

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report
Hobsonville Heros



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

Mitre 10 MEGA Westgate – Ladies' Night

Circulation is 10,000 print copies.
Editorial contributions are free from cost. Advertising starts at \$100 plus gst for a business card size.
For enquiries/feedback contact 0800 900 700 or editorial@thewesterly.co.nz.
November 2022



Greetings

We spend much of our days talking. Yet we may know little about the conversational patterns we use every day. In fact, it's one of the most flexible and potentially powerful tools available. We use it to cultivate relationships, to convey ideas, to resolve conflict, to buy and sell, to ask for and receive help. Most conversations follow predictable structures and patterns. By studying these patterns, it's possible to hear hidden meanings, predict reactions, avoid conflict and even change your talk to change the outcome of your interactions. Taking turns is equally crucial for successful conversation. Trailing off, or employing downward intonation, signal the turn is complete. As we listen, we're analysing when the speaker's turn will finish, and when our turn should be next. Misread the cues and you might interrupt someone before they've finished what they want to say, creating the impression that you're not listening.

A pause in speech generally indicates that there's a problem ahead. We often use "um" or "er," when we're presented with unexpected information or the conversation takes a turn for which we're not prepared. If a conversation changes from fluent speech to "ums" and "ahs", the conversation isn't going in the way we expected. "So" reveals what your partner really wants to talk about. If a conversational turn starts with "so," pay attention! Small words can make a lot of difference. Questions that use "any" invite a negative response and shut down further interaction; questions that use "some" have the opposite effect. Switching "any" for "some" might be all you need to do to change a negative answer into a positive one. Find out more in "Talk" by Elizabeth Stokoe (available through Auckland Libraries).

Welcome to this issue of the Westerly. There is plenty happening in this community, with opportunities for all to find something to engage with. Enjoy Graham's property report and see the other tips in this section to improve your home and garden. Read through the range of ideas penned by our area columnists.

Do you have an activity or enterprise you are involved with that you would like to publicise to others in this area? Please feel free to get in touch to enable others in the community to learn about it.

Take care and have a safe November.

John, Editor



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People & Places

Mitre 10 MEGA Westgate – Ladies' Night 2022



Get the girls together for a fabulous Ladies' Night out at Mite 10 MEGA Westgate!

This is the first time in three years since we have been able to run this event and we expect a large crowd on the night, having received feedback from our previous events the Ladies have told us how useful it is to learn practical DIY skills, this year we have many suppliers showcasing their products along with demonstrations and engaging activities.

Build your own tool box or planter box! Go in the draw to win one of eight fabulous prizes! Plus, the MoreFM push activation button & WIN great prizes! Pick up expert tips from our huge range of supplies, complimentary beverages & nibbles, 15% Storewide discount (T's and C's apply) plus giveaways galore!

Entry \$10 per person with proceeds going to Kindred Family Services. Wednesday 16 Nov 2022 from 7pm to 9:30, Mitre 10 Mega Westgate. Register in store or online for Ladies' Night at megawestgate.co.nz

Mitre 10 MEGA Westgate, the largest hardware store in New Zealand!

Our undercover trade department is a one stop shop for all your project needs, drive in and speak to one of our specialist staff. Every department in the store is growing, with a particular emphasis on our outdoor living section in the middle of the store. We are the biggest supplier of Weber BBQ's in West Auckland. Come and see our extended range of garden supplies indoor/outdoor plants and our fabulous new huge giftware department where you will find something for everyone.

We offer great regular special deals, follow us on Facebook or



Instagram to be the first to know what is on offer (facebook.com/MEGAWestgate & instagram.com/megawestgate) and course we have our price guarantee "If you find a lower price on an identical in-stock product, we will beat it by 15%" conditions apply.

Mitre 10 MEGA Westgate isn't only just a one stop shop for all your project needs - it's a great place to meet and greet with friends and family, enjoy a hot cup of coffee and something to eat at the Columbus Café while the kids enjoy the playground. Add in the fact that we are 100% NZ owned and operated, what more do you need! Dave & Elaine Hargreaves and all the team look forward to seeing you here.



