

# the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

## Property market report Supporting local

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

Chemist Warehouse Westgate

Circulation is 10,000 print copies.

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

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May 2022



## Greetings

Comparing ourselves with other people seems to be a normal human habit. How we behave is a blend of our inheritance, our upbringing and our experiences. People are thinner or fatter, richer or poorer, nicer-looking, or don't speak fluently. That's just the way it is. It doesn't make them better or worse. We are all different. But we often judge people without realising it. We may be reacting out of a prejudice we learned when we were young, and which may be inaccurate. We see the mistakes in others, though we often don't recognise our own. While we respond to what we think, thoughts aren't facts.

We rarely know enough about people to be able to make judgements, so better to help others or leave them alone. Appearances can be misleading - we are all individuals, each with their own style. We are encouraged to be kind, and we should aim to respect others. It's tempting to be impatient, but being tolerant is more practical and keeps us calmer inside. There is a gap between who we are and who others think we are. The aim should be to respect, to treat others as we wish to be treated.

Please enjoy what's available in our communities this month and see what you can enjoy. For a start you could follow the advice of the Fire Brigade and ensure that your address has a clear and visible number outside making it easily located in an emergency. Do you know the simple tips to help you save power? Is fasting good for you? Is it time to do the autumn checklist for your home? Why can a confined space be so dangerous? What is being done about the risks of drowning?

Affording housing is a concern to many in these times, so read through our property section for ideas. If you have some spare time, consider helping with the grocery delivery service for those battling to get their groceries in the current health situation. There are plenty of suggestions in these pages, and lots of local opportunities for a range of activities and interests for all members of the family.

Have a good May.

John, Editor



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# People & Places

## Chemist Warehouse Westgate



Since opening its first store in 2017, Chemist Warehouse has focused on making healthcare more affordable and accessible to all Kiwis, ensuring a wide range of health and beauty brands and are offered at the lowest prices in many communities across the country. They currently have 31 stores operating across New Zealand with the aim of an additional 10 stores set to open by the end of 2022.

"The past 2 years have been challenging, but we are committed to helping more New Zealanders access more affordable prescriptions and enjoy what Chemist Warehouse has to offer in terms of health services, wellness and beauty" Chemist Warehouse New Zealand CEO Azman Haroon said.

Chemist Warehouse offers a wide range of services which include free blister packs, free blood pressure checks, men's & women's health consultations, flu vaccinations, emergency contraceptive pill, nicotine replacement therapy (NRT) and many more.

Chemist Warehouse was the first major pharmacy group to offer FREE prescriptions, meaning New Zealanders will not be charged the \$5 prescription fee on all subsidised prescriptions, a saving they are proud to be able to provide shoppers. Since 2017, they have saved Kiwis over \$28 million, making healthcare more affordable and accessible for everyone.

Earlier this year Chemist Warehouse announced a long-term sponsorship of all Super Rugby Teams in New Zealand supporting the Blues, Chiefs, Crusaders, Highlanders and Hurricanes.

They also announced a club-wide partnership with the Wellington Phoenix Men's and Women's team, also extending their support to the club's academy and community programmes.

More recently they've also partnered with four of New Zealand's ANZ Premiership netball teams. Te Wānanga o Raukawa Pulse, Splice Construction Magic, MG Mystics and Trident Homes Tactix are aligned collectively in netball's first multi-team deal with Chemist Warehouse.

These partnerships are just the start of the company's overall commitment to sport in New Zealand to support local communities in activities they enjoy, as well as to support affordable, accessible healthcare choices for all New Zealanders.



We have 3x \$100 gift vouchers to give away, simply like our Facebook page the Westerly and comment on this post and you're in the draw!



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# Community News

## What's happening?

So much is on offer on Hobsonville Point. Russian ballet for children, driving lessons, art, roller-skating, church groups, English conversation for migrants, choir, table tennis, toastmasters, and more. Check out [hobsonville.org.nz/whatson/](http://hobsonville.org.nz/whatson/) to see what is available.



## Field of poppies

Residents at the Ryman Keith Park village in Hobsonville created a "field of poppies" as a tribute for Anzac Day. Poppies commemorated residents' individual family members who had served in the wars during the last century, as the first Anzac Day since the village opened last year.



## Supporting local in Hobsonville

Hobsonville Community Trust is still offering \$100 local food vouchers for streets or blocks to get their community together. It's a chance to connect again with our neighbours and break through the isolation that many have been experiencing. This offer is available for gatherings up to June 2022 (minimum of 5 households; 20 households or more can receive 2 vouchers). There is also an amazing free street kit available with outdoor games, gazebo, tables, speakers etc. to help. Contact [gavin@hobsonville.org.nz](mailto:gavin@hobsonville.org.nz) for more info or contact the HCT Community Initiatives Team at [community@hobsonville.org.nz](mailto:community@hobsonville.org.nz) who will provide you with the food voucher and some resources to help your street / block check that you are ready if there is an emergency in your community that will affect you, your



family or your neighbours. Gatherings may be in Hobsonville Point, Scott Point, Hobsonville or Whenuapai. Local food could be from local supermarket, pizza, sushi, Farmers Market food or whatever is available within Hobsonville. A big thanks to the Upper Harbour Board, Team Byron, Harcourts Cooper & Co and Hobsonville Point Residents Society for their support.

## Fun games keep everyone entertained

Board games can be a great way to bring family and friends together.

Different games require us to use different skills which are excellent things for our brains, memories and moods. Unlike sitting in front of the tele, games also allow people to be creative and social.

Board games such as Rummikub and Five Crowns have become extremely popular over the last few years and are fantastic for those who are looking for something strategic to really challenge themselves and others.



Mindjig offers games, puzzles and other resources for those who are looking for fun ways to keep social and also for those who need a little extra support to stay connected, uplifted and independent.

Visit our website: [www.mindjig.co.nz](http://www.mindjig.co.nz). Feel free to get in touch with Jonathan or Julie via email at [info@mindjig.co.nz](mailto:info@mindjig.co.nz) or call 09 600 3251 or Mobile 022 480 3022.

## iKidz Go

Connecting parents to family friendly events and children activities across Auckland, the iKidz Go mobile app was launched in February 2022 by parents, for parents, to connect families to providers of child friendly events and activities.



Whether you are looking for an art, dance, sports, physical or educational class or activity for your children, look no further. The



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# Community News

iKidz Go app will list relevant activities in your area for you to book or find out more.

If you are a provider of children activities or have a family friendly event planned, please get in touch to ensure we have you listed on our app. [www.ikidz.co.nz](http://www.ikidz.co.nz).

## It's long sleeved t-shirts weather

When it's too cold to wear a tee and too warm to wear a sweater, doodlewear long sleeve t-shirts are the perfect solution. They are stylish, super comfortable and are also great to layer under jackets and cardigans.

doodlewear is a New Zealand based online clothing store that specialises in bringing curated New Zealand art straight from the gallery to your wardrobe. We work with New Zealand artists to create amazing and unique art prints you can wear to look



flawlessly stylish no matter where you go.

You can choose from more than 40 art print long sleeve t-shirts. Discover our Women's and Men's collections today at doodlewear.co.nz.

Support local - Hobsonville owned and based business, every purchase pays a New Zealand based artist, printed with love in the Bay of Plenty.

Let's be social: Instagram & Facebook @doodlewear.nz.

## Shop at NorthWest and win

You could WIN\* a share of \$5,000 in prizes for Mum. Just spend \$50 or more in one day at NorthWest Shopping Centre from April 23 - May 8, 2022, have your receipt/s validated at the NorthWest Customer Service Kiosk, and fill in your details on the entry form to go in the draw.

\*T&Cs apply, see [northwestshoppingcentre.co.nz](http://northwestshoppingcentre.co.nz) for full details.



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# In Brief Updates

## Get your skates on

Looking for an active hobby? Get your skates on and join us for a class. We do roller skating to Hobsonville Point. I'm your coach Macarena Carrascosa from Hey Macarena and my mission is to get as many people on skates in Tāmaki Makaurau as possible. Join our expert roller skating coaches for an adventure on wheels. Roller skating ticks all the boxes. Fun for the whole family, exercise that makes you forget about the time and great for your mental health.



Join us on Mondays at Sunderland Lounge on Cinema Road, Hobsonville Point. We run two classes, 4pm kids and 5pm adults Learn to skate. Kids class \$15, adults \$20. Skate hire \$7. Find more info on [instagram.com/heyamacarena\\_coaching](https://www.instagram.com/heyamacarena_coaching) and [facebook.com/hey1macarena](https://www.facebook.com/hey1macarena) or email [info@heyamacarena.co.nz](mailto:info@heyamacarena.co.nz). Bookings essential at [heyamacarena.co.nz/bookonline](https://www.heyamacarena.co.nz/bookonline) !

## Driving lessons with a difference

All-Terrain Driving Academy based out west was born from a pandemic-trashed tourism business whose owners had to PIVOT. Assisting young people embarking on their driving-life benefit from extra defensive driving techniques woven into on-road and off-road options. This has proven to be very effective as young people leave with an understanding of how a car operates mechanically, how to maximise the technology of the car, whilst retaining complete control, an awareness of their own ability, other road-users and the environment around them.



Offering manual, electric, and automatic lessons both on and off-road one of their top instructors said, "Seeing a student with a huge smile on their face after having spent an afternoon in our company nail a challenging driving task" is extremely rewarding. Sending



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our young people out onto our NZ roads is a big responsibility, so we aim to provide to them a clear understanding of the many risks they will come across, how to deal with the peer pressure they will inevitably be subjected to and ultimately how to hone excellent driver behaviour in themselves which gives us an opportunity to contribute to improving upon the appalling road toll record we suffer in New Zealand.

Offering NZTA fully-approved driving instructors who are patient and encouraging across manual, automatic or electric tuition on or off road or both, defensive driving courses as well as coming to the student means a one stop shop for anyone preparing for a restricted or full driving test. For details, email Sharon at [allterrain@thenzcollective.com](mailto:allterrain@thenzcollective.com), phone 021 029 28023. Our social tag is @allterraindrivingacademy [www.allterraindrivingacademy.co.nz](http://www.allterraindrivingacademy.co.nz).

## We're off again

Finally, after months of delays caused by the COVID 19 restrictions on social gatherings, Discoverers church has the go-ahead to re-launch its monthly gatherings.



Our first gathering for 2022 will be on Sunday 22nd May from 3-30pm to 4-30pm in the Baffin Lounge, Headquarters Building 214 Buckley Crescent, Hobsonville Point.

Because of the stress caused by the COVID 19 pandemic, at our May gathering we will explore what helps us to cope during testing times.

For further information please contact Barry Jones 022 068 3873, Email [beejaynz05@gmail.com](mailto:beejaynz05@gmail.com) or visit the designated Discoverers Facebook page "Discoverers Hobsonville Point".

## Waitakere Greypower Association

We hope you have all had a happy Easter break with your families. Thanks to all our members who have paid their annual membership subscriptions. A reminder to members who have overlooked membership renewal, it is not too late. Subscriptions are \$25 single and \$35 a couple and can be paid online, by telephone banking or by cash in our office. We look forward to welcoming our



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members and friends to our Annual General Meeting to be held on Wednesday 15th June 2022 at 1.00 pm for 1.30 pm at the Te Atatu South Community Centre, 247 Edmonton Rd, Te Atatu South. Our Guest Speaker will be Hon. Carmel Sepulomi, Minister of Social Development. You are welcome to stay for light refreshments at the conclusion of the meeting. We are keen to have new people put their names forward to join our Committee at this AGM. It is important for our future that current members try and get a friend to join as a new member as we are always looking for new members. Remember Greypower is the largest advocacy organisation in the country for Seniors over 50 years old. There is strength in numbers. We advocate to local boards, Auckland Council and to all political parties. Remember to come to our Annual General Meeting on Wednesday 15th June 2022 at 1.00 pm for 1.30 pm. Written on behalf of Waitakere Greypower Association by Mate Marinovich, President.

## House of Travel Hobsonville: open and local

Since the announcement of the borders opening at the beginning of February, we have been inundated with clients old and new, booking, and rebooking adventures all over the world and closer to home. The exciting news for us is finally bringing back some of our consultants full time and our store opening Monday to Friday 9AM-5PM. It's on the corner of Hobsonville Road and De Havilland in Hobsonville Point. Finally, after two horrible years for our industry we are getting back to what we love, booking awesome holidays.

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.

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.

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## The mighty mangrove

Some people think they are unsightly and would prefer to see clear stretches of open water. But mangroves are an important part of our ecosystem, provide homes for many native birds and fish, and are useful to humans in other ways, too.



Mangroves form a buffer zone between the land and the sea, helping protect the land from tidal surges, which protects us from flooding and erosion. They help filter water from streams and rivers, trapping pollutants and sediment before it gets to the sea. They also soak up loads of carbon dioxide - some scientists say four times the amount of carbon a rainforest soaks up. This can only be a good thing as New Zealand tries to meet its global carbon-cutting obligations. Mangroves are cool for other reasons too - they are the only species of tree that can live in salt water.

Mangroves also provide food and shelter for some of our 'cryptic' birds. They are called 'cryptic' because they are great at hiding in their marshy homes, so while we know they are endangered due to habitat loss and introduced predators, no-one knows exactly how many there are.

Pererū or banded rail are one such cryptic bird. They have been spotted recently around Herald Island and the edges of Hobsonville Point, where the mixture of oioi (swamp grass) and mangrove suits them well. Helping these stripy little birds thrive in the Upper Waitemata Harbour is one of the aims of the "Rail Trail Project", a collaboration that links predator control efforts along the coastline



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all the way from Beach Haven to West Harbour to create a predator-free coastal edge. Other birds will benefit also, including pūweto (spotless crane), kōtare (kingfisher), tuturiwhatū (NZ dotterel), tōrea (variable oystercatcher), turnstone, kuaka (godwit), white-faced heron, pied stilt, and Caspian tern, all of which once flourished here.

