890,000		1,100,000	789M2	95M2	1,100,000
	1,800,000	754M2	185M2	2,000,000		1,050,000	847M2	180M2	860,000
	1,045,000	159M2	119M2	1,095,000		800,000	351M2	60M2	780,000
	1,525,000	339M2	224M2	1,738,800		1,150,000	450M2	156M2	1,154,000
	1,815,000	830M2	190M2	1,600,000		760,000	358M2	100M2	720,000
	1,125,000	84M2	172M2	1,075,000		860,000	488M2	80M2	820,000
	1,525,000	235M2	186M2	1,640,000		930,000	472M2	192M2	1,020,000
	895,000	108M2	101M2	960,000		1,300,000	701M2	130M2	1,050,000
	1,005,000	137M2	120M2	1,110,000		700,000	355M2	79M2	835,000
	820,000	84M2	85M2	850,000		1,450,000	673M2	280M2	1,280,000
	1,575,000	337M2	260M2	1,770,000		1,025,000	459M2	85M2	877,500
	1,230,000	213M2	184M2	1,345,000		930,000	413M2	124M2	1,070,000
	1,575,000	328M2	232M2	1,639,000		1,200,000	260M2	206M2	1,492,000
	985,000	120M2	96M2	935,000		1,150,000	241M2	186M2	1,145,000
	870,000	121M2	84M2	870,000		1,300,000	475M2	197M2	1,120,000
	910,000	80M2	145M2	1,020,000		1,000,000	194M2	162M2	1,005,000
	1,040,000	160M2	134M2	1,160,000		1,150,000	606M2	94M2	1,150,000
	1,975,000	320M2	246M2	1,820,000		1,375,000	486M2	2278M2	1,180,000
MASSEY	1,350,000	1022M2	216M2	1,095,000		1,125,000	679M2	92M2	1,130,000
	1,025,000	500M2	210M2	1,000,000		690,000	288M2	64M2	662,000
	1,000,000	656M2	93M2	916,000		770,000	116M2	74M2	855,000

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

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



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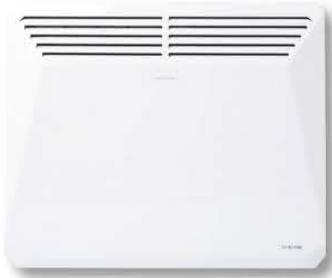
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By Negotiation

5 Northfield Road, Waitakere
By Negotiation

Majestic 1950's three bedroom home in a quiet hamlet, overlooking farmland and yet close to schools, 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.

www.mikepero.com/RX3325569



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



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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AS NEW - WITH DEVELOPMENT OPTIONS - MIXED URBAN

4 1 1

By Negotiation

29 Hewlett Road, Massey
By Negotiation

Beautifully presented to a high (as new) standard offering exceptional buying with four bedrooms and large open plan entertainment living, linking to expansive private decking ensuring you have the best of indoor and outdoor living this summer. Hard to find, this home represents a high standard of finishing and hardware found in a new build and with the development option extended under the mixed urban classification which this property sits. Three bedrooms, bathroom and laundry with open plan entertainers kitchen, dining and lounge upstairs and bedroom with walk-in or nursery downstairs, all linking to decking and stepping down to lawn and single garage and workshop. Fully fenced with electric, sensor gate.



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LOVED FOR 50 YEARS - KIWIANA IN MASSEY

3 1 1

By Negotiation

60 Glenbervie Crescent, Massey
By Negotiation

Seldom found, a genuine, and much loved lockwood offering true craftsmanship and an honest slice of Kiwiana in the heart of Massey. This home has been entwined within its family for most of its life, and is testimony to the care and pride that has been bestowed on its life. A home that enjoys the sunshine from dawn to dusk, and elevated easy living with extensive storage and carpark below. Traditional Lockwood layout, laundry, w/c and bathroom and access to three generous rooms off the central hall. Lounge and dining room integrate to decking to the north and the west. The home is elevated on 607square meters (approx) of fenced lawn with a peppering of fruit trees and an aspect of Kemp Park right next door, which certainly extends the opportunity to exercise and play.



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LIFESTYLE LIVING AT ITS BEST - NEIGHBOUR-LESS

4 2 2

By Negotiation

80 Puke Road, Kumeu
By Negotiation

An exceptional blend of easy care lifestyle living mixed with mature fruit trees and the privacy extended with native regeneration bush delivering peace, tranquillity, Tui's and Kereru. Gentle sloping and terraced to support sunshine and wind-less outdoor living, this pocket of paradise is very special indeed. A four bedroom, two lounge home with extensive open plan living leading to North West decking to pull the beautiful environment in. Garaging, workshop and office within additional buildings on site with extensive off-street parking. If you are looking for something very special, and priced at a lifestyle living entry point this is a must see.



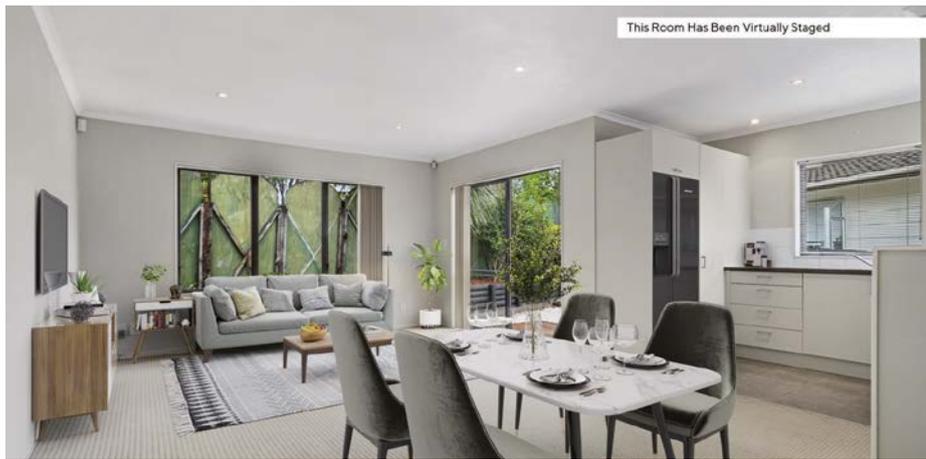
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This Room Has Been Virtually Staged



This Room Has Been Virtually Staged



DOUBLE GARAGE, VACANT, VALUE IN WEST HARBOUR 3 1 1

By Negotiation

100 Moire Road, West Harbour
By Negotiation

Double garage internal access, seldom found in the area, palisade weatherboard and tile roof. This is a robust and sensible home that you can enjoy or add value to. If you've been searching for a smart and simple three bedroom home in West Harbour this property should top your list. A genuine standalone home on 354 square meters of land (approx) with established gardens and secure fencing. The landscaping is contrasting and modern which integrates with the home through north facing decking and slider. An open plan lounge, dining and kitchen with central hall to three good sized bedrooms and bathroom. Close to West Harbour Primary School, Parks and Bus stop across the road, while North West Mall and Westgate shopping is a very short drive.

www.mikepero.com/RX3136972



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WATERFRONT, 3 HOUSES ON 2908SQM (APPROX) 4 2 1

By Negotiation

131 Colwill Road, Massey
By Negotiation

On offer is three house on one site spanning over 1/2 an acre and an idyllic waterfront and bush accented paradise. If you wanted to bring the entire extended family this is the offering that will house you all. 131A is an attached three bedroom one bathroom home with double garage over two levels offering high stud and sunny aspect. 131B is an attached three bedroom one bathroom home with single garage over two levels, also delivering a great aspect. 131 is a character four bedroom home with two bathrooms and two lounges and balconies that ensure the alfresco living is never compromised. A very unique offering for the big family that wants a collective haven but individual sanctuaries. A short walk to the water, convenience shopping primary school, parks and transport links.

www.mikepero.com/RX3136994



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027 632 0421

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IDYLIC PARK LIKE SETTING - CHARACTER ESTATE

4 2 2

Asking Price \$1,795,000

216A Fordyce Road, Helensville
Asking Price \$1,795,000

Often sort, but seldom found, this is an absolutely private glade, offering uncompromised peace, an abundance of tranquillity and a home that delivers unequalled character. A short drive from Parakai and Helensville, this is a park-like setting offering an established grassy outlook framed by mature exotics. The home sits a-top this glade enjoying commanding views through the lawn and northward toward the kaipara harbour. An interesting and colourful entertainers home, this five plus room, home offers multiple bedrooms, bathrooms and lounges which allows the purchaser to apply your own interpretation to the home, hosting generous proportions and exciting dimensions which must be seen to be enjoyed to its full potential.

www.mikepero.com/RX3160359



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027 632 0421

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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.

www.mikepero.com/RX3197566



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027 632 0421

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Hot Property



Loved for 50 years – Kiwiana in Massey

Seldom found, a genuine, and much loved Lockwood style offering true craftsmanship and an honest slice of Kiwiana in the heart of Massey.

This home has been entwined within its family for most of its life, and is testimony to the care and pride that has been bestowed on its life. A home that enjoys the sunshine from dawn to dusk, and elevated

easy living with extensive storage and carpark below.

Traditional Lockwood style layout, laundry, w/c and bathroom and access to three generous rooms off the central hall.

Lounge and dining room integrate to decking to the north and the west.

The home is elevated on 607square meters (approx) of fenced lawn with a peppering of fruit trees and an aspect of Kemp Park right next door, which certainly extends the opportunity to exercise and play.