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Community News

Love Christmas? Love these charming tees

Discover our unique selection of Christmas to find creative, cute, beautiful tees. At doodlewear, we provide our valued customers with high-quality, comfortable tees to enrich their lives. We're a NZ online clothing shop specialising in bringing curated NZ art from the gallery to your wardrobe. Our doodlewear HQ is at Auckland's picturesque Hobsonville Point.



Available in adult, youth, & kid sizes, so you can get Christmas tees matching for the whole family.

- Our art is created by talented NZ artists who make unique artwork for you to enjoy.
- Our tees also make beautiful gifts that spread cheer & happiness.
- With an environmentally friendly approach to producing exactly what our customers want, we get each tee printed individually to order with love in NZ.

Beautify your holiday season with our gorgeous Christmas tees

Explore our online shop www.doodlewear.co.nz, Instagram: www.instagram.com/doodlewear.nz, Facebook: www.facebook.com/doodlewear.nz. Pictured: doodlewear Christmas tees by artist Lesh Creates.

Seniornet West Auckland

SeniorNet is all about Seniors helping Seniors with their computers, laptops, tablets and smart phones. Our tutors work with you at your pace to make it easier to understand. We hold Help Days on the 2nd and 4th Tuesdays of the month from 10am to 11 am. These are held at our rooms upstairs in the Henderson RSA, Railside Avenue Henderson. If you are having difficulty accessing on line banking, handling emails, adding photos to emails etc. anything you are not sure of, please call and see us. No appointments are necessary and we can help with both Android and Apple devices. A help fee of \$5.00 is payable. We have computers on site so please bring your

own Tablets, phones or laptops.

If you would like more information on SeniorNet please phone us on 09 837 7600. Our office is not always manned so please leave a message, we will get back to you.

Rewarding local schools

Eleven West Auckland schools and almost 7,000 children took part in a NorthWest Shopping Centre initiative, "NorthWest Rewards Schools". The school community fundraising scheme meant every dollar spent at NorthWest Shopping Centre was equivalent to one voting point for the participating school of choice.



Customers simply validated their receipt at the Customer Service Kiosk to place a vote.

At the end of the promotion, the school with the highest average spend per student was Scott Point Primary, who received \$3,000 cash donation recently from NorthWest Shopping Centre. Second place for the second year in a row, Whenuapai School, received \$2,000 and Huapai District School received \$1,000. It's a great way for NorthWest Shopping Centre to support local schools, providing potential opportunities for much needed resources. We thank all customers who participated.

Unique opportunity to help restore our local environment

Habitat Hobsonville is a well-established group of volunteers providing restoration activities such as weeding, trapping and planting around Hobsonville. Under the leadership of Dorian Scott, the group has gained many new volunteers, held numerous planting and weeding events, and had a significant impact on the restoration of bush areas around Hobsonville. An opportunity now exists for someone to take over leadership of this group and stamp their mark on the environment.



The role is part-time with flexible working hours and supported by a

Walkers Wanted

Are you pounding the streets in Hobsonville on a regular basis and would like some cash for what you are already doing? If you are walking several times a week and would like to distribute magazines for us in the area for \$40 please contact Stacey on phone 09 412 9602 or email editorial@thewesterly.co.nz * Distribution average is 300 magazines in your local neighborhood every four weeks.



Free Property Advice
www.property-hub.nz

Community News

grant for 25 hours per month. The group is not a legal entity but has a leadership team and works closely with other groups such as the Upper Waitematā Ecology Network. Mentoring is available.

If you would like to know more about this exciting opportunity or if you would like to become a volunteer then email habitat@hobsonville@gmail.com.

Discoverers Hobsonville Point

Hospitality is a gift we can give and receive. On Sunday afternoon the 27th November, Discoverers informal church will be exploring offering hospitality to others simply because they need it, without any thought of reward or a reciprocal invitation to receive hospitality ourselves in return. Are we open to offering hospitality to those who are in no position to return the favour?



