

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report
Working for the community

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

Goode Brothers North West

Circulation is 10,500 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

June 2021



Greetings

We are bombarded with statistics. '93% of women liked this product'. Which women? Who wasn't included? Unemployed? Refugees? What about the other 7%? What did they say? Were there any replies to the research that were omitted because they didn't agree with the sponsor's expectations? Does the statement sound reasonable in your own experience? Apparently many people's response to statistics depends on their existing views, so they will ignore results they don't agree with. Do your feelings about climate change, or an overseas conflict, rely on your own assessment, or are they based on the newspaper you read, because it matches your political views? Can you spot Fake News?

Well-placed trust grows out of active enquiry rather than blind acceptance. Do you know how a zip works? Of course. Then can you explain it to a teenager? We often think we know about things on the surface, but we struggle when it comes to detail. We need to make ourselves curious in the face of published information, because important decisions must be based on reliable data. Tim Harford is a UK-based statistician, writer and broadcaster who has featured on Radio New Zealand. His recent book "How to Make the World Add Up" (available through Auckland Libraries) is an enjoyable guide to using statistics wisely.

Add up the activities and events happening in West Auckland in the next few weeks. Read about the markets and food outlets in the area. Don't miss out if you might be eligible for a Rates Rebate. Be safe by reading about fire risks in the kitchen. Check the state of the property market and be informed on the ins and outs of owning property, and see what help is available to maintain the value of this asset. Even though it is winter, there is still plenty to do, either in your own garden, or with various environmental and community projects.

There is no shortage of places to support you with any ailments, strains or imbalances to make you feel better or support your physical or emotional wellbeing. Take care not to fall for one of the many scams we may be exposed to.

Keep warm and have a safe and happy month.

John, editor



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ENQUIRIES / FEEDBACK:

John Williamson

P 021 028 54178

E jbw51red@googlemail.com

W www.thewesterly.co.nz

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People & Places

Big Hearts meet Big Pizza



We're your local Kiwi-Italian gastropub. We're less about servicing the traditions of the old country and more about bringing it inline with contemporary kiwi culture. We're being bold and doing it our way, carving our own path that's fresh and inviting across 3 Auckland locations. If you're up for a good time, Goode Brothers it is.

When customer experience is the secret ingredient that keeps people coming back time after time, having a combination of passionate people, pliable process and perfect pizza is a combination that delivers in spades. We met up with Raman who is the Food and Beverage Manager of Goode Brother Northwest, and after a few moments with him you understand that his passion is on delivering the very best customer experience possible. Not only is this about celebrating food and front of house service, it is about customer recognition, understanding what people like,



what they drink, what they eat, and welcoming them by name. "It's not the one thing that people remember, it's everything that forms a great experience" says Raman. Goode Brothers Northwest started a school pizza drop off in celebration to the great work that teachers do within the community. They say "It takes a big heart and large pizza to shape little minds. We have some large pizzas to be dropped off every week to a big hearted teacher or an amazing school. Just comment your favourite school or teacher and we will try our best to shout them pizza".

This programme delivers on a feel good level and it's great to get such positive feedback on teachers within the community over our Facebook feed. This was one such comment, "Totally agree Nicole Stokes and the other awesome teachers at Helensville Primary. Nicole puts a huge amount of time and effort into organising all the school's sport teams and events, always encouraging kids to give their best and to aim high ... along with being an amazing teacher to her class". "It aligns with our culture" says Raman, "that people go the extra mile, deliver a better experience for those around them, and the outcomes are really appreciated" We can all do a job and satisfy our job description, however for me it is more about the customer experience when they get home and reflect on how they feel. You'll find Raman busy and bustling about at the very popular Goode Brothers in Northwest mall.

Shop 5, Maki Street, NorthWest Shopping Centre phone 09 832 8400.

Hours: Monday - Friday: 11am - late, Saturday & Sunday: 9am - late.

For more information bring them up on www.facebook.com/GoodeBrothersNorthWest.




Geoff Dobson
MEDIA

P 027 757 8251
 E geoffdobson2017@gmail.com

Graham McIntyre
LICENSED SALESPERSON
 BRAND & TERRITORY OWNER





P 09 412 9602
M 027 632 0421
F 09 412 9603
E graham.mcintyre@mikepero.com
www.mikepero.com

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Community News

Brainfit for Life

BrainFit for Life classes are available again, this time to be held at the Te Manawa Library in Northwest Mall.

It is a four-week course, each week is an hour and a half of tips and strategies that will give you the skills vital for maintaining a healthy memory and independence during aging.

You will be taught Dr Allison Lamont's six key memory skills and a toolbox of strategies that enable you to keep these memory skills sharp throughout the aging process.

It is fun and it works.

The next four-week course starts Saturday mornings 10.30am till 12pm, August 7-28.

The cost is \$197 and it includes follow ups and handouts.

Contact Victoria on 022 033 9552, email Victoria@brainfit.nz, or visit www.brainfit.nz for more information.



House of Travel Hobsonville store is open

Well, we have actually been open the whole way though the pandemic which we are pretty proud of. But something worth shouting about as bookings ramp up and many other agencies have closed or left West Auckland.

This month we're excited to announce our new team member Talita Toomata who some of you might know from our New Lynn branch. She's incredibly experienced with a loyal following of clients. If you'd like to catch up with her please email talita.toomata@hotmail.co.nz

We've been booking some mega deals for our clients to Australia, Rarotonga and those looking towards 2022 and further afield.



If you'd like to join our mailing list to get a "head's up" on future specials, instore events and exclusive discounts please email hobsonville@hotmail.co.nz.

We live, breathe and dream travel, so wherever's next on your must-visit list, you can bet at least one of our consultants has either been there, or sent someone there. And with our combined experience and knowledge behind you, you'll always be sure you're getting the absolute most out of every holiday.

We're with you every step of the way.

We know your down time is precious and we think everyone deserves the best holiday possible. That's why we promise that whatever curveballs get thrown your way, we'll help get them sorted for you.

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

It's never been more complicated to leave NZ and return back. With online travel websites not offering accurate information or taking any responsibility for these requirements, booking travel on the internet or Googling the answers to border regulations is a massive risk to take, in an ever-changing environment. With the security of a physical store, experienced consultants, 100% Kiwi business owner-operated, TAANZ bonded and local, who better to be your travel agent wingman?

Your ideas + our knowledge = better holidays.

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

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

Scouts

The 2nd Saturday of May is an important day internationally for Scouting. Jamboree on the Trail (JOTT) is an annual day (or as close as possible to the day) for the World Scout Movement to hike together. All Scouts, whatever their age and wherever they may be in the world, are invited to participate in whatever way they can.



The Youth and Adults of the Waitoru Zone were no exception and

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where
movement
begins

Community News

gathered at Hobsonville Point on the afternoon of Sunday 9th May.

We had 3 different walks to cover Keas, Cubs and Scouts. These ranged from walks from 5km to just over 8km and included several activities along the way, including Frisbee Golf, Building Da Vinci Bridges and crawling under cargo nets.

We were also stopped at the Engine Testing bay, where the Kaipatiki Project Plant Nursery is based. The youth were given a tour of the facility and were informed about composting and the conservation work around Epilobium Hirtigerum, a rare plant that was found at the Hobsonville Point housing development a few years ago. The team at the nursery have worked hard to protect and cultivate this plant that is still listed as an At Risk species. This is a very important wetland and costal plant that settles into disturbed ground and they then grow and help to create a forest, this counted toward the Better World Conservation Badge.

Conservation is an important part of Scouting, where youth are taught to leave the world in a better place than we found it. You may see Scouts picking up rubbish and popping it in the bin without being asked, or helping with a community planting project to list a few of the events that we do. If you have projects similar that you need help with, please let us know or if you are interested to know more about Scouting, please visit www.scouts.nz or drop me an email: zl.waitoru@zone.scouts.nz Craig Paltridge. Waitoru Zone Leader.

45th anniversary - where have the years gone?

Exciting days ahead for Waitemata Scottish Country Dancing Club. We will be celebrating our 45th Anniversary Ball on 19th June. People come from the far north and as far south as Hamilton and Cambridge. We have a live band that you can't help dancing to, and a sumptuous supper. Although usually held out West, this year it is being held in St Aidans Church Hall, Remuera. We dance our favourite dances which we will be practising on Club nights leading up to the ball.



We welcome all interested people, and even run a Beginners Class at 6.45 - 7.45 pm every Tuesday evening at Kelston Community Centre before the regular club night from 7.45 pm. If you join Country dancing you soon realise it is a worldwide organisation which enables people from most countries across the world to meet and dance. It is a friendly supportive activity where you can join

on your own, with a partner or a group. No previous experience is needed to join.

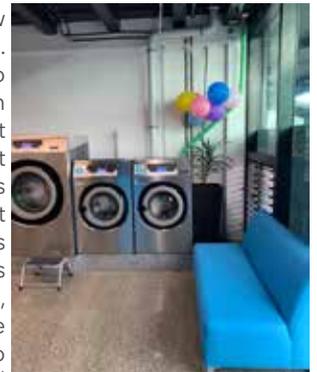
Hobsonville Point newcomers evening

Come and join in a fun, social evening, focused on connecting and informing new residents in the area. This is a free event, open to all residents who have moved in to Hobsonville Point since January 2020. Adults only (18+). Refreshments and nibbles provided. Friday 25 June from 7 - 9pm at Sunderland Lounge, 27 Hudson Bay Road, Hobsonville 0616. As spaces are strictly limited, registrations are essential at hobsonville.org.nz/newcomers.



Hobsonville Laundromat

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



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Community News

open all week from 7am - 9pm, with attended services Monday to Friday, 8am - 6pm. Contact us on 09-218-9176 or 022 596 0700, hobsonvillelaundromat2021@gmail.com, hobsonvillelaundromat.co.nz and Facebook. We work with Maxwells Dry Cleaning for our dry cleaning services.

Discoverers

Discoverers is a fresh expression of church being pioneered by the Methodist Church in Hobsonville Point. It has held two gatherings to date in the Baffin Lounge, at the Headquarters building.

The first, held on Sunday 28th March (Palm Sunday) reflected on the opposition Jesus encountered from those who opposed his revolutionary teaching about a world view where justice, peace, compassion, and love were the dominant values. The second was held on ANZAC Day, 25th April. This gathering focused on the significance of ANZAC Day for today and the teaching of Jesus about peace. Emphasis was placed on four specific teachings of Jesus about peace, which are an example of his subversive wisdom which turned up-side down conventional wisdom that governed how we should act towards one another. 1. Be gentle and not aggressive. 2. Put a stop to the game of paying back wrongs. 3. Loving your enemies. 4. Forgiving until you lose count. Discoverers meets on the fourth Sunday of each month from 3-30pm to 4-30pm in the Baffin Lounge, Headquarters building 214 Buckley Avenue, Hobsonville Point. For more details, see the Discoverers page on Facebook, or contact Barry Jones 022 068 3873 Email barryjones@outlook.co.nz.



Washaway

Washaway was established in December 2020 as Simon Dwyer & Michael Lai, the directors, identified a gap in the exterior cleaning industry. It was evident many residential homes were not being cleaned due to cost. Years were spent researching products, equipment and materials that were safe to use, proved to be effective and suited their brand.



Between the Directors and the Business Manager is a great deal of experience and knowledge in property management, carpark management and maintenance, property services and a passion for business.

Washaway currently provides exterior washes, driveway cleans, roof wash and treatments and most recently introduced window washing using the Pure Water System. This means they use zero chemicals, the purest form of water and leaves a streak and spot free finish on windows & glass.

The goal for 2021-2022 is to launch the interior cleaning and cleaning at heights divisions. Becoming more environmentally conscious and giving back to their communities is also very high on the to-do list. Affordability and quality continue to be the driving force of Washaway. Their success stems from focusing on what value they can contribute to their clients over how much money they can make. E: info@washaway.co.nz. M: 021 086 72893 W: www.washaway.co.nz.

Guiding has started at Hobsonville Point

Camping, adventure activities, conservation, technology, crafts, community action, advocacy - GirlGuiding is New Zealand's largest girl-only organisation, offering girls and young women opportunities to reach their potential and make a difference in the world.



We have recently opened Pippins, Brownies and Guide units at Hobsonville Point - offering opportunities for girls aged 5 to 12 and a half. We also have units in Kumeu/Huapai, including a Ranger unit for older girls (aged 12 to 17), and Waitakere Township.

Guiding is run on a volunteer basis and we can only offer these opportunities due to the extraordinary enthusiasm and energy of so many generous and proactive women across the country. Being a volunteer with GirlGuiding is rewarding. You have the chance to learn new skills, develop friendships, grow professionally and personally, and give something back to your community. And, it's great fun. If you are interested in Guiding as a girl or leader, we would love to hear from you. Check out www.girlguidingnz.org.nz for more information.



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In Brief Updates

Working for the community

In April 1925 the Massey Birdwood Settlers Association was formed and incorporated as a resident and ratepayers' group.

The job according to the constitution is to represent the views of residents and ratepayers of the area of Massey and Birdwood to Council and the Government and ensure Council resources are spent in the area for the betterment of all residents and ratepayers.

Over the years the Association has highlighted transport issues to Council, and still does, older people will recall issues with the Whenuapai Bus Company and the ABC Bus company. The Association has always commented on rates in its annual plan submissions and one of the biggest decisions was to successfully obtain permission from the Government to own and manage a community hall on the Massey Birdwood Domain in the 1950s.

Today the Association continues its work more often than not behind the scenes for Massey. The three roundabouts in Don Buck Road, on the corners of Royal Road, Triangle Road and Redhills Road would not be in place if not for the work of the Association. The Redhills Road roundabout required negotiating part of the sale of the Domain owned by the Government to the then Waitakere City Council.

Over the past couple of months, the Association has run advocated to Council over zoning issues (retail verses residential), health and health and safety issues at Royal Heights, continuing and ongoing maintenance issues in Redhills Road and currently the rat plague that appears to be happening on the corner of Redhills and Don Buck Road centred around the shopping centre. More than likely



caused by the building work that is taking place behind the Shopping Centre, rats were one of main contributors to the great plague in England in 1665.