Extensive off-street parking with safe play areas park side.

The perfect home for family and an honest representation of how

Hot Property



good was our yesteryears.

Close to Massey shopping, Westgate shopping and Northwest Mall, Parks, Transport links and schools.

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

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Home & Garden

Don't get caught out with a flat battery

Cars have come a long way over the years, and with the growing number of low emission vehicles coming onto the market, you may be looking to upgrade to either an Electric or Hybrid for your next car.

But what's the best way to charge it?

Charging your car with low emissions electricity is easy to do at home or out and about. But while the public charging network is growing all the time, more drivers are opting to charge their vehicles at home.

While a portable 3-pin cable is typically provided with your vehicle when you purchase it, keep in mind it will be slower charging than wall-mounted units and commercial chargers like those found at shopping centres and parking buildings.

The best option for efficient and fast charging of your vehicle is to have a dedicated wall-mounted charging unit installed in your home. There are several factors to take into account when deciding on the best option for your home.

While it's charging your car, your home electric vehicle charger will draw more current than any other appliance in your house, so it's important to have a professional assess your homes current electricity use to work out whether your electricity supply needs to be upgraded.

If you'll be keeping your vehicle in a garage, then an inside wall-mounted charger will usually be the best solution. However, if your vehicle will predominantly be parked outside, there are options to suit carport or driveway installations.



The most important thing is to make sure your charger is installed by a licensed Electrician who is experienced with electric vehicle chargers. When the work is completed, you will receive a copy of the Certificate of Compliance as your guarantee that the work has been done in accordance with all required safety standards.

If you're in the market for a low emission vehicle and want to discuss your charging options, or if you've already purchased one and are looking to have a charger installed in your home, give the team at Blackout Electric a call on 022 500 5856 or email us at info@blackoutelectric.co.nz.

Tile Wright

We are now carrying out free no-obligation quotes for your tiling needs; kitchens, splash backs, bathrooms and laundries. We specialise in all things tiling; we provide high quality services including Auckland Council approved water proofing, bathrooms, kitchens and splash backs.

With over 6 years' experience in the industry, we pride ourselves on high quality workmanship. We cover most of Auckland, have competitive prices and offer a workmanship warranty on all work. No job too small, we cover it all.

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



Growing citrus trees

No orchard is complete without some citrus trees. Awa Nursery recognises this, and we have just received our new season stock, newly bagged up and ready to go into your gardens. If you are after a mature readymade fruit tree, we have those in stock as well.



Now is the best time to plant citrus trees, as they have winter and spring to get established before summer. Citrus trees prefer a sunny spot, preferably frost free, sheltered from strong winds and a well-drained position.

Our citrus have just been wrenched, which is a process where the roots are cut without lifting the plant, then uplifted and bagged up. You will find the soil is loose in the bags and the root ball quite small.



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This is normal, and your plant will thrive provided it is planted in good free draining soil.

Dig a hole approximately twice the depth and width of the bag and partly fill with garden mix. Place your tree in the hole and fill the remaining hole with soil. Make sure your soil is no higher than where the soil came to when it was in the bag. Stake the tree until it is established. Be sure to water your tree if there has been no rain every three days or so until established. Mulching the area around your citrus tree is a good idea also. Again, keep the mulch away from the trunk.

Citrus trees like to be fertilised regularly especially in spring and summer to encourage maximum fruiting and flowering. Awa Nursery has a fertiliser specifically catered to citrus should you require a bag. Phone Awa Nursery: 09 411 8712, email info@awanursery.co.nz or visit www.awanursery.co.nz.

Laser Plumbing and Roofing Whenuapai

Winter is almost officially here...and when it comes to winter, there are certain 'cold weather' preventative measures that will help maintain a healthy home, prevent leaks, avoid excess water loss and excessive bills.



Dripping & leaking taps - check all the taps in your house (inside and outside).

Running & leaking toilets - check that your toilet is flushing properly and listen for a 'running water' sound.

Drains - check for slow running water into shower drains, basins, and any outside drainage.

Hot Water Cylinders - check your HWC for any surface drips or leakages. This can go easily unnoticed if hot water cylinders are in a cupboard.

Gutters - check your gutters are clear of leaves and debris to prevent water build up. Overflowing gutters can cause roof leaks.

We have an experienced team of plumbers, roofers and drainlayers who can help with any of these issues. We offer no obligation quotes, so give us a call today!

Laser Whenuapai also offers a state-of-the-art-drain unblocking service as well as an on-call plumber - available 24 hours, 7 days a week for any plumbing emergencies - as unfortunately, these can come at any time!

Contact Laser Plumbing & Roofing Whenuapai today for all your service needs on 09 417 0110 or whenuapai@laserplumbing.co.nz

From plumbing through to roofing, drainage, gas, and pumps and drain unblocking, we can offer total solutions.

We are open five days a week from 7:30am - 4:30pm and are conveniently located at Unit 4, 3 Northside Drive, Westgate. For more information, visit our website www.whenuapai.laserplumbing.co.nz.

Are you ready for winter?

As I write this the sun and rain are arm-wrestling throughout the day - bright sunshine followed by heavy showers, it's still reasonably warm too. It's classic weather for our region - three and sometimes four seasons in one day, and the growth of the grass, gardens and weeds has slowed, but they are still growing and still need attention. It is a bit cooler and a great time to be in the garden. Many gardens are a hive of activity as people get ready for winter - mowing those overgrown lawns, weeding the gardens or trimming their hedges. The time spent now on those activities is well rewarded as they stay looking good for a long time because the cooler temperatures reduce the speed of regrowth.

It's also worthwhile to check the rest of your property to be sure it is ready for winter - a quick check that your house is still weatherproof and no cracks have opened up due to ground movement or similar, that drains and drainage pathways are clear of obstructions. Check paths, decks and walls for mould and gunge. That mould can be like ice on decks and paths. Maybe a pre-winter fertilise to give your lawn a boost before the temperatures really drop, a weed spray to tidy

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Home & Garden

up the pavers. The changing season also sees the leaves changing colour and falling, they do look spectacular but can be a nuisance, so collecting leaves and checking & clearing the gutters before the winter rains come are important tasks too. Maybe you want to install gutter guard to prevent those leaves getting stuck in the gutter too.

Only rain down the drain

Most of us would never tip paint or chemicals into a stream or the sea and would be angry if we saw someone else doing that. We might even report them to the authorities. But many of us also don't understand what happens to water once it goes down the sink or the drain, and this can lead to people inadvertently polluting local streams - which of course eventually gets to the sea.



Water leaves your property down two different systems. Inside the house, your toilets and sinks are connected to the wastewater system, and this water is treated at a water treatment plant to remove any pollutants before it is recycled or discharged. Outside the house and out on the street, drains are designed for rain, and are connected to the stormwater system. These pipes flow to a nearby waterway, like an estuary or stream, and the water is not treated on the way there. This means anything washed down the drain, like paint or garden chemicals, or soapy, dirty water from washing the car, goes straight to our natural environment, where it can cause a multitude of problems.

Our streams and waterways are home to many native fish, insects, plants and birds. Pollution can restrict sunlight from reaching them,

smother them, clog up the gills and eyes of fish, reduce oxygen in the water, and poison them.

Even natural products like garden waste or large amounts of soil can cause problems. If you see a stream or waterway that looks polluted, you can call the Pollution Hotline 09 377 3107, 24 hours a day, seven days a week) and an expert will come and investigate.

There are a few simple things you can do to make sure you don't cause a pollution event. Wash your car on the grass, or at a carwash. Use water-based paint, and wipe excess paint off brushes onto newspaper, then wash in an indoor sink or onto grass or gravel. Don't put lawn clippings, soil, pool or spa water, oil or household chemicals down the drain. You can also help by picking up litter or joining a streamside planting event.

Remember, drains are for rain!

Paint flowing into a wetland in Hobsonville Point in 2021.

5 important things to consider before building your own home

So you are thinking about building new? Not sure where to begin? The secret to designing a home you love is knowing what you want to get out of it. Once you figure out what's important to you and your family, the design will fall into place. Signature Homes has round up some practical and stylish steps to help get you started on your exciting journey.



1. Family and life - The best part about building a new house is knowing the space is tailored to fit you and your family. Your social habits and family size should play a big role in the design of your home. Your layout should be intuitive to how you live and entertain. Think about your family life what would make it easier in your new home. Do you want to be near the kids or at the other end of the house? Do you need more than one bathroom?

Invest in getting the flow right and try to find a mix between large multi-functional rooms and smaller, intimate spaces. You want your home to still work for you over time, so future-proofing your design is also important. To help you get started take a look at the hundreds of plans Signature Homes has available to get inspiration for what could work for you.

2. How do you live? Your home should reflect you and make it easy to do the things you love. Starting with a blank canvas means you can build a home that matches your interests. Once you've figured out your core needs like your kitchen layout and the number of

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bedrooms and bathrooms make sure you consider your lifestyle. Think about your hobbies and the things that make you happy - will you need extra room in the garage for bikes or a boat? Can you have a covered deck if you like having dinner parties and BBQs? Is a connection to nature important to you? Asking yourself questions like these will highlight your needs and will help you focus your floorplan and final design.

3. Where do you want to live? You can't build a home without the land so this point is an important one. Whether you decide to find an empty plot, subdivide your current section, or knock-down and build new, there are a few ways you can get creative when building your dream home. If you've got a piece of land in mind check what type of building it is zoned for with your council, either online or in person. In Auckland under the Auckland Unitary Plan, some areas actually allow you to use more of your section.