The starting point for our reflections will be the teaching of Jesus on 'offering hospitality with no strings attached.'

Discoverers informal church meets on the fourth Sunday of each month in the Baffin lounge, Headquarters building, 214 Buckley Avenue, Hobsonville Point.

For further information contact Barry Jones 022 068 3873 Email beejaynz05@gmail.com Facebook "Discoverers Hobsonville Point."

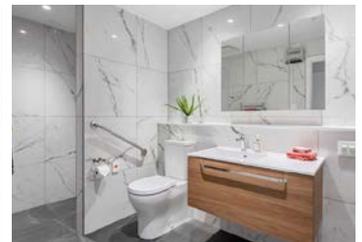
Hobsonville Heroes

"Hobsonville Heroes" is a new community event to Hobsonville, celebrating our emergency services and community groups and helping us to get prepared for if there is an emergency that affects where we live, work and play. On the day there will be emergency vehicles, performances, food trucks, a large inflatable obstacle course, challenges, activities & games, fundraisers and even some employment opportunities. Come on down for a few hours of fun, connect with your community, enjoy some entertainment and food. 11am to 1.30pm at the new Scott Point School, 11am - 1.30pm.



\$100 = Exposure for a month

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



Don't miss the opportunity to secure one of our final few apartment plans at today's pricing for move in mid next year.

- Two and three-bedroom layouts available
- Architecturally designed apartments offering open plan living, modern interiors and beautiful garden or park outlooks
- Conveniently located with coastal walkways, cafés and shops all within walking distance

To view plans call Carolyn on 0800 512 442 or Rosalind on 0800 512 502

KEITH PARK RETIREMENT VILLAGE

3 Scott Road, Hobsonville

rymanhealthcare.co.nz



Photos are indicative

In Brief Updates

Students - all abroad!

Now that the doors have opened again after the last two years of Covid behind us, STS is back in business sending Kiwi high school students overseas on exchange programmes. We offer programmes to a range of countries. Students can either go for a short period like 2-3 months over our summer period; and experience another country without interfering with domestic studies. Or they can fully immerse themselves into a new culture and language on a half or full year programme. The New Zealand STS office is interested in any students or parents wanting to know more about student exchange programmes for the 2023/24 period. Please contact the STS NZ Country Manager on 02108489150 for more information. Take the next step to an exciting travel exchange programme, helping students open their eyes to the big wide world, become more independent, while having an experience of a lifetime!



Helloworld Travel Hobsonville

Otago Rail Trail Escorted tour - no cycling required, 14th April - 19th April 2023.

Have you wanted to explore this area but don't want to cycle? Join Carolyn on her tour for 5 days exploring the history and great company with our guide, a retired sheep



farmer. We start with 1 night in Queenstown and stay in boutique accommodation along the trail. We explore parts of the trail most people don't know about, finding little gems along the way. Highlights are cruising along the Clutha River, Hayes Engineering workshop, curling and our fabulous local guide. We had a fabulous time on our last trip with rave reviews from past guests. We only take 12 guests so don't delay and call Carolyn now to book your spot.

School Holidays 2023 - On another note, school holidays for 2023 are filling fast for the Islands. July school holidays flights are almost full as well so we urge you to please book early, we don't like being the bearer of bad news if you miss out.

Call Carolyn or Lesley on 09 416 1799 or email hobsonville@travel.helloworld.co.nz.

Special gift ideas

Sometimes it can be hard to find the right gift for someone, old age, dementia or other special needs can make selecting a present that will be appreciated challenging.

But finding a gift that is the right fit for someone with a special need can be of great benefit, not only to the recipient, but also to their loved ones and others who care for them.

At Mindjig we stock products especially for these individuals. Whether they need a puzzle or game to help them connect with friends and family, or a specialised product to be useful for maintaining independence. We also have arts and crafts to uplift people of all abilities and reading material catering specifically to those with memory loss.