So, next time you are walking along the edge of the Harbour, wishing you had a better view of the water, keep an eye out for banded rail, and take moment to appreciate the mighty mangrove.

## Final stages of village pre-selling now

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



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

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

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

## Join the Adventure

Adventure Plus has been part of the Scouts Aotearoa branding for many years.

Scouting is not just an adventure but a way we learn, grow and interact with each



other.

The adventure takes Scouts to many places around Aotearoa, Internationally and even into outer space (the first person to stand on the moon (Neil Armstrong) was a Scout when he was younger.)

Scouts Aotearoa have seen a lot more interest from youth and parents wanting to know more about the Scouting adventure over the last term, especially in the Waitoru Zone.

This month our newest Scout Group officially opens. Hobsonville Point Scout Group is the 9th group in our zone.

Currently Hobsonville Point Scout Group only has a Kea section (5-8 year olds) with several groups close by that have spaces for Cubs and Scouts.

I'd like to wish the new leaders, youth and caregivers from Hobsonville Point Scout Group all the very best as their new adventure begins.

If you want to know where your closest group is, then please visit <https://scouts.nz/join/>

If you have any questions about how Scouting could benefit your youth, or simply want to ask a few questions, please get in touch. I can be contacted via email: [zl.waitoru@zone.scouts.nz](mailto:zl.waitoru@zone.scouts.nz)

Craig Paltridge. Waitoru Zone Leader.

## SeniorNet West Auckland

SeniorNet is all about Seniors helping Seniors to manage their tablets, smart phones and laptops. We are here to help with any queries and can cover both Apple and android. Our tutors are all Seniors too so we work at a slower pace that makes it easier for you to follow.



So please if you or any Senior members of your family could benefit from a little help, perhaps with internet banking, emails, etc we would love to see you. Our office is upstairs in the Henderson RSA, Railside Avenue, Henderson. We have a Help Day on the 2nd and 4th Tuesdays of the month from 10am to 11 am and we ask for \$5.00 payment if we are able to help.

We also have an open meeting on the 3rd Tuesday starting at 10 am, when we have a guest speaker and morning tea. Our May meeting is on the 17th. Everyone is welcome - you do not have to belong to SeniorNet to attend. If you wish to join SeniorNet the membership fee is \$25.00 single or \$45.00 for a couple. If you wish to contact us

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our phone number is 09 837 7600, please leave a message and we will get back to you. Membership Forms can be found on our web page [www.SeniorNet-west-auckland.org.nz](http://www.SeniorNet-west-auckland.org.nz).

## Kip McGrath Education Centres

As parents and teachers, we all know that some children just need that little bit of extra attention to their individual needs in order to keep up with the expected standards. These children benefit greatly from individualised programmes planned by qualified teachers in a non-competitive and non-threatening environment. Some children also just need their confidence boosting, and the results of this are often surprising.



Witness this comment from one of our very young students who initially lacked confidence and struggled with many aspects of his school work...

"You think learning is hard - yes? But after you come to Kip McGrath you will change your mind. The teachers are nice, caring and awesome. Kip McGrath can help you with maths, English and

reading. I have learnt as much as any child would in a year, and I've only been at Kip McGrath for two terms. The experience at Kip McGrath is worth trying. Like, if you are low in a subject, Kip McGrath can boost you up by miles. I learned that 'ea' makes the 'ee' sound and when you add 'ing' to 'try' you keep the 'y'.

So go to Kip McGrath and become the smartest in your room at school. Come and visit Kip McGrath - you won't regret it."

Kip McGrath Westgate, phone 021 121 8570 or book online [www.kipmcgrath.co.nz](http://www.kipmcgrath.co.nz).

## Shopping online safely

There are so many conveniences to shopping online, but you also need to be careful about who you're buying from and the information you're giving out. The last thing anyone wants is a dud deal, products that never show up, or credit card details in the wrong hands. With a bit of know-how and planning, you can be smarter and safer when shopping online. Be careful using public WiFi and WiFi connections that aren't secure - someone could see what you're doing. The best option when shopping is to use your personal WiFi, mobile data or a WiFi network you trust.



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Check your refund options before you purchase. Buy online using a credit card or a well-respected payment service such as PayPal. Buying with a credit card gives you better protection than a debit card. You can also shop online using a disposable credit card, such as a Prezzy card.

Some retailers will ask if you'd like to save your payment details for next time. If the website isn't using a third-party payment system, think carefully about how they might use that information, and how well they'd be able to protect it if someone tried to steal it. Always check your credit card statements to make sure there's no fraudulent charges being made. If you spot something, contact your bank immediately. For further details visit [netsafe.org.nz](https://netsafe.org.nz) and search "shopping online".

## SVA grocery delivery service

Volunteers needed. Are you keen to help those isolating in Hobsonville that are struggling to get their groceries? With so many in our community isolating and battling health challenges, Hobsonville Community Trust (HCT) has been asked to partner up with the Grocery Delivery Service, coordinated by the Student Volunteer Army (SVA). We are now urgently seeking local volunteers of all ages that are willing to pick up/drop off one or two grocery orders per week (or you can do more if you're up for it).



How does it work? Once you've signed up and indicated the day(s) and time(s) you're most available, you'll be given simple, online training that takes approximately 10 minutes to complete. As orders come through to HCT, you will be asked by text whether you are available to fulfil an order (sometimes two). If you say yes, you will then be emailed the order and you will drive to the Hobsonville New World to shop for it. No money changes hands as this is looked after internally by the SVA Team and the supermarket. You will then deliver the order to the home in Hobsonville and upload a photo of the receipt and photo of where you have left the groceries to our email and notify HCT that the order is complete. It is all contactless.

Reimbursement of \$5 per order will be made to you to help cover the petrol, and deliveries will be within 7km of Hobsonville New World and mostly in the Hobsonville Point / Scott Point area and

nearby surrounds. Masks are available. If you're confident with your smartphone, have a car and are available at least once per week, please sign up. The more of us that get behind it, the more we can share the load and help Hobsonville get through. Join the team and you could go in the draw for \$1000 worth of prizes. Sign up now: [hobsonville.org.nz/grocery](https://hobsonville.org.nz/grocery).

## West Harbour Christian Kindergarten

In this editorial I would like to introduce the team at West Harbour Christian Kindergarten. While we are a small centre with a big heart we have a dedicated team of teachers - there is Suzy who is the Centre Manager, Sherryl and Tracy who are your full time teachers and then there is Jordan our Unitec student. We also have two regular relieving teachers to whom you will see often and are also valued members of our team and they are Ekta and Poonam.



At the moment our lovely Kindergarten is looking at what lives under the ocean (this all started with the Whales tails on the back of the buses - the power of advertising hmmm) this, and a teacher who went exploring to find these tails was the cause for much fascination. Seeing, learning and experiencing is what it is all about with children isn't it? Being able to offer a range a fun and cool ways to do this equates to some amazing teachable experiences.

That's it this month from West Harbour Christian Kindergarten, if you want to investigate further to see where our adventures are taking us then please reach out.

Nga mihi from the team. 145 Moire Road, West Harbour, Auckland. phone 09 416 8091, or email [info@whck.org.nz](mailto:info@whck.org.nz).

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# Safer Communities



It's been a strange Anzac Day celebration around the country with mixed messaging and limited turnout of active personnel. It is a privilege to march in uniform in support of the men and women that served for, and continue to serve for our country and our communities. Remember those that have fallen and the sacrifices that have

been made for us to live in a democracy. It also serves as a reminder with the current conflicts and civil unrest around the world how fragile freedom is, and how important it is to protect. Thank you to the families that supported the Anzac Day Parades and placed special messages on their gates and fences.

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.  
We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.  
Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

Graham McIntyre  
Chief Fire Officer  
Waitakere Fire Brigade  
Phone 09 810 9251

## Advice for Rock Fishers Be smart around rocks

Drowning  
Prevention  
Auckland 

### Check conditions

This includes swell, weather, and tide forecasts as well as advice on safety signs.

### Wear a lifejacket and correct clothing

Light clothing, sturdy footwear such as sneakers and a correctly fitted lifejacket are essential.

### Beware of waves and swells

Always face the sea, never turn your back. Have a clear escape path to safe ground and don't get caught by an incoming tide or large swell.



For 17 years, Drowning Prevention Auckland has provided a rock fishing advisor initiative with Auckland Council and Surf Life Saving Northern Region which seeks to reduce rock-based fishing fatalities and promote a safe culture among this high-risk group. The implementation of safety advisors who educate fishers through face-to-face contact has largely succeeded in reducing fisher drownings in West Coast beaches. To find out more about the West Coast Rock-based Fisher Safety Project and review the 2021 Rock Fishing report, visit <https://www.dpanz.org.nz/research/rock-fishing/>

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# Property

## Property market report

Less property on market, less money available but banks still making billions.

New Zealand banks are unlikely to enjoy the same strong loan growth as they have during the Covid pandemic so far, but tougher economic times may see loans staying on their books for longer. Banks have increased net profit after tax almost 7% from the September quarter to \$1.614 billion, getting close to the bonanza \$1.643 billion recorded in the March quarter of last year. The banks grew gross loans by 1.63% to \$487.620 billion in the December quarter, and by 7.2% in the year to December. Against the backdrop of the ongoing Covid-19 pandemic, high inflation, Russia's invasion of Ukraine and businesses operating below capacity due to staff shortages, banks are unlikely to experience the same level of loan growth as they have enjoyed.

When you get inflation, and you get rising interest rates, I think loans might be a bit stickier. I think they might stay on the books longer so that the banks might not have the same growth. Whilst low unemployment, at just 3.2% in the December quarter, reduces the risk of a significant number of borrowers not being able to meet their loan repayments, businesses are operating below capacity which helps those in employment. Businesses struggling to get staff will have to pay more which will not improve the balance sheet.

Banks reduced loan provisioning another 5.3% in the December quarter to \$2.44 billion. It was the fifth consecutive quarter of net impairment write backs as provisions raised early in the pandemic continued to be unwound. Banks' combined cost-to-income ratio came in at 39.7% in the December quarter, down from 43.1% in the September quarter. Net interest income increased 3% to \$2.9 billion.

So, what does this mean to buying and selling today? The main factor at play today is funding, and whilst we wait for Central Government to Revamp and recycle the CCCFA bill that was ill prepared and ill delivered, the reserve bank continues to wave the interest rate

wand, exposing the market to increasing cost of money use.

Don't expect house prices to rise any time soon, we have a stabilised price environment at play, which may be a relief to property valuers and a problem to spec builders.

Let's look at the sales from last month:

Hobsonville	\$837,000 to \$2,563,000
Massey	\$790,000 to \$1,350,000
Swanson	\$1,035,000 to \$2,350,000
West Harbour	\$1,041,000 to \$2,765,000
Westgate	\$850,000 to \$1,394,000
Whenuapai	\$1,555,000

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## Getting a home loan: Is your income a bit complicated?

When it comes to getting a home loan the journey can be different for everyone; however, at the very least you will always need to show:

- 1) That you have an adequate deposit (or security/equity)
- 2) That you have the income needed to service the loan (i.e. make payments).



If you're employed in a fulltime job - then showing your income tends to be pretty straightforward. But when you have other income things can become a bit tricky. Lenders are able to look at a wide range of income types, but what is acceptable to one lender may not be considered by another.

If you have any of the following income types, if one lender says no it's worth looking around as another may well say yes.

- Contractor income
- Overseas income
- Commission or bonuses
- Seasonal earnings
- Self-employed income

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# Property

- Boarders / flatmates / tenants
- Child support
- Superannuation/ACC/Benefits

Sometimes a lender will only take a proportion of this income into account - but that might just be enough to get your loan approved.

If you'd like to discuss your income and how to put together a strong lending application, I'm available free of charge; and if you want to meet in person the coffee is on me.

Scott Wombwell, Managing Director & Financial Advisor, Better Borrowing, phone 020 4009 8944 or [scott@betterborrowing.co.nz](mailto:scott@betterborrowing.co.nz).

## Instruments registered on a Record of Title

By Tina White, ClearStone Legal

Among other checks that your lawyer can carry out for you as a home buyer, they will look over the Record of Title to the property. There are a number of instruments which may appear on the Title and here are just a few:

- Easements: There are many different types of easements and they can often relate to a right of way, a right to convey services like electricity or convey water between neighbouring properties. The easements can be for the benefit of your property or a neighbouring property. There are certain rules and restrictions which all parties must follow and your lawyer will provide these to you.
- Consent Notices: These are usually registered by the Council and record restrictions against the land. These can relate to a number of things like stormwater maintenance, future development restrictions, planting requirements, pest control.
- Encumbrances: An encumbrance sits like a charge on the Title and must be disclosed to your Bank. These types of instruments can relate to a number of things and often relate to a resident's society, whereby you become a member of the society and pay an annual levy. You must follow the rules of the society, much like a body corporate. The society will be responsible for maintenance of common property like shared lanes. These are becoming more popular and we see these a lot, for example, at Hobsonville Point.
- Building Line Restrictions: These instruments impose a limitation on how close you may build a house, garage, carport in relation to



the street. This may affect any future development you wish to carry out in the future.