4. Nail your style - This is the fun bit! From external cladding and window treatments to fixtures and finishes, start collecting images of home exteriors and interiors you love on Pinterest or in a scrapbook and organise your images into categories - you will notice themes start to appear. Remember to stay practical and keep your budget in mind. Showhomes are a fantastic way to get real-life inspiration, they can offer ideas you may have not even considered and give you a sense of what you can get for your budget.

5. Figure out your budget - While sparks of inspiration will keep you motivated throughout your build, it's your budget that is really going to drive the direction of your project. Start by getting a clear idea of your finances and make a wants and needs list. This will help you determine what your non-negotiables are and it will help you to weigh your options if you end up having to make tough decisions.

It's important to note that finance details for building a home are different than a standard mortgage and there are lots of different ways you can structure it to work for you. Do some research and talk to our Construction Finance specialists about what options would work in your price bracket - you could be pleasantly surprised.

Call our team at Signature homes West Auckland to discuss your option; obligation free 0800 020 600.

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At Western ITM you'll find a vast range of products to see your property right during these wet winter months...

Drainage - a sure remedy is installing Marley Drainflo or Draincoil - drainage lowers the ground water level whilst retaining moisture in the pores of the soil. Our store also stocks four of the most common diameters of Euroflo Culvert Pipe.

Prepping a driveway/gateway? Ensure you install Landtex Mud Cloth, Landtex is a woven polypropylene roading fabric for use under gravel on roads, driveways, parking areas and farm access and races. Landtex spreads the vehicle wheel loadings and prevents mud being pushed up and the gravel lost into the soil or ground below.

Water line sprung a leak? We carry the complete range of Hansen Easy Fit Poly fittings.

Our stores also stock a vast range of Hi Vis Wet Weather gear, Redband gumboots, work socks and currently feature a wide variety of the Hard Yakka Workwear range at our Kumeu Store.

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



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

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

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

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

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Bowers 027 477 2231 - Email mark.b@theprogroup.co.nz.

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Whenuapai Garden Club

Despite the miserable weather, it was a happy group of members who attended the Meeting in the Whenuapai Community Hall. A pretty mauve cymbidium orchid graced the Committee table and Margaret (President) led the Meeting before handing over to Margaret (Treasurer), as she had another function to attend.

The recent outing to the movies and lunch went very well and was enjoyed immensely by all who attended. Upcoming outings to The Paddocks at Warkworth, Plum Meadows at Te Kauwhata and Winsford Gardens in Drury were discussed and all sound delightful, to be anticipated after our winter break.

Members were invited to come up with ideas for future meetings and to write them down with a view to submitting them for consideration at the September meeting.

Longtime member Arthur Caisley passed away recently and Rhonda Breeze was reported as unwell. Other members have recovered or are recovering and we look forward to seeing them back when they feel able.

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If you would like to know more about our Club, and wish to join us, please phone either Doreen Brown on 09 832 3020 or Judy Garrity on 09 833 5592. Meetings held at 1 p.m. at 41 Waimarie Road, Whenuapai Village, on the second Thursday of each month with trips on the fourth Thursday. Entry fee is \$4 with an extra dollar per raffle ticket (good prizes). Trip costs vary.

Until next time, Happy Gardening from Mary Anne Clark.

Winter is here but the garden never stops

Head gardener Rebecca and handyman Liam have been busy bees working at the garden. Soon we will have compost bins and be able to recycle the garden waste to create valuable soil to put back into the growing beds. Over the next few working bees there will be some interesting activities to do such as building a static compost pile and performing a visual soil assessment.

The garden has also joined the Pest-free Kumeu-Huapai project in an effort to make our community pest-free. Local community member Jeremy Dean helped set us up by supplying traps and the knowledge to get the ball rolling. Since installation in mid-May we have already caught a few including the first possum. Shout out to Jeremy for setting this up.

Lastly, a huge thankyou to Ray White Kumeu. They have recognised our secretary Catherine for her work with the garden and what she is contributing back to the community. So wonderful to have locals supporting locals.

If you want to know more about KCG visit us on Facebook or Instagram or email us at kumeucommunitygarden@gmail.com.

Waimauku Garden Club

For Waimauku Garden Club the winter months bring a slight change to our monthly visits, with some planned indoors to avoid the inclement weather. Gardens to visit for the rest of the year are being finalised and some lovely trips for later in the year are being organised.

Waimauku Garden Club brings together garden lovers from north and west Auckland who join together once a month to visit private and public gardens. Originally formed in 1969 we have members from Waimauku and Muriwai, Kumeu, Huapai, Taupaki and even as far away as Te Atatu and Orewa. From a small start of eight people, the club has grown to over 70 members and developed into its current format of garden visits and day trips. There is no criteria for membership, just an interest in visiting gardens and socialising with like-minded people.

Run by a small committee of members, we organise day trips on the third Thursday of every month either by comfortable coach for travelling longer distances, or by carpooling for more local visits. We schedule in morning tea and lunch, visiting gardens and attractions within the range of a return day trip from Huapai. Although our trips have been curtailed somewhat by Covid, over the years some of the trips we have made include visits to Mangawhai, Matakana, Pukekohe and Drury, Howick and Clevedon, Auckland Botanic Gardens and visits more locally to vineyards and gardens in Coatesville and Kumeu. During the winter months we plan indoor activities to avoid bad weather and arrange a mid-winter lunch or a movie and lunch.

For future trips we are planning to go to Hamilton Gardens, the Hundertwasser Art Centre and Quarry Gardens in Whangarei, Cornwall Park in spring, a mid-winter lunch in a local restaurant and a winter movie day.

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

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

Drain Ninjas

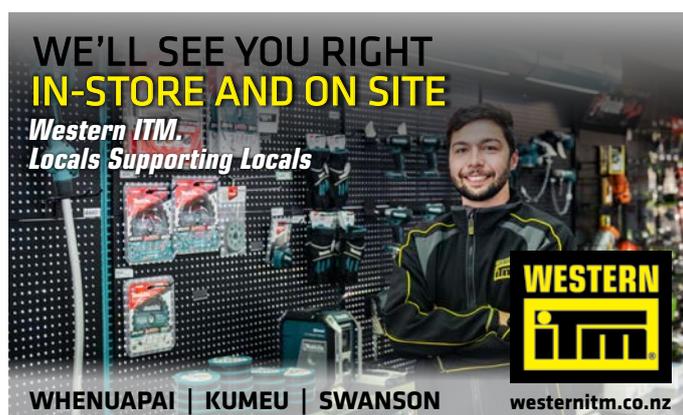
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\$100 = Exposure for a month

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

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Pets

Bark in the Park

"Bark in the Park", a social gathering for small dogs and their owners was held in Hobsonville recently. It featured a mini dog-agility challenge with prizes for the best dressed dog, the best dog tricks and the best matching dog and owner. This highly enjoyed event was organised by the Hobsonville Community Trust which hosts a range of connection points for the community from summer fun in the park to barn dances, movie evenings and newcomers' gatherings through to weekly coffee & chat and social indoor bowls. The Trust works closely with a range of partners, Auckland Council, Upper Harbour Board and community groups. It is focused on empowering, supporting, serving and connecting the people of Hobsonville Point and surrounding area. They manage the Headquarters Building and Sunderland Lounge community facilities on behalf of Auckland Council. Visit hobsonville.org.nz for details.



Dog&Co

Is your dog in their golden years? Then it is definitely time to consider capturing some gorgeous memories to treasure forever, and have some portraits that are worthy of putting in a frame up on the wall. Phone photos just don't cut it. As a professional pet photographer, I meet a lot of old and unwell dogs and capture special portraits of them solo, as well as photos with the whole family. Something I am particularly passionate about is photographing the bond between dogs and their people. Having that memorialised is priceless. Our pets are our family, and it's certainly not a family photo without them.



I do photo sessions at gorgeous locations around Auckland such as Muriwai Beach, Riverhead Forest, and Auckland Domain. I also have a studio to capture more simple photos, and for dogs who don't do well in public places.

Currently I am taking bookings for spring, so get in touch if you would like to reserve a spot. You can visit my website for more information on packages and pricing, or feel free to email me directly with and enquiries. I will look forward to hearing from you and meeting your four-legged family members soon. Website: www.dogandco.nz

Huapai Vet Clinic

Dr Gary Duggal (BVSc)

New Clients Welcome!

Phone: 09 412 2223

Email: huapaivet@gmail.com
371 Main Road, Huapai



Email: kirsty@dogandco.nz.

Cat lovers we need your help

The NZ Cat Foundation has a sanctuary based in Huapai which houses over 150 cats. We offer safe sanctuary for older, disadvantaged and unhomeable rescue cats where they can live out their lives in safety and comfort. We need regular volunteers to help with routine chores so our cats can enjoy happy, healthy, safe lives. We are looking for volunteers who are mature, have a sense of responsibility, are good team players and dedicated animal lovers. Helping at the sanctuary is a popular way to fulfil community service hours for Duke of Edinburgh, St John's, Scouts, Guides, church, university, animal sciences studies, etc. We are happy to sign off on your hours and provide any needed verification of your service. We rely heavily on volunteers on a daily basis and desperately need more.