Please visit our website to see more ideas: www.mindjig.co.nz. Feel free to call Jonathan or Julie on 09 600 3251, call or text 022 480 3022, or email info@mindjig.co.nz.



Student Exchange Programmes

2023/24

Start Your Journey

READY?
PLAN your destination & time away

SET...
APPLY! limited places, filling fast!

GO!
OFF on an exciting adventure!

STS are currently seeking in the Auckland area:
Student Exchange Representatives & Host Families

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www.sts-education.com/en-nz/
 0800 991 991
highschool@sts-education.co.nz

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Waitakere Greypower

Waitakere Greypower Association is holding its pre-Christmas lunch for members and friends on Wednesday 7th December 2022 at 12.00 midday at the Swanson RSA, 663 Swanson Rd, Henderson. Cost per head is \$22.00. All members and friends are invited to join us after a break due to Covid last year. On behalf of your Committee, I wish all members and friends a merry Christmas and



Paul Miller

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- Airport Transfers
- Shopping & Social Trips

In Brief Updates

a happy New Year 2023. Have a lovely time with family and friends and safe travel. Written by Mate Marinovich, President Waitakere Greypower Association Office 247 Edmonton Rd, Te Atatu South 0652 Auckland. Ph 09 838 5207.

Scott Point School playground

Scott Point School has now relocated its playground from the temporary site to its permanent home at 11 Scott Road, Hobsonville. Shade sails now protect the children from the sun while playing. The playground is well utilised by all age groups during the school day, but can also be used outside of school hours by the Scott Point community. The school grounds currently have basketball courts that children and adults are welcome to use during the evenings and weekends and soon the fields and bike track will be completed for all to use over the summer.



Waitākere Arts Community Centre

Waitākere Arts is a not-for-profit community arts organisation located at 'The Studio', Corban Estate Arts Centre in Henderson, Auckland.

We are an eclectic group of people from a diversity of backgrounds and experience with a passion for making art.

We are run by an active committee of enthusiastic artists and have a manager who works on site. Our vision is to serve our community through art. To achieve this we have various opportunities for artist to exhibit and participate in a variety of workshops and presentations, as well as offer our rooms for hire at a discounted rate to our members to offer their own workshops or classes.

We have four open sessions during the week for our members, where they can connect with fellow artists whilst working on their own art in a social environment.

This is a social hub of our art community - a place to create together,



share ideas, learn, meet new people, display work and engage with the wider community. These rooms are also available to hire for art related projects.

Waitākere Arts holds two exhibitions every year. These include a wide variety of artistic mediums and creative expression, both 2D and 3D. We host a Members Exhibition in March/April and our Trusts Exhibition held each Sept/Oct which is open to the wider Auckland community to enter. This exhibition also has a youth component, open to 13 - 18-year-olds.

Waitākere Arts is honoured to be generously supported by Auckland City Council, The Trusts Community Foundation, The Trusts and Henderson /Massey local Board along with many local businesses. Through their financial and relational support, we have enjoyed serving our community for over 35 years.

It's all happening on Herald Island

Herald Island Library Celebrates 25 Years of Service in the Community - Saturday 5th Nov (10am - 1pm)

Festivities will include: Children's book readings, BBQ and morning tea. There will be community displays by the local Book Club, Wednesday Craft and Environmental Groups.

Family activities including: bookmark making, children's colouring-in competition and balloons. A silent auction with over 20 oil paintings will be held (Cox art exhibition - Saturday 5th Nov, 10am-1pm & Tuesday 8th Nov, 6pm-8pm). All funds raised at the auction will be donated to the Herald Island Library to add to their book collection.

Where: Herald Island Fire Station Library, Fairy Parade, Herald Island.

Kids Market Day - Saturday 19th Nov (10am-12noon)





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9a Weza Lane, Kumeu, Auckland 0810

In Brief Updates

Children are welcome to bring along things that they have made or baked to sell. There will be tables set up in the Herald Island Fire Station. We will also have music, a BBQ, balloons and children's book readings in the Herald Island Library on the day.