- Bond: These are usually registered by the Council to secure money held by the Council until such time as an outstanding resource consent condition has been met. Once the work has been completed, the Bond is then repaid to the Owner (often the developer) of the property and the instrument may be removed from the Title with the Council's permission. It is in your best interests for your lawyer to enquire about the Bond with the Owner's Solicitors and request that the Bond instrument be removed from the Title prior to settlement. If this is not removed, the obligations of the Owner referred to in the instrument, then fall on you as the purchaser, and were the Council to undertake the works resulting in costs more than the amount of the Bond, then you would be responsible for any additional payments required.

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

## Autumn is here

Even though most of New Zealand enjoyed a long and hot warm summer, autumn is most definitely here. It is season of the year between summer and winter during which temperatures gradually decrease and the duration of daylight becomes noticeably shorter.



Tackling a few simple jobs now, while the weather is still suitable for working outside, will help get your property ready for the cold weather that is coming towards winter, and in some cases prevent problems from occurring later.

We all love a warm and comfy home during the winter months. So,

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# Property

before the worst of the weather arrives, go through our checklist to make sure that you are protecting your home and your family, as well as heating your home efficiently.

Many of these things you can do yourself or you can speak with your Property Manager to organise this work through our reliable list of vetted contractors.

Your autumn to winter checklist

- Clear your spouting of leaves, debris and plant material.
- Clean out drainage channels and ensure storm drains are clear.
- Weather-strip any windows or doors that are draughty.
- Check that ceiling insulation is in place and close access holes.
- Trim trees with overhanging branches near windows and spouting
- Cover outdoor furniture that is not in regular use.
- Secure outdoor furniture and the trampoline in case of high winds.
- Check your emergency supplies including replacing any out-of-date food items, refreshing water supplies and ensuring torches are working.
- Have your heating system serviced.
- Ensure that the torches are working (and that you know where your candles and matches are) for when there is power cuts.
- It is good to have some extra meals or easy meals in case you get winter bugs as well.
- Make sure door locks are working properly and that adequate security lights are in place. Make sure safety latches are on all your windows too so you can feel safe opening them to assist with ventilation.
- Stop accidents and falls before they happen by cleaning paths, decks, and driveways, especially any on the shady side of the house. Mould loves to cling to dirt, so if you neglect this task, you run the risk, they will become slippery and treacherous over the winter months.
- Check the flue and chimney that both are working and free of creosote before you light a fire. Even if your fireplace is gas, never

operate it without a proper screen in place, especially if you have children. If you are burning wood, a fireproof rug immediately outside of the doors will prevent embers from landing on the floor or carpets that can cause damage.

Here at The Rent Shop, we are experienced in guiding our landlords through the process of preparing your properties for letting so that you can maximise the rental return. We can provide a no-obligation rental appraisal and offer feedback on compliance and where improvements can be made, if necessary.

For more information, please contact The Rent Shop 021 413 660.

## Think your trust will protect you from your ex?

People who believe putting their assets into a trust before a relationship begins will stop them having to share assets with their spouse will have a timely wake-up call from a recent decision of the Supreme Court in *Preston v Preston* [2021] NZSC 154.



Mr and Mrs Preston had a 7 year relationship (and were married for 5 ½ of those). They each had children from previous relationships (his were grown up). Mr Preston had transferred his home and most of the shares in his business into a trust set up before the relationship. However the parties used those assets for family purposes during the relationship, living in the house, and living off the income from the business. Mr Preston appointed Mrs Preston a beneficiary of the trust, on the advice of his accountant.

It was a loving relationship and both parties were committed to it. Mrs Preston made the usual non-financial contributions to support Mr Preston and the family, she used her own money (from before the relationship) to make loans to support his business, to pay for family holidays and to help his kids to buy their first cars.

Over time the home and business increased in value.

Around the 7 year mark things fell apart, and the parties separated. Mr Preston was adamant that Mrs Preston would get nothing from the trust, and there was very little relationship property to share out.

Mrs Preston was left without a home or sufficient capital to set herself and her daughter up in a home. Mr Preston was enjoying all of the significant assets of the trust.

Mrs Preston went to Court for a share of what the trust had built up with her support. She lost in both the High Court and the Court of Appeal. Others would certainly have given up – she was ordered to

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# Property

pay substantial costs, she had a gruelling time being cross examined by expensive lawyers about how little of any real value (meaning, monetary value) she had contributed in the course of the 7 ½ year relationship.

QC Vanessa Bruton had been following the case, and knew it didn't uphold the principles of equality - of the sexes and of their differing contributions - that are built into relationship property law, and section 182 of the Family Proceedings Act 1980.

She took Mrs Preston's s182 claim matter right to the Supreme Court and won, arguing that bringing a trust into a relationship creates obligations, and if the relationship ends, and one person is worse off, the Court will step in to remedy that under s182. What Mrs Preston was claiming (and what she received) was \$243,000 or 15% of the trust assets - and the ability to rehome herself and her daughter. Pretty modest compared to what was left in the trust and the 100s of 1000s he would have spent fighting her claim through the Courts.

The resounding moral of this story is this: if you want the benefits of a trust arrangement AND to avoid sharing, you need to declare that openly to your spouse, ask for a 'pre-nup' type agreement, and let your spouse decide whether that makes you someone they want to marry or not.

If you need relationship property advice before, during or after a relationship, have a chat with one of our relationship property experts at Henderson Reeves Lawyers. You can find out more about us on our website, or ring and speak to Taina Henderson or one of the team on 09 281 3723.

## The escalating problem with escalation clauses

Buying a newbuild off the plan could protect you from future increases in the property market. This is because you agree on a purchase price with the developer at the current market prices but only have to pay when the property is ready for you to move into - which in some cases could be a year away. However, it has become common for build contracts to have escalation clauses that allow a developer to increase the price due to say supply chain issues or increases in the cost of building supplies. This could result in you having to pay tens of thousands of dollars more for the property. Although you may have the right to get out of the contract, you may find that the property market has increased so much that it does not justify you buying another property. Also, some build contracts are independent to the land contract and if you cancel the build contract you are still stuck with the land - and you will have to find yourself another builder.

For these reasons it is always important to consult with your lawyer

before entering into a contract to buy a newbuild. For more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at [info@kempsolicitors.co.nz](mailto:info@kempsolicitors.co.nz) or 09 412 6000.

## Co-ownership may be the answer

Falling house prices might sound like good news, but for many Kiwis who are struggling to buy a home it's devastating, increasingly resorting to pooling their resources.

Nationwide, house prices have experienced their biggest quarterly drop in a decade, raising some hopes of a cooling market for those who have long been locked out by sky-high property prices. But the same forces that are pushing prices down - inflation, high cost of living, and rising interest rates - are also hitting prospective buyers, especially those at the bottom end of the market.

High cost of housing does not have to exclude people from stepping on to the property ladder - if they can find a way to pool resources.

A median-income household would currently take 11 years to save for a standard deposit if they were able to put aside 15 percent of their income. But for people who are single it could take double that time.

I am seeing more and more people are open to co-ownership with someone other than a partner, spouse or parent because it brings the possibility of meeting the deposit cost within reach by dividing the cost - as well as the cost for paying the mortgage.

But it is important for people considering co-owning to know their rights from the outset. It is essential they get good legal advice, including setting out what will happen if circumstances change within the partnership.

What's really important about co-owners is people have an open and honest conversation with each other and get some good legal advice to set things up.

With the National Policy Statement on Urban Development (NPS-UD), we will see more intense housing, more stock on the market and hopefully some reduction on house prices for home buyers. Co-ownership is also a way for people to investigate buying property later in life. Buying later on than Kiwis had traditionally had become increasingly common as lifestyles and economic circumstances have changed widely.

Sunil Kaushal is a Registered Financial Advisor based in West Auckland. This article should not be taken as an advice. Sunil has over 20 years of financial industry experience and has helped clients who are seeking their first home or subdivision their property to purchasing a new business or investment property. Phone: 021 280 4189, email: [sunil@everbright.co.nz](mailto:sunil@everbright.co.nz).

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# Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HOBSONVILLE	1,030,000	147M2	138M2	1,150,000		960,000	610M2	100M2	1,100,000
	1,655,000	349M2	268M2	1,820,000		1,175,000	680M2	150M2	1,049,000
	1,340,000	280M2	171M2	1,585,000		1,300,000	450M2	198M2	1,420,000
	1,020,000	181M2	108M2	955,000		1,300,000	2145M2	158M2	1,425,000
	1,210,000	248M2	118M2	1,280,000		1,350,000	1032M2	138M2	940,000
	905,000	116M2	88M2	890,000		900,000	1379M2	115M2	1,050,000
	1,200,000	275M2	153M2	1,219,000		1,400,000	951M2	170M2	1,425,000
	1,655,000	362M2	245M2	1,708,000		780,000	814M2	180M2	975,000
	1,575,000	330M2	229M2	1,545,000		1,275,000	807M2	210M2	1,100,000
	1,375,000	247M2	226M2	1,560,000		1,730,000	4.1HA	253M2	2,000,000
	1,295,000	188M2	185M2	1,458,000		760,000	520M2	81M2	865,000
	1,155,000	204M2	108M2	1,023,000		880,000	232M2	90M2	1,050,000
	950,000	129M2	84M2	1,055,000		1,050,000	451M2	157M2	1,180,000
	1,380,000	301M2	210M2	1,610,000		1,100,000	214M2	145M2	1,250,000
	1,210,000	240M2	145M2	1,360,000		1,050,000	792M2	159M2	695,000
	1,105,000	596M2	242M2	2,200,000		980,000	371M2	210M2	1,160,000
	1,675,000	450M2	275M2	2,230,000		1,050,000	612M2	98M2	1,065,000
	1,240,000	223M2	189M2	1,350,000		1,100,000	689M2	81M2	1,050,000
	1,775,000	808M2	220M2	1,965,000		960,000	700M2	130M2	1,090,000
	860,000	131M2	85M2	945,000		1,125,000	729M2	190M2	1,300,000
	900,000	116M2	92M2	884,000		750,000	116M2	94M2	850,000
	1,090,000	143M2	168M2	1,200,000		930,000	384M2	96M2	985,000
	1,235,000	216M2	176M2	1,430,000		1,225,000	661M2	100M2	1,100,000
	1,285,000	4632	210M2	1,050,000		1,030,000	495M2	90M2	925,000
	1,680,000	366M2	273M2	1,720,000		940,000	450M2	93M2	900,000
	895,000	138M2	83M2	417,391		1,200,000	503M2	268M2	1,270,000
MASSEY	1,775,000	809M2	83M2	1,625,000		740,000	685M2	72M2	694,000
	1,400,000	809M2	170M2	1,218,000		1,175,000	723M2	220M2	1,176,000
	880,000	197M2	92M2	1,015,786		1,250,000	673M2	94M2	995,000
	1,500,000	1040M2	200M2	1,280,000		1,050,000	608M2	175M2	1,155,000
	1,200,000	615M2	300M2	1,300,000		1,050,000	556M2	181M2	1,360,000

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

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**Graham McIntyre**  
027 632 0421

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



**BUSINESS - TOWN CENTRE ZONE - HUAPAI**

3 1 1

**By Negotiation**

**8 Oraha Road, Huapai**  
By Negotiation

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



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**AS NEW - WITH DEVELOPMENT OPTIONS - MIXED URBAN**

4 1 1

**By Negotiation**

**29 Hewlett Road, Massey**  
By Negotiation

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



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**LOVED FOR 50 YEARS - KIWIANA IN MASSEY**

3 1 1

**By Negotiation**

**60 Glenbervie Crescent, Massey**  
By Negotiation

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

[www.mikepero.com/RX3273585](http://www.mikepero.com/RX3273585)



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**READY FOR SUMMER BBQ'S - WEST HARBOUR**

3 1 1

**By Negotiation**

**100 Moire Road, West Harbour**  
By Negotiation

A sizzling hot option for you to have a great BBQ area, and a relaxed option to buy and move right in, no fuss, no bother. If you've been searching for a smart and simple three bedroom home in West Harbour this property may top your list. A genuine standalone home on 354 square meters of land (approx) with established gardens and secure fencing. The landscaping is contrasting and modern which integrates with the home through north facing decking and generous slider. An open plan lounge, dining and kitchen with central hall to three good sized bedrooms and bathroom. Downstairs has storage, double garage and laundry. Built to last with Palisade weatherboard system and decromastic tile roofing.

[www.mikepero.com/RX3136972](http://www.mikepero.com/RX3136972)



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

**By Negotiation**

**131 Colwill Road, Massey**  
By Negotiation

On offer is three house on one site spanning over ½ an acre and an idyllic waterfront and bush accented paradise. If you wanted to bring the entire extended family this is the offering that will house you all. 131A is an attached three bedroom one bathroom home with double garage over two levels offering high stud and sunny aspect. 131B is an attached three bedroom one bathroom home with single garage over two levels, also delivering a great aspect. 131 is a character four bedroom home with two bathrooms and two lounges and balconies that ensure the alfresco living is never compromised. A very unique offering for the big family that wants a collective haven but individual sanctuaries. A short walk to the water, convenience shopping primary school, parks and transport links.



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**IDYLLIC PARK LIKE SETTING - CHARACTER ESTATE** 4 2 2

**Asking Price \$1,795,000**

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

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



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# Central's Tips

May 2022



Prepare beds for winter planting of garlic and strawberries, protect young seedlings against slugs and snails. Time to plant the winter herbs and get clever about sourcing a cold frame to help vegetables along in winter



Plant now for winter flowers and scent, identify your favourite autumn trees. Use gypsum on areas that get boggy and use Lawnganics ROOTS on the lawn and around plants to build strong roots. A clean-up copper and oil spray is beneficial.