Financial and food donations are also urgently needed to cover vet and other costs associated with our sanctuary. The NZ Cat Foundation also supports community Trap-Neuter-Return programmes and helps feed and care for many cats living in the community. Please visit our website for more information on volunteering and how to donate at www.thenzcatfoundation.org.nz. You can also email -volunteers: volunteer@thenzcatfoundation.org.nz donations: info@thenzcatfoundation.org.nz.

Kanika Park Cat Retreat

How should I get my cat used to travelling in the carrier?

Many people make the mistake of hiding the cat carrier away and only retrieving it when the cat needs to travel. It's a much better idea to leave the carrier in a quiet permanent place in the house that the cat has access to, and to make it as inviting as possible. This will



encourage your cat to develop positive associations with the carrier. To make the carrier more inviting, place a soft fleece blanket inside and cover it with another one over the top. Take the front door off the carrier to allow your cat to go in and out when they choose, and



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Pets

sporadically place treats inside for your cat to go in and find. You may even find that your cat starts to use the carrier as a sleeping or hiding place. If you have your cat from a kitten, this is the perfect opportunity to get them used to the carrier. Always secure your cat carrier on the back seat.

Kanika Park Cat Retreat phone 027 550 1406 or email info@kanikapark.nz.

Hiding from the present in the past

This lovely fella who wanted his person to know there was no need to apologise for what's happened in the past.

Now is all there is - We have all done things that we wish we hadn't, and it can be tempting to ruminate on them. At some level believing that will ensure we don't make another choice we might regret. Unfortunately, the opposite is true. With our thought space filled with the past, we have less 'awareness real estate' for taking in the vast intelligence of the present moment.

This beautiful boy wanted to let his person know that it's not helpful to keep apologising for the past - it keeps it alive and is a hiding place from what's possible in the present - the only place where connection and communication is possible.

As we chatted a couple of times and he progressively let me into his world, I could feel his gentle, sensitive, intimate and playful nature. He enjoyed touch on certain areas of his body and showed where it is was too intense that gave him the sensation of a static electricity like 'zing'.

Start with the back of your hand & 'push' the air gap - He showed an image of beginning to touch with the back of the hand, as there is less energy radiating from the back compared to the palm. Once 'landed' turn your hand over and continuing exploring touch which is a conversation all of its own.

He also showed that 'pushing' on the air gap between them was a subtle and respectful way of inviting him to move. Such a beautiful, sensitive boy who wanted to share what feels good and helps him stay in the conversation. He also invited his person to 'walk it out' when they felt unsure - movement of the body, helped clarity of ideas and connectedness.

All Animal Communications are done remotely, via a photo and



insights are shared via a recorded Zoom call so you can re-listen as often as you wish. Please contact Suze Kenington at facebook.com/AnimalsInYourHeart or AnimalsInYourHeart.com.

Kennel cough prevalent in dogs

Kennel cough has recently spread throughout New Zealand dogs and almost all of the vets are seeing more dogs with kennel cough symptoms than seen in the previous years. It is upper respiratory infection of dogs caused by bacteria Bordetella bronchiseptica and viruses like canine influenza, canine parainfluenza virus and canine adenovirus.

Kennel cough is highly contagious and can easily be spread from one dog to another mostly while socialising. When dogs cough, the bacteria and viruses become airborne and can quickly spread to other animals. It can also be transmitted by sharing food or water bowls or toys. Many dogs get it from being in dog kennels and shelters, which is where the illness gets its name. They become infected by being around other dogs who have the cough. Cold temperature, stress, exposure to dust or pollens, poor ventilation or crowded conditions predispose dogs to the infection.

Incubation period can be 2 - 14 days which mean dogs take a few days to show symptoms after contacting the infection.

Symptoms may include honking cough which sounds like something is stuck in their throat (goose honk), partial loss of appetite, lethargy, nasal discharge and coughing up phlegm.

Most of the cases improve on their own in 1-3 weeks but cases showing pronounced symptoms need veterinary intervention and often an antibiotic course to target the bacteria.

Puppy vaccinations and the dog annual booster vaccinations normally provide immunity against the viruses which lead to kennel cough infection.

Vets can also provide a vaccination against the main bacterial cause, Bordetella in the form of oral drops or nasal spray or injections. Many boarding kennels require dogs to have the vaccination before their stay.

As kennel cough has a wide range of causes and strains, the vaccine cannot guarantee protection for your dog but vaccinated dogs get relatively milder form of kennel cough and seem to recover faster if they get infected.

If you think your dog has the illness, keep it away from other dogs to limit the spread.

Dr Gary Duggal BVSc, Huapai Vet Clinic - phone 09 412 2223.








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Food & Beverages

Peko Peko

We started a new menu last month. If you haven't tried our food yet, please come along. We also slightly changed our wine list, our white wines are now from Soljans estate winery. We always wanted to work with locals so we are grateful to have this opportunity. We are the only Japanese-owned Japanese restaurant in the neighbourhood. We only use rice bran oil, free range chicken and eggs, homemade sauces and we pride ourselves on serving fresh and honest food. You can find us on 102c Hobsonville Rd, check our FB and Instagram @pekopekonz or visit our website www.pekopekojapanese.nz Fully licensed. Phone 09 416 1197.



Guidelines for Making Herbal Essences

The easiest way to extract flavour from herbs and spices and to create a shelf-stable product, is to use alcohol. Alcohol is both a very effective a solvent and preserving agent. To create an essence, choose your alcohol from vodka, being the most commonly used, or Bacardi, which has a slight vanilla flavour or another spirit, then select your herb and add it to the alcohol and allow it to steep for anywhere from a few days to weeks or months.

Making vanilla essence using Bacardi is quick and easy. Fill a small jar or bottle with Bacardi, e.g. an old maple syrup bottle is good. For a bottle of that size you will need to add two vanilla pods that you have cut open and scrapped the seeds from. Add the pods and the seeds to the bottle, shake and allow to steep in your pantry for a month or two before using. Leave the pods in the bottle and as you near the bottom of the bottle, top it up again with Bacardi and add a new pod. I usually have three or four bottles on the go so there is always a spare bottle on hand.

Spearmint Essence Recipe



Ingredients: 2/3 cup of Vodka (any vodka over 30% ABV is ideal), 1 tablespoon of spearmint tea.

Method: Add the ingredients to a clean jar or bottle and allow to steep for 2-3 days. Strain and discard the spearmint tea, then re-bottle the essence into a clean bottle or jar. This will keep indefinitely in your pantry and can be used to flavour icings, marshmallow or coconut ice, or other baked goods. Be sure to label your essence.

Certified organic Spearmint Tea and other herbs are available from our online store: www.NewZealandHerbalBrew.co.nz

Jesters Westgate

Jesters Westgate Vegan Pie offer. Following positive feedback from our take home frozen Thai Pumpkin Curry Vegan Pie offer in March, we are repeating the offer for the month of July. Please show this voucher at our Westgate Shopping Centre store before 31 July 2022 then buy two frozen Vegan 2 pie packs and get a third free. While stocks last...



Soljans Estate Winery

Soljans Estate Winery is the perfect place for your next function. Whether it is a birthday, a work celebration, a conference, or anything in between, come and celebrate amongst the vines in our gorgeous venue at the gateway to Kumeu wine country. Only 20 minutes away from Auckland city, but a world away from the hustle and bustle.

From the moment you enter our expertly designed winery, you will be charmed by the lush vineyard setting, and traditional Mediterranean style which reflects our Dalmatian heritage. Hineura stone has been used to mirror the traditional stone buildings of our homeland, while bi-folding cedar doors provide you with the perfect indoor/outdoor dining facilities, tailored to suit your needs.

With beautiful menus created seasonally, we showcase our heritage





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Food & Beverages

with delicious Mediterranean inspired dishes created by our head chef, Rob Baxter. With an array of outstanding wines to choose from, you can treat your guests to the best of what Kumeu wine country has to offer.

To chat about your function, email Samara at functions@soljans.co.nz, or call us on 09 412 5858. Come, sip, enjoy!

An eye healthy winter warmer with Westgate Optometrists

Courgettes are rich in lutein and zeaxanthin, two antioxidants that were found to help prevent age-related macular degeneration. Not only are these courgette fritters good for your eye health, they're easy to make and absolutely delicious!

Ingredients:

- * 2-3 medium courgettes, roughly 3 cups grated
- * 2 Tbsp chopped parsley
- * 2 eggs, beaten
- * 1/2 cup flour
- * 1 tsp baking powder
- * salt and pepper
- * handful grated cheese
- * olive oil for frying

Method:

1. Place the grated courgette in a sieve and squeeze out as much moisture as possible.
2. Combine with the remaining ingredients in a large bowl. Heat a heavy based frying-pan over a moderate heat.
3. Add the oil and drop spoonfuls of batter into the pan about 5cm diameter. Cook until golden around the edges. Flip over and cook for a further 3-4 minutes until golden brown.
4. Remove onto a plate (keeping warm in the oven if necessary) and repeat until all the mixture is cooked adding a little oil to the pan between batches.



Handy Tip: Serve with yoghurt sauce - combine 1 cup natural yoghurt with 1 teaspoon wholegrain mustard, 1 teaspoon lemon zest and 1 garlic clove, chopped. Season to taste.

Nourish Flourish Smoothie Bar

Nourish Flourish Smoothie Bar is located in central Kumeu (250b Main Road, Kumeu- behind the Bakehouse cafe) serving you fresh atomic coffee, healthy but super tasty smoothies, and smoothie bowls 7 days a week.