To book a space contact: Kadeea 022-401-3705 (gold coin donation)

Where: Herald Island Fire Station Library, Fairy Parade, Herald Island.

Popup Christmas Market - Saturday 3rd Dec (10am-1pm)

Hold your own stall. There will be some tables in and outside the Herald Island Fire Station or bring your own table and gazebo. Plants, crafts, baking, BBQ, white elephant and much more. It's a fun way to gather and sell your wares leading up to Christmas.

We ask stallholders to each make a small donation for charity on the day. Enquiries text Sue 027 289 0349

Where: Herald Island Fire Station Library, Fairy Parade, Herald Island.

Hobsonville House of Travel – best in the West

November is upon us and a perfect time to be planning for 2023. It's almost hard to believe how far and how fast travel has bounced back.

With the world becoming more accessible, we are beginning to re-discover the planet and build memories that can only be obtained from an international journey. This is such an exciting time to be a travelling! Another highlight for us is assisting our clients to reunite with their relatives and friends.



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You're welcome to come in for a cuppa and see us or ring us today to discuss a complimentary day stay

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Why are we the best you may ask?

- We are a Local Kiwi Business – proudly 100% owned and operated
- We are only Travel agency in this part of Auckland to stay in their retail store and remain open right through the pandemic. Something we are very proud of and this peace of mind strongly resonates with our clients new and old.
- 70+ years' experience in our shop alone
- 5 dedicated consultants for personalised service, tailor made for you
- One stop shop for all your travel needs
- After hours emergency assistance - 24/7 we are here for you
- Part of a nationwide group of 60 outlets and over 300 in our sales team

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.

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

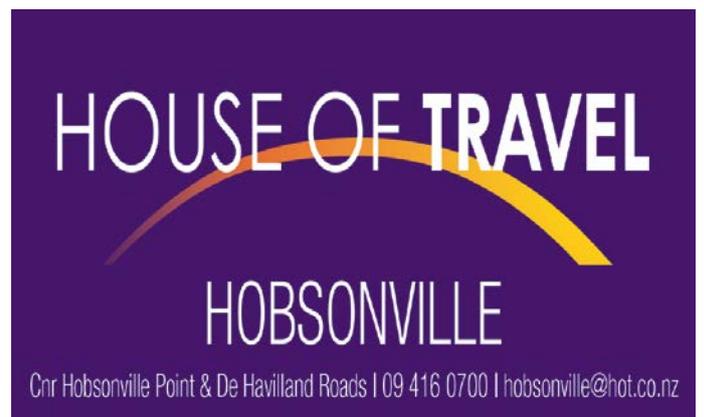
Buzz (Mike) Sam, Talita, Namrata and Sunny. House of Travel Hobsonville 223 Hobsonville Point Road on the corner of Hobsonville Point and De Havilland Road hobsonville@hot.co.nz 09 416 0700.

West Harbour Christian Kindergarten

As Christmas is nearing, we are on the go here at West Harbour Christian Kindergarten, and as such I just thought that I would share a little of what has been happening.

Many of our tamariki/children have older siblings who go to dedicated holiday programmes during school break, and so that they don't feel like they are missing out, we organise something a little different to their everyday routines and to give them something to look forward to as well – hence our version of a holiday programme.

Talk about fun! From all that was organised I felt the highlight was



In Brief Updates

the Colour Run. This was when the children got to run laps around the playground and the teachers (to their absolute delight) got to squirt colour on them. This brought about many shouts of glee and lots of unfiltered giggles, which to me (the writer) is the most amazing sound that anyone could want to hear.

To hear a child laugh, lightens your heart, it puts a smile on everyone's face and it makes one feel blessed to be a teacher and to be able to work in an environment where you get to experience that moment when a child's eyes light up as they learn something new, where a child becomes fascinated by a bug or they get to make a new friend. So until next time - bye for now from West Harbour Christian Kindergarten.

GR Finance

Looking for a fast and easy way to obtain finance for the things you want today, then look no further than GR Finance, your friendly, fast and efficient online portal right here in Hobsonville Point.