## The fruit and vegetable garden

- **Prepare beds for traditional mid-winter crops** such as garlic, onions, asparagus, and strawberries. Compost, blood and bone and Aquaticus Soil Conditioner (ground mussel shell) are all ideal.
- **Chinese Snow Peas can be sown from now on**, but ensure you have a wall or a frame for them to reach their mature height of 1.8metres.
- **New winter vegetable seedlings such as cabbage and broccoli** need to be protected from late season attacks by caterpillars, slugs and snails. Spray for caterpillars or use slug bait around seedlings
- **Check lemon and other citrus trees for scale infestations** on the backs of the leaves in the form of hard brown lumps. Spray with mineral oil
- **Place pots of winter herbs by the kitchen door** - thyme, rosemary and bay leaves are staples for infusing flavour in cold weather food
- If your **maturing feijoa and citrus fruit have been attacked by guava moth**, make a note for the coming spring season when traps can be used to control them
- **Need a cold frame to grow vegetables?** A cheap and easy solution is a demolition window frame that can be lent against the house or shed in a sunny spot

## The rest of the Garden

- **Get hardy cold season annuals in for winter flowers.** Plant polyanthus, poppies, primulas, pansies wallflowers, stock, sweet william and cyclamen
- **Loving the autumn colour?** Take photos of the trees and shrubs you like then take them to your local garden centre. They'll be able to identify them and let you know what they'll need to grow well
- **Plan for some winter scent** - wonderful, scented flowers in winter include daphne, wintersweet, boronia and the Burkwood viburnum.
- **Organic product Lawnganics ROOTS should be applied now** to give some extra nutrition to build winter resilience in the lawn
- **Mulching helps:** a layer around prized plants neatens the look for winter and has benefits such as protecting exposed roots from cold, limiting weed growth and evenly dispersing heavy rainfall
- **Boggy areas developed in winter?** Apply a layer of gypsum to those areas, to open up the clay and aid drainage
- Once leaf fall is finished, **a copper and oil spray over deciduous fruit trees** helps strengthen against disease and stops scale developing

## Project for May

### Nature's Planting Time

With more time at home these days, take the opportunity to get new plants established. Late autumn is a great time for this because shrubs and trees have time to settle into their surroundings before winter hits in earnest. Plant into weed-free Living Earth Garden Mix which has plenty of fertilizer included to nurture everything.

For all the products you'll need to get new plants established visit [www.centrallandscapes.co.nz](http://www.centrallandscapes.co.nz)





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# Turn dirt into gold.

Landscaping your property can really enhance its value. Whether you're planting, paving, mulching, adding some pebbles or building raised beds, the team at Central Landscape Supplies can help with all your needs.

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



# Hot Property



## Single level living – as new refit

Set in the very Heart of Hobsonville, close to shops, transport links, restaurants, parks and the hustle and bustle of this metro village. Flat walking areas, good footpaths and a short stroll to the bowling club and the RSA. This is a downsizers paradise, sure to find a place on your buying list.

Seldom do you get the opportunity to buy something so good in this

price bracket. A full refit and extensive builders report completed on this three bedroom freestanding home in the heart of Hobsonville.

Land area approx 350 square metres (more or less) and 130 square metre home.

So much on offer here with a spacious lounge area that leads onto a large open plan kitchen-dining giving you access to the outdoor deck area. Three generous bedrooms (1 Master and 2 Doubles) with a family sized bathroom, separate toilet and laundry.

A single garage with remote and additional off-street parking for two cars. Keep all your valuables tucked away while the fully fenced yard off elevated decking ensures playtime for pets and children

# Hot Property



alike.

A fully refitted home that provides easy living and a location that is absolutely central to convenient living with a short walk to shops, restaurants, parks and transport links.

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

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# Home & Garden

## Tile Wright

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

With over 6 years' experience in the industry, we pride ourselves on high quality workmanship. We cover most of Auckland, have competitive prices and offer a workmanship warranty on all work. No job too small, we cover it all. Call us today on 027 260 8225 for a free no-obligation quote.



## Laser Plumbing and Roofing Whenuapai

Your Plumbing, Roofing & Drainage Experts in West Auckland

When it comes to plumbing and drainage, DIY repairs can result in health and safety risks, not to mention potentially expensive mistakes.

If you are experiencing sewerage smells, overflowing drains, no or extremely hot water, ceiling leaks, overflowing guttering or gas smells, then it is definitely a good idea to call a plumbing



professional.

Laser Whenuapai is your local plumbing professional that can help with any of these issues and more. Dripping taps, a slow draining sink, blocked toilet, low water pressure, clogged waste disposal or backflow issues. We have a talented team of maintenance plumbers who can easily remedy any plumbing issues, on time and hassle free.

We are also excited to share that we now offer a Supergold card discount. Just let us know you have a Supergold card when you book in your plumbing job, and we will give you 20% off your first hour of plumbing labour.

We do more than just fix your plumbing problems. Maybe you are thinking of building a house? We know building a new home requires a lot of important decision making, which is why we will take the time to discuss your plumbing and drainage 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.

Does your roof leak? Or does it need replacing? We find and fix roof leaks and offer full roof replacements. Your one stop shop for all your plumbing, drainage, and roofing needs. And best of all, we offer free, no obligation quotes.

Contact Laser Whenuapai today on 09 417 0110 or [whenuapai@laserplumbing.co.nz](mailto:whenuapai@laserplumbing.co.nz) or visit our website [whenuapai.laserplumbing.co.nz](http://whenuapai.laserplumbing.co.nz) for more information.

## Ferns for your garden

Autumn is here and so are our ferns at Awa Nursery. Often ferns are overlooked when designing a native garden, but the lush green fronds can add texture and interest to your garden - not to mention the iconic nature of the silver fern.



Most gardeners will associate ferns with shade, and certainly, if you have a spot in your garden which is shady or semi shaded, ferns are an excellent choice. The biggest consideration when planting a fern, is adequate moisture and a sheltered spot with little to no wind. Your fern will not tolerate waterlogged soil, so make sure your soil is free draining and compost enriched. Put mulch around the roots to keep the soil cool and help retain moisture. In summer and during any dry period, water roots and trunk at least 3 times per week, other times twice per week in the absence of good rainfall, and remember a good deep water is required rather than a light sprinkle. Do not drench your ferns from the top, just a light top watering is recommended to avoid crown rot. Fertilise your ferns once a year with a slow-release fertiliser. If fronds on your tree ferns brown off suddenly it can be due to wind burn, so it will require for more protection from the wind and adequate moisture. Awa

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

# Home & Garden

Nursery currently has tree ferns and ground ferns, and autumn is the ideal time to plant. Pop along and pick up your iconic fern and give your garden design a distinctive New Zealand feel.

## Wash Rite

Philip and his team are based in Te Atatu Peninsula and service from Blockhouse to the west coast beaches and north through to Helensville. They are experts in all aspects of exterior cleaning and there is no job too big or too small for this expert team.



Wash Rite gives a 100% satisfaction guarantee to our work and has numerous customer reviews with 5-star ratings all around.

We take HUGE pride in what we do and love being a part of Wash Rite.

Wash Rite West Auckland is your local family business run by Philip & Mel and their amazing team offering services to commercial, rural and residential buildings.

Philip and his team at Wash Rite West Auckland offer their clients a full range of exterior cleaning services including:

- Low-Pressure House Washing
- Soft Washing
- Moss & Mould Roof Cleaning
- Gutter Cleaning
- Roof Cleaning
- Commercial Building Cleaning
- Drive & Hard Surface Clean
- Deck & Fence Cleaning

For a free quote, give our office a call on 0800 101 216.

## Obsidian Glass

Did you know that up to 50% of heating is lost through windows? Double-glazed windows are an excellent way to reduce heat loss, and energy transference, and add comfort to your home. Double-glazing became compulsory for all new builds in 2008, which means you are likely already benefiting from lower power bills throughout the year.



However, over time the seal in double-glazed units will break down. This allows moisture into the unit, resulting in foggy windows, which will continue to worsen. It is impossible to wash this condensation off and can look quite unsightly. This also means the insulation effect of double-glazed units can also be lost.

Double-glazed units typically carry a 10-year manufacturer's warranty in New Zealand and the only fix for this kind of condensation is to replace the double-glazed unit with a new one.

If you have any concerns about your double-glazed units, contact Owen from Obsidian Glass. Owen has 15 years of experience as a glazier and sees more and more foggy double-glazed units in West Auckland homes, especially as we enter the cooler months.

Website: [www.obsidianglass.co.nz](http://www.obsidianglass.co.nz). Email: [sales@obsidianglass.co.nz](mailto:sales@obsidianglass.co.nz).

## Whenuapai Floral and Garden Circle

Thirty-three members attended the recent meeting in Whenuapai, our first since May last year. The volume of conversation may have given the impression of many more but simply expressed the happiness of friends meeting once more. It is thought we are the only Garden Club in the Auckland area to meet during the daytime.



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# Home & Garden

Welfare of members was discussed and the death of Doreen Dodge last month was acknowledged with her being the last of our foundation members from the club's beginning in 1986.

Upcoming outings planned include High Tea at Alberton Hall, a trip to the movies at the Lido in Epsom in May and a luncheon at Huapai in June.

Refreshments were served after the meeting with an opportunity to share gardening experiences, or just catch up socially before heading home or away to celebrate Easter.

Meetings are held at the Village Hall in Waimarie Road at one o'clock on the second Thursday of the month. New members are most welcome. We look forward to meeting you.

Entry fee is \$4 with an extra dollar per raffle ticket. Pretty good prizes too.

Until next time, Happy Gardening from Mary Anne Clark.

## Inspections for new fences, pools or subdivisions

Wanting to build a fence, subdivide or put a pool in your yard? You may be required to apply for a Works Over Approval which we call a Pre-Build Inspection.

Typically, before proceeding with any of these three projects, an engineer or Watercare representative will ensure compliance is met and that the process won't put Watercare assets at risk of getting damaged.

HydroVac's CCTV division will visit your site and ensure that the



condition of any public sewer system is investigated before or after any work takes place. This inspection procedure is carried out with CCTV equipment and still images that you can keep on record.

Most people who build pools or fences etc. usually use contractors who are aware of following these procedures but say Joe Blog down the road builds a fence and hits a line because he didn't get consent, he would be in trouble and liable for repair costs to the pipe. Doing a Pre-Build Inspection helps you to mitigate this risk, plus it gives you a record of the pipe's condition before you start work so you have something to fall back on if necessary.

The process involves inserting a sophisticated camera into the pipes for inspection. For larger pipes, like those used in sewerage systems, a CCTV tractor is used. The operator pushes the camera inside the pipes and checks for possible problems such as clogs, cracks and leaks.

Some key things you can check via a CCTV pipe inspection:

- Hairline cracks which affect the integrity and stability of the pipes
- Bigger cracks which can affect water pressure and bring sand and silt inside the pipes
- Tree roots and other organic debris stuck inside the pipes
- Punctures on the pipe due to previous renovation work
- Corroded or severely damaged pipes and assembly joints
- Location of other pipe joints and how to access them

At HydroVac we also provide an As-Built Inspection which is an overview of the property, with the pipes that have been located and their depths. This gives you a good idea of what is below the ground on your property before you start any kind of construction, hopefully helping you to avoid any expensive mistakes. Please reach out if you are thinking of adding a new fence, pool or subdivision - we're local and we'd be happy to help. [www.hydrovac.co.nz](http://www.hydrovac.co.nz) or 0800 493 768.

## Western ITM

The annual Mighty ITM Hardware Sale is on now at all Western ITM Stores and runs till 31st May. They've got roaring great deals on hardware, power tools and accessories plus bonus buys galore.

Trade Breakfast Event:

Calling all tradies and serious DIYers...

Join the team at Western ITM in Whenuapai, Wednesday 11 May, from 6:30am till 9am for their annual Mighty Hardware Sale Day. Stop in and check out their roaring great deals on tools, hardware and much more. A BBQ breakfast is provided with complementary beverages and several key suppliers onsite plus giveaways on the day.

Western ITM. Locals Supporting Locals.

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**WEDNESDAY 11TH MAY 6.30-9AM**

# Home & Garden

2 Airport Road, Whenuapai  
 154 Main Road, Kumeu  
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[www.westernitm.co.nz](http://www.westernitm.co.nz)

## Unlock the value of your property

Do you love where you live, but not the house you're living in? Or perhaps your home is on a larger site and you've been thinking of subdividing and building a new home – whether it's to sell or rent out for extra income. Signature Homes makes it easy with their Subdividing Services and Knock-Down & Rebuild process.



Signature's team of in-house experts know the Auckland Unitary Plan like the back of their hands, and their new home consultants and architectural designers will work closely alongside you to bring your vision to life. Signature Homes is a one-stop, full-service solution for your new home project, no matter how big or small.

Right from your initial site appraisal to the handing over of your keys on settlement day, you'll have your own Signature team beside

you to guide you through your journey and ensure your home is exactly what you envisioned. There's plenty of pre-designed plans to choose from, or the team can work with you to design something bespoke to your needs and lifestyle.

A range of minor dwelling plans are also available, all below 65m<sup>2</sup>. These plans allow you to bypass the council's subdividing process and are great if you have a smaller site or just need some extra room for the kids or extended family.

For an obligation-free consultation and site appraisal, contact Signature Homes West & North-West Auckland on 0800 020 600 or visit [signature.co.nz](http://signature.co.nz).

## Lawn Mowing 4U

Lawn Mowing 4U is a local family owned and operated business committed to providing a high standard of lawn care in the West Auckland area.