If you live in Massey, you can join the Massey Birdwood Settlers Association for \$1 yearly fee. Write to the Secretary, John Riddell, email masseybirdwood@gmail.com.

Want to have a cycling chair at your cafe?

So that your customers can enjoy "walking" after having a coffee/lunch at yours? West Auckland COGY Club is looking for a cafe in the area who would like to make the most of one of our chairs. We cannot be as active as before due to the club facilitator's health. Instead of having our cycling chair in storage,



why not offer the usage to the community that has been always supportive to us? Pro: the chair is perfect size as a sign stand, too. Your customer can enjoy "walking" after coffee. Con: another piece of equipment to bring out and bring in every day. Note: number key provided. Easy use, however we are happy to come for checking the condition every now and then. Let us know by email lovhavfun@gmail.com or 022 505 9657, and discuss further details. Photo credit Ashikogi-Club, Ehime, Japan.

Flip for fun and health

Did you know....?

Having tamed the nasty Covid 19, health issues are present in our collective minds. To remain free from illness and infections we know it is important to stay healthy and fit.

Did you know, amongst many other benefits of trampolining, bouncing (which is like pumping the body) improves the functioning of the immune system. The lymphatic system is a vital part of the immune system.

It is a defence mechanism against viruses, bacteria, diseases and infection and helps to get rid of the body toxins, waste and other



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In Brief Updates

unwanted materials in the body. So bouncing helps slow the aging process too - bonus!

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To find out more be sure to check www.flippinfun.co.nz/info/health-benefits/ or call us on 09 833 6880.

Catalina Bay Farmers Market

Catalina Bay Farmers Market is an artisan market selling seasonal produce, handcrafted bread, a top of the range butchery, fresh local honey, flowers, coffee and more. Open Friday through Sunday, 8:30am to 2:00pm. Stay for a coffee and have a bite to eat from the variety of food vendors, buy your fresh produce for the week or just browse the unique handmade items on sale.

The Farmers Market will also be hosting its first Brunch at the Bay event on the Queen's Birthday, Monday June 7th from 8:30am until 2:00pm. Come along we'll have a variety of food vendors, live music, face painters and additional vendors selling beautiful crafted items. Follow our Facebook page @catalinabayfarmersmarket for market news and events in the coming months.



Helloworld Travel Hobsonville

We might not be in a retail shop and Carolyn, Lesley and Hayley are working remotely but we are still available for our clients in our Whenuapai office and we just ask that you make an appointment if you would like to come and see us as it is a small office and more and more clients are coming to see us here which is lovely.

Otherwise we are available as normal by phone 09 416 1799 or hobsonville@helloworld.co.nz.



Carolyn is the owner of the Hobsonville branch and has been in the travel industry 30 years, her children went to Hobsonville Primary and she lives in Whenuapai. Lesley has also been in the travel industry 30 years and her children were Massey High School students. Between us we have loads of experience to help you plan your holiday. Hayley has been with us since we opened 4 years ago and has great ideas and is building her regular clients. Hayley grew up in the area and is a past student of Massey High School. You can see we really are your local travel agent and we really appreciate it when you shop local, we also shop local and support other local business.

The Cook Islands is proving popular and helloworld have some fabulous deals which you can see on our website <https://helloworld.co.nz/holidays/cook-islands>. If you are thinking of a holiday in the Cook Islands for the July school holidays I suggest you book sooner rather than later as it is filling up quickly. We just had some fabulous Qantas prices on flights to Australia, and we recommend that if you want to be advised when specials come up subscribe to our newsletter by letting us have your email address and we will sign you up.

We also put some fabulous and interesting offers on our facebook page so if you like our page you will be the first to see them <https://www.facebook.com/helloworldhobsonville>. We also post our events on there so you if don't want to miss out on those, it is another reason to like our page.

Since the bubbles have opened with Australia and the Cook Islands we are definitely busier and we are loving it. We look forward to helping you plan your holiday.

Koru Care fundraising high tea

A high tea on June 27, 2pm at Laingholm Primary School (54 Victory Road, Laingholm) along with silent auctions and raffles will help Koru Care raise vital funds for seriously ill, disabled and disadvantaged children throughout New Zealand.



For more than 35 years the Koru Care Charitable Trust New Zealand has been working hard to bring some joy into the lives of such children, usually by taking them on a fortnight's trip to California or an eight-day adventure to the Gold Coast.

Unfortunately, due to the COVID-19 pandemic Koru Care could not do these trips.

Instead, it has completed an eight-day trip in Auckland and Rotorua with 20 special Kiwi Kids, who had an amazing time and met life-long friends.



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General Manager

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In Brief Updates

"We would love to be able to do this again so our fundraising continues," Koru Care says.

Renee Absolum from Buzz Club Laingholm has since offered to hold a high tea to help.

Most of the money raised for Koru Care comes from generous business donations of vouchers or items which can be auctioned or raffled.

If you can help contact Renee on buzzclubnz@gmail.com or Janine Godfrey janinegodfrey@xtra.co.nz 021 159 4540 for more information.

Looking for house and land

Hi I'm Neville and this is part of my family.

Having grown up in Hunter Rd, Taupaki, I would love to return to the area to treat my wife and teenage daughter. We have done the city living and made do with compact sections, it is time to spread our wings and come back to my roots. We have sold our house and are looking for land around 1 to 2 acres and a 3 bedroom or more home. A shed for a man-cave would be a bonus as there is a woodturning lathe to be housed and a good collection of drying wood. Close family live nearby in Kumeu so we are very keen to return.

If by any chance you are thinking of selling, could we please have a chat? Neville - 022 320 3047.



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Our other services include: Dent removal - small to large, yellow / foggy headlight restoration, deep clear coat scratch removal, ceramic coating paint protection, signwriting removal, high quality paint correction / cut and polish. We are a fully mobile operation, meaning we come to you to make your life easier. Contact us on 0800 20 30 20 for a quote, or visit www.TMCS.co.nz to see our work and 5 star reviews.

Craigweil House

The residents of Craigweil House have been keeping busy with in-house events, special visitors and unique outings. Recently a group travelled to the Air Force's largest operational air base, RNZAF Base Auckland in Whenuapai-Hobsonville. Group Captain Andy Scott and Executive Assistant to the



Base Commander Alison Elford warmly welcomed our residents to the historic airfields and spoke of its interesting history. The team had prepared a plane, the C-130 Hercules Loadmaster, to show residents and give them an inside look. Avionic Mechanic Hope Gregory was there to answer questions, and residents took turns sitting in the cockpit. It was a fun outing and for many a chance to reconnect with old interests.

Another recent special event was a 'note-worthy' music therapy session in which Craigweil House was a symphony of laughter, music and chatting as Retts van Dam (Mapu-i-Musika Therapy Fale founder) facilitated playing instruments, dancing, listening to music and writing songs. We find music therapy to be a fun opportunity for expression and creativity, and it brings us together as a community.

For Anzac Day, in collaboration with the Kaipara Memorial RSA, Craigweil House held a traditional service to remember and pay tribute to the Anzac service men and women of our dear country. We were joined by Steve Wilson (RSA Vice President) and Rex Keane of the Kaipara Memorial RSA who spoke stirringly of the courage, camaraderie and determination of the Australian and New Zealand Army Corps.

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one, please get in touch. We are a boutique countryside facility with personalised compassionate support and care for rest home, hospital and secure dementia levels of care - 09-420 8277.

Gently Loved Markets

After successful markets in April and May the Gently Loved Markets team are doing it all over again on Saturday 26th June in the Kumeu Community Centre.

Gently Loved Markets love a sustainable lifestyle and what better way to do that than buying preloved. With 30+ stalls selling preloved, vintage and retro clothing, accessories and homewares for all ages. Grab a coffee, your favourite fabric bag and come have a preloved treasure hunt with us.

All stalls are within the hall, so the event will go ahead no matter the weather. Plus, with changing rooms at the venue so you can try before you buy. The event is cash only. Gently Loved Markets will be held each month, keep an eye on their Facebook page for the upcoming events dates @gentlylovedmarketsnz

To inquire about a stall contact Donna Buchanan at gentlylovedmarkets@gmail.com

Gently Loved Markets, Saturday 26th June, Kumeu Community Centre, 35 Access Road, Kumeu.



50s. Join if you are not a member and make your voice heard. Mate Marinovich, President Waitakere Grey Power Association, Office 247 Edmonton Rd, Te Atatu South 0652 Auckland, Ph. 09 838 5207.

Summerset

Part of the vibrant Hobsonville Point development in northwest Auckland, Summerset at Monterey Park enjoys a convenient location just moments from shops, cafes, and motorway connections. It boasts stunning sea views towards Herald Island and Greenhithe and is a 20-minute drive from downtown Auckland.



Every Thursday in June we are hosting Winter High Tea Open Days from 10am - 2pm. No appointment needed. We have 1 three bedroom apartment available, new villas under construction and a variety of serviced apartments available now. For details about sales etc., give Nicola a call on 09 951 8922. 1 Squadron Drive, Hobsonville, Auckland 0616.

Summerset at Monterey Park offers four main accommodation options: villas & townhouses, apartments, serviced apartments, and care rooms. Retire in luxury in a gorgeous two-storey villa overlooking the water (complete with a private glass elevator), or opt for a spacious and comfortable townhouse or apartment. All accommodation is modern, contemporary, and equipped with high-quality fixtures, fittings, and appliances.

Grey Power

Welcome all readers of the Westerly to the local advocacy organisation for Seniors, Waitakere Grey Power. If you are not already a member visit our office in the Te Atatu South Community Centre, 247 Edmonton Rd, Te Atatu South, Monday to Friday 9.00am to 12.00pm. Subs are \$20 single and \$30 a couple. We would love you to join. We have four newsletters a year and three General and one Annual General Meeting. You also receive four Grey Power Federation magazines.

Our Annual General Meeting is being held on Wednesday 9th June 2021 at 1.00pm at the Te Atatu South Community Centre. Our Guest speaker will be Michael Barnett, Chief Executive of the Auckland Business Chamber. We extend a warm welcome to all members and friends to attend the meeting. If you would like to serve Waitakere Grey Power put your name forward for nomination at the AGM. Refreshments will be served at the conclusion of the meeting. Waitakere Grey Power is your advocacy organisation for the over

SeniorNet West Auckland

For many years now we have held our monthly open meetings at the Kelston Community Centre, but we are now going to be holding them in the Henderson RSA, 66-70 Railside Avenue, Henderson. We are using the Red Poppy Restaurant dining room, starting at 10am. We have a guest speaker and this is followed by morning tea, which gives people time to chat with our Tutors and Committee members. You do not have to be a member of SeniorNet to come to these meetings, as entry is by \$2.00 raffle ticket which could win you one of 3 prizes. Our meetings are held on the 3rd Tuesday of the month and the next one will be on June 15th.

The restaurant is situated inside the main entrance of the RSA on the far right as you come in. There is parking on both sides of the building but if in doubt it is only a short step from the West City Shopping Mall. With a new venue we look forward to seeing some new faces.

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In Brief Updates

Our Help Days are held at our premises also in the RSA on the 2nd and 4th Tuesday of the month from 10am till 11am and we charge \$5.00 if we are able to help you. If you require any help with your Tablets Smart Phones or Laptops please do not hesitate to seek help, SeniorNet is all about Seniors helping Seniors so we work at a pace to suit you. If you have any questions our phone number is 09 837 7600 please leave a message and we will get back to you.

Vive La Dance 2021

Come and dance with us to celebrate French (14/07) National Day. Event by Boutique Tours France, Riverhead Tavern, Auckland. Saturday, July 17, 2021 at 7 PM UTC+12. Tickets; eventfinda www.eventfinda.co.nz/2021/vive-la-dance/auckland/riverhead.



Come and join us for a celebration of the 14th of July - the French National day. This event is a dance night. Come dressed up in the French colours. DJ Erik will play a mix of French and international hits that will make you want to stay on the dance floor all night. Bar will be open till 12 am and snacks available during the night. Free parking.

Rates Rebate

Barbara Guy of Citizens Advice Massey wants to remind low income homeowners to apply for a Rates Rebate.

"The Rates Rebate is a subsidy of up to \$640," Barbara says. "So it is well worth checking whether you are eligible.

"Apart from having a low income, you need to be paying the rates on the home you live in. That means you can't get a rates rebate on a home you are renting out. Also your name has to be on the Certificate of Title as the ratepayer.

Barbara says "There is an easy online calculator you can use on the govt.nz website, that will tell you whether you are eligible and also how much of a subsidy you can get. If you can't get online, give us a call and we can help you with that."

"If you're eligible, you need to apply for the subsidy every year from your local council, after you receive your annual rates bill and before 30 June. The council needs to know what your income and rates were for the period 1 July last year through to 30 June this year. You

can download an application form from the govt.nz website or ask for a printed form - which we have as does the council service desk"

"Your application does need to be witnessed by an authorised person, this includes council officers and Justices of the Peace"

"You do need to be aware that if your home is in a family trust, or your name is not on the rates bill, then you will need to take an extra step of getting yourself registered as the ratepayer on the Certificate of Title. You will probably need the help of a lawyer to do this.

"If you're not sure what to do, just give us a call or send us an email", says Barbara 09 833 5775 or massey@cab.org.nz You can also call the nationwide freephone 0800 367 222.

Alzheimer's or dementia - what are we talking about?

I often hear people getting confused about Alzheimer's and dementia. Are they different conditions? It can be a bit confusing.

What is dementia?

Dementia is not itself a disease.

It is the word used to describe

a special set of symptoms that negatively affect memory, thinking and behaviour. These symptoms occur in particular conditions which are caused by brain injuries or diseases. Alzheimer's disease is by far the most common of these conditions to display dementia.

Therefore a person with Alzheimer's disease has a form of dementia.

Dementia affects three areas of the brain: Language, Memory and Decision-making.

These changes make it difficult for people to perform basic daily activities. In most people, dementia causes changes in behaviour and personality.

Dementia can be caused by a single disease or a combination of several conditions.