The GR Finance portal was introduced earlier this year to deliver competitive finance via multiple lending institutes with a fast and efficient service. Best of all, totally online. We have



all experienced the frustration and slowness of the typical lending/banking channels (upwards of 3-4 weeks) and it occurred to us (over a couple of wines!) that others were likely in the same boat, so in conjunction with our fintech partner to develop the GR Finance portal right here in the West.

We currently specialise in car, marine, personal and debt consolidation financing with a team of finance application specialists with access to over a dozen forward thinking lenders. We work with you and the lending institutes to help structure your loan to suit your personal needs with highly competitive finance rates based on your credit criteria and ability to service the loan.

Typically, we can turnaround your application within 3-4 hours, and have the approval and funds in your account by the next business day, subject to T&C's and credit criteria being met.

Start your application today at www.grfinance.co.nz and see how quickly we can turn your application into the things you really want today. For a confidential discussion, please feel free to reach out to info@grfinance.co.nz or contact Gary directly on 021 669 430.

Western Lock Services

The Team at Western Lock Services are a Family owned and operated local business, servicing most of Auckland.

We are located in the Royal Heights Shopping Centre in Massey, offering a walk in service as well as an onsite mobile workshop providing multiple services.

We pride ourselves on personalised service and outstanding results

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In Brief Updates

on projects as small as a simple lock change right through to large-scale domestic or commercial jobs.

We service and repair locks, supply and install new locks and hardware, cut and replace lost keys, install window latches, restrictor stays and window and door hinges. We also offer sliding door servicing and roller replacements.

To enquire please send us an email to info@westernlock.co.nz or phone 09 8327602.

Summerset at Monterey Park

Summerset at Monterey Park offers the experience of luxury retirement living in the thriving Hobsonville community. Set on the water's edge with 270-degree views over the water and only a 20-minute drive to the CBD, Summerset at Monterey Park lets you enjoy the very best this unique location has to offer. Our stunning range of indoor and outdoor facilities means you'll always have something to do, no matter what the weather.



If you are looking to secure a place in our wonderful community, this could be your last chance as the final stage of the village is available now and selling fast.

Villas - These brand-new spacious homes come equipped with a contemporary kitchen, large bathroom and laundry, outdoor living area single garage with internal access garage and much more.

Clark Coastal Villas - Our premium offering here at the village, these incredible three-bedroom, two storey homes are nestled on the northern boundary of Summerset at Monterey Park. Each architecturally designed home is orientated for fantastic sun and

views been finished to the highest of standards with contemporary finished and features throughout.

For more information get in touch with our Sales Manager, Nicola Redmond on 09 951 8922.

Dreaming of Christmas back at Westgate

Dreaming of Christmas returns for the 2022 Christmas season to Westgate Shopping Centre, Fred Taylor Drive, Westgate from Friday October 7 at its new site between Kathmandu and Wet & Forget.

"We carry a vast array of Christmas decor at reasonable prices," says Jenny Hobbs who with husband Doug established the company in 2008.

"The quality and pricing of our stock has quickly established Dreaming of Christmas as the place to go for the most incredible collection of Christmas items such as Santas, Christmas trees, nutcrackers, animations, snow globes, nativities, figurines, display items and much more.

Customers are welcome to come in store and join the Dreaming of Christmas database and be in the draw to win a 60cm Santa in time for Christmas.

Dreaming of Christmas is open at Westgate from Friday October 7, Monday-Saturday 9am-6pm and Sunday and public holidays 10am-5pm.

Jenny and the team would like to help you enjoy this most wonderful time of year. Visit www.dreamingofchristmas.co.nz for all online orders.



Scouts

Spring is a busy time for most of us, especially as the days get warmer and longer.

Scouts is no exception to this, as we have had one of the busiest October's we had seen in the past few years. Some of the groups headed away on camps, others took part in JOTA-JOTI.