Our service includes lawn care, hedge trimming, weed spraying, gardening and general yard care. We take pride in our work and aim for our customers to be 100% satisfied. We have been



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**Office:** 80 Main Road, Kumeu  
 Open Mon - Fri | 9am - 5pm



# Home & Garden

servicing the West Auckland area for over three years now.

Lawn Mowing 4U are helping property owners whether it is residential or commercial to have a perfect lawn.

Lawn Mowing 4U is your first choice if you need regular maintenance for your lawn or a one-off job. If you are thinking about selling your property and want top \$\$ our team will help to present your lawn and backyard to amazing looks. If you are moving house or want to tidy up your section for an end of tenancy, call Lawn Mowing 4U to help.

Contact us on 021 071 4610 Alawnmowed4u@gmail.com  
Facebook: - @nzlawnmowing4u.

## Tile and grout cleaning and re-colouring

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



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

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

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

# ECHO

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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.

## Rabbits, rabbits, rabbits

The summer has passed and the days are shorter, and all of a sudden we notice rabbits everywhere. What seemed like one or two has now changed to 20. Experts say for every one rabbit you see above ground there are 10 underground.



Rabbits are destructive in gardens as well as in pasture and breed all year round in our warm climate. Culling rabbits in autumn is a good idea as you can see them easier at dawn and dusk, and it keeps the population down heading into next spring. NZ Biosecurity Services can help you with your rabbit culling, give us a call any time and speak to one of our animal control experts. 09 447 1998. Source: Auckland Council www.tiakitamakimakaurau.nz.

## Autumn for your lawn

I do bang on a bit about it but autumn is the perfect time to begin increasing the mowing height of your lawn, especially in sheltered and shaded regions of your garden. You ought to be leaving at least 50mm (5cm) of leaf on your lawn, even up to 60 - 70mm (6-7cm) in substantial shade. To be specific this offers a greater leaf surface zone for your lawns for photosynthesis, allowing the grass to create essential sugars which are key for its general wellbeing. Keeping that additional length will also be valuable when winter arrives, as the grass leaves have a tendency to end up less frost affected with just the very tips dying off, leaving green growth underneath and a stronger spring recovery.

Getting the soil pH correct

And to be a bit more technical, pre-winter is a good time to check your soil pH. Out of balance pH levels not only affect the way your lawn looks, but will also reduce the impact of fertilising your lawns. The ideal lawn pH level is 6.5, which is a bit acidic. If you do need to adjust a low soil pH, you can use Sulfate of Ammonia, which will work to correct alkaline soils.

Improve your lawn before winter



# Home & Garden

You should always apply a decent fertiliser to your lawn before winter arrives. This is probably the most important feed you will give your grass all year, and Easter Weekend is usually a good time to schedule it. Give your grass a decent feed with a NPK fertiliser, so that your grass has the capacity to create that sound matt of leaf development I often talk about, it'll help keep out those winter weeds, and build the solid roots to battle the winter coolness.

Gary Turton - Jim's Mowing phone 0800 454 654.

## Top tips for saving power

1. Appliances - Not using it? Switch it off at the wall. If the wall switch is on, you're still using a bit of power.

2. Lighting - LED lights are slightly more expensive to buy, but they last 10 to 20 years - and use far less electricity.

3. Hot water - Make sure your hot water cylinder is the right temperature. Too high and it'll cost you more to heat, too low and bacteria may breed. We recommend a temperature of 60 degrees Celsius or higher to prevent the growth of Legionella bacteria

4. Washing Machines - Put your washing on a cold setting. It cleans just as well, and the Energy Efficiency and Conservation Authority (EECA) says it saves up to 10 times the power.

5. Timers and sensors - Timers and sensors are a cheap and cheerful way of turning off things that aren't being used.

Group your appliances (for example the TV, gaming console and decoder), with one timer. It'll sense when the primary load, such as the television, is switched off - and turn off all the rest. Clever, and cheaper.

6. Heating - Good insulation and efficient heating make it easier and cheaper to heat your home to healthy and comfortable temperatures.

If you'd like to discuss some of these tips further and hear about how we can help you save money get in touch with Blackout Electric today. Phone: 022 500 5856, Email: info@blackoutelectric.co.nz.



## Drain Ninjas

We are a local family owned and operated business.

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are available 24 hours a day 7 days a week for emergencies. We understand the importance of service and solutions along with providing advice for healthy drains in the future. Which makes us a reliable business as well as the first choice of commercial and domestic customers.

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## Waimauku Garden Club

The seasons roll on and we are well and truly into autumn. It was a long, hot summer and our gardens are thirsty for more rain and cooler weather.

Waimauku Garden Club continue our monthly visits, whilst remaining prudent in our activities under Covid settings. Planning is more difficult, so we are taking it month by month for future visits.

In April we are remaining relatively local and visiting the Kaipara Coast Sculpture Gardens. Here we can kill two birds with one stone, touring through their gardens with 3.5kms of garden, sculpture and forest trails and also having morning tea and lunch in their Coffee Shop. To make things even better the Plant Centre has a great range of plants to purchase and I am sure many of our members will be tempted and make purchases.

Future visits, although yet to be confirmed, include a trip to Matakana and another to Whangarei, a visit to gardens in Clevedon and a spring day out to Cornwall Park and environs. During winter we plan visits with an indoor setting including a movie and a mid-year lunch.

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

Ann 021 035 7406, Diana 027 478 8928, Donna 021 233 0974, Judy 027 272 9994, Moira 027 498 9154.

## \$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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# Pets

## Cat lovers we need your help

The NZ Cat Foundation has a sanctuary based in Huapai which houses over 150 cats. We offer safe sanctuary for older, disadvantaged and un-homeable rescue cats where they can live out their lives in safety and comfort. We need regular volunteers to help with routine chores so our cats can



enjoy happy, healthy, safe lives. We are looking for volunteers who are mature, have a sense of responsibility, are good team players and dedicated animal lovers. Helping at the sanctuary is a popular way to fulfil community service hours for Duke of Edinburgh, St John's, Scouts, Guides, church, university, animal sciences studies, etc. We are happy to sign off on your hours and provide any needed verification of your service. We rely heavily on volunteers on a daily basis and desperately need more.

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

## I don't need you. I choose to enjoy time with you.

Animal communication is all about relationships - you wouldn't ask if you didn't care. This weeks 'Human Development Coach via Animal Wisdom' is a diminutive young cat named Luna. Her wisdom invites us to ponder the foundation of all our relationships - Control/Transactional/ Fear vs Freedom/Unconditional/Love.



Our nervous system tells us we are safest in relationship - not that long ago, in nervous system evolution terms at least, social exclusion meant we were vulnerable to predators. Humans thrive in connection and Brené Brown says 'love and belonging' are

irreducible human needs.

Things can get messy, because we simply can't control the feelings of another. We can control some of their behaviours, through fair and foul means, but not their attitude to us. Yet we all know that love can only be given freely and we can feel the energy of genuine caring verses manipulation - so can our animal family. Luna is giving her love freely to Jane and vice versa - it's delightful for both to feel reciprocally chosen.

Luna shared that the most important thing to her is freedom. She doesn't need Jane to survive, but she chooses to spend time with her because she enjoys it. Resourceful, proud, a survivor and vigilant - all useful traits when she lived on the street. Jane asked why she bites to which she showed she wasn't keen on hands - to her they felt 'grabby and pokey' which she communicated with a mind-movie of them coming at her that I found myself ducking and weaving to get away from. Her biting was useful to keep hands at a distance. She showed that if she were able to choreograph the connection she liked to snuggle in by Jane's thigh and be stroked by her elbow and forearm. I have heard, that since our session, she has jumped up into Jane's lap. Wishing you time with your animal family, of choosing and feeling worthy of being chosen.

All Animal Communications are done remotely, via a photo and insights are shared via a recorded Zoom call so you can re-listen as often as you wish. Please contact Suze Kenington at [facebook.com/AnimalsInYourHeart](https://www.facebook.com/AnimalsInYourHeart) or [AnimalsInYourHeart.com](http://AnimalsInYourHeart.com).

## 98% Reduction in Dog Bites with Education

The Dog Safe Workplace was established in 2016 when it created an Online Training Platform for industries where the staff are required to enter properties where dogs are present. Prior to 2016 they offered only Face-2-Face training.



Moving forward 6 years and they now offer Face-2-Face, Online, Video Conference via Microsoft Teams and they can now create a SCORM file to sit on your companies Learning Management System.

In the latest report from ACC - the highest industry for reported dog bites in 2021 was in the Health & Community Services Sector. This includes nurses, midwives, Plunket, Ambulance Officers, in home care and many more.

Each year in NZ we see an increase in dog bites, even with lockdowns

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LICENSED SALESPERSON  
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# Pets

and restrictions on travel. 2021 reported over 13,500 (we know that less than 40% are reported) at the cost of over \$6 million.

So, who uses this service? Meter readers, Delivery Personal, Real Estate Agents, Statistics NZ, Dept of Corrections, security firms, food delivery personal and the list goes on.

Does it work? YES!!! One client has reported a decrease of over 98% since instigating the training.

The Dog Safe Workplace also has a program called Dog Safe 4 Kids which is available for families, community programs and schools.

If you or someone you know comes into regular contact with dogs and they would like more information on how to stay safe. Contact Jo on 0508 DOG SAFE or email her on jo@dogsafeworkplace.com.

Also remember if you see the Dog Safe Workplace car turning into Juicy Coffee stop in the morning, jump in behind her and Jo will shout you a coffee to get your day started properly. Helping Support Local Business.

## Tips on moving house with a cat

Cats moved to a new home sometimes want to return to their old surroundings. If you are going to allow your cat to be outdoors, contain your cat indoors for at least two weeks, feeding as usual and providing a litter tray. During this period introduce the cat to the new home. Once the cat has been introduced to the whole house, let the cat roam the house to get his/her bearings, keeping doors and windows closed

keep other aspects of your cat's life as consistent as possible around a move (for example, maintaining the same routine, feeding the same, and keeping familiar objects with the cat, like favourite beds or toys) and to spend lots of time keeping your cat company in the new house and helping him/her to feel secure and at home.

It is essential to update your cat's the microchip details up-to-date if you move house. Update your microchip details at: [www.animalregister.co.nz](http://www.animalregister.co.nz)

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## Dog&Co.

With winter just around the corner, an outdoor pet photography session may not exactly sound appealing (although winter sunsets are stunning). With this in mind, it is the perfect time to consider studio photographs. I have 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 backdrop. 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](http://www.dogandco.nz) Email: [kirsty@dogandco.nz](mailto:kirsty@dogandco.nz)

## K9 Heaven

If you own a dog and you're wondering where to send your best friend for daycare, boarding or grooming, K9 Heaven (The Country Club for Dogs) may just be what you're looking for. Their 10 acre fully fenced property with farmland and pond for your dog is conveniently located just 6 minutes from the Massey off-ramp on the North-western motorway, or 7 minutes from Westgate. The focus of new owners, Tanya Arnesen and Ollie Such, and their dogs Merc and Cleo, is to bring love, care, and fun to your dogs and a great experience for you. Tanya, Ollie, and the K9 Heaven team run a "trial-day" so you and your dog can see and experience what K9 Heaven (The Country Club for Dogs) has to offer. - K9 Heaven.



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# Food & Beverages

## Peko Peko

After the long 2 years since we had a first lockdown, finally we are looking for more freedom. We have been in ups and downs, but we really appreciate your ongoing support. Takeaway has always been pretty busy and we are happy to open the dining area again. If you haven't tried our food yet, please come along. We are the only Japanese-owned Japanese restaurant in the neighbourhood. We only use rice bran oil, free range chicken and eggs, homemade sauces and we pride ourselves on serving fresh and honest food. You can find us on 102c Hobsonville Rd, check our FB and Instagram @pekopekonz or visit our website [www.pekopekojapanese.nz](http://www.pekopekojapanese.nz) Fully licensed. Phone 09 416 1197.



## A bit of Deliciousness

Specialising in Gluten free, vegan, keto, dairy free, refined sugar free and low carb sweet treats and espresso to go, Deliciousness is a fun and funky little caravan located in Massey.



After working in the hospitality industry for 20+ years as a chef, Carly noticed that it was sometimes difficult to find cakes/ slices that catered for multiple dietary requirements and that also tasted amazing.

We also have a selection of regular slices as well and our cabinet selection is often changing. We source our coffee beans and hot chocolate from Velvet Espresso, a small boutique roastery based in Henderson. Our hot chocolate is gluten free and vegan certified and we offer a wide range of alternative milks.

We also offer catering and no order is too big or too small.

Follow us to keep updated with new products. Facebook - Deliciousness. Insta Deliciousnessnz

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(On the Redhills Road side, across from the shops) Monday to Friday 6am - 12pm Saturday 7am - 12pm.

## Soljans Estate

Our themed dinners are back! Join us on the 27th of May to celebrate the tastes of the South Pacific. With a gorgeous 5 course degustation designed by our team of chefs, and a stunning range of wines to match, you won't want to miss this one! Tickets are \$89 per person, with wine pairings available at \$45 per person.



## Elderberry syrup recipe

Elderberry syrup is an ancient and traditional remedy, most commonly used to assist with coughs and colds. Elderberries are tiny, dark burgundy-coloured berries that are sour in taste and contain many nutrients, in particular, high levels of antioxidants. Elder trees grow well in Auckland and can be propagated from cuttings. The flowers are often used to make cordial or wine and are typically ready in early-mid summer, with the berries being ripe in mid-late summer. Trees will often contain both flowers and berries at the same time.



Elderberry syrup can be taken by the teaspoonful daily as a tonic or at the onset of a cough or cold several times a day, or mixed with chilled carbonated water to make a soda drink.