If you would like to read more about dementia, or see some products which may be helpful to keep brains with or without dementia busy please visit our website: www.mindjig.co.nz or call Julie or Jonathan on 09 600 3251 or 022 480 3022.





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Safer Communities



As we approach winter now is a good time to have your chimney cleaned and your fire box checked before lighting it. Chimney fires are relatively common and can cause significant damage to your house. You can reduce the risk by having them both cleaned and checked by a professional.

Did you know that one in four house fires start in the kitchen?

Making your kitchen fire safe is an important part of having a fire safe home. Here are some simple things you can do to reduce the risk of a fire starting in the kitchen:

When you're cooking

- Don't drink and fry. Alcohol is involved in half of all fatal fires. Instead, pre-prepare a meal, get takeaways, or use the microwave. Never attempt to

drink alcohol or take medication that makes you sleepy when cooking.

- Don't leave the room when cooking. If you need to, always turn off the stove first. Unattended cooking is the leading cause of house fires in New Zealand.

- Keep curtains, tea towels, oven mitts and any flammable items away from the cooking area when you're cooking.

Keeping a clean and safe kitchen

- Clean your stovetop after each use. This prevents spilled fats and burnt food from building up.

- Clean rangehood filters regularly.

- Keep a fire extinguisher and a fire blanket somewhere in your kitchen. Make sure you know how to use them.

Remember to discuss an escape plan with your families, check out this link for further information.

www.escapemyhouse.co.nz/

Keep safe!



Denis Cooper

Deputy Chief Fire Officer
Waitakere Fire Brigade
Phone 09 810 9251

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Property

Property market report

The buying splurge housing investors went on after the lifting of loan to value ratio (LVR) limits last year has seen their share of the mortgage market heading back towards the high levels seen in mid-2016 prior to them being hit by deposit restrictions the first time around.

Figures released in the Reserve Bank's latest bank loans by purpose monthly release show that in the six months to the end of March 2021 investors increased their share of the mortgage 'stock', the total amount outstanding for mortgages, by \$6.713 billion. That made up some 36.6% of the \$18.346 billion increase in the total bank mortgage 'pool' during the six month period. Total bank mortgage debt outstanding has now topped the \$305 billion mark. There's been a recent string of record monthly additions to the overall stock total, with more than \$3.7 billion (new record) added in March.

It's worth taking a snapshot of where we are with these various figures at the moment because the recent re-imposition of LVR limits and policy changes by the Government could see things changing quickly in the months ahead.

In terms of the overall share of that mortgage stock, investors now have \$84.323 billion outstanding in mortgages, which makes up 27.6% of the total outstanding mortgage stock. In the six months to the end of March that share increased quite sharply from 27.1%. But it is still some way shy of where it was at the end of 2016 (which is as far back as this data series goes), when it stood at 29%.

Through the early part of 2016 the investors had regularly been accounting for about a third of new mortgages every month. But that was stopped when the RBNZ clapped 40% deposits on them in mid-2016.

As from the start of May, we officially have 40% deposit rules for investors again, and a lot of talk from the Finance spokesperson that more regulation will follow. It seems that this crowd have one hand on the helm and the other on the Rum bottle and seem incapable of understanding the simple premise of supply and demand. On that note, let's have a look at last month's sales volumes:

Herald Island	\$1,701,000 to \$2,150,000
Hobsonville	\$650,000 to \$1,865,000
Massey	\$590,000 to \$2,600,000
Swanson	\$1,020,000 to \$2,100,000
Waitakere	\$1,880,000
West Harbour	\$880,000 to \$2,400,000
Westgate	\$735,000 to \$930,000
Whenuapai	\$1,100,000 to \$1,290,000

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Owning title of the family home (between spouses)

When purchasing a property and registering the title in your individual names you will need to decide how you would like your individual names to be registered on the title.

Joint tenants is most common and this is where two or more individuals own the property. On the death of one party, the property passes to the survivor/s, irrespective of any provisions in a Will. Spouses may wish to have this option, particularly if they have a large mortgage together.

However if either party has a child, or children, from a previous relationship then joint tenants might not be the preferred option as it would mean children of a prior relationship might not inherit their parent's share in the property.

The alternative is tenants in common and this means you own a specified share in the property, in equal or unequal shares. You can leave your share in the property to the beneficiaries named in your Will.

It is not uncommon to have blended families and special consideration should be given to the situation that could arise when one party dies. You might wish for your children to inherit your share of the property you jointly own with your spouse, but at the same time you don't want your spouse to have to sell the property or to take out a new loan to buy your children's interest in the property. A right to occupy the property for an agreed period of time might be a suitable option, or alternatively life insurance.

Careful consideration should be given to how you own the title of your family home, or any property, and follow this through in your estate planning. This is best done when you purchase the property but it is also possible to change the way your names are registered on the title later.

ClearStone Legal incorporating Kumeu-Huapai Law Centre can assist you with your estate planning and advise you on your family's needs. Phone 09 973 5102 if you have more questions.

Selling a property when you're splitting up

The decision has been made, the personal items and small household

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Property

items have been allocated, the bank accounts separated as have the bills, but you cant come to a decision around the family home. You have a registered valuation and you have two independent property appraisals completed from reputable and AREINZ qualified real estate people. So you understand the value, you understand the process to cash up and one party says, no. I'm not moving, I'm staying put and I've changed the locks. Not ideal, highly stressful and unfortunate for all parties involved. If you are the party that says no, consider the facts. The family court can order the property to be sold. However this will take time and money which ultimately will reduce the amount each party receives from the property due to cost and fees, but also the court dictates the sales process, the minimum (or reserve) price and the marketing spend. This process can cost tens of thousands of dollars and take 12 months to get through the courts. For more information on working through this property these two links may assist: www.justice.govt.nz/family/separation-divorce/divide-relationship-property/ and www.communitylaw.org.nz/community-law-manual/chapter-24-relationships-and-break-ups/relationship-property-dividing-your-property-when-you-split-up-chapter-24/. Each party should have a competent solicitor to allow a common sense approach to progressing the decision, and a clear decision made early provides clarity for all parties affected to move forward. Your chosen real estate professional will explain the communication path with all parties and ensure decision makers are updated and informed weekly. Working with an AREINZ Real Estate Agent ensures your working with an agent that is at the top of their profession and ensures that any issues are forecasted and dealt with quickly and effectively.

Over the years I have pulled together a checklist for couples seeking clarity on the things to cover off when splitting up. If you would like this checklist please email graham.mcintyre@mikepero.com and for more information within this series on selling a property when you're splitting up, go to www.graham-mcintyre.mikepero.com/blog/. Contact Graham McIntyre AREINZ on 0800 900 700 or 027 632 0421. (Licensed REAA 2008).

Why do I need a lawyer to buy or sell a property?

So you are ready to sell your property. You have an agent lined up, you know how much it is worth, you know how much commission and tax you will pay and have even worked out how much cash will be in the bank if you get the magic number you are looking for.

Then you are asked for the name of your lawyer and you want to know why you need to engage a lawyer for this simple transaction. It feels like it's just another somebody clipping the ticket on the way through and no one can really explain why you need a lawyer to complete the sale.

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There are many reasons why engaging a lawyer early on in the sale process can be beneficial and we will discuss those later but the simple question of 'why' deserves a simple answer so let us get to that first.

The current land transfer registration system, known as the 'Torrens System' is a compulsory electronic system recording all New Zealand land transactions. No legal interest in land may be created except by registration under the Transfer Act 2017. Lawyers or conveyancing practitioners are the only people who may certify electronic instruments. This is codified in Section 28 of the Land Transfer Act 2017. Lawyers and Conveyancers (Practitioners) lodge all documents relating to land with Land Information New Zealand. Records are kept of any changes made to titles, such as transfers of ownership, discharges of mortgage and new mortgages. Every transaction relating to land is recorded on a separate record of title for that land.

So there you have it, a Practitioner is required for every property purchase or sale. The reality however is that a specialised commercial property practitioner can provide a range of services during the course of the sale of your commercial property which can add value to the transaction and ensure things run smoothly.

Specialised property practitioners have a wealth of experience and can advise on all aspects of the transaction. It's normally recommended to engage a Practitioner when planning the sale. That way you can get independent advice, from an individual engaged to act in your best interest.

A good Practitioner will offer advice as to the type of conditions to be included in the agreement for sale and purchase and ensure you have all of the information required to make an informed decision on the sale.

Kate Chivers, Principal Barrister & Solicitor - email Kate@klegal.co.nz or phone 021 460 937.

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Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HERALD ISLAND	1,680,000	837M2	313M2	2,150,000		770,000	484M2	111M2	905,000
	760,000	812M2	150M2	1,701,000		630,000	700M2	120M2	1,030,000
	1,725,000	859M2	256M2	2,150,000		700,000	854M2	120M2	1,500,000
HOBSONVILLE	1,200,000	300M2	230M2	1,570,000		990,000	564M2	179M2	1,140,000
	1,100,000	258M2	188M2	1,245,000		810,000	565M2	179M2	992,000
	1,300,000	236M2	183M2	1,295,000		810,000	526M2	186M2	1,023,000
	900,000	179M2	165M2	1,212,000		590,000	611M2	90M2	918,000
	950,000	250M2	180M2	1,200,000		930,000	650M2	220M2	1,255,000
	760,000	104M2	103M2	905,000		1,150,000	576M2	248M2	729,000
	1,200,000	325M2	217M2	1,435,000		1,050,000	651M2	196M2	1,270,000
	1,720,000	725M2	410M2	1,865,000		580,000	910M2	80M2	765,000
	770,000	84M2	145M2	900,000		780,000	1244M2	156M2	1,050,000
	800,000	160M2	112M2	945,000		590,000	675M2	80M2	822,250
	970,000	162M2	184M2	1,195,000		665,000	1285M2	100M2	1,150,000
	910,000	239M2	126M2	1,103,000		510,000	320M2	64M2	756,000
	970,000	163M2	184M2	1,185,000		970,000	451M2	180M2	1,260,000
	901,000	108M2	101M2	941,000		560,000	222M2	106M2	881,000
	1,425,000	247M2	208M2	1,420,000		890,000	814M2	240M2	969,000
	550,000	143M2	42M2	709,000		810,000	548M2	174M2	1,050,000
	970,000	184M2	216M2	1,270,000		1,290,000	481M2	307M2	1,385,000
	970,000	198M2	168M2	1,112,300		670,000	722M2	105M2	805,188
	610,000	88M2	74M2	716,250		920,000	842M2	220M2	1,370,000
	990,000	191M2	180M2	1,161,888		990,000	3018M2	185M2	1,190,000
	1,200,000	313M2	240M2	1,510,000		700,000	460M2	135M2	954,000
	890,000	207M2	149M2	1,200,000		1,175,000	451M2	266M2	1,300,000
MASSEY	1,940,000	4HA	232M2	2,600,000		870,000	601M2	196M2	1,070,000
	700,000	771M2	90M2	960,000		560,000	902M2	80M2	755,000
	580,000	359M2	90M2	850,000		650,000	371M2	93M2	878,500
	840,000	200M2	186M2	1,100,010		630,000	371M2	120M2	780,500
	760,000	1171M2	130M2	900,000		870,000	451M2	158M2	1,215,000
	705,000	610M2	89M2	1,312,500	SWANSON	1,055,000	3509M2	226M2	1,515,000
	1,310,000	814M2	364M2	1,450,000		850,000	376M2	178M2	1,125,000
	650,000	102M2	86M2	774,000		870,000	482M2	160M2	1,020,000
	660,000	680M2	110M2	1,040,000		1,080,000	1080M2	229M2	1,500,000
	540,000	365M1	99M2	655,000		750,000	527M2	180M2	1,100,000

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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.

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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This home is vacant and ready to move in, a tranquil, and sun-filled glade offering privacy and quiet living. Set on over 2000 sqm (1/2 an acre) of flat to sloping land that meets the inner harbour and overlooking Taipari Strand Reserve. The home is simple and easy living. An environment enjoying significant sunshine and alfresco onto north facing decking. High stud open plan living that has integrated kitchen, dining and lounge. Three bedrooms, bathroom and separate w/c allows for the family while the aspect from the home is a mix of lawn, established orchard and regenerating coastal native bush. Options to add value, or enjoy just as it is, this property offers options to create your future and plan for tomorrow. A short drive to convenience shopping, schools, parks and transport links.

www.mikepero.com/RX2768266



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



HOUSE AND MINOR DWELLING - THE GOOD LIFE

5 2 3

By Negotiation

147 Mangakura Road, Helensville By Negotiation

Set on 1.25 hectares (approx. 3 acres) this beautiful property has been sculptured to satisfy a diversity of options and interests with a modern family, extended family or home with an income. The Main Home is four bedroom, two bathrooms and offers options for multiple lounges and dining areas to make the most of the conservatory and the extensive valley views. The split is three bedrooms and a bathroom upstairs with one bedroom, bathroom, lounge, kitchen, laundry and conservatory downstairs. A separate double garage with extensive loft provides options for an office, teenage retreat or chill out zone. The fully consented minor is a short walk from the main house and delivers privacy and intimacy with a modern near new one bedroom with kitchen, lounge, bathroom and laundry.

www.mikepero.com/RX2721189



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027 632 0421

graham.mcintyre@mikepero.com



AFFORDABLE LIFESTYLE - #1CHOICE NEAR TAUPAKI

4 3 1

By Negotiation

175 Wairere Road, Waitakere By Negotiation

Two land parcels on offer on one incredible lifestyle block offering the good life, extensive views and an exquisite village feel. This elevated family home delivers excellent peace, privacy and personality from the flowing open plan living to decking and the bedrooms and bathroom off the central hall. Downstairs has a spacious office, double garage and store plus an independent double tandem garage which could suit art studio or man cave. In every aspect the home is cleverly designed and finished to make the very most of its sunny aspect and alfresco living. Even the positioning of the Kitchen so you look through to the deck and the bush and valley views is divine. Close to Waitakere Primary School, Convenience Store, Public transport link.

www.mikepero.com/RX2849527



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



COUNTRYSIDE VIEWS WITH INCOME OPPORTUNITIES

6 6 3

By Negotiation

911 Old North Road, Waimauku
By Negotiation

The property is available for purchase however is tenanted with any settlement incorporating the tenancy term or negotiating terms that may suit the Tenant. Set on one of the highest points in Waimauku with commanding views to the North and the South East / West. A near new, quality, commercial-style two-story, build with high-end features, well insulated and double glazing. Downstairs offers a sunny open plan lounge, spacious modern kitchen and dining flowing out onto a large covered patio (with a set-in BBQ) and lawn area. It has the master bedroom (with en-suite and walk-in wardrobe), which opens out onto another courtyard area with a fire pit and concrete dining table, two further bedrooms, separate bathroom, two toilets and the laundry. Internal access to the extensive six-car carpeted garage.

www.mikepero.com/RX2769416



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

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Central's Tips

June 2021



Time to plant strawberries and protect vulnerable fruit trees from frost damage. Add some stunning winter vegetables for eye-catching colour. Check the bargain bin for tulips at your local garden centre.