Making healthy convenient and tasty to help our community get their healthy fix.

Our opening hours are: Mon-Fri: 6:00am-12:30pm (perfect timing for those leaving early in the morning). Saturday: 7:30am-1:00pm. Sunday: 8:00am-12:30pm.



If you need to be somewhere but still need coffee or a smoothie in the morning then you can always text us to have your goods made in time. Txt or call us to place your order (we recommend at least 15 minutes- 20 minutes notice for txt orders 027 679 7348. Check out our menu here: www.pwrfitstudios.com/smoothie-bar.

Don Buck Honey

Don Buck Honey is a small one-man beekeeping operation that sells honey from hives in West Auckland and the Far North. I sell a range of honeys with different tastes, colors, and textures. Wholesale rate for boxfuls of honey - great idea for sharing or for gifts. The Don Buck Honey Summer Harvest Four Pack is a great way to try a range of different honey tastes. \$45

One 500g pot from each of the following: 1x Waitakere Ranges Kanuka Blend. 1x Far North Farmland Blend (44mg/mg Manuka). 1x Rural West Auckland Blend. 1x Manuka-Rewarewa Blend (85+ mg/mg) from the Waitakere Ranges.

Order through my online store - courier/pickup/payment options available at the checkout. Pickup is from Massey.

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www.DonBuckHoney.co.nz || DonBuckHoney@gmail.com.



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Health & Beauty

Hobsonville Optometrists - Glasses and Gifts

Keas, Kereru and Cats.

We now have a delightful range of toys and puzzles with a Kiwi theme, tea towels, aprons, hand towels, tote bags and an extensive selection of scarves.

Look in our window at Hobsonville Optometrists - Glasses and Gifts then come in and browse any day except Sunday.



Your neighbourly yoga studio

Contrary to what many people may believe, yoga is for everybody. We practice yoga to enhance our self-awareness, find more moments of peace in the present moment, and build resiliency and inner strength. These are skills that are important to us, and skills that generally require practice.



There are many different styles of yoga; if you are interested in challenging your strength and flexibility, then you may be interested in more strength based Power classes (like Vinyasa Yoga). Or, move a bit slower and explore poses with more time in a gentle Hatha class. Perhaps, you'd like to completely unwind from your day? Try a Restorative yoga class which guides you through reclining and seated poses with the support of blankets and soft bolsters. If you're brand new, keep a look out for beginners' yoga courses which will introduce you to the practice and get you more comfortable in a regular class environment.

Kanuka Yoga Space is Hobsonville's neighbourly yoga studio. We are located at 102C Hobsonville Road. We offer 22+ classes a week, including beginner's yoga, Prenatal Yoga, Mums + Bubs, and a variety of different teachers to choose from. We host workshops and events on a regular basis, and love trying something new. Check out our studio Intro Offer - \$30 for 10 days unlimited yoga. You can find us Instagram and Facebook (@kanukayoga) or find us online, www.kanukayoga.co.nz.

Replacing missing teeth

Missing teeth can affect your appearance as well as your ability to eat and speak properly. Luckily, today's advanced dental technology means that there are great options for replacing one tooth, several teeth or all your teeth with solutions to fit your lifestyle and budget.

- Dental implants replace one or several missing teeth by inserting a small titanium post into the missing tooth's bone socket. Considered to be a permanent solution, they help to preserve the jawbone and improve your bite. Full-arch dental implants are an ideal alternative to dentures and function just like natural teeth.
- Dental bridges are fixed to adjacent healthy teeth to 'bridge' the gap caused by a missing tooth or teeth. They typically have a shorter life span than dental implants.
- Traditional dentures, including implant-supported dentures, are now made with advanced materials to look as realistic as possible. They are a good option for people whose gums and jaws are too weak or unhealthy to support dental implants.

If you have one or more missing teeth, talk to the friendly Fraser Dental team at 1 Wiseley Road, Hobsonville about our teeth replacement options on 09 416 5050 or email info@fraserdental.co.nz.

Unruly Company

Hobsonville has a hidden gem in the form of a boutique exercise studio called Unruly Company. Born from the lifetime experience of its trainers and their individual specialisations, Unruly's doors opened with the sole intention of creating a space where anyone at any fitness level and ability can be part of an exercising community. Hosting classes you'd expect to see in a group-ex environment such as strength & conditioning, BoxFit, or yoga (amongst many others); what sets Unruly apart is how the classes are curated. The trainers focus on movement that is scaleable to any ability level. It's this reason its members are mostly people who have been turned off by current fitness trends which are based around what is currently trending on social media rather than what is effective.



What really sets Unruly apart is their underlying goal of providing a place for anyone with any type of body or ability to call their gym. In addition to their regular schedule, Unruly is home to specialty programs run by specialised trainers and provide classes for people



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Health & Beauty

fighting Parkinson's disease, Multiple Sclerosis, prostate cancer. These are programmes you don't find in your average gym but the people coming to these classes are still people who want to exercise. At Unruly, they get to do just that.

On target to achieve your new year's resolutions?

We are now over half way through 2022 ... how are your goals or New Year's resolutions coming along?

A lot of us have set various goals or resolutions that we wish to achieve in 2022, and now is a good time to look at these and reevaluate them if we need to.



The usual goals or resolution are: weight loss, new career, stop smoking etc. How are you getting along with these? Are you managing to work towards your goal? Have you achieved your goal yet? Have you yet to start you goal or resolution?

Let's recap on what a goal should be, to help us, we can use the SMART Goal Setting Guide:

S - Specific M - Measurable A - Attainable R - Realistic/Relevant T - Time- Based

It is important to have a specific goal, identify specific targets you want to achieve at different stages, make sure your goal is achievable, otherwise you may struggle with success. Make sure the goal is realistic and relevant to you and put a time frame on it, as this will help you to continue towards success.

If you are already on your journey to achieve your goal or resolution, give yourself a pat on the back. If you haven't started, you still have time, don't feel bad or negative about it, and remember you can do it. You can start today. One step at a time.

Astramana™ Healing Services can help you achieve your goals or 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.

Astramana™ Healing Services, was founded by International Hypnotist, Reiki Master-Teacher and Clairvoyant & Tarot Reader Jason Mackenzie. Check out our website: www.astramana.com or email astramana@gmail.com with any questions or to book a session, workshop or a Tarot reading. Let us help you and motivate you with achieving success.

Old cars

Ever had an old car? If you looked after it well, it could still have problems needing costly repairs, non-existent spare parts taken from other old cars and lots of heartache matched to a large hole in your wallet.

Well getting old is just like having an old car.



You've got to look at the weather before you go out - old car tyres don't grip so well, there's no ABS or power steering so you need to take care around the bend before you end up in a ditch (Advice: walk slowly and carry an umbrella)

You need to drive slowly lest you scrape the precious wheels or the hub-cap flies off - don't rush around (Advice: take your time lest you fall on a wintry pavement and break something that's hard to fix)

You have to give it premium fuel - none of the cheap 91 stuff as it would sputter on you (Advice: eat healthy, eat well and watch the alcohol)

You need to bring it in for regular servicing and preventative maintenance - (Advice: see your doctor regularly for checkups and blood tests)

Bring the old beauty in if you hear an unfamiliar clunking, before the engine breaks on you - (Advice - seek medical help early if you feel unwell)

Most old cars don't last 20 years - if you are 50 years old or more like me, consider yourself a precious vintage car so take care of your car (body) well before it's headed early for the scrapheap.

Drive on. Live Well.

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

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Health & Beauty

Hormones and our gut - an intricate relationship

We know there is a link between gut health and our hormones - particularly in regards to insulin (glucose control and diabetes) cortisol (stress) and thyroid hormones. But did you know there is also a fascinating 2-way relationship between our reproductive hormones specifically oestrogen and testosterone and our gut?

Let's first look at the role of these hormones on our gut:

Oestrogen plays an important role in the health of the gut and prevention of various gut conditions including gastroesophageal reflux, esophageal cancer, peptic ulcers, gastric cancer, inflammatory bowel disease, irritable bowel syndrome and colon cancer.

We also know that testosterone is also important for gut health and digestion because it maintains mobility in your colon (moves food through), decreases pain and inflammation in the digestive tract, reduces the negative effect of cortisol on the gut and also may protect the gut from inflammatory bowel diseases, IBS and SIBO.

As I said, not only do these hormones affect our gut but this is a 2-way street and our gut also affects our hormones and their balance.

Specific gut microbes secrete an enzyme called beta-glucuronidase which puts oestrogen back together after it has been pulled apart in the liver (detoxification) (think back to Mr. Potato head) ready to be removed from the body. Once it has been put back together again it returns to the bloodstream. This effectively means the gut is a key



regulator of circulating oestrogen.

When we have a healthy gut with a good balance of gut bacteria then oestrogen levels are at that sweet spot - not too much, not too little. Any disruption to the gut microbiome can create too much oestrogen or not enough oestrogen.

Too much circulating estrogen has been associated with endometriosis, endometrial hyperplasia, breast and endometrial cancer. Too little oestrogen has been associated with polycystic ovarian syndrome (PCOS).

The same is true about testosterone, our gut bacteria also mediate the amount of testosterone produced. Inflammation in the gut and an imbalance in gut bacteria has been associated with both increased testosterone, decreased testosterone and sperm production.

The imbalance in gut bacteria itself causes inflammation in the gut and that drives most chronic diseases including cardiovascular disease, obesity, diabetes, reproduction disorders, cancers and brain function.