Ingredients: ½ cup elderberries (dried), 2 cups water, approximately 1 cup of honey, ½ teaspoon cinnamon, ½ teaspoon ginger, 2 cloves.

Method: Place the elderberries in a saucepan with the water and spices and bring to a simmer. Cook until the liquid has reduced by half. Remove from the element and strain. Use the back of a spoon to squeeze out any juice. Measure the juice and add back to the saucepan and return to the heat. Simmer until the syrup coats the spoon and leaves a light, toffee-like effect. Remove from the heat and cool a

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# Food & Beverages

little before bottling into a sterilized bottle. Once opened, store in the refrigerator for up to one year.

Certified organic elderberries and other herbs can be purchased from our online store at: [www.NewZealandHerbalBrew.co.nz](http://www.NewZealandHerbalBrew.co.nz).

## Don Buck Honey

For Don Buck Honey and residents of Henderson-Massey, this is as local as honey can get.

This wee batch was made by bees that live in my backyard in Massey. Everything else my bees produce comes from forests or the farms, but this batch was foraged from the parks, gardens and gullies of our neighbourhood. I call it Neighbourhood Honey.

It is a very runny, bright, and clear honey compared with what my other hives produce, and likely contains nectar from at least a few of the following: Clover, lotus, pohutukawa, bottlebrush, penny royal, tea tree, borage, lavender, dandelion, cosmos, mint, rosemary, and anything else growing within a few kilometres of my back garden.

\$12.00 - 370g Limit of one per order.

Very limited reserve - get one quick. Discounts for mix-and-match purchases. Order via online store - pickup option available at checkout for Auckland-based customers. Chris Northcott. [www.donbuckhoney.co.nz](http://www.donbuckhoney.co.nz).



## Hallertau

When our new Chef, Logan Coath, joined the Hallertau family in August 2021, he wasn't expecting his first task to be all about creating people-pleasing takeaways during a lockdown. Based on the number of Haloumi Burgers and Fish 'n' Chips you guys got your sandwich grabbers on during that time, it's safe to say he nailed the brief and pleased the people.



A longtime Westie, Logan shares our passion for this community.

When Logan first sat down with Hayley and Steve, the thing they chatted most about was the abundance of delicious, local produce accessible to each Hallertau venue. It was then we knew we'd found a kindred spirit for the kitchen and our next Hallertau hero.

Logan is determined to create menus that harmonise with the Hallertau beer list and feels familiar.

He states that "Putting a menu together is a bit like a journey. It's about looking at your surroundings and letting those surroundings inspire you. I'd like to get the team to visit the farms where our produce comes from too. Those relationships are good to develop. After all, our local farmers are also our local beer drinkers."

## Westbrook

From the team at Westbrook, lots of aroha to all the mums this Mother's Day! Where would you be if it weren't for yours? Show her some love and bring her to Westbrook Winery to enjoy our delicious wine and a gourmet platter or pizza. Not only will you be the favourite child, but Mum will also go in the draw to win a Westbrook voucher and goody basket worth \$150. Visit us with your Mum throughout the month of May and place her name in the draw. The winner's name will be announced on June 1st on Facebook, so make sure you're following us.



May is also an exciting month in the wine space because the whole world celebrates one of the mightiest grape varieties, Chardonnay. We are very proud of our two multi-award-winning 5-star Chardonnays; our stunning Waimauku Chardonnay boasts citrus and stone fruit aromas with toasty nutty notes, while the fabulous Barrique-Fermented Marlborough Chardonnay is rich and creamy, with butterscotch, citrus, and spicy notes.

So this May, celebrate Mum and Chardonnay Day at our beautiful vineyard. Try our delicious Chardonnay platter, matched with a star-studded tasting flight. Book online here [www.westbrook.co.nz/bookings](http://www.westbrook.co.nz/bookings) or give our friendly team a call.



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# Health & Beauty

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## Benefits of dry needling

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If you feel dry needling may benefit you and your injury recovery talk to us about scheduling an appointment.

Massey Physiotherapy phone 09 832 3619, email physio@masseyphysio.co.nz, 173 Royal Road, Massey, Auckland.

## Eight A's for emotions

Feelings are important. They matter. We all have them. I have spent most of my life trying to avoid them with drink, drugs, smoking, food, tv and books. I developed a process to help me with my feelings from my own life experiences, 21 years in 12 step programmes, online research, as well as input from teachings or books.

1. address any myths you might have around feelings such as 'feelings are a burden'
2. Become aware of feelings and words to describe them
3. Allow yourself to feel the emotion as close to it occurring as possible
4. Accept your feelings without distraction or attempts to change them



5. Acknowledge any thoughts that go along with the feelings (or are creating the feelings)

6. Articulate your feelings out loud to yourself

7. Once feelings have subsided analyse and examine your thinking

8. Decide what appropriate action to take

I have a detailed 7-page pdf of this 8As process; request it by emailing me [lorraine.maguire@xtra.co.nz](mailto:lorraine.maguire@xtra.co.nz)

Or if you need help with your emotions. Get in touch. Lorraine Maguire - Rapid Transformational Therapist, [www.lorainemaguire.com](http://www.lorainemaguire.com).

## Fish for health

Good fats are critical to good health. The omega-3 fatty acids are essential nutrients. They are vital to preventing many common diseases. Let's dive (excuse the pun) into how fish oils do that.



Omega-3 fatty acids (like fish oils) decrease LPS (lipopolysaccharide) levels in the body. This is a good thing because LPS can trigger the immune system to go into an alarm mode, resulting in inflammation. This inflammation is a key driver of pain, obesity, heart disease, type 2 diabetes, non-alcoholic fatty liver disease, and Alzheimer's disease. In fact, the accumulation of LPS in the blood is known as endotoxaemia (which sounds as serious as it is!).

Fish oils contain great levels of two good fats (EPA and DHA). Plants contain omega-3 fatty acids in the form of ALA (alpha linolenic acid) which the body can convert into the active good fats, namely EPA and DHA. However, this conversion is quite poor. The conversion is enhanced with estrogen, which means that men and postmenopausal women really need to get their good fats from fish.

Salmon and sardines contain the highest levels of EPA and DHA of all the fish species. They contain more than 1500mg per 100g of fish. Compare that to snapper and hoki which have about 200mg of EPA and DHA per 100g of fish.

Two slices of wholemeal bread contains 70mg of ALA (which may convert to about 7mg of EPA + DHA) compared with soy and linseed bread which contains 200mg of ALA (converting to 20mg of EPA + DHA). So switching from wholemeal bread to soy and linseed bread can boost your good fats and reduce your risk of disease. Put a few sardines on top and you've got a much greater boost in your omega-3s.

I recommend taking a fish oil supplement for most people. The quality of fish oils is important because they can be quite



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# Health & Beauty

temperamental. So, while good fish oil is good for you, bad fish oil can be detrimental to your health. If you want to know what fish oil I take, pop into Massey Unichem Pharmacy and ask me or our team. Martin Harris, Massey Unichem Pharmacy 396 Don Buck Road, Massey. 09 833 7235.

## Ingrown toenails

A gradual, building feeling of pressure to the sides of the nail followed by progressing redness around the nail edges are two signs you may have an ingrown toenail.

Often an ingrown toenail occurs in the big toe, with the second toe being the next most common.

Ingrown toenails frequently get infected and an infection can come on quickly after the feeling of pressure to the nail fold (skin adjacent to the nail). Learning to understand when your nail needs to be treated will often prevent infection, save a lot of sleepless nights and prevent the "only wearing open jandals" phase of managing an ingrown toenail.

Here at Hobsonville Podiatry we can assist in reducing the immediate pain associated with ingrown toenails using our specialised equipment and years of experience.

We offer 6 weekly conservative/preventative management, to enable you to be free of pain associated with ingrown toenails. We will also advise how to manage ingrown toenails with helpful cutting techniques and identifying factors which may be contributing to ingrown nail growth, e.g. shoes, foot posture, gait and biomechanics. We also offer nail surgery for ingrown nails where conservative measures are ineffective.

If you have had or are currently experiencing the discomfort of an ingrown toenail please do not hesitate to contact us for an appointment.

Hobsonville Podiatry, Level 1 124 Hobsonville Road, Hobsonville 09 390 4184.

## The best neck exercise you are probably NOT doing

A strong neck often means a pain free neck. One of the areas that a lot of people are weak in, is the muscles in the front of the neck. Here a great exercise you can do to help strengthen them.

Lay on your back with legs bent and feet flat on the floor. Tuck your chin in and lift your head off the ground about 1cm keeping the chin tucked. Hold this position for 5 seconds and then rest. Repeat up to 5 times.

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If you are doing this and get a lot of tension in the base of the skull, you have gone too long and should stop and rest.

If you want a visual of this exercise, check out the video on the blog section on the website; [www.elevatechiropractic.co.nz/blog](http://www.elevatechiropractic.co.nz/blog)

If you have neck pain and need help call us on 09 413 5312.

## Rife frequency sessions

Not a lot of people have heard about the Rife Frequency Machine or Rife Treatments. Have you ever heard of this?

In the 1920- 30's, the Rife machine or as it was known as Rife frequency generator was developed by an American scientist and inventor Dr Royal Raymond Rife.

Dr Rife, went out to prove that each microbe has its own frequency that it resonates with and with the right light frequency that any virus or bacteria could be killed. How Dr Rife saw it was that when the light frequency travelled to the virus or bacteria at an intense rate it would explode or shrivel up and thus be destroyed. A simple explanation of this, I recently came across is that it's similar to that of an opera singing and by reaching the right tone, it could make a glass break. Due to every microbe having its own unique frequency, it would not affect any healthy cells or microbes.

There had been a number of reports during the 1930's of the significance of his discoveries and the great success it had in curing various diseases, however it was met with opposition from the American Medical Association from the 1930's onwards and



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# Health & Beauty

during the 1960's his research was banned and his equipment was destroyed. However, around the mid 1980's, after the book "The Cancer Cure that Worked! - Fifty Years of Suppression" by Barry Lynes was published, interest in the Rife started back up.

Today, Astramana™ Healing Services uses the Alixxor Rife Machine for treatments. This is a New Zealand made product. The Alixxor Rife machine has about 1 million frequencies (0-10,000 Hz). It delivers the frequencies in a safe steady or pulse mode. Generally, a treatment can last from about 20 minutes up to an hour. Each condition treated uses different frequencies, which may mean several different ones occur during the treatment. The client will either hold 2 prongs or a foot plate. The frequencies can be used for balancing chakras, various day to day conditions, wellness etc. I currently use mine for balance, onset of colds, flu symptoms, asthma etc.

It is important to remember any treatment including Rife sessions provided by Astramana™ Healing Services does not replace any treatments provided by your licensed medical provider, nor do we claim to cure any illness or disease. We are happy to work with your medical provider or specialist.

Astramana™ Healing Services, was founded by International Reiki Master-Teacher and Hypnotist Jason Mackenzie. Mobile Rife sessions are now available. Anyone interested in purchasing an Alixxor Rife machine, we are able to assist you please contact us via email to book an appointment or for purchasing information. Visit our website: [www.astramana.com](http://www.astramana.com) or email [astramana@gmail.com](mailto:astramana@gmail.com) with any questions.

## Stop these toothbrushing mistakes

One of the most common toothbrushing mistakes we see in our patients is not brushing for long enough. Two minutes, twice per day is the recommended minimum time it takes to brush your tooth

surfaces and gum line. Don't be fooled into thinking that brushing harder makes your teeth cleaner. Brushing too hard and/or with a hard-bristled toothbrush wears down your enamel and causes gum recession, making your teeth more vulnerable to damage and decay as well as increased sensitivity. Finally, don't forget to replace your toothbrush regularly - we recommend every 3-4 months, such as when the seasons change. Any older than 4 months and the bristles will be frayed and won't clean your teeth as effectively.

If you have any questions regarding how best to brush and protect your teeth and gums, talk to your dentist or dental hygienist. They can advise you on the right technique, products, warning signs to be aware of and anything else you may be concerned about.

The friendly Fraser Dental team at 1 Wiseley Road, Hobsonville is open 6 days per week, including some early mornings and late nights. Please phone us on 09 416 5050 if you have any dental concerns - we're here to help.

## Kaz Elizabeth

Kaz Elizabeth is a Makeup Artist and Hair Stylist. With over 10 years in the makeup industry, she is predominantly a mobile make-up artist and travelling locally to Whenuapai, Hobsonville, West Harbour and Massey.



From TV's commercials, weddings, special events, portraits and everything in-between.

Kaz has worked with a range of artists such as Troy Kingi, Six 60, Rudimental, Julia Deans, Trelise Cooper, NZ fashion week and many more.

To book in with Kaz feel free to check out her Facebook page under Kaz Elizabeth Makeup artist or her website [glamourtribe.nz](http://glamourtribe.nz) Follow her on Instagram @glamourtribebeauty.

Photo credit: RiKmedia.nz.

## Understanding anxiety

By Dr PaoLin Chi, New Growth Therapy ([www.facebook.com/NewGrowthNZ](http://www.facebook.com/NewGrowthNZ))

Right now, many children are struggling with anxiety. But what is anxiety? Anxiety is an uncomfortable emotion, a feeling of being tense or nervous. It may be accompanied by physical symptoms like fast breathing or sweating. Thoughts may be muddled and focus can be difficult. However, anxiety CAN be a useful emotion, designed to protect us. It's like an alarm signal, telling us when our "inner security

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# Health & Beauty

system" has been triggered. The key is to be able to choose a level that both protects AND allows for function. In essence, anxiety is like a barking guard dog. What kind of guard dog would you prefer - one that barks at everything? or one specifically trained to bark at certain threats? As a medical hypnotherapist, I work with children and their whanau to adjust their level of anxiety, so they can thrive at school, sports, and more. [www.MedicalHypnosisNZ.com](http://www.MedicalHypnosisNZ.com).