Winter flowers

Add the plants that love winter conditions such as camellias and hellebores, plus scented shrubs.



In the Edible Garden

- **Cover the worm farm for winter.** Rugs and old carpet are excellent for this purpose
- **In go the strawberry plants.** If you have runners coming off last year's strawberry plants, snip them and plant into fresh soil. Add plenty of compost and sheep pellets as they will use food quickly when they begin to grow
- **Stake or build supports around broad beans** - If the plants are bushy and plentiful you can pinch out the tips and use in stir-fries
- **In frosty areas, build shelters for Citrus, tamarillo and avocado trees and cover passionfruit vines.** Or, frost cloth or newspaper is also a cheap and easy option on the nights where the temperature dips
- **For eye-catching colour** in the vegetable garden plant rainbow stemmed chard and beetroot. Small beetroot leaves jazz up winter salads. Structural plants for vegetable gardens include artichokes, cavolo nero and kale
- **Garlic and shallots should be planted now** - traditionally near the shortest day of the year. While technically you can plant bulbs of supermarket garlic, the ones sold in garden centres are certified free of disease.

The rest of the Garden

- **Plant any tulip bulbs** left on sale in the garden centres - it's been a warm season, and the cooler soil is better for these bulbs
- **Winter scent in the garden:** plant daphne, wintersweet, boronia and the Burkwood viburnum, all of which flower over the next three months and have fragrant blooms
- **Plant winter roses (hellebores)** in raised beds or on banks to view the remarkable and varied interior petals of their beautiful flowers
- **Camellias** are a wonderful winter flower with shades from white and soft pink though to deep rose and red. Sasanqua varieties make excellent hedges and will flower earliest in the season, avoiding petal blight that damages blooms in spring
- **Liquid frost protection oil** can be sprayed on susceptible plants, to provide a protective coating on the outer leaves
- A good way of **encouraging new plants** in the garden is to **liquid feed them**, sending nourishment directly to their roots. Aquaticus Organic Garden Booster is ideal.

Project for June

Condition soil by adding compost and sheep pellets.

Compost breaks down clay and enables the soil to retain moisture, which will help when weather turns drier. Sheep pellets add nitrogen. For heavy clay soil, adding gypsum will assist in making it more workable.

For great soil advice visit www.centrallandscapes.co.nz





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Hot Property



Easy Living – Affordable – #1 Choice Whenuapai

Whenuapai is a modern living environment which boasts excellent infrastructure, parks, school, cafés and shopping.

Central green spaces, good lighting, footpaths and cycleways that deliver a life that is about contentment and at a budget that is careful and considered. Developed in conjunction with Fletcher Homes, this development offers a good standard of build with consideration to sunshine and privacy.

Near new, with established plantings, easy lock-up and leave, and low maintenance for the first home buyer that is wanting instant gratification, built by Fletcher Homes.

If you wish to have the best of both location and near new build, this is a home that delivers with a clever two level home offering open plan living and entertaining downstairs with alfresco and parking while upstairs enjoys two generous bedrooms and bathroom. Quiet, North Facing and safe.

Neutral colour palette inside and outside, the home is fitted with sunscreens, insect screens, curtains and drapes. A home that delivers the perfect backdrop for all that individualism that you wish to display.

Hot Property



Vacant and ready to move in, this Fletcher Home still carries the guarantees and warranties of its' recent build. A change in circumstance has rendered this highly desirable home available.

Close to motorway onramp and access to Whenuapai shops, Northwest mall, Whenuapai School, park and cycleway, this is a home for the modern lifestyle, the easy living and the budget conscious.

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

Home & Garden

Triangle Park Community Teaching Garden

385 Don Buck Road, Massey (next to the Massey Community Hub). Promoting gardening and healthy eating. Workshops: 10am-12noon. Wednesdays & Saturdays.

Gardening is one of the most pleasurable activities one can have. What other activity provides hours of joy, exercise and puts food on the table. Many of us can remember our parents' or grandparents' wonderful gardens and the produce. The tastiest tomatoes, peas, strawberries, huge cabbages, carrots and parsnips and the taste of sun ripened strawberries straight from the vine, simply delicious!



The Triangle Park Community Teaching Garden started as a simple shared community garden and now flourishes as somewhere people come to connect, share knowledge, and to grow and harvest food. We grow fruits, vegetables, herbs and flowers using organic principles. You can help at the garden whatever your skills are - we share the produce between the participants after a session. Maybe your children want to be involved, they sure love all the bugs and bees around. Come along, grow food and have fun.

Our upcoming workshops and events are:

Gardening with the Seasons with Judy Keats - Wednesday 02 June, 10am - 12:30pm,

Winter planting will be the focus of this workshop, with emphasis on soil fertility, crop planning, and crop selection for transitioning one season to the next. Everything you need to know to build

confidence in your growing skills.

\$20pp Register triangleparkgarden@gmail.com 021 934 971

Winter Pruning with Ben Cheah - Saturday 12 June, 9:30am - 12:30pm.

Join us for a hands-on workshop on winter pruning. Facilitated by Ben Cheah, you will learn how to prune fruit trees for tree health, shape and to increase fruit production. We will cover the different types of pruning cuts, tree shaping and tool maintenance.

\$20pp Register triangleparkgarden@gmail.com 021 934 971.

Composting Systems Tour - Thursday 17 June, 11am-12:30pm.

This Compost Systems Tour and 'How To' will be facilitated by Judy Keats and offers an introduction to different ways of composting. Come and discover what suits you best.

This course is proudly supported by Auckland Council and delivered by the Compost Collective. Register through the compost collective website: www.compostcollective.org.nz/events/compost-systems-tour-triangle-park-4/

Want to know more? Keep up to date with all events on Facebook- Triangle Park Community Teaching Garden, email us triangleparkgarden@gmail.com or just pop along to one of our weekly practical gardening workshops on Wednesday & Saturday 10am - 12pm.

Camellias for your garden

It is hard not to notice the flowering camellias in gardens at the moment. These are the early blooming Camellia sasanquas making the perfect hedge with lots of colour to brighten up the start of winter. Camellias are remarkably tolerant and adaptable. Fantastic for hedging, screening, background



planting, container planting and as one-off stunning specimens. They trim well, transplant easily, and can provide flowers from as early as March through to November.

Awa Nursery currently has an excellent range of camellias in many different colours with more coming in. We have Camellia sasanquas, an early flowering variety from March onwards, Camellia japonica and Camellia reticulate hybrids, which flower from May through to October. Perfect to brighten up an area in winter.

Camellias have a spurt of growth after flowering, so it is best to feed them when the last flowers are coming to an end. You can trim them immediately after flowering. They are happiest in acid soil that does

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not have too much clay content. They like a nice peaty soil that drains well. You can work some peat into your soil if you feel it has a bit too much clay. The roots are near the surface, so it is important to keep them cool in the heat of summer with a layer of mulch. If possible plant with protection from the afternoon sun. You can buy a specialised acid fertiliser to feed your Camellias which will assist them to stay healthy and keep the foliage the deep glossy green that we all love.

Phone Awa Nursery: 09 411 8712, email info@awanursery.co.nz or visit www.awanursery.co.nz.

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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.



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site.

Our Kumeu store also specialises in the stock and supply of lifestyle block and farm supplies including a comprehensive range of portable electric fencing systems with leading brands such as Strainrite and Gallagher. We carry wooden and galvanised farm gates in a range of sizes and stock a complete range of fencing and gate hardware.

All our timber yards carry an extensive range of timber products including framing, retaining, posts, poles and fencing timber. We can supply just a few lengths for a small project or in bulk to greater commercial operations.

Whether you are a large commercial operation, thinking of building or renovating the family home or doing a weekend project our Sales Team has the knowledge and experience to see your job through from start to finish.

Do you have a project or plans you would like priced? Then contact our experienced Sales Team today! Email: kumeu@westernitm.co.nz or phone 09 412 8148

Western ITM. Locals Supporting Locals. 3 Auckland Stores - Open Mon-Sat. Whenuapai | Kumeu | Swanson. www.westernitm.co.nz.

Blackout Electric

Blackout Electric is a local family owned and operated business run by Sebastian Weaver, a registered electrician with more than 16 years' experience in the industry.



After completing his apprenticeship and spending a number of years working for various companies learning the ins and outs of the industry, Seb decided it was time to go out on his own and build his own business from the ground up, which he did in August 2020.

Since then, he hasn't looked back.



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After only a few months, Blackout Electric had generated enough business to bring on an apprentice. The company approached Kaipara College and its Gateway Programme and found Branden, who is currently enrolled in his first year of an Electrical Apprenticeship.

Seb is incredibly passionate about passing on his knowledge to others who want to be in the trade, and really enjoys seeing them succeed and become successful electricians themselves.

Branden has been a fantastic addition to the Blackout Electric family and continues to develop his skills under Seb's ongoing guidance.

In December 2020, Seb's wife Toni joined the team in a full-time capacity running the office and administration side of the business.

"Since starting Blackout Electric, we have experienced a huge amount of loyalty from local customers and businesses alike," Seb says.

"Customers who not only continue to use our service but refer and recommend us to their own family and friends.

"This is a testament to the service we provide, and the reason we continue to grow as a business."

Blackout Electric strives to be the number one choice for local electrical services.

"We hope that as time goes on when people think of electricians they will think of Blackout Electric."

Blackout Electric specialises in all forms of residential and commercial electrical work.

That includes new builds and renovations, alarm systems, CCTV and AV, and general maintenance - From something as simple as a new power point to an entire house rewire, Blackout Electric is happy to help.

Seb is highly experienced in delivering cost-effective, high quality workmanship - offering solutions.

"At Blackout Electric, we pride ourselves on exceeding client's expectations," he says.

"We build a relationship with our customers that begins on the first

day of contact, and only ends once they're fully satisfied with our work."

Contact Blackout Electric for all your electrical service needs - visit www.blackoutelectric.co.nz or email info@blackoutelectric.co.nz for more information.

Planting season

It is planting season, our favourite time of the year. Now is the best time to start planting native trees and shrubs as part of your restoration efforts. For those of us with large properties, this might involve upward of 5,000 plants each season which can take a while.



NZ Biosecurity has planting teams to help out on those days when you need to get a large number of plants in the ground. We also attend community planting days to help out, where we can organise the plants for you, set them out in the best locations and at the optimum spacings, assist volunteers to plant the plants, and run a yummy BBQ for everyone after the hard work is finished.

No matter how big or small your planting event is, give NZ Biosecurity a call and we can help out on 09 447 1998.

Solarcraft commercial - free solar report continued

Our new commercial solar reporting system is an efficient and straightforward way to demonstrate how a solar power installation on your business or commercial building can greatly reduce your power overheads or eliminate them entirely.



More and more businesses are installing solar systems. It makes a lot of sense as the energy from the sun is at its best during business hours, so you can utilise that energy as it is being made. Bypassing your power bill altogether.

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Contact us any time on info@solarcraft.co.nz with commercial solar report in the subject line or phone 0508 272389 W: www.solarcraft.co.nz.

Get started on your new build now

1. Visit a show home in person or take a virtual tour: We currently have 3 show homes in West Auckland. There is nothing better than viewing a home in person, you get a real feel for the floorplan, run your hand along the quality finishes and collect interior style inspiration. If you would prefer to see a show home from the comfort of your couch, you can view our show homes via virtual tour on our website.



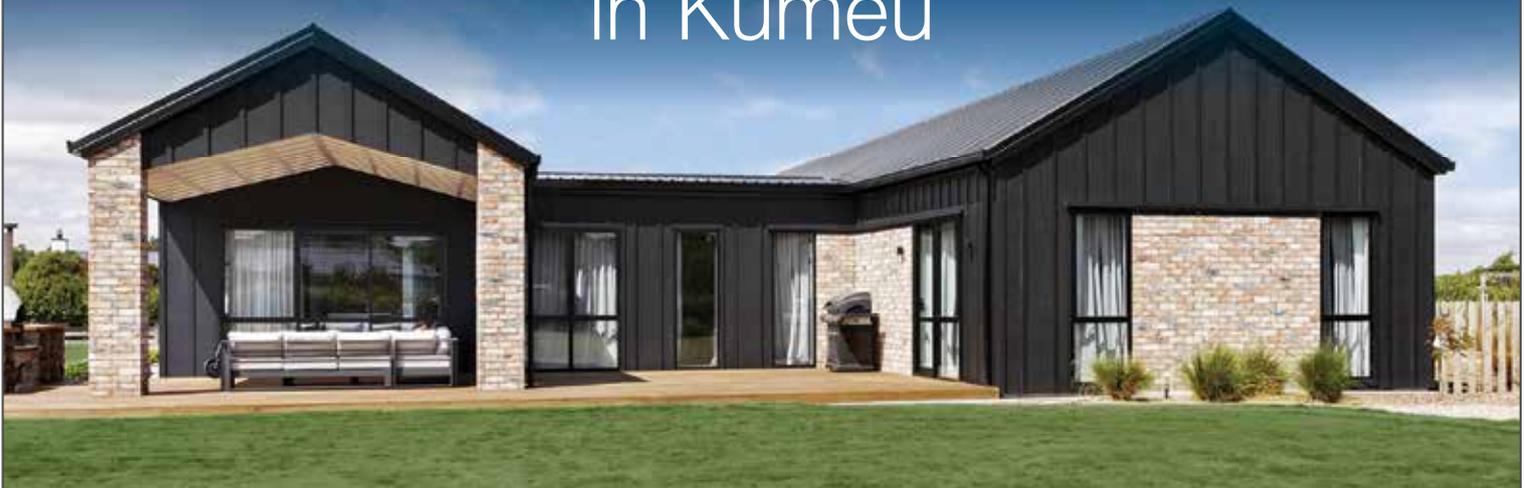
2. Crunch your numbers: Our property finance experts at One50 group have been supporting customers through the ups and downs of the property market for over 18 years. Take advantage of unique finance products and record low interest rates. Their friendly team of experienced mortgage brokers can talk you through the finance opportunities available and help develop a personalised solution.