If you have any hormonal imbalances or symptoms always look to the gut first.

The number 1 thing you can do (apart from call me) is increase your plant foods. The greater the variety of plants in your diet the happier, the more diverse and more balanced your gut bacteria.

www.sarahbrenchleynaturopathy.com/links/ to find out all the ways to get to know me.

Unichem Hobsonville Pharmacy

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



We would be delighted to provide our services to customers and would do everything in our control to compliment you with our professionalism and knowledge.

We would provide you:

- FREE Prescriptions for 65+ (Goldcard) and partners. i.e no \$5 co-payment fee (excludes specialist/dental/non-funded medicines).
- FREE prescriptions for those on 5 or more regular prescription item users.
- For anyone 65+ Get your Second Covid Booster (In July) and get a FREE coffee voucher from Hobsonville Larder.

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Charles Yoo Dip.P.M, BPharm, MPSNZ Owner/Pharmacist. Shop 7/124 Hobsonville Road, Hobsonville 0618. Phone 09 416 8277 Fax 09 416 8979 pharmacist@hobsonvillepharmacy.co.nz.

Luxury skin treatments – Hobsonville Point

If it's a luxury skincare experience you are looking for, then visit Rachel from SKINMED NZ. After many years of providing a variety of services within the skin treatment, cosmetic appearance, and make-up artistry working across Auckland, Rachel decided 2022 was going to be the year to kick off her own skincare clinic and so SKINMED NZ was born in Hobsonville Point.



SKINMED focuses on three key skincare treatments for both men & women aged typically between 30-70 years; Dermal Needling, Microdermabrasion and Bespoke Facials tailored to suit your skin condition, age, and the results you are looking for. Using world leading cosmeceutical products from Mesoestetic and Genosys the goal is to slow the anti-ageing process, reduce pigmentation and support healthy skin. "My clients have come to realise the over-the-counter products provide limited results or simply don't work and they want to feel relaxed, unique, and pampered in a relaxing, non rushed environment. Over and above everything else I have learnt to understand my purpose, and my "why" in life, and that is to make other people look and feel great about themselves, not just on the outside but just as equally as important, how you feel about your inner beauty. From the moment you walk into my luxurious treatment room located in Bomb Point, I want you to feel like you have stepped into a tranquil oasis, where for the next hour or so, it's all about you."

To help the business through the tough Covid restrictions SKINMED opened an online store in Feb 22 to allow customers to purchase

products to use between visits or for when they simply could not physically see clients. We now offer supporting brands such as BePure, California Mango, Victoria Curtis, and Gentlemen's Tonic.

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

Pure Allies

Suddenly after a long warm summer, it is freezing.

Pure Allies have some lovely natural, affordable products to help keep you comfortable.

We are offering two winter specials, any two chest balms, body butters or massage balms (or mix and match) for \$25.

Or for every \$30 spend a free lip balm with our new organic pineapple flavor. (Wonderful for kids that get those dry winter chapped lips).

Our chest balms are our most popular winter product, helping ease and give relief from coughs and blocked noses etc.

Check us out on Facebook - Pure Allies NZ, email pureallies@gmail.com. All products are handcrafted, by request locally.



Simple health tip saves you time and money

I often hear people say they don't have time to do their stretches, go for a walk, do a little exercise or simply be PROACTIVE about their health.

The truth is, if you don't make the time to be proactive about your health, at some stage you are going to have to be REACTIVE.

And when you are being reactive, it often takes a lot longer, costs a lot more, and is just not as nice (who wants to be sick or sore?).

The simple tip to help save you some time, money and discomfort is to start being more proactive about your health.




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Health & Beauty

This could be as simple as adding some stretches or a short walk into your day. It all helps. If you need some extra help, please call 09 413 5312 or visit www.elevatechiropractic.co.nz.

Hobsonville Chiropractic

Are you beginning to feel the effect of winter? We are open 6 days a week to check your nervous system and adjust dysfunctional segments where necessary. This month we are providing free spinal checks to people who are looking to learn more about chiropractic and how chiropractic can help you. 295 Hobsonville Road, Phone 09 416 7589.

Berberine: A Multi-Talented Herb

I have written about berberine previously, but it is such a sensational supplement I thought I would write about it again. I continually get great feedback from my patients about its benefits.

Gut Health:

Many of my patients with Irritable Bowel Syndrome who are doing really well on berberine. Just recently, a customer called out to me in my pharmacy and said that she had tried many things for many years, but it wasn't until she tried berberine that her diarrhoea improved. No surprises there for me because berberine is perhaps best known for its ability to kill weird bugs in the gut. I personally used berberine after an encounter with food poisoning a few years ago. It caused a flare in my arthritis that my specialist said I might never recover from. However, 6 months later I was back to full fitness.

Heart Health: Berberine is very powerful in improving cholesterol levels. I have had patients who have had their bad cholesterol levels

drop by 50%. It has also shown promise in improving high blood pressure, and may have benefits in preventing heart attacks and abnormal heart rhythms.

Cancer: Jane McLelland has written extensively about new ways to treat cancer. Her view is that we need to hit cancer hard with many drugs (both cancer drugs and others) as well as supplements, diet, and exercise. She mentioned that berberine was in her favourite supplements list. This really peaked my interest, so now my ears are tuned in to any mention of berberine in the health world.

Diabetes and others:

Berberine may also have benefits in helping to manage blood sugar and reducing insulin resistance (pre-diabetes). In fact, the list goes on.

Other potential uses for berberine include anxiety, depression, alcohol withdrawal, gingivitis, and psoriasis. If by now you are thinking "this is too good to be true" then I don't blame you. I can't tell you exactly why berberine has so many benefits on so many body systems. But it does. It seems to act at a base level of metabolism which underlies so many diseases.

No Magic Pill: I personally don't believe in magic pills. Instead, I believe that radiant wellness is achieved with a good diet, exercise, and mind-balancing practices such as meditation. However, sometimes we need a little friend to give us a helping hand. Maybe berberine is the little friend you need. Feel free to pop into Massey Unichem Pharmacy to chat to our team about whether berberine might be helpful for you. Martin Harris, Massey Unichem Pharmacy, 396 Don Buck Road, Massey. 09 833 7235.

PINC & STEEL Cancer Rehab

Do you know someone who is going through Cancer, or has residual symptoms from cancer treatment? We can help.

Here at NorthWest Physio + we have three fully qualified cancer rehab physiotherapists who are here to support, guide and rehabilitate people through every stage of their treatment and recovery. Hannah Fordyce, Sean Berg & Cody Langford have all completed their training in PINC (Women's rehab) and STEEL (Men's rehab).

The PINC and STEEL rehabilitation programs are divided into 4 phases. This allows us to provide physiotherapy support right from diagnosis, through surgery and treatment, working with you on personalised goals for as long as you need.

Various sources of funding are available for those with different cancer types. Head over to the PINC & STEEL website to register or apply for funding. www.pincandsteel.com. For information on applying for funding or to find out more about physiotherapy and cancer please contact us on: info@nwphysioplus.co.nz or 09 412 2945.

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

Area Columnists

Public Trust opens first of its kind centre in NorthWest Plaza

Public Trust officially opened their brand new and first of its kind customer centre in NorthWest Plaza to the public on Tuesday 14 June, which will provide greater ease and accessibility for those in the West Auckland area wanting to tick a will off their long-standing to do list.

The customer centre team was joined by Public Trust CEO, Glenys Talivai, local businesspeople from the Henderson area, and members of the Public Trust Board, including Board chair Ian Fitzgerald who unveiled the centre's plaque.



Blessed by local kaumatua, Albie Tepania, and passionate about serving local communities, the NorthWest centre and its team are delighted to be part of the West Auckland community and supporting Public Trust's vision of increasing the percentage of adult New Zealanders with a will from 50% to 70% by 2025.

Public Trust is a self-funded autonomous Crown Entity employing over 400 people across our corporate offices and network of customer centres.

Our purpose is to empower all New Zealanders to build and protect their legacies. We do this through our work as New Zealand's largest provider of estate planning and management services. We are also one of the country's largest charitable trust administrators and advisers, helping more than 420 charities to set up trusts and distribute funds back to our communities.

Photo: Robin Haupt, Principal Trustee, and Glenys Talivai, CEO.

Hobsonville Church

The 1875 Hobsonville Church & Settlers' Cemetery is at 1 Scott Road, Hobsonville, and is a Listed Historic Place on The New Zealand Heritage List. The kauri building was built in 1875 as a combined meeting place, church and school incorporating a graveyard in the grounds. In addition to Rice Owen Clark, one of the first European settlers in Hobsonville, all five of the original trustees



of the land in 1877 are buried in the graveyard, Joshua Carder, R O Clark Jnr, Joshua Ockleston, Thomas Scott and William Sinton, along with members of other Hobsonville settler families, including Anderson, Boyd, Luckens, Midgley, Williams and Wiseley.

Volunteers preserve, maintain and protect the heritage Church building and graveyard as an historic district amenity, many with generations of family buried in the graveyard.

There has been a programme of work underway for the past nine months to upgrade and refresh the church grounds.