## Not catching enough zzz's?

This can affect your eyes.

We are sure you all know that the amount of sleep you get every night has a huge impact on how you feel, your body's health and your ability to perform at your best during the day. Something you may not know, is that your eye health is also greatly affected by the amount of sleep you get.



If you aren't getting a full night of sleep, you can eventually develop issues with your eyes, which may result in symptoms such as pain, light sensitivity, redness or blurred vision. Involuntary eye spasms (known as myokymia) are a common indicator of lack of sleep. Over time, lack of sleep can lead to red bloodshot eyes due to eye strain or dry eye, which is when your eyes aren't getting the lubrication they need to stay healthy.

Furthermore, if you already suffer from dry eyes, a lack of sleep can often amplify the symptoms of dry eye syndrome, causing redness, discomfort and irritation.

In order to keep your eyes healthy and fight against the symptoms of dry eye, it's vital that you get adequate sleep. Making sure you get between 6 - 8 hours of sleep each night will help your eyes to replenish and recover from a long day's work.

If you are still suffering from dry eye symptoms, even after a good night's sleep, our Dry Eye Treatments here at Westgate Optometrists may be just what you need. For more information phone us on 09 831 0202 or make an appointment to see one of our therapeutically endorsed optometrists via our website: [www.westopt.nz](http://www.westopt.nz).

## CAPE\* and its health benefits

\*Caffeic Acid Phenethyl Ester

CAPE is a natural bioactive compound. It naturally occurs in some plants and can be acquired from New Zealand bee propolis.

Most people know honeybees spend their summers gathering nectar to make honey. But nectar isn't all bees gather up: while

they're out and about, the bees collect natural resins from tree bark and sticky plant buds.

The bees then mix the natural resins with beeswax and their own enzymes to make propolis, a powerful substance rich in bioactive compounds with powerful antimicrobial properties. Propolis is then used by bees to seal every hole, block every crack in the beehive and cover all the foreign objects to protect the hive from infections and viruses.

There have been more than 180 different bioactive compounds identified in propolis.

Also, the composition of propolis varies considerably from region to region along with vegetation and climatic conditions.

Studies and lab results demonstrate New Zealand propolis contains exceptionally high levels of five major beneficial flavonoids in comparison to other countries.

In particular, caffeic acid phenethyl ester (CAPE) is found at high levels compared to propolis from other countries.

So why is New Zealand propolis rich in CAPE?

80% of the plants and trees in New Zealand are native and not found elsewhere. They are also exposed to high ultraviolet concentration. In 23 million years they have evolved their own defense systems to survive by producing elevated concentrations of bioactive compounds in their resin, nectar, buds and leaves to encourage symbiotic relationships to benefit both: them the host and other species.

Bees collect the resin, mix it with their own enzymes and produce propolis.

Since 1988 numerous scientific papers have been published showing the health benefits of CAPE in propolis. It shows numerous activity such as anti-inflammatory, neuro-protective, cyto-protective, anti-oxidant and immune-modulating activities.

"We researched these extensively with scientific groups in New Zealand, Australia, Japan and USA and closely with professor Hiroshi Maruta to shown CAPE to be one of the key compounds

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# Health & Beauty

responsible for propolis's health properties" - says Kerry Paul from Helena Health, an inventor for two worldwide patents focused on New Zealand propolis.

Propolis have been known to humans since ancient times and has been traditionally used for colds and flus, oral and dental health, typically for acne, burns, eczema, mouth ulcers and sores.

It is amazing how modern research is re-discovering propolis' properties and exploring how it works from scientific perspective.

Sources: Caffeic acid phenethyl ester protects against oxidative stress and dampens inflammation via heme oxygenase 1 | International Journal of Oral Science (nature.com)

[www.helenahealth.com/new-zealand-propolis](http://www.helenahealth.com/new-zealand-propolis)

[www.helenahealth.com/science-behind-new-zealand-cape-rich-propolis](http://www.helenahealth.com/science-behind-new-zealand-cape-rich-propolis)

Immune's-boosting agent: Immunomodulation potentials of propolis Al-Hariri M - J Fam Community Med (jfcmonline.com).

## Let it go

I once got into a lift in a building for the first time. As I turned and faced the closing doors, an elderly man was rushing to catch the same lift.

Of course I tried to find the "door open" button in a totally foreign setting and managed to hit it, just in time.

The doors opened and he entered, muttering under his breath, mostly unintelligibly, but I could catch snippets of "stupid" and "cannot even open a lift door".

The lift doors did open and I got out first. As the doors closed I could hear him seething still as the mutterings got louder again.



I happily went on my way, oblivious to this minor inconsequential event, while this poor man spent that time getting angry, despite NOT missing the lift.

Of course everyone is entitled to a bad day. But to let yourself boil and see red, get your heart rate and blood pressure up and increase the chance of a heart attack or a stroke over something minor or inconsequential just does not make sense in the grand scheme of things.

Let it go and don't sweat the small stuff.

Better to be alive and late than angry and dead.

Dr Fred

[www.rhdoctors.nz](http://www.rhdoctors.nz)

Royal Heights Shopping Centre, Shop 12, 138 Royal Road, Massey.

## Fast-feast-fast: Is fasting good for us?

Fasting has been around for millennia. Early humans fasted due to their nomadic and seasonal living - food wasn't always available when you wanted it. Fasting has also been an important part of traditional religious practice - Lent is observed by fasting for 40 days before Easter.

Now of course, fasting has become a health trend.

Research shows that those living in the Blue Zones (areas of population who have the greatest percentage of healthy people over 100 years old) all fast in some way.

There are many different ways to fast but the one that is gaining the most interest (and research is intermittent fasting) - this is where you cycle between eating and fasting (fast- feast-fast)

Some of the benefits that have been shown include:

- Fat loss (not muscle loss)
- Reduced Insulin resistance
- Reduced inflammation
- Reduced risk factors for heart disease (blood fats, insulin, and glucose)
- Possible protection from cancer, dementia and Alzheimer's (although more research is needed to confirm this)



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- Increased energy and productivity
- Longevity

One of my favourite forms of intermittent fasting is known as time restricted eating. This is when your night time fast is longer than your daytime eating. For example, you eat breakfast at 10am and eat at 6pm (8 hour window). The window of eating can be anywhere between 8 and 11 hours.

Fasting is considered safe but if you are underweight, pregnant, breastfeeding, trying to conceive or have a history of eating disorders then fasting is not a good idea. If you have any medical conditions, hormone imbalances, are on medications or an athlete then you must speak to a health professional before you fast as it might not be a safe idea.

One of the problems with fasting is not eating enough energy or nutrients so it's important to check that you are doing it correctly.

If you want to know more about fasting then go to [www.sarahbrenchleynaturopathy.com/links/](http://www.sarahbrenchleynaturopathy.com/links/) where I have a blog and a YouTube video on this topic with examples and tips on my website.

Have a lovely Easter and after you have enjoyed all that chocolate let me know if you need any help getting your health back on track.

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## Do you suffer from anxiety, depression or sheer exhaustion?

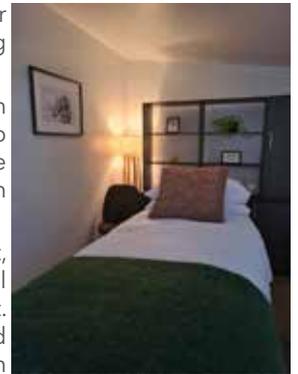
Are you recovering from an operation or illness, living in constant pain or suffering from a debilitating disease?

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Whether you just need an energy boost, wish to feel relaxed or need help to heal an illness or disease, Reiki is perfect. Reiki is non-invasive and can be used by anyone from babies to the elderly, on animals and even around situations or events. Reiki has been known to work for people with many different ailments such as Mental Health, Cancer patients, ME/Chronic Fatigue and Pain and Stress Management.

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Have a wonderful week and see you at The Cabin. Nicola James



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# Area Columnists

## Nature, Outdoors and the Role of Technology by Niki Buchan

During the current pandemic there is an increasing awareness of the benefits of taking children outside and into nature. We have long been aware of the benefits to our mental and physical well-being and now, with the added knowledge that the Covid virus is far less likely to spread outdoors, many families and schools have embraced regular time outside.



"There is mounting evidence that contact with nature has significant positive impacts on mental health, it is associated with reduced levels of stress – which also has huge ramifications for physical health, reduced levels of depression and anxiety, increased resilience, increased engagement with learning for children and adolescents otherwise disengaged from the education system, improved self-esteem and increased capacity to engage socially,"

Mardie Townsend, PhD, honorary professor at the School of Health and Social Development at Deakin University in Australia.

We now see far more families out walking, picnicking, riding scooters and spending time on the beach and in the bush. We see groups of children playing with each other, running, laughing, jumping, wrestling, collecting, and exploring. We see parents with their children building sandcastles and cubbies in our exciting outdoor spaces spending quality time together.

"Do you have to do your work now?"

These were the sentiments expressed by a 4-year-old child as the adult glanced at their phone while playing in the forest. Their whole little body drooped as if defeated, and the excited spark left his eyes.

What about modern technology in our lives? What are the benefits and risks and how does technology impact our lives and those of our children? Technology is part of the modern world and handheld digital devices have only become abundantly popular since the 1990s. This means that the first children exposed to this form of technology are now in their late 20s and early 30s, too early really for us to know what the long-term risks and benefits of this technology are for our children and for future generations.

The problem is that with the convenience of small handheld digital devices, these have permeated every facet of our lives, we can't function without our phone being within easy reach, we can't resist

checking them and of course responding immediately. They have 'invaded' all areas of our lives, many have become addicted and are filled with a sense of immediate urgency to share or respond. AND, many children now share this addiction modelled by well-intentioned adults, ask any parent who tries to take a device away or limit time on it and must deal with the fallout! Most adults can give you a 100 reasons why they have to have the phone on them at all times, how did we ever manage before 1970?

Today's babies, toddlers and young children are immersed in this culture of handheld devices. In the supermarket we see toddlers in the shopping trolley highly engaged in a device, not engaging with the adult and losing the opportunity to together explore and discuss the groceries, smelling, feeling, tasting. In the restaurant many children (and very often adults) are immersed on their phones and iPads, a lost opportunity for eye contact, and having conversations with each other. And then young children out in nature with their families. A wonderful opportunity for healthy exercise and connecting to families, the outdoors and nature except for the young child strapped into the pushchair, eyes only on their device, very often with the adult wearing earplugs as they walk past a pelican, a bush in flower or a dog.

So many opportunities for adults and children to connect with each other are lost, the device has become a barrier to communication and connection. One of the most fundamental needs of all human beings is to feel a sense of connection to another human. In these examples there is no or limited connection between the adult and the child. The adult is physically present but is not mentally and emotionally connected to the child. In research we have seen that even small babies being breastfed by their mothers display altered brain patterns when the mother stops thinking about the baby they are feeding. Children from a very early age instinctively know when that close connection has been broken.

It is not easy in the stressed, fast paced and instantaneous world we live in. Adults only want the best for children, often this means healthy organic foods, good quality care and education, the best resources, protecting them from harm and hazards, doing without to give the children the best. These same adults may then expose young children to unlimited digital devices including TV as a coping strategy for themselves probably not realising the potential and long-term harm unintentionally caused.

Recommendations are that children under the age of 2 have no screen time apart from video-chatting, children 2 to 5 years have a maximum of 1 hour a day. "The widespread use of portable digital devices has been accompanied by a concomitant rise in the prevalence of physical and mental health issues in children." (Maurer, Brian T. MS, PA-C; Taylor, Lloyd "Chip" PhD)(3.) According to other research placing a baby in front of a screen may impact a baby's brain development (1.), cause speech and expressive language delays (2.) and may impact sleep.



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# Area Columnists

When should we as adults put our foot down and say no to such technology? To intentionally create digital technology free zones or spaces to give everyone a break from the demands and sensory overload these bring.

Appropriate Technology Outdoors and in Nature

Why are we in these spaces? To connect with nature, to connect with the child, to exercise, to spend quality outdoor time with our children, to watch the birds, to build a cubby, to find bugs, to destress, to slow down, to build resilience, to have conversations and to engage with the gentle sensory opportunities the outdoors offers.

How do we achieve the above? Here we need to make the distinctions between modern digital technology, contemporary technology, and ancient technology. Technology is any tool that is used for a purpose and could include grinding stones, bow and arrows, hammers, saws, pencils, scooters, pushchairs, cameras, torches, lights, mobile phones and even the cutlery we use. There is of course a time and place for the appropriate use of each tool including the digital phone or iPad, the question is 'what and when is appropriate?'

Fit for purpose and appropriate technology outdoors might be binoculars, digital camera, magnifying glasses, journal, drawing material, bicycle, spade, bucket, junior hacksaw, rope, tape measures.

Many modern phones now have a range of convenient tools such as cameras, measuring apps, magnifying apps and, of course, Google or Siri to find information. Why would we not just use these? The problem is that as soon as the phone comes out, children disengage from the outside world and focus on the device, the drive and desire to connect with digital technology takes over. Children also know that as soon as the adult has this device in their hand, they are no longer mentally connected to the child. That is what the child at the beginning of this blog was expressing, the despair felt with the device taking the adult away from the child, the device became more important than the child. Is this truly what we want children to feel and to believe?