3. Find a floorplan that suits: Now comes the fun part: finding the perfect floorplan. Are you looking to upsize or downsize your bedrooms? Do you want flexible spaces? Is a master suite high on your priority list? Have you considered features such as a butler's pantry? Begin by exploring our range of floorplans - get to know the specs and how they fit with your family's lifestyle. Imagine how you see yourself using the space, now and into the future.

4. Refine your style: Social media is a new home builder's best friend. The Signature Homes Facebook page features style inspiration, news and build advice, while the #signaturehomesnz offers interior ideas and experiences shared by New Zealanders building with us and our local teams. Pinterest is another great way to gather inspiration, we have boards for each room of the house and others that feature different interior styles and finishes.

5. Learn what to expect: Your home is one of the biggest investments of your life. It is vital you find a builder who you can trust and that you know what to expect from the process before it begins. Signature Homes offers peace of mind with the best building guarantees in New Zealand. Check out our testimonials to hear first-hand from real customers as they talk through their own build experience, the challenges and opportunities they encountered, and their considered advice for creating your dream home.

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6. Take advantage of the Signature Homes blog: Get educated on all things finance and guarantees. Learn how to choose the right white. Look through real homes and learn tips and tricks from the homeowners. Get inspired here: <https://www.signature.co.nz/blogs>

7. Browse the brochure library: Prefer to get your information in real life with easy-to-read format? Signature's comprehensive brochure library is online. Have a flick through our available tools including a Building Guide, collection look books and construction guides then order away.

8. Secure the perfect House & Land package: Looking for land? A House and Land package brings together a block of land and a home design that perfectly suits that block for a fixed price. It is an easy, secure way to buy a new home. Our expertise in House and Land means we have a large range available to suit all budgets and the most discerning of tastes in the most popular locations, all at fixed prices.

9. Get your questions answered: Ready to begin your dream home journey or just want a casual chat about your options? All Signature Homes New Home Consultants are available for a no-obligation call or visit.

View our range of House & Land Packages online or in the Kumeu office. Call our team at Signature homes West Auckland to discuss your option; obligation free 0800 020 600 www.signature.co.nz/page/westdesignbuild.

Waimauku Garden Club

I do love this autumn weather. Guess you'd like an update on what we have planned for the next few months?

'Good from Scratch', did we have a wonderful day at the van der Elzens Home Cookery School...we certainly did.

Firstly morning tea and welcome, followed by a walk up to the vegetable garden and nursery.

Adrienne, the gardener and Bea van der Elzen explained plantings from garden to table. Everything is picked fresh daily.

Next, coffee/tea and lunch, a caramelised onion and feta tart plus salads. A time for a catch up and viewing the beautiful valley view.

May 20: Eden Gardens and Tip Top

June 17: Bridgeway and Northcote Tavern

July 15: Riverhead Tavern: Mid-Winter Christmas + speaker

August 19: RNZYS to see the America's Cup and possibly lunch at Buoy

September 16: Cornwall Park/Astrodome October 21: Possibly Maungaturoto

November 28: Lavender Gardens

December: Christmas Lunch date to be advised Come and join us. New members always welcome.

Contacts: Ann 021 035 7406 Diana 027 478 8928 Donna 021 233 0974 Judith 027 272 9994 Moira 027 498 9152.

Laser Plumbing and Roofing Whenuapai

Laser Whenuapai is based in West Auckland and services the plumbing needs of homeowners, commercial and industrial businesses all over Auckland.

Drainage - drains should be kept clean and clear for them to work effectively. Drain

maintenance goes a long way in keeping your drains in good working condition and reducing the chance of a blockage. Laser Plumbing Whenuapai can provide regular maintenance checks to prevent blockages from occurring. And if a blockage does occur, we have specialist equipment to clear out stubborn blockages.

Our qualified drainlayers can perform a full range of drainage repairs and replacements, from new drainage through to storm water and waste water works. We offer CCTV services as well as a state of the art 24/7 drain unblocking service for any unforeseen emergencies.

Plumbing - dripping taps, a slow draining sink, blocked toilet, low water pressure, clogged waste disposal, backflow issues. These are just some of the common plumbing problems you can experience in your home or business. We have a great team of maintenance plumbers who can easily remedy these frustrating issues, on time and hassle free.

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

Roofing - Here at Laser we specialise in all your long run/iron roofing needs...from roof repairs to complete roof replacements, gutter cleans, repairing and replacing gutters, spouting and downpipes. Whatever your needs, one of our experienced roofing team will get you sorted.

Get in touch with Laser Whenuapai today on 09 417 0110 or whenuapai@laserplumbing.co.nz for all your service needs. We are open five days a week from 7am-4:30pm and conveniently located at Unit 4, 3 Northside Drive, Whenuapai. Visit our website whenuapai.laserplumbing.co.nz for more information.

Tile and grout cleaning and recolouring

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



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

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

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

We can also apply relative sealing to your tiles, both interior and exterior.

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

I've been a franchisee of The Pro Group for 5+ years and we're well established with proven results. Contact me for a free quote: Mark Bowers 027 477 2231 - Email mark.b@theprogroup.co.nz.

It's autumn - are your kikuyu lawns thatchy?

Typical of the change of seasons we have been asking, 'is it still summer?' with the warm northerlies bringing long periods of unusually high temperatures. Only to then need to break out the extra blankets for several cooler days. Even some of the plants are

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confused with some daffodil bulbs already about to flower in some areas.

But what about the lawns? They are confused too - the higher temperatures and lower amounts of rain have seen them continue to grow, some quite vigorously, but others sort of weakly and some kikuyu lawns are becoming very thatchy. It's as if the kikuyu has decided to grow its stolons (the long vine-like runners above the ground) rather than the leaves on top, and this after an extended period of strong growth. How can you tell if your regularly mown kikuyu lawn has become thatchy? Walk over it and even though it is regularly mown it feels spongy underfoot and your foot sinks in = thatchy. While mowing does your mower sink in, lift up chunks of kikuyu and maybe clog? That's got thatchy. Or does the mower leave lots of brown areas where it has cut off the green grass and exposed the brown underlying thatch ... but the mower is already set very high? That's thatchy.

What to do? There is only one thing to do - remove the thatch and lower your Kikuyu grasses growth back to close to the ground. That is called dethatching. You can hire a specialist dethatching mower which is quite expensive, or you can mow your lawn very slowly and on a very low setting with a side throw mower and then rake up and remove or mulch in those clippings. There will be a lot of clippings from this (way too much for your catcher mower to handle) and your lawn will look terrible till it grows back. Do it when there is some growth and a bit of rain so it recovers as quickly as possible, best is early autumn and spring. If you do it in winter you can create a muddy, messy lawn which stays this way for months.

Doing it at the right time of year is the key, and you will be amazed at how quickly it grows back and how nice it looks. Gary Turton, Franchisor - Jim's Mowing.

The answer to clean and safe water

Water tank owners are now able to clean their tank and keep the water too, thanks to an innovative new service.

Safe H2O Auckland chief executive Hamish Grey has brought his country-first water tank cleaning technology to cover the Kumeu district, as well as greater Auckland.

"The Safe H2O mobile unit is equipped with state-of-the-art nano-filtration which filters out anything larger than 0.001 micron," Hamish explains.



"Tank sediment is vacuumed from the bottom of the tank and the balance of the water is cycled through the system removing e-coli, giardia, lead, pesticides and other contaminants to make your drinking water safe. The purified water is returned to the tank ready for use."

The Safe H2O process retains and purifies your precious water, meaning there is no requirement to purchase replacement water. The process has the added benefit of not risking damaging the insides of your tank.

The Safe H2O system has been successfully running for six years elsewhere in New Zealand. Hamish decided to bring the service to the northern market after observing the recent droughts and the difficulty in sourcing water in the greater Auckland region.

"Water is a precious commodity, and especially as climate change continues to affect weather, it's important not to waste it."

Clean and safe drinking water is critical to ensure the good health of you and your family. And it is something we often take for granted, as various recent incidents with water quality around the country demonstrate.

The Ministry of Health recommends water tanks are inspected and cleaned annually, and Hamish says it is important to continually do a visual check of sediment build up.

"Whether its birds, rats, possums, pollen or someone spraying in the area, contaminants build up over time. This can apply for rain or bore water."

Hamish says a regular tank clean will not only provide clean and safe water it will also allow household filters to work better and last longer. Ultimately this saves costs, on top of being better for your health.

"We regularly hear the comment that 'we have built up immunity' to whatever is in the tank water," Hamish says.

"We had one farmer who had not cleaned his tanks for 20 years and suffered from shingles for over a year with his medication making no impact on the disease. We cleaned his tank and water and he contacted us two weeks later to say the shingles were clearing up.

"Your health and that of your family and friends is not something to compromise on and we can help by providing affordable, safe water, fast." Safe H2O Auckland - Premium tank cleaning and water purification. Call on 027 276 6950 for bookings or visit FB @safeh2oauckland for more information.

\$85 = Exposure for a month

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

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Your brand + your message = your success

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

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

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

In response to advertiser demand we offer the following options:

Business Card Advertising:

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



Display Advertising:

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



Front Cover and Inside Page:

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

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



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

Pets

Dog&Co.

With winter just around the corner, an outdoor pet photography session may not exactly sound appealing (although winter sunsets can be stunning). With this in mind, it is the perfect time to consider studio photographs. I have recently set up an indoor photo studio specialising



in the photographing of dogs both by themselves and with their families (if you want to hop in front of my camera too). Sometimes it is the simplest of images which can be the most striking and that is why I love studio shoots. It allows the personality of the subject to shine through as they take centre stage against a plain black or coloured background. No distracting props, no fancy editing. Just your dog being your dog! What more could you want from a photo?

So if you have been thinking that it would be nice to have a photo of your beloved dog up on your wall then I highly recommend booking in a studio shoot. I have everything we need to get those special photos...endless treats, squeakers, toys, and a repertoire of silly noises to encourage those irresistible head tilt moments.

Get in touch anytime via my website or email to book, as I would love to hear from you. Website: www.dogandco.nz Email: kirsty@dogandco.nz

SPCA's Doggy Daycare

Tucked away overlooking the park in Rawiri Place, the daycare is overseen by Team Leader Rosie Goodman, who joined SPCA earlier this year.



"I've absolutely loved meeting all the gorgeous pups who come to our daycare from right across the North West," says Rosie. "Our team love coming to work each day and making sure the dogs are safe and happily tucked out at pickup time."

The dog daycare industry is thriving, but SPCA understands the nervousness owners can feel in handing their beloved furry friends over to strangers. Their mission is to provide locals with a trusted option that ensures high standards and meaningful experiences.

SPCA Doggy Daycare is not just a place where dogs can be babysat while owners are at work, it guarantees engaging enrichment activities, socialisation and exercise throughout the day.

"Our daily routine includes both high and low energy activities, so we can make sure all dogs have a great day, whether they like snoozing or love doing zoomies all day," says Rosie.

Alongside the modern facility, passionate staff are thoroughly trained in robust and safe processes for the dogs in their care and overseen by SPCA's expert science and animal behaviour team. The generous staff-to-pup ratio means dogs get the one-on-one attention they crave.

The Hobsonville community is growing quickly and SPCA is very excited to be part of it, building strong relationships with local dog owners, and their precious pups.

All proceeds from the SPCA Doggy Daycare directly support the amazing work SPCA are doing in the community to help vulnerable animals.

Enquire at www.spcan.z/daycare, check us out on Facebook or Instagram or give the team a call on 09 869 6700. 6 Rawiri Place, Hobsonville.

Kanika Park Cat Retreat

What you'll need: Cardboard boxes (at least 5 medium size boxes), Masking tape, Box cutter and rule, Scrap paper, felt, or fabric, Decorative paper or fabric



Instructions:

1. Choose a height for the pad (this is 4)
2. Measure and cut your cardboard in identical width strips. Cut so the ridges in the cardboard are going horizontally across the strips.
3. Start rolling the cardboard in your hands and bending at each corrugation, it will start to curl naturally.
4. Tightly wind one strip into a circle and tape closed. This will be the core of your round.
5. Add a new piece and secure with two pieces of masking tape. Choose which side will be the top and make sure that side is always even. It is less important if the other side is slightly uneven, it will still sit properly, and the top will look perfect.



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Pets

6. Keep adding! Tape each piece right next to the end of the last piece and keep the coiling tight.

7. Cut your pretty paper and wrap it around the outside. Tape to close.

8. Trace onto the scrap fabric or paper and cut out the circle. Tape or glue to the bottom so that if you choose to put catnip in it, it won't spill through.

9. Put on the ground, sprinkle on catnip, and watch as hilarious cat antics ensue.

Voila! Kanika Park Cat Retreat - Phone 09 4115326, email info@kanikapark.nz.

(and yelling about it) as well as divine kittens. Our judges come from all over New Zealand and will be giving a commentary on the cats as they are judged.

Come in the morning to watch judging, or come in the afternoon to see the winners with their ribbons and our prizegiving.

All welcome to come and view for a small door charge of \$4 per adult and \$2 for children (sorry, we don't have Eftpos, please bring cash). If you have any queries, please call our club secretary Sue Starrs on 09 833 5200.