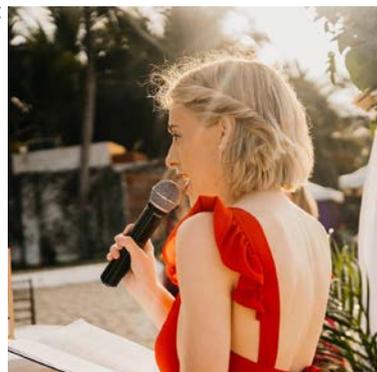
The grounds now boast a brand-new fence, new pathways and garden beds. Park seats have also been installed and the headstones have been sprayed to get rid of moss and lichen. The entrance gates have been repainted too in their distinctive brick red colour. The entrance gates are the original 1940s Hobsonville School gates.

You are very welcome to hire the Settlers' Church for your wedding ceremony or civil union (hire fee \$500), Baby Naming, Baptism or other venue booking (hire fee on enquiry). Our little church is lovely for intimate weddings with say 6 people to up to 100 guests seated on our original pews. For booking details, visit hobsonvillechurch.co.nz and select "Weddings, bookings".

Marriage celebrant

Finding a marriage celebrant can feel like finding a needle in a haystack. Where do you even start?

You could try asking friends and family for recommendations, or you could look at local options. There's a wonderful bunch of marriage celebrants right here in West Auckland. Plus by booking local, couples can cut costs by saving on additional celebrant expenses like travel fees.



To find a celebrant near you, simply visit Celebrants Online (The New Zealand Department of Internal Affairs) and use the map view to filter options by location. Only individuals who have been appointed by the Registrar-General as Marriage and/or Civil Union Celebrants and whose name appears in the List of Celebrants in the New Zealand Gazette have the authority to solemnise marriages and will therefore appear in the search results.

Then, once you've found a couple of options, it's always best to meet in person and hit them with a few questions to ensure they're a good fit for you and the ceremony vibe you're going for. Here's a few questions that will help you narrow down your options:

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1. Are you free on our date? It's pretty important to suss this out first.
2. The nitty-gritty: how much do you charge and what's included?
3. In your opinion, what makes a good celebrant? This is a great one to help align on values and vibe.
4. What paperwork is required and by when?
5. Do we need to provide a PA system?
6. How do you feel about our wedding ideas? This will help you get a gauge on how well your celebrant listens to your needs, and how accommodating they will be.
7. What is your process from here?

Happy planning! By Frances Searle (Massey-based celebrant @ marriedbyfrankie on Instagram) or email franklyitslove@gmail.com.

New education initiative to reduce digital inequity

A new educational and sustainability initiative is set to reduce rates of digital inequity for school-aged tamariki (children).



Ministry of Education figures show up to 150,000 students do not have access to an internet connection at home.

Government research also suggests Maori, Pasifika, and those living in social housing or with disabilities are the most digitally disadvantaged.

Industry experts say that while the mass provision of devices during Covid lockdowns by the Ministry is believed to have gone some way to close this gap for secondary school students, this support does not address growing digital inequities among tamariki of primary school age.

The new initiative, which is to be implemented following a successful pilot programme at a local primary school, sources used laptops and desktop computers from businesses and households and teaches students, as young as eight years of age, how to diagnose, disassemble and refurbish their components into devices with 'as-new' operating capabilities.

The devices are then gifted to the students - providing them with refurbished tech products to help further their education.

According to industry figures, only around 2% of the 80,000 tonnes of electronic waste is recycled in NZ annually. The project aims to upcycle over 1,000 devices in the coming year, eventually increasing this to meet an estimated shortfall of 20,000 devices annually - the

equivalent of taking 80 cars off the road for a year and preventing up to 460 tonnes of e-waste from entering landfill.

The upcycled computers, most of which would have otherwise entered the waste stream, can also be provided to whānau (families) and others in the community by students who graduate the programme - to help reduce access barriers to technology.

The West Tech project is a partnership between Auckland Council's innovation unit The Western Initiative, youth development charity Zeal with funding provided by hospitality group The Trusts. A parallel programme with local libraries will also increase access to internet connections in the homes of rangatahi (youth).

Chris Winder, spokesperson for Zeal, says a pilot programme carried out across a partner primary school found participating students reported increased levels of self-confidence.

He says their research also found students face additional barriers to home-based learning with those who received devices during lockdowns often had no one at home able to support them in using the technology.

"Based on studies carried out by our partner schools, as many as 27% of ākonga (students) went without internet connection during the first lockdown.

"A third (33%) of these students didn't have access to a learning device and over half (59%) of those with devices were sharing with siblings. A quarter (24%) were sharing a parent's phone," he says.

Winder says that with just seven hours of learning time a student can learn to refurbish a defunct device.

He says laptops and PCs tend to slow over time, becoming bloated with software and poorly managed file storage. They may also encounter common errors which cause the computer to crash.

"At this point most devices would then be considered surplus to many businesses who will look to upgrade with a new product.

"The devices will then usually enter the wastestream in some way, however most can be restored to their original condition or broken down for salvageable parts.

"Part of our programme aims to show students the whakapapa (developmental origins) of a device and the principles of a circular economy and will help them to return more devices to the community.

"Based on the first cohort of students that participated in our pilot, 90% will report feeling a growth in general personal confidence as well as feeling more skilled in technology than what they were previously.

Winder says they are aiming to expand the programme further - providing more advanced componentry such as graphics cards which could support more students into a career in graphic or game design.

Allan Pollard, CEO of The Trusts, whose organisation is providing logistical and financial backing to help expand the initiative



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throughout the region, says a series of workshops held in kura (schools) will also be provided for whānau to help address low rates of digital literacy.

He says the workshops will be co-designed by whānau, helping to improve and share technology knowledge in the home.

"We know that parts of West Auckland have some of the lowest levels of internet access in the wider region and what we have learned from the current pandemic is that building technology infrastructure and knowledge capability in the home has become an integral part of education in a Covid environment.

"Our support of this programme is designed to help reduce the widening digital divide that is seeing too many students left further behind in their educational development," he says.

Churchyard restoration

Vic Ollerenshaw doesn't mind living next door to a cemetery - he even likes it. "It's nice to live next to the historic church - and the neighbours are quiet," he jokes.

'The Churchyard' as the community calls it, is part of the historic 1875 Heritage Listed Hobsonville Settlers' Church and is situated right next door to one of Ryman Healthcare's newest retirement villages, named after Sir Keith Park, the Second World War Royal Air Force commander. It's also the resting place for many of Hobsonville's early settlers and their families.

But when Keith Park resident Vic struggled to read the writing on a couple of the headstones, he decided he could do something about it. "I took to one of them with pure old fashioned elbow grease," says Vic. "There is a nearby road by the primary school named Joshua



Carder Drive, and his headstone in the churchyard was in need of a good scrub."

In addition to Rice Owen Clark, one of Hobsonville's earliest settlers, all five of the original trustees of the church in 1877 are buried in the graveyard, Joshua Carder, R O Clark Jnr, Joshua Ockleston, Thomas Scott and William Sinton, along with members of other Hobsonville settler families, including Anderson, Boyd, Luckens, Midgley, Williams and Wiseley.

"We are just so appreciative of Vic and his efforts to help us maintain our heritage-listed churchyard. It's really nice to see people more interested in the history of the local area. Jason Midgley and I have had a programme of work underway for the past nine months to upgrade and refresh the Church grounds," says Hobsonville Settlers' Church Secretary Angela Laurenson, who is a direct descendant of the Ockleston line.

The Church and graveyard are treasured and maintained by many of the families of those early Hobsonville settlers. Presented by Sieska Conyngham.

Scouts Update

The last few months have been busy with the Scouts.

Over Queen's Birthday weekend, we had a group take their Scouts and Venturers down to the Kaimai ranges for a 3-day tramp; another group took all their youth over to Kawau Island for a group camp; another group took their Scouts for a Scout camp in the Waitakere ranges.

The following weekend the zone hosted a Cossgrove practical skills training camp for the Scouts. This covered everything from sharpening an axe, cooking over an open fire, using gas cookers safely and overall having a good time while they learn. The camp had its fair share of rain, so was a bit muddy which just adds to the fun.

The Cossgrove camp is based on a practical training camp that David Cossgrove introduced to Scouting.

David Cossgrove introduced Scouting to New Zealand in 1908 while he was headmaster of Tuahiwi School, in Christchurch, after serving with Lord Baden Powell during the second Boer War. Baden Powell was the world wide founder of Scouting

David also started The Peace Scouts of New Zealand in 1919, a division of Scouting for 12-20-year-old girls. After David died in 1920, his daughter Muriel took over the division and in 1923 it was amalgamated with the Girl Guides.

West Auckland has a long history with the Scouting movement.



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This month's photo is from a Peace Scout camp held in Henderson Valley in 1923 in which my Grandmother attended.

Do you want to know more about scouting, then please visit www.scouts.nz, or email me at: zl.waitoru@zone.scouts.nz Craig Paltridge. Waitoru Zone Leader.

The wellbeing of reusing – the feel good factor

In an age where everything is digitised, we have found that our lives are getting faster and faster. Technological improvements with phones and various apps have made life demand so much more productivity of our time.

However, it's important to slow down and embrace the speed at which we once worked without so much technology. Bring things back to basics. Allow the brain to slow down and think deeply, creatively.

Losing yourself in creativity is incredibly important to create FLOW. The experience of flow, which is when you are completely absorbed in a task while forgetting the world around you. It's like active meditation.

The next step is linking creativity and innovation to positive mental well-being. We all know that feeling when we have completed something or had a eureka moment figuring something out. It gives us a sense of accomplishment, and a feeling of being worthy, clever and even inspiring.