A two-year-old brought me a found earthworm. "Wow, you found something very interesting! I wonder what it is?" I expected the child to think and express a thought but instead got "Google it."! This made me so sad, does this mean we now have a generation of children who are unable to think for themselves, children who want to be told the answer instead of being able hypothesize, to theorise, to predict and to problem solve? Children who are unable to think scientifically.

"If a child is to keep alive his inborn sense of wonder, he needs the companionship of at least one adult who can share it, rediscovering with him the joy, excitement, and mystery of the world we live in." - Rachel Carson

What if we left the device out of sight (leaving it in the building might be pushing it for most adults) and together with the children we wondered about exciting finds, what they look, feel, smell, sound like, where they could have come from, where they may live, what they might do, what they might eat, do they look like something else. Look closely with a magnifying glass, draw it, photograph with a simple digital camera and then much, much later, confirm what it is in a reference book or an online device, if necessary. The connection you build with the child and the mentoring on thinking is invaluable. The positive memories the adult and child build through shared wonder, interests and connections will last a lifetime.

The feelings quoted by the child at the beginning were taken very seriously by the adult, the late Erin Kenny, founder of Cedarson Nature School on Vashon Island, USA. She immediately implemented guidelines including no mobile phones were to be used or even looked at while connecting with the children in their play and learning. A vibrating phone may only be glanced at when the adult has an appropriate opportunity to move away and out of sight behind a tree, and only in an emergency, if an immediate response is needed, may the adult move further away to respond.

A powerful message to all, children need us to be there for them, to connect, to show that we as adults value them, their thoughts, their ideas, and their company. Try and increase the digital technology free zones, switch the TV off when not watching, no digital technology in the bedrooms, no devices during meals, no devices during any quality time adults spend with children. Nothing can be more important than the mental and physical health and well-being of ourselves and our children not just now but for the future.

Thank you, Niki Buchan - International Educational Consultant, Natural Learning Educational Consultancy, [www.naturallearning.net.au](http://www.naturallearning.net.au). On behalf of New Shoots, Whenuapai, Hobsonville and Westgate <https://newshoots.co.nz/contact-1>.

## Choosing to be a business owner?

There are many reasons why people choose to run a business rather than being an employee. Some of the most common reasons are:

- To be the boss. You might think that you can do the job better than existing employees, choosing your own standards and methods of working.
- To earn a better income. You get to keep the profits made from the business.
- More flexibility or better work life balance. You get to choose



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# Area Columnists

when to take a day off to go fishing or to attend a school camp.

- To provide a job for themselves.
- For the excitement and challenge.

The reality of being in business can be very different from the dream when the business was started.

Too often businesses are underfunded, and business owners lack the knowledge to run a successful business. The result is a business that has cashflow problems, the owner is working more hours than they would if they were employed, and is often being paid less than a full-time job. On top of that the owner carries the risks associated with running a business and is liable for the losses made.

What can you do to improve your chances of achieving what you set out to get by being a business owner?

Plan before you take the leap of faith

The benefits of a business plan cannot be underestimated. It allows you to define your vision, your target market, your point of difference, and your strategy. It allows you to define what you need to get started, how much money you are going to need to fund it, and the next steps in your growth plan.

Have enough funding

There are two parts to this. The first part is having enough money in the business to fund the day to day running costs (working capital), and to allow for investment to grow the business. Too often business owners expect to use the profits from the business to grow the business without sufficient investment. The second part is having enough savings to live on while you grow the business to a size that it can sustain your income. If you don't, you will be borrowing from your creditors to pay your mortgage or rent.

Define the tipping point for when it is best not to be in business

At what point do you pull the plug before your debts spiral out of control? If the business is not growing, if you are unable to differentiate yourself from your competitors, if you are unable to attract and retain staff, and your debt is getting out of control, you need to have a serious look at your business model and make some changes. This may mean getting out of business.

Get external advice

This can come from many places, such as a business consultant, coach or mentor, other successful business owners or accountants. A friend or a sister-in-law is probably not going to give the best advice unless they have built successful businesses themselves. There is no need to do this on your own, but you need to find the right person you can trust with the knowledge to give you good advice.

Ann Gibbard is a Business Success Partner with Oxygen8 Consulting.

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

## Improving water safety in West Auckland

The cost of bus transport, lack of togs and parental fear of water are just some of the barriers limiting children's access to water safety classes in West Auckland.

Sport Waitākere works alongside a number of schools in the region and while many children undertake water safety lessons at school, a significant number are still being left on the sideline, explains Young People Advisor, Pauline Butt.



"There has never been a harsher reminder than the tragic summer drowning toll of the importance of water safety from a young age. We are doing a lot to effect change in this area, but funding limitations mean it's still not enough.

"For many children it isn't just a case of not having access to a pool close by. It's that some tamariki don't own togs or have access to them, or the cost of school bus transport to get students to a public pool is cost-prohibitive for some families," says Pauline.

The call for more funding for water safety education comes on the back of one of New Zealand's worst summers for water related fatalities. Seventy-four people drowned in 2021 and the preventable fatal drowning toll for the official summer holiday period (4pm 24 December 2021 through to 6am 5 January 2022) was 14, a 180 per cent increase on the five-year average.

"On behalf of our community, we are extremely grateful for the funding that makes a huge difference. But West Auckland needs more, to ensure every child is equipped to enjoy a safe lifetime enjoying the water," says Pauline.

For the past 10 years, West Auckland tamariki in years 3 to 6 from decile 1 to 6 schools have been offered the opportunity to participate in 10 free Water Skills for Life lessons, funded by Water Safety NZ. There are currently 43 schools participating.

Alongside this, three schools - Flanshaw Road, Waterview and Henderson North - are participating in Water Safety NZ's new pilot Water Skills for Life Beach which provides curriculum support to

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# Your brand + your message = your success

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

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

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

In response to advertiser demand we offer the following options:

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



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## **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.



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# Area Columnists

teachers, some pool learning and then the opportunity for a limited number of older tamariki to learn in an open water experience at a local beach.

Swimming NZ also provides teacher professional development to three West Auckland schools that have pools, helping enable teachers to develop Water Skills for Life lessons for their tamariki.

In a further move to boost water safety in the region, Sport Waitākere provides a lifejacket hub for primary schools in conjunction with Drowning Prevention Auckland, giving schools the opportunity to loan a classroom set of lifejackets to help support their aquatic programmes.

Pauline says it's important to remember the difference between swimming lessons and water safety.

"Water safety is not about learning to swim - it's much more than that. It's about equipping tamariki with all they need to know to keep themselves safe in, on or around water. Unfortunately though we keep seeing the same limitations preventing children participating.

"We are working hard to turn this around but it all comes at a cost. We're hopeful each summer that with each bit of extra funding we receive, we can grow the number of children able to access these critical water safety programmes - and ultimately give every child the necessary foundation to keep themselves safe around water for their lifetime."

[i] [www.watersafety.org.nz/WSNZ%20Media%20Releases/Fourteen-people-drown-over-the-official-holiday-period-%E2%80%93-up-180%25](http://www.watersafety.org.nz/WSNZ%20Media%20Releases/Fourteen-people-drown-over-the-official-holiday-period-%E2%80%93-up-180%25)

## Environmental circular thinking at Henderson High

In developed countries, we urgently need to change our consumer behaviour to reduce environmental impacts if we have any chance of preventing the worst impacts of climate change. Schools are the ideal audience to teach practical environmental skills because we are preparing tamariki and rangitahi (children and youngsters) to take actions to reduce our community's impact on Papatūānuku (Earth mother). They are also excellent venues as they have a captive



audience who are ideally learning skills for their real life future.

The ReCreators have partnered with Auckland Council to teach circular thinking & manufacturing with NCEA business students at Henderson High School. Each week, classes make an upcycled, saleable product with the aim of selecting a viable product for their business market day which is in September.

All the materials that The ReCreators ([www.thereceators.co.nz](http://www.thereceators.co.nz)) provide are reclaimed and students learn the skills to manufacture useful or decorative items. During this making process, teachers discuss business and environmental topics that can be linked back to practical action. Circular design thinking is practised and discussed plus the ongoing recyclability of materials, as well as mainstream topics like pricing, marketing and sales.

Henderson High students have learned to manufacture poi Māori, shower bombs and designed unique pieces from wooden offcuts. They have also created products from upcycled t-shirts and created upcycled jewellery, as well as learning about seed saving, plant propagation whilst decorating plant pots.

What's next? We will begin next term by learning about food waste in farms with a social enterprise called Perfectly Imperfect and hopefully identify upcycling food opportunities. The ReCreators will partner with Para Kore Ki Tāmaki (zero waste) about the Te Ao Māori (Māori world view) perspective impacts on the circular economy.

It's clear that our classes have been a lot of fun for our students, and hopefully they are also memorable and lead to new skills and knowledge. The ReCreators are working on scaling this teaching platform to become nationwide, to prepare students all over Aotearoa for a circular, more sustainable business future.

Upcycling is one of the understudied yet promising activities that can lead to the reduction of waste and greenhouse gas emissions. It's fun, accessible at all ages, and teaches lifelong skills that have been lost through hyper consumerism.

Photo: Buffie Mawhinney teaching seed savings, plant propagation outside at HHS.

## Understanding, identifying the hazards and assessing risks

Can work be done without entry to the confined space? Always, Securo have been running a two part series on their website, in their news and articles section about confined spaces. This is the first of the article in the 2-part series one of the least recognized hazards in many workplaces yet one of the deadliest.

WorkSafe New Zealand accepts the Standard AS 2865 Confined



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# Area Columnists

Spaces as the current state of knowledge on confined space work entry.

Confined spaces- the Serial Killer: Confined spaces have been likened to a serial killer. Year after year, people die when entering confined spaces to carry out work. In some cases, multiple fatalities occur when would-be rescuers enter the space and become victims themselves.

Consider these cases in New Zealand: A man was killed when he was engulfed in a silo containing sand. Two men were hospitalized after inhaling hydrogen sulphide. One man was cleaning inside a tank that previously stored a substance for cultivating mushrooms. When he lost consciousness, the second man climbed in to rescue him before also losing consciousness. Three men died from lack of oxygen inside a sewer. A man drowned in slurry after being suffocated by fermentation fumes in a tank used to mash pig feed. Gases from fermenting wine suffocated a winemaker inspecting a vat. A man steam cleaning the inside of a fuel tank died from lack of oxygen.

The most common cause of death is lack of oxygen. Inspection, cleaning and maintenance accounts for the most incidents. The majority of fatalities have been would-be rescuers.

Confined space work is covered by an Australian standard: AS 2865 Confined spaces. This guide will give you a brief overview of the requirements and procedures in the standard. It is not a substitute for the standard itself.

Anyone who carries out confined space work needs to be familiar with the standard and should have specialist training as well.

Safety 'n Action have specific training courses on entering and working in confined spaces that are recognized by New Zealand Qualification Authority and credited to applicable NZ unit standards.

What is a confined space? A confined space is an enclosed or partially enclosed space. It is not intended or primarily designed for human occupancy and may present a risk from one or more of the following at any time: Unsafe concentration of harmful airborne contaminants, Unsafe concentration of flammable substances, Unsafe levels of oxygen and Substances that can cause engulfment.

Examples include storage tanks, tank cars, process vessels, ovens, boilers, silos, pits, pipes, sewers, shafts, ducts and shipboard spaces.

What does the standard require? The standard follows the approach of the Health and Safety at Work Act 2015 (HSWA). It requires persons conducting a business or undertaking (PCBUs) to: Identify the hazards associated with working in the confined space and conduct a risk assessment. Control the risks posed by the hazards by elimination. Minimise the risk if elimination isn't reasonably practicable.

Identifying hazards and assessing risk: The standard gives detailed information on hazard identification and risk assessment.

Some of the hazards of confined spaces include: Oxygen-deficient atmospheres, which can cause unconsciousness, brain damage and death. Oxygen deficiency can be caused by rust, fire, absorption by grain or soils, consumption by bacteria, or displacement by another gas. Toxic atmospheres, containing gases, vapours, dusts or fumes that have poisonous effects on the body. Cleaning, painting or welding may produce dangerous vapours and fumes. Flammable or explosive atmospheres, containing flammable gases, vapours or dusts which could be ignited by a spark or open flame. Engulfment - workers can be trapped or buried by bulk materials such as grain, sand, flour, fertilizer and sawdust. Operation of moving parts (e.g., being trapped or crushed by augers, mixers, agitators or conveyor belts).

Controlling the risks: The control measures should be applied in the order given earlier (beginning with elimination, followed by minimization). Consider the following issues: Can work be done without entry to the confined space? Always, as a first step, check to see if the work can be done with equipment from outside the confined space. The golden rule is: Don't go in if you don't have to. Isolate contaminants and moving parts. Clean and purge the confined space if necessary. Use a suitable cleaning method to remove harmful solids or sludges. Purge with fresh air to remove harmful gases or vapours. Warning: Never use oxygen to purge a confined space: this can create a fire and explosion hazard. Test the atmosphere for oxygen. Use a suitable detector to determine whether the confined space contains a safe oxygen level for breathing. Test the atmosphere for toxic and flammable contaminants. Test for toxic contaminants (e.g., hydrogen sulphide, methane, carbon monoxide) and flammable contaminants (e.g., petroleum vapours). You need to use appropriate detection equipment, which should be correctly calibrated at regular intervals. Then test again for levels of oxygen and other gases to ensure that contaminants are reduced to below the Workplace Exposure Standard, or a safe level. Use of gas detectors should be only by a suitably trained person.

For further information feel free to contact myself John Riddell, Securo Health and Safety consultant, email [securo4@securo.co.nz](mailto:securo4@securo.co.nz)

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