(Here is local boy Gixx on the left, coming back to defend his winning title from 2019 and his sister Min who is entirely unimpressed by his bragging and says she can beat that silly boy, just you watch - come and meet them at the show.)

Shorthair Cat Show

Shorthair Cat Show - Sunday 20 June 2021 - 10.00am To 3.00pm. Kumeu Community Centre, Access Road, Kumeu.

TOSCA Cat Club is running a show in June featuring all Shorthair breeds of cats and kittens, along with our specialist breeds of Siamese and Oriental Shorhair (the tall slinky ones).

Our annual show features beautiful champions strutting their stuff



Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai. Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats. Donations appreciated at www.thenzcatfoundation.org.nz. Phone 09 412 2636 or 021 929 999 for further information.



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Food & Beverages

An eye-healthy winter warmer

Winter is here and the team at Westgate Optometrists are sharing one of their favourite eye-healthy winter warmer recipes: Creamy Pumpkin, Carrot and Fennel Soup.

Ingredients: 1) One small pumpkin, chopped. 2) 4 carrots, chopped. 3) 2 fennel bulbs, chopped. 4) 1 medium yellow onion, chopped. 5) 2 cloves of minced garlic. 6) 3 cups vegetable stock. 7) ½ teaspoon fresh thyme. 8) ¼ teaspoon Himalayan rock salt. 9) ½ teaspoon pepper. 10) 1 cup of cream or milk. 11) 1 tablespoon olive oil.



Method: In a large soup pot heat olive oil on a medium-high heat. Add pumpkin, carrots, fennel, onion and garlic and sauté for approximately 8 minutes or until onions are cooked and carrots are tender. Add vegetable stock, cover and bring to a boil. Reduce heat and simmer for a further 10 minutes. Add thyme, salt, pepper and cream/milk. Pour soup into a large blender or food processor and process until smooth. Serve with croutons/bread, chopped parsley, an extra drizzle of cream and/or roasted pumpkin seeds. Enjoy!

For more information on nutrition for your eye health visit our website: www.westopt.nz or phone our friendly team. Located at 4/46 Maki Street, opposite NorthWest Shopping Centre and Kiwibank. Phone 09 831 0202 E: info@westopt.nz.

Homemade tonic water

Cinchona bark is the herb used to create tonic water. It has a unique flavour and is high in quinine. See our recipe below to make homemade freshly made tonic water in a concentrated form that you can enjoy with soda water and ice or also with the additional of gin.



Ingredients - 4g cinchona bark, 4g citric acid, 4g lemon zest (approx. 1 medium lemon), 75ml lemon juice, 3g lime zest, 30 ml lime juice (approx. 1 medium lime), 8g lemon grass, fresh and chopped roughly, 1g fennel seeds, 1g allspice berries, 1 x clove, 3g stevia leaves, fresh (approx. 8 x medium sized leaves), 1/4 teaspoon pink salt, 1g lemon verbena, fresh, (approx. 10cm or 4in sprig) 700ml water.

Method - Add all ingredients to a pot and bring to a simmer, Simmer for 3 minutes, then remove from heat and allow to cool, Strain, bottle and refrigerate.

Gin & Tonic - Depending on your flavour preference and how strong you like your G&T, you can adjust the amount of sparkling soda water and gin to suit yourself.

70ml of tonic water combined with 35ml of gin and approximately 200-250ml of soda water, served over ice and with a slice of fresh lemon in a tall glass.

For more herbal recipe ideas or to purchase Organic Herbal teas, visit our website: www.NewZealandHerbalBrew.co.nz.

Peko Peko

We pride ourselves on serving fresh Japanese food of the best quality. We cook all our food and sauces from scratch in house and we are the only authentic Japanese family owned restaurant in the Northwest area since 2014. There is Japanese beer and Sake on the drink menu as well as NZ wines for the dining menu. We are located on 102c Hobsonville Rd next to the Hobsonville Primary School. Please check our Facebook and Instagram page for more info. 09 416 1197.



Hobsonville Larder

Hobsonville Larder has been established since Oct 2018. Those years cafes were minimal in the Hobsonville area. When HL opened its doors we were greeted by lots of happy business people as it soon became a great place for meetings and even getting the family in for a quick lunch.



We committed ourselves to offering fresh daily baking, superb coffee and seasonal menus to die for.

As the world is moving on with more people being gluten and dairy free, Hobsonville Larder is happy to head in the same direction. Our baking and all day menu offers a wide variety of choices to make

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Food & Beverages

sure we meet maximum allergy requirements. We are open 7.00am - 3.00pm weekdays, 8.00am - 3.00pm weekends and holidays. Shop 8, 124 Hobsonville Road, 09 218-8536. hobsonvillearder.co.nz and on Facebook.

Feijoa frenzy

Hallertau Brewery's annual feijoa appeal met with an overwhelming response this year. The resulting Funded Feijoa Sour 5.8% packs an almighty punch with the addition of heaps more of New Zealand's favourite backyard fruit. A delicate aroma of ripe feijoas on the nose. Fruity & tart on the tongue, with a fat & creamy mouthfeel from the inclusion of a bunch of oats and a little lactose. Now pouring at Hallertau Riverhead & Clevedon, fill your flagon or grab some bottles from our fridge.



The Riverhead

The Riverhead has gone through quite a transformation over its long history.

The building is original, built by Thomas and Eliza Deacon in the 1860s to give waterborne craft access to the NorthWest region via their hotel.



Remember, at the time there were no roads or railway to the NorthWest, so Riverhead became the 'gateway' to the area.

Thomas had a 'grog shop' on the point to the south of where The Riverhead stands today, but he knew that by developing a wharf at the point where the water is deepest then ferries from Auckland could dock and transport people to his new establishment...and come they did!

Over the years the tavern has been the hub of Riverhead.

It had a top-class reputation for the best hospitality and was run diligently by several owners, sometimes not by choice, but rather circumstance.

Elizabeth Deacon was left widowed after World War I and managed the tavern and its often dubious guests with the help of her two

children.

In the middle of the 1900s it was owned by the big breweries with managers running the tavern and it was largely beverage focused.

During the 1990s and early 2000s it was owned by a local gang, became rather run down and gained a reputation as a rough place to hang out. It eventually went into receivership.

This was lucky for the current owners, who managed to purchase the historic building and its landholdings at the end of the global financial crisis (GFC).

They have ploughed their energy and considerable funds into making it a family friendly, safe, food focused establishment.

Today, its flagship The Landing Restaurant has a diverse menu that attracts families and larger groups along with people wanting an intimate and romantic evening overlooking the water with the fairy lights under the trees.

Current owners Paula and Stephen Pepperell are extremely proud of the team that choose to work alongside them and have instigated some measures that keep propelling the service level toward perfection.

They decided a couple of years ago to make 'being employer of choice' a key framework of the business. Together with their team they are working on this lofty goal.

They have put in place a profit-sharing mechanism for all the team - from cleaners to managers - and are already seeing tangible results in the quality of service, food offer and overall work satisfaction with a highly reduced rate of staff turnover.

The Riverhead is a long-standing icon of the NorthWest.

With the love and care that has been ploughed back into the buildings and the structure of the business, it's hoped that it will remain so for another 160 years.

Jesters Westgate

New seasonal pie in store now.

We are welcoming the new Pork & Apple seasonal pie into our store this month. This pie has succulent pork paired with traditional spiced apples, sourced from our orchards in Hawkes Bay. This winter warmer puts a pie-tastic twist on the classic Sunday roast.

Visit our store at Westgate Shopping Centre (next to Countdown) to try it. Also available from our Pie Van if your business is visited by us.

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Health & Beauty

Mats for muddy feet

Hobsonville Optometrists - Glasses and Gifts have a fun range of thick doormats to cope with the wet weather. Pop in and chose a mat to suit your home.

Scarves are arriving weekly and this year's colours will definitely brighten your winter wardrobe.

Don't forget to book an eye examination if you are experiencing any difficulties - short arms, night driving squints, computer headaches phone 09 416 3937.



Meet Taryn

Taryn Davis - Physiotherapist. BHSc (Physiotherapy), Level 1 Crossfit Trainer.

Taryn graduated with a Bachelor of Health Science, Physiotherapy in 2007. She has extensive experience working for our District Health Board in orthopaedics, post-surgical recovery, older adult rehabilitation and outpatient services.

Taryn has spent most of her life involved in various sporting pursuits including water polo and hockey. More recently she has discovered a passion for Crossfit and Olympic weightlifting, and is a Level 1 Trainer at Crossfit Red Dragon in Hobsonville. Therefore if you have any CrossFit related sporting injuries she not only really understands what's involved in the sport but she would love to help you get back to doing the sport you love and staying fit and active

Taryn has a keen interest in pre and post-surgical care, sports rehabilitation and older adult health.

When Taryn isn't with us at Hobsonville Physio, or working up a sweat at Crossfit Red Dragon, she is caring for her two lovely children.

Hobsonville Physiotherapy phone 09 416 4455, email physio@hobsonvillephysio.co.nz.



Fallen arches

The arch of the foot can change shape for a number of reasons, dropping or flattening is the most common change that we see

at Hobsonville Podiatry. This can be either painless or incredibly painful. Change in arch shape and function can greatly affect how you walk and run and be a crucial part of treatment of lower limb injuries.

Symptoms: Pain in the inside or bottom of the arch. Aching in the ankles. Pain on the outside of the foot. Difficulty walking or running - particularly the propulsive phase of gait. Unable to get up on to tip toes - either completely or not as high as previously. Change in width and length of the foot, making shoes fit tighter. Heel pain. Tight feeling in the bottom of the foot.

Causes: Weakness in the tibialis posterior tendon, the muscle that is largely responsible for maintaining arch shape and correct function of the foot when walking and running. This tends to happen gradually. Pregnancy - the hormone relaxin is released in pregnancy to help prepare the pelvis for childbirth, this hormone can affect the feet as well by relaxing the ligaments that support the foot, therefore leading to a flattening. Trauma/accident - ankle sprains commonly result in a change in foot posture. Nerve damage to the nerve that supplies the muscles of the feet. Prolonged pronation (rolling in of the feet) during gait increases the load on the tibialis posterior tendon.

Treatment: The first and most important step is ensuring you have good footwear that support your arch well. There are varying degrees of arch flattening, therefore varying levels of treatment based on individual needs.

Below is a list of the types of treatment we offer at Hobsonville Podiatry to help with dropped/fallen arches: In shoe supports to help re-align the foot - these can be simple or more comprehensive depending on the individual. Joint mobilisation to free up any restrictions that may be keeping the arch in a dropped position. Soft tissue release to free up restrictions. Strengthening exercises to help realign the foot/feet. Gait retraining - often compensations are made when the arch drops, therefore we help people train out of these compensations. Strapping - helps to hold the foot in a supported position and temporarily relieve symptoms.

Hobsonville Podiatry is located at level 1, 124 Hobsonville Road. www.hobsonvillepodiatry.co.nz.

H. pylori and stomach ulcers

Should we blast it or nurture it?

The traditional approach to an H. pylori infection is to attack it with multiple antibiotics plus a proton-pump inhibitor. I think this logic is flawed. If you have symptoms of stomach pain and test positive for H. pylori, we need to take that seriously. There is no doubt that H. pylori can cause inflammation in the gut which can lead to ulcers and even stomach cancer in some people. Yet it also lives happily in the stomachs of many people without causing any problems. This indicates that it depends on the person as to whether this bacterium

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Health & Beauty

will be nasty or innocent. H. pylori is tricky to kill off and the treatment will fail in about 30% of people. There is a high level of relapse, presumably because we haven't fixed up the stomach environment. In contrast, if you have a well-functioning gastrointestinal system, you can live happily ever after with H. pylori.

A Healthy Stomach:

A healthy stomach is a hostile environment for H. pylori. So, what do you need to do to ensure a healthy stomach? My strategy to ensure a healthy gut (and a hostile environment for bacteria like H. pylori) involves five factors:

1. Increase stomach acid.
2. Improve the mucous barrier in the stomach.
3. Reduce the ability of H. pylori bacteria to adhere to the wall of the stomach.
4. Improve the stomach's antioxidant defence mechanisms.
5. Reduce stress (emotional or physical).

Addressing all five factors will ensure you are less likely to have problems from H. pylori. If you do have problems already with H. pylori, addressing these 5 factors will ensure that the treatment will work better. To learn more about how to improve these 5 gut health factors and to nurture your stomach to be a resilient core of great health, speak to the health coaches at Massey Unichem Pharmacy. Martin Harris. 396 Don Buck Road, Massey. 09 833 7235.

Finding a dentist that listens

Ask anyone about the difference between an average dentist and a great dentist and the response may be something like 'highly qualified', 'experienced', 'latest technology' and so on. And while we agree that a great dentist should have those qualities, we would also add one important factor to the list: 'good listener'. Dentistry is a very personal service and it's so important that your dentist is a good listener. Your dentist should never treat you like a production line. Every patient is different and therefore your treatment should be specific to your needs and wants. This could mean:

- Coming up with different options to suit your preferences, availability or budget
- Using distraction or sedation to calm your anxiety
- Educating you on the best protection and prevention techniques for your needs



Great dentists take the time to really listen to your concerns and work with you to achieve results that you are completely happy with it. Your teeth and oral health are too important to settle for an average dentist.

For great dentists who really listen, contact Dr Melissa Inger, Dr Stephanie Lee and the Fraser Dental team at 1 Wisely Road, Hobsonville on 09 416 5050 or email info@fraserdental.co.nz.

Don't suffer menopause in silence

The greatest challenge we face today, as individuals, is that we are overly consumed by focusing on, and paying attention to everything that we do not want.

Our Hormone Empowerment programme is not designed to focus on your problems, it is a guide to uncover the truth within, no matter how uncomfortable that may be, and to teach you what it is you need to focus on, to draw

you out of your frustrations and into the life you know you not only deserve, but the life you are truly capable of living. It's a community that is loving and supportive and it is a place to take complete control of your body and learn what's going on and how to fix it. Most women will go through menopause at some point in their life. Yet, similarly to menstruation, there is a stigma around talking about this natural part of aging. Why should women feel ashamed to talk about this? And why should they have to quietly suffer when



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Health & Beauty

struggling with the ongoing symptoms associated with it?