Upcycling, by reusing something discarded, can represent a creative outlet and refuge from the stress of life: work, kids and the responsibilities of being an adult. It's a place where a person can be creative and happy with their own company, alone with power tools, a sewing machine, or other creative equipment. It leads to positive emotions associated with achievement. It is a more sustainable way of consuming items or products.

Research has found that there is a link between mental health and creativity, but not in the way you would think. Studies have found a weak link between the genetic variants for mental illness and creativity. Having mental illness doesn't make you more creative; rather, many people who suffer from mental illness are drawn to creative work because it can relieve their mental anxiety, and so this can skew the data surrounding links between mental illness and



creativity.

Mental illness is a huge topic of conversation, and I feel that this is a growing issue as we become more focused on technology, phones, social media, and purchasing stuff we don't need. These days we are marketed to heavily to consume. We are told that consumerism is the answer to when we are feeling down. I certainly know the feeling of buying something when I feel a little low. But it's just a quick fix. I look around at my cluttered house thinking how did I accumulate all of this stuff? – And has it made me any happier?

The benefits of upcycling go far beyond the environment around us. The creativity and flow it promotes can be therapeutic for the mind as well. I am a firm believer that to be truly happy in life is to get back to basics. That can include a range of activities from drawing, gardening, painting, and my passion – upcycling. These skills have made humankind happy for millennia. www.therecreators.co.nz.

Meditation, mindfulness and breathing techniques

Budgets are tight and advertising is often expensive, but it's nice that mindfulness and meditation has in recent years gained popularity; so much so that a school in the US replaced detention with a mindfulness meditation programme; they've had remarkable results, including

no expulsions since implementing the programme. These results are inspiring other schools to follow suit, as with rising rates of autism, ADHD, learning difficulties, and anxiety there is a need for tools to help children calm down and relax. By teaching children these skills, we are helping them face and work through their emotions more effectively; making them more conscious of their actions and aware of why they may have reacted a particular way, as opposed to just punishing them for misbehaving.

It is invaluable for a child to be able to recognise what they are feeling, whether it be anxious, happy, aggressive, or sad; these are things that we all feel at different times but it is how we respond that is more important. Yoga and meditation bring children more awareness of their body, mind, emotions, and breath, helping to build their emotional intelligence which is just as important as learning how to read, write, and calculate. A child is less likely to behave unreasonably if they take a moment to recognise what it is they are feeling, which gives them the chance to review and transform their reaction. The self-awareness that is gained through meditation invokes children to approach situations more consciously



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as well as more logically.

One of the most effective things about meditation for anyone, not just children, is that the breathing techniques help to allow the body and mind to be at ease; initiating children to use these skills, particularly during times of stress sets them up for life. These tools will be an anchor for them to return to at any point in time, whatever the situation.

I've seen first-hand the effects yoga and meditation have on children's development. Yoga helps with not only muscular development but also develops balance, and coordination skills; while meditation and breathing exercises help children self-regulate their behaviour and emotions which is vital to their well-being, as they learn to navigate new experiences and deal with day to day tasks.

Here are some breathing techniques that you can practice at home with your children to give them the tools to build emotional balance for a calm mind. These are great for any child aged 4-12 years old.

Deep breathing techniques that you can try at home with your children:

1. Slowing down the breathing.

Ask your child to breathe normally while counting the number of breaths they are taking as you time for 1 minute. Then ask your child to slow down their breath and count the number of breaths again in 1 minute. Compare the difference between normal breathing and slow breathing. Ask your child how they feel after practising the slow breathing.

2. Breathing away worries and negativity from the mind.

Sit comfortably in a cross-legged position, spine tall. Place the hands together so the little finger sides of the hands are touching and the hands are in a little bowl shape. Take a long, slow, deep breath through the nose and then breath out through the mouth. When you breathe out through the mouth try to direct the breath into the bowl of the hands. You might need to readjust the position of the hands so you can feel the wind of the breath.

Once you have got the breath established then start to think about all the items that are worrying you, making you feel upset, or want to let go of and as you breath out release these thoughts and problems into the hands. Continue this breath for 2-3 minutes or use counting 10 - 26 rounds of the breath.

- Sa Ta Na Ma Meditation to reprogramme mind.

This meditation involves singing the sounds, Saa Taa Naa Maa along with repetitive finger movements, or mudras. It has been shown to reduce stress levels and increase activity in areas of the brain that are central to memory.

Repeat the Saa Taa Naa Maa sounds (or mantra) while sitting with your spine straight.

On Saa, touch the index fingers of each hand to your thumbs.

On Taa, touch your middle fingers to your thumbs.

On Naa, touch your ring fingers to your thumbs.

On Maa, touch your little fingers to your thumbs.

Words by Juno Scott-Kelly from JSK Communications and Erin O'Hara, Naturopath and owner of Golden Yogi Studios in Auckland. www.erinohara.co.nz.

Cutting business costs and reducing our footprint

We know we should be doing our bit to prevent climate change, but with many SME's just struggling to survive, there is little capacity to think about what we can do.

Any decisions for SME's to make a change usually requires there to be a direct financial benefit to the business from that change.

We want this to be a win - win situation.

The first place to start is to think about what part of your business would be contributing the most to your carbon footprint. It could be; transport, electricity or water usage, waste going to landfill, your manufacturing process, etc.

Can you measure your current emissions? A good place to start is to use an online calculator.

Electricity - If electricity is a big contributor to your carbon emissions (and cost of business), there are a range of options to consider depending on your business and how much you want to invest.

Any investment should be considered in relation to what you receive in return (be it financial or social).

- Establish a culture in the business that focuses on saving energy
- Ensure all lighting come from energy efficient bulbs, or even better natural sunlight
- Add sensors or timers to lighting so that it is only used when needed.
- Switch off appliances, machinery, and computer monitors when not in use (don't just leave them on standby)
- If purchasing new appliances, machines or heating and cooling, purchase with energy efficiency in mind
- Switch to an electricity retailer that sells electricity produced from renewable sources
- Make a plan to replace any onsite sources of power that uses fossil fuels
- Consider installing solar panels (or encourage your landlord to do so)

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Start by measuring your electricity usage. As you make incremental changes you will be able to measure the effect.

Staff Transport - Movement of staff may be a significant cost to your business and source of emissions. This may include

- trades people or sales staff traveling to customer sites
- staff moving between offices, either nationally or internationally

One of the benefits to come out of the pandemic has been a realisation that business can carry on without the need for some travel, where a video call might be able to achieve the same result.

We also know that face to face has its place, and for trades people it is not optional, so how can we reduce costs?

- Plan your trips so that you have more than one destination each time you head out (see more than one customer, do a pick up or drop off on the way)
- Have hybrid events where some people can choose to join the meeting remotely
- Ensure your vehicle fleet is modern and regularly serviced to get the best performance from your vehicles
- Consider hybrid or electric if you are upgrading your vehicles
- Limit the number of flights taken each year
- Encourage public transport use or car pooling where practical.

We all want to win on this front, so share your success stories with others to encourage them to do the same.

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

Health and Safety for Volunteer Officers

Do you volunteer your time to a Club or Organisation and hold the position of President, Secretary, or Treasurer? If so, you are a Club Officer.

Whilst in this role, are you accountable for accidents that occur at your club? Would Worksafe want to talk to you if they came to investigate.

As a Club Officer or Official you have a duty to ensure that your organisation complies with its duties and obligations under the Health and Safety Act; this is known as due diligence.

Part of that due diligence is to ensure that your Organisation, as a

PCBU (Person Conducting a Business or Undertaking), complies with its health and safety legal requirements.

So, what is due diligence, or, what do you need to do?

Firstly:

- Ensure that you understand the Health and Safety at Work Act 2015
- Check that you know what your organisations risks and hazards are and, if you do not know, ask for advice from a suitably qualified person
- Discuss the hazards and risks with members, volunteers and officers and any other workers who may assist you

Then, make sure that your Organisation has the resources available and processes in place to deal with the risks and hazards associated with it. 4 examples:

1. You might send an instructor or volunteer on a First Aid course or simply have a First Aid kit available on site
2. Consider requiring the coach or manager of your child's sports team to have a First Aid Certificate
3. Your Girl Guide den may have a trip hazard in the entrance way. Mark it, or eliminate it, if you can
4. Check that the fire extinguishers, which are the responsibility of your Club or Organisation, have been serviced

Good record keeping is also an essential element of your Health & Safety system. Here's how:

- Keep a formal record of what you find and what you do
- Devote a section in the Minute book to health and safety. Record resolutions and resources that are set aside to eliminate or minimise a risk under the heading of "Health and Safety", just as you have a section in the Minutes for financial resolutions
- Set up a book for Accident and Incident recording. Discuss these at your monthly meetings, how you have dealt with an incident, what happened that caused the accident, how you may be able to prevent either happening again

If you can demonstrate that you considered due diligence under the Act, you should be more immune from prosecution.

Conversely, you may be prosecuted as a defined "Other Person" if you do not take reasonable care of your own or another person's health and safety.

That means if as a Club you ignore fixing a trip hazard in the Club rooms, especially after it has been pointed out as such, then you could be liable if someone does trip and injure themselves.

Or, if someone needs to use the fire extinguisher and it is found to be faulty, empty or required servicing several months ago, that too could be seen as not taking reasonable care.

Show you are keeping your Club, Members and yourself safe! If you require any further details, please contact John Riddell by emailing securo4@securo.co.nz or contact Securo www.securo.co.nz.

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