We are losing our fertility, our body has a mind of its own, our looks are changing, we are gaining rolls where there were never rolls before, our moods are a roller coaster of emotions, we are sweaty, bitchy, itchy and just damn right fed up.

Menopause is a major life transition for a woman. We also need to be aware that some women may very well not recognise or accept that they are entering menopause.

However, in whatever way we experience this transition through to menopause, we can help you embrace this transition so you can find your way through to the other side as post-menopausal women.

Think of yourself emerging from a caterpillar's cocoon into a beautiful butterfly. It's time to fly ladies! There is so much help and support out there for you, we don't need to suffer in silence. In fact, we don't need to suffer at all.

If you would like to know more about our Hormone Empowerment programme and how we can help you please go to www.hormoneempowerment.com or contact sarah at sarahb@sarahbrenchleynaturopathy.com.

Sore feet? Is the problem in your feet or somewhere else?

As a chiropractor I love to adjust the feet. I am often asked why I do this, and my answer is that everything is connected. Sometimes, foot dysfunction can cause lower back and hip problems, or it could be the other way round.

Over the last month I have made several videos all about the feet with some simple things you can try at home. You can head over to our website to watch them. If you try them and are still suffering, then maybe it is time to step back and look at things a little differently. This is where chiropractic care could be an option for you.

If you would like to discuss this further, please call me on 09 413 5312 and I can see what I can do to help. To find out more, check out our website www.elevatechiropractic.co.nz.

The Power of movement

A river that constantly flows can be the source of fresh water for many ecosystems. In comparison, a stagnant pond often breeds bacteria, algae and other microbes that would make it unsafe for animals and humans. The power of movement is real.



Our bodies are designed to move just like a river, constantly flowing and allowing our body to thrive. The joints in our spine allow us to move freely, however many of us get caught in the trap of sitting for too long at our jobs or at home. When we are stagnant for long periods, then our body begins to negatively change because of it.

Go for a lunchtime walk, take frequent breaks from sitting, stretch, park further away, move! When your body needs some extra help come and see a Chiropractor to get your body moving right! Your body and its systems will thrive because of it.

Hobsonville Chiropractic Centre phone 09 416 7589 or visit us at 295 Hobsonville Road, Hobsonville.

How do I love myself?

Many people find that they are the hardest person to love in their lives. I know I sure did. I know everything I have done, good or bad, so I judge myself more harshly than anyone else. I know all the 'bad' things I think and feel. I judge myself on ALL my thoughts, feelings and behaviour whereas the world judges me mainly on actions.



Self-love takes work but is possible. It's a combination of self-acceptance, self-awareness, kindness, and respect for ourselves. Accepting what happens in life is part of the human experience. Learning to love myself was critical because no one was going to truly love me if I couldn't love myself. And I needed to love myself before I could love anyone else.

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Here are some tips to help you love yourself (that worked for me): Forgive yourself for your thoughts, feelings and actions (if you don't nobody will). Stop criticising yourself. Praise and appreciate yourself. Appreciate & respect your body. Do something that makes you happy. Celebrate your accomplishments.

Need help learning to love yourself - get in touch. Lorraine Maguire - Rapid Transformational Therapist. www.lorrainemaguire.com.

Avoid going through life with your music still in you

One of the biggest fears I had in life was in speaking to an audience or a group. There are millions of people who fear speaking in public more than they do death itself.

I had an even bigger fear. That I could quite easily hide behind pillars for the rest of my life, never sharing, never communicating. It would be like a great composer having a symphony in his head that no-one ever got to hear. How desperately sad that would be. That was the past. Since then, with the confidence gain through Toastmasters, I've been able to grow the brand Club Physical.

Don't go through life with your 'music' still in you. Others need to hear what you've learned through your experiences and the advice you have to share.

Come along to one of SIX West Auckland Toastmasters clubs as one GUEST - text Paul and Tina 027 291 7989.



R.I.C.E - Don't do it!

Rest, Ice, Compression and Elevation is now outdated and bad advice to give someone who suffers from an injury. Instead you can heal quicker with a more efficient way.

Instead of Rest - we now protect - stay off injury for 24-48 hours but not too long, we need to get started with gentle, pain-free movement soon.

Elevation - this is here to stay, if you can put the injured body part above the heart if possible, this will help.

Avoid - anti-inflammatories and ICE. Although these are advocated widely by the internet and health professionals, they both delay healing by stopping the inflammatory process - the very thing that

helps get you recovered quicker and faster.

Compression - remains so do use a compression bandage/tape.

Education - seeing a health professional experienced with injuries/accidents will give you solid advice on how to manage your injury. Leaving it too long or avoiding movements, may prolong your recovery.

Load - Our job is to help you get back to pre-injury so we can advise on your injury and where you are at for movement and how to rehab it appropriately.

Optimism - We can help you to understand - what this is and how long it may take to get it better so you can feel confident in your recovery.

Vascularisation - we want that blood to flow to and from that injury appropriately to deliver nutrients and take away things that are waste. We can advise on how to do that, pain-free, reducing your dependence on medication.

Exercise - As above, we are looking to provide you with movement based exercises that are appropriate to your injury.

If you need help with post-injury treatment - contact us at Top Notch Bodyworks today. We are ACC registered with no GP referral. We look forward to helping you get back on track.

Remember - the takeaway point is avoid ICE and taking anti-inflammatory medication - they will delay your healing. Anj@topnotch.

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The Baby Whisperer shares her advice on toddlers: part two

Recently, Dorothy Waide - The Baby Whisperer - gave us her take on toddlers during the day. In this follow up, Dorothy dives deeper into what's happening with your toddler once the sun sets.

Dorothy is New Zealand's leading baby sleep consultant with over 30 years' experience as a Mothercraft Karitane nurse. She's worked with some of Hollywood's elite, is OHbaby!'s sleep specialist, and has written two popular parenting books.

Together, New Shoots and Dorothy regularly host workshops about her positive parenting approach.

Night-time routines - Once your daytime routine is sorted, look to your evening routine. The first step is to ensure you allow enough time for your child's evening meal and bedtime preparation. Rushing your toddler or child will only put stress on this part of the evening and provide yet more ammunition for the evening battle. Many going to bed issues are created because of overtiredness, and this not only relates to toddlers and children but their parents as well!

In a lot of cases, bedtime battles actually start because of dinnertime battles, so try to avoid these as well. If your child is very tired after a big day at kindergarten or daycare, they may just be ready for bed and you could be asking too much to expect them to eat a full meal. Having meal times slightly earlier can help, and focus on offering nutritious foods earlier in the day so you are not trying to get all the goodness in at the end of the day.

Some toddlers will start after dinner by saying, "no bed, no bed!" My response is, "well then, we'll go and have our bath, bath-time is fun." In other words, remove the negativity and replace it with a positive response. Deal with the moment and not what may happen later on in the evening.

The type of activities you do with your child after dinner can also have an impact on their bedtime routine, so avoid the television or iPad as well as books that are too stimulating and do not have a calming influence. Try to experience these through their eyes and ears and choose appropriate bedtime stories that are not too scary.

Once you have put them in bed, have a special sign-off, which can be made more meaningful by doing something slightly different with each child. This small detail makes the child feel that they have special time with Mummy and Daddy before going to bed. It acts as



a final signal that it is time to go to sleep. This ritual again should be short and sweet - like a quick kiss on the nose. My favourite is a short song I've made up, something along the lines of, "hush little child, time to sleep. Hush little child, I love you." I sing this as I am switching off the light and leaving their room.

Crying it out - You will often hear people say it only takes three nights to sort a toddler's overnight waking out. How is this possible, you ask? Very simple: it is by leaving your toddler to cry it out on their own and not intervening at all. How sad is this? It is important to understand that if your toddler cannot self-settle or resettle, it would be better to take the time and give your little person the tools they need. Consider this: if it was an adult, like your grandparents or someone else you love, crying in a room for attention would you ignore them?

Night waking - We all wish our toddlers would sleep through the night; however, it is important to understand that all babies, toddlers, children and adults wake up overnight. Babies and toddlers, for example, like to check in with themselves, they might count their fingers and toes and go back to sleep. Ideally, a toddler is able to resettle overnight without your intervention, but sometimes they need reassurance. We all need reassurance from time to time and we would not be too happy if we didn't get it.

If your toddler knows how to self-settle and resettle for daytime naps and self-settles at night but wakes up crying inconsolably overnight, in my experience this toddler is telling you something and you need to figure it out. If a toddler consistently wakes at night, I always return to their daytime routine and start from there. As I've said earlier, once their daytime routine is sorted then their evening routine usually follows.

Nightmares and night terrors - Yes, toddlers can experience one or the other and again, one thing I look at is diet as some foods can contribute, one of which is cheese. So, what is the difference between a night terror and a nightmare?

Nightmares tend to happen in the early hours of the morning and are like a bad dream, often relating to worries your toddler had during the day. The toddler will often be calmed with reassurance and a cuddle but at other times you may need to talk it through with them.

Night terrors often happen one to two hours after your toddler has settled and can be very frightening. Your toddler may not recognise you, they may try and push you away and they may also scream. It is as if their mind is still asleep while their body appears to be awake. Once they go back to sleep and wake in the morning all memories of the night-time terrors seem to be eradicated.

It is important that there are no medical conditions associated with both nightmares and night terrors such as sleep apnea. If you're concerned, always check in with a medical practitioner.

Learn more from NZ's leading sleep consultant - Check out Dorothy

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Waide's website for helpful videos, tutorials and books all designed to support parents of babies and toddlers.

Or visit her Instagram and Facebook pages for positive parenting tips.

Throughout the year, New Shoots and Dorothy regularly host informative events for free with our community of parents and whanau. If you want to head along to our next event, let us know.

Dust – a health and safety problem

Dust can cause irreversible chronic conditions. Getting it in our lungs can cause all sorts of problems and could lead to cancer.

The remedy, or at least one of the methods of preventing things being breathed in, is just like a defence we use to prevent us getting Covid, which is wearing a mask.

For those working with engineered stone, you could end up with accelerated silicosis.

Silica dust causes silicosis a progressive and deadly disease that causes fibrosis of the lungs from the inhalation of respirable crystalline silica (RCS) dust. It can also cause cancer. If you work in a quarry, roading, foundries, construction (using bricks, concrete, bench tops, fibre) or you're in the manufacturing of those products, wear a mask.

Wearing a mask is one thing, it is not the only thing, and even passers-by could be affected by dust. So, control dust with on tool extraction units, or by wetting the dust.

Wood dust is a problem especially the dust with elements of glues and resins and formaldehydes and other wood treatment chemicals. The fine particles of wood dust that you cannot see gets in your lungs (just like Covid droplets) and over time makes it increasingly difficult to breathe from the scarring of the lung tissue by the dust particles.

Dust can also get in your eyes.

PCBUs should be providing equipment (including PPE) to help lower the risk from dust inhalation. However how does a PCBU know that the equipment including the PPE issued is working? Monitoring of the environment you're working in (every five years) and of the



workers (annually or every second year) is advisable, so that the early detection of dust inhalation can help prevent the long-term side effects of the harm from the dust.

Regular toolbox meetings on the subject may also be a good idea.

For further information on the above topic or other health and safety topics contact John Riddell from Securo www.securo.co.nz or email securo4@securo.co.nz.

Use financial data to make good business decisions

Before you can rely on your business financial data, you need to make sure it is accurate and up to date, and in a format that provides you with meaningful information. Too many times I have been told by a business owner that they rely either on their bank balance, or the amount of GST their accountant tells them to pay to judge how well their business is doing.



With online software such as Xero and MYOB, it is now easy for any business to have a basic accounting package to manage their business. But just having the software is not enough.

Is your online software up to date?

- Are all your bank transactions reconciled and does your bank balance match your bank statement?
- Have you reconciled your supplier statements to your aged payables?

Do you use your accounting software to manage your day to day transactions, eg

- Issue invoices to your customers?
- Use your aged receivables list to chase up slow payers?
- Enter your bills as you receive them so that you know how much needs to be paid on the 20th of the month?

Do you use the reports available to help you make business decision, eg

- Review your profit and loss, balance sheet and cashflow statement at least monthly to see how your business is performing?
- Compare the results for the month and YTD against your budget/forecast to check if you are on target?





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- Forecast future cashflow based on money due in and due out of the business in the short and long term?

There are also many other online software packages available to help manage your business, such as payroll, job and project management software, inventory management, CRM's and many more. When connected to your main accounting system, managing the data gets much easier.

If you do not yet use online accounting software or struggle to understand it, there are many ways to find help. Talk to your accountant, get in touch with a local bookkeeper, find online training courses or community night classes. If 'doing the books' is not your thing, think about outsourcing to a bookkeeper, or employing an admin person so you can focus on running your business.

Ann Gibbard is a Business Success Partner with Oxygen8 Consulting. She is also a Silver Partner with Xero, and a Certified Advisor for Xero and WorkflowMax software. 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.

Living Whenuapai – restoring three of Whenuapai's reserves

After a relatively quiet 2-3 months the environmental group of Whenuapai, Living Whenuapai, is kicking off the planting season with three volunteer days on the calendar over the next two months:



Malcolm Hahn Reserve: Living Whenuapai undertook a massive effort last year to clear out the huge stand of invasive wattles (*acacia longiflora*) and the giraffes at Auckland zoo got to munch through most of the foliage! Since then tobacco bush (woolly nightshade) and more wattle seedlings have returned, so a weeding exercise is planned before we commence re-planting with over 300 native trees, supplied by Auckland Council. Important dates are: Sat 22nd May 10 - 12pm - Weed releasing, Sat 29th May 10 - 12pm - Planting morning.

Riverlea Reserve: (at the end of Riverlea Road) is Living Whenuapai's latest project, commencing last year with a big day of clearing out rubbish and invasive weeds. Auckland Council contractors have also felled some old pine trees. We have 160 native trees to re-plant there this season. This will be a 3 year project to restore this reserve which we have observed is being used more and more by the growing community of the Whenuapai Settlement and Living Whenuapai acknowledge that it is important for our communities to

have some natural environment and open space to enjoy. Important date: Sat 12th June 10 - 12pm - Planting morning.

Waimarie Beach Reserve: This has been a project that has so far gone on for 5 years and it is rewarding us with the beautiful, lush native trees and plants now established. There is still a few more trees to get planted this year - volunteer dates still to be programmed.

Please come along to any of the above volunteer days - "many hands make light work" as they say...

Other matters....

Moth plant has become a serious problem weed in Whenuapai and right throughout the Auckland region. These are really nasty critters, as the pods, that grow on a vine and look a lot like chokos, burst open and each one can spread hundreds of seeds - spreading this highly invasive weed even further. What makes it particularly nasty is that it spreads rapidly and smothers our native trees, stopping them from growing and regenerating new seedlings. The pods are out on the vines at the moment and easy to spot. Please, please, if you see them - pick them, put them in a black plastic bag and dispose of them in your landfill rubbish. Do not put them in your compost bin! For more information including getting rid of the vines go to: www.ourauckland.aucklandcouncil.govt.nz/articles/news/2018/6/disposing-of-moth-plant-pods.

There is lots happening out there in the environmental/restoration world so watch this space - more next month on what's happening about Whenuapai Plan Change 5 (Precinct 3) and Pest Free Whenuapai. Living Whenuapai is on Facebook and if you would like to make contact with us please email: info@livingwhenuapai.org.nz.

Increase in tax related scams

Since January, Netsafe has seen a 484 percent increase in tax-related scams. The most common scam asks people to pay their tax online and then takes them to an unauthorised website.



Netsafe is advising people to visit the IRD website ird.govt.nz for the latest advice. If you get a communication that seems threatening, or asks for money (especially in an unusual way, such as gift cards or bitcoins), or asks for your passwords or your bank account details, someone may be trying to scam you. If you get an email, phone call or text claiming that you will be fined or arrested if you do not respond, it is likely a scam.

If you get a suspicious call from someone claiming to be from Inland Revenue, ask for their name and number. Then call IRD on one of the numbers listed on their website, and confirm that the call you



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received was genuine before calling them back.

If you have been the victim of a scammer and have given away personal information or think your identity has been stolen or your IRD number misused contact IRD for advice. See ird.govt.nz for details.

Check netsafe.org.nz for Netsafe's Guide to Scam Spotting. There are lots of scams out there and it's so worth being well informed.

June at Te Manawa

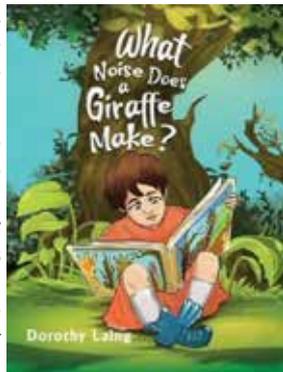
June weather may be chilly and damp, but there is plenty to keep everyone busy indoors and out of the cold at Te Manawa this month.

If your favourite books are about crime and mystery then you will love the Felonies near the Forests: Mystery in the Library authors talk on Thursday 10 June, 7 to 8.30pm. This promises to be a fun evening of criminally good conversation with four local crime writers. Darise Bennington will chair a panel featuring 2021 Ngaio Marsh Awards entrants Alan Titchall, Fiona Leitch, Jo McCready and Nathan Blackwell. All are welcome to this free event.

If you are a parent, grandparent or caregiver of young children, Te Manawa also has you covered. New to Te Manawa, Starting Line Circle Time is a music and movement session in English and Mandarin, suitable for the under 5's. These fun sessions are held on the first Thursday of the month, and this month is Thursday 03 June, at 10.30 to 11am.

For five Fridays, from 4 June, Te Manawa is hosting a special series of Pasifika beatz cultural music sessions and rhymentimes at 10.30 - 11am. Come join your local 'village' through cultural Pacific music sessions and rhymentime with Pasifika beatz. The sessions are for children aged 5 years and over, but all whanau and families are welcome.

If you have every wondered what noise a giraffe makes, then come along to Te Manawa's special zoo animal storytime on Wednesday 9 June, 10.30 - 11am. Kiwi author Dorothy Laing will be reading her beautiful picture book "What Noise Does a Giraffe Make?" and will help solve that mystery! This event is part of the 'We Read Auckland' programme that is running 31 May -13 June 2021. We Read Auckland, celebrates Auckland's readers and writers and the stories that bring us together. This free programme of exciting live



and online events has something for every reader, featuring your favourite authors, celebrity readers and family fun at community venues and libraries across Tāmaki Makaurau Auckland.

If you are a senior are looking to meet some new people, Te Manawa invites you to join the Good Friends Group on Tuesdays 10 - 11.30am for a cuppa and a chat with like-minded people. Or, if you like to craft while you chat, you may enjoy Caffeine and Craft on Wednesdays 10am to 1pm. Just drop in, all are welcome.

There is always a lot happening at Te Manawa (11 Kohuhu Lane, Westgate). You can pick up the current What's On brochure at Te Manawa, or email temanawa@aklc.govt.nz. Even if you are just looking for a cosy spot to read, study, or even do a jigsaw or play a game, you will find a place to do that at Te Manawa, seven days a week including Queen's Birthday Monday (from 10.00am - 5.30pm).

\$40 million funding boost for Waitākere Hospital

Waitematā DHB has welcomed the announcement of a \$40 million funding package to build a new 30-bed inpatient ward at Waitākere Hospital.



Construction on the new ward is planned to begin at the end of 2022 and is aligned with the Northern Region Long Term Investment Plan, which forecasts that 320 additional inpatient beds will be needed at Waitākere Hospital by 2037.

"The drive for upgraded and new facilities at Waitākere Hospital

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is Waitemata DHB's number one development priority, strongly supported by the Board and many in the local community," says Chief Executive Dr Dale Bramley.

The funding was announced at the hospital by Minister of Health Hon Andrew Little. "Waitemata DHB has continuously invested in Waitakere Hospital to ensure efficient, high-quality care. However, existing facilities are now at capacity - this latest development is an important and exciting stepping stone towards better health outcomes and resources for the West Auckland community."

In the past six years at Waitakere Hospital, the DHB has; installed two new CT scanners, upgraded the Emergency Department to include 52 treatment spaces, created a new endoscopy room for bowel screening, provided 11 additional children's health beds and 15 additional general medicine beds.

The DHB also began a major upgrade of the hospital's Special Care Baby Unit earlier this year that will enable parents to stay overnight when their pēpi need specialist care.

"These significant investments have seen substantial increases in the DHB's ability to safely manage a much higher volume of presentations to ED and general medicine, due to these services better matching the needs of the local population," says Dr Bramley.

"This new ward will help further bolster improvements in patient care. For the DHB and for West Aucklanders, the Minister of Health's funding announcement today marks the next phase of Waitakere Hospital's development."

Waitemata is the largest and one of the most rapidly growing DHBs in the country, serving a population of around 650,000 across the North Shore, Waitakere and Rodney areas, this number is expected to reach nearly 700,000 by 2025. West Auckland's population of 273,000 is projected to reach near 353,000 by 2043.

Overall master site planning for Waitakere hospital is well-advanced and consists of refurbishing existing buildings and building new facilities, including more wards, as well as expanding the scope of services available to the local community. Further business cases are in development as part of this ongoing programme of work.

Managing Covid vaccine issues in the workplace

Covid vaccines for employees, what can you do if an employee refuses to have a vaccine or refuses to tell you if they have had a vaccine. This post isn't about the rights or wrongs of someone refusing a vaccination. It's about what may an employer do if they employ people in any position, they believe requires them to be

vaccinated and not just for Covid, but refuse.

Employers need to understand that this isn't a simple issue it's more complicated than you may think.

All citizens have a right in law to refuse medical intervention and that includes vaccination. This right is given them per s 11 of the NZ Bill of Rights. All citizens also have a right to privacy and can't be required to disclose private health information if they don't want to.

If you ask an employee if they have been vaccinated and they decline to tell you for privacy reasons you cannot require them to. You can though make the assumption that they haven't been vaccinated. That will allow you to make other decisions about the employment relationship.

The current conversation unfolding is around front-line workers in MIQ or other border related positions. However, people who are employed in front facing positions in medical centres health establishments in reception duties or in pharmacies that expose them to close contact with the public may also refuse to have a vaccination. There are whole range of jobs that employers may want to have vaccinated staff for such as, food and hospitality etc.

Employees may refuse for a variety of reasons, some may be for health reasons, they may refuse for faith-based reasons, they may simply not want one nor trust the process.

That said the employer has a duty of care to all his/her other employees, suppliers, clients, and visitors to provide a safe workplace. So, whilst they can't require the employee to comply, they can require them to work in other areas. This must be done by negotiation with the employee as they may not want to move. The alternative positions may not be suitable to a particular employee. The skill sets needed for other positions may not be held by the person needing to move.

The employer will be required to act in good faith in all these negotiations as they are with any other conversations. Should it reach a point where after negotiations there is no alternative employment, no opportunity to redeploy within the organisations. Then it is extremely unlikely that the employer will be able to dismiss.

They will likely find themselves in another conversation, one of redundancy negotiations. They will be required to act in good faith at all times as the ERA 2000 requires.

So, if the decision the employer ultimately makes is that they have to let the employee go, then if they fail to act in good faith, or don't follow all the normal processes they leave themselves open to a personal grievance process.

This information is not a substitute for legal advice, we recommend that if you identify problems in the areas listed you consult with someone before acting on any material you have read.

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Charities brace for winter surge in demand

Charities are bracing for an expected surge in demand as the onset of winter and growing fears recent legislative changes may increase rents - place additional stress on families.

To help address the increase in need, a social enterprise that derives its funding from its hospitality and retail operations is committing over \$1m to charities and local groups this year - despite facing an uncertain trading environment.

The Trusts, who will allocate the funding to community organisations, say the pandemic has changed the face of need in New Zealand and their model is being adapted to ensure charitable organisations can continue to provide structured support where it is most required.

Allan Pollard, The Trusts CEO says Christmas, the start of the school year and winter are the three most difficult times of the year for families managing their budgets.

"For many Kiwi families, the arrival of winter signals a new round of financial pressure that they are often ill-equipped to bear.

"The cost of new clothing, bedding and just staying warm over winter will see many families having to make choices that may risk compromising their health - whether it is through changing their nutritional intake or even sacrificing a visit to the doctor.

"At the same time, the spectre of potential rents increase as a result of changes in the macro-environment creates uncertainty and stress.

"While some tenants may have the option to move home if their rent is increased, for many even the expense of shifting house creates another cost they simply cannot afford.

"Sadly it is some of the most vulnerable in our community that live continuously on the threshold of financial hardship - struggling from week to week," he says.

Pollard says the Your West Support Fund will offer funding of up to \$20,000 for each community cause that applies and meets their criteria.

He says the first round of funding will open in July, with a second-round planned for February-March next year.

"In addition to helping local charities continue their work at the coal face, we recognise that there are other segments of the community that could benefit from additional financial support.

"We want to provide a model that is as free of restrictions and flexible as possible at a time when need has evolved and so many more in our community are turning to charities for support," he says.

Pollard says in addition to the Your West Support Fund, The Trusts will also open expressions of interest for major grants later in the year.

He says this is expected to see hundreds of thousands of dollars provided in grants and sponsorships for community projects.

Pollard says charities, schools, and community groups that support the West Auckland region who are interested in applying for funding through the Your West Support Fund or the major grants expressions of interest should contact The Trusts for more information.

Beat the winter blues

As we head into winter, with changing weather, less daylight, some of us begin to feel the "winter blues", now is the perfect time for you not to be affected by the "winter blues" but instead, spend some extra time looking after yourself and look to recharge and re-energise yourself.

Reiki is one of the tools you can use to recharge your batteries. Reiki is defined as "universal life force energy". Astramana™ Healing Services offers various training classes in Reiki. As with a lot of other things, there are many different types of Reiki. We are proud to offer training classes in the following Reiki Healing Systems, Usui Reiki, Holy Fire® III Reiki, Holy Fire® III Karuna Reiki, Gendai Reiki, (other systems are offered by request, please check our website for details). Reiki training class is taught by a person who has been certified and trained by Reiki Master -Teacher. A class usually lasts between 1-3 days. During the training you will learn about the history, hand positions, self-healing, working on other people and receive the appropriate attunements. Upon successful completion you will receive a certificate and training manual. This is a great way to give yourself the ability to recharge yourself and others.

With your new Reiki skills, you can volunteer in hospitals, rest homes and palliative care centres where permitted or you can set up your own business.

Astramana™ Healing Services, was founded by International Reiki Master-Teacher Jason Mackenzie. Having practised and taught Reiki here in New Zealand and internationally for over 20 years, he would be honoured to teach you the art of Reiki. Regular classes are held. Check out our website: www.astamana.com or email astamana@gmail.com with any questions or to find out when our next workshop is. Remember you owe it to yourself to look after yourself and be fully recharged and keep the "winter blues" at bay.

Note: Holy Fire® is a registered trademark of William Rand.



Pete Sinton
Managing Director

09 412 2016 | 021 637 772

49 Beach Street, RD 2, Sandspit, Auckland 0982

petesinton@townplanner.co.nz

Graham McIntyre

LICENSED SALESPERSON
BRAND & TERRITORY OWNER

Mike Pero
REAL ESTATE



P 09 412 9602
M 027 632 0421
F 09 412 9603
E graham.mcintyre@mikepero.com
www.mikepero.com

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

APARTMENTS

opening July

Our first stage of apartments at Keith Park Village in Hobsonville are opening soon with new residents gearing up to move into their brand new homes.

The Hobsonville area is brimming with everything you need for that easy lifestyle – scenic walkways, local markets, and close access to the Ferry terminal.

We have two-bedroom apartments available, with just 4 left in stage one! They feature spacious open plan living, designer kitchens and fully tiled bathrooms.

The village will also provide assisted living as well as resthome, hospital and specialist dementia care.



Photos are indicative

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

KEITH PARK RETIREMENT VILLAGE

3 Scott Road, Hobsonville, 09 416 0750

rymanhealthcare.co.nz