JOTA (Jamboree On The Airwaves) and JOTI (Jamboree On The



RSA Hobsonville

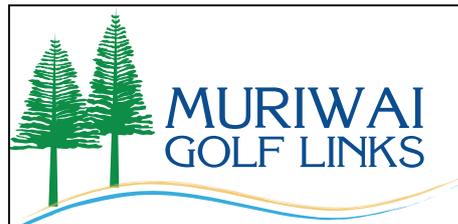
114 Hobsonville Road, Hobsonville, Auckland
Phone 09 416 7227 • Email manager@hobsonvillersa.org.nz

We welcome all Members and guests of reciprocal rights clubs.
New members welcome to join at any time.
Darts, Pool & Gaming Lounge available.

OPEN Wed - Sun 3pm to close.
Dining Room open Wed - Sun 5pm to 8pm, group bookings welcome, lunch group bookings for 20 plus by arrangement

- Camper Vans welcome to stay (bookings essential)
 - Facilities available for private functions, work meetings, small conferences
- Contact Manager for further information & costs

THE SMALL RSA WITH THE BIG HEART



Andrew Jackson
General Manager

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

In Brief Updates

Internet) is the world's largest digital Scout event taking place online and over the air. The educational event brings together more than 2 million Scouts every year in October for a weekend of Scouting and friendship. Young people can learn about communications technology and connect with fellow Scouts from over 172 countries.

Also, in October, Riverhead Scout Group held their 70th Birthday celebration. (See their article in this month's Courier) like most Scout groups, Riverhead is very community focused and it's awesome to see the community share in the celebration.

Several of the zone team travelled to Wellington to take part in a national conference. The conference was a chance to help plan the future of Scouting, as well as see the amazing work that's going into a new and exciting programme that as an example, sees the youth learn about Antarctica and what we can do to look after the environment.

We also run a zone wide first aid course. The course is a specific NZQA Outdoor Course, where the leaders cover the basic first aid requirements, but also learn how to look after injuries etc. in an outdoor setting.

There's still a lot more to come over the next few months, as more camps take place and the Sea Scouts get out on the water.

Do you want to know more about Scouting? Or can you perhaps help us and volunteer (there are many ways you can help other than being a leader) if so, please get in touch as we'd love you to be part of Aotearoa's largest youth organisation

You can find us at www.scouts.nz or email me zl.waitoru@zone.scouts.nz Craig Paltridge. Waitoru Zone Leader.

'These Hands' homage to senior men

Radius Taupaki Gables staff created a photo montage of each man's hands to honour the rich lives and wisdom of its elderly men.

Titled 'These Hands', the montage represents the many lives and careers across the globe that the elderly men have cultivated in their lifetimes.

The photo montage comprises 14 stories and pictures from residents, displayed in the dining hall at Taupaki Gables.

The stories reflect a diverse set of experiences and interests. From bankers and businessmen to international hockey stars, jewellery makers, and musicians, the montage shows all the different career paths the men have taken throughout their lives.

It also tells the stories of their favourite pastimes including keen sports players, music fans, green thumbs, and seasoned travellers. One story details an ex-businessman enjoying cabaret shows in his spare time.

In their older age, many of the men are proud and devoted grandfathers and great-grandfathers who cherish time with their



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In Brief Updates

families.

The Taupaki Gables staff understand the importance of recognising the contributions these residents have made throughout their lives.

Gently Loved Markets

Gently Loved Markets is a monthly sustainable market selling preloved, vintage and upcycled clothing, accessories and homewares sold by a range of individual stall holders.



Gently Loved Markets ethos aims to encompass the four pillars of sustainability - human, social, economic and environmental. From discouraging the buying of brand new items by being a mechanism for preloved items to be sold and purchased, as well as allowing upcycled items to be sold at the markets. Therefore, keeping as much waste out of landfill as possible.

All stalls are within the hall, the event goes ahead no matter the weather. Changing rooms available to try before you buy. The event is cash only. Keep an eye on their Facebook page for updates @ gentlylovedmarketsnz

To inquire about a stall contact gentlylovedmarkets@gmail.com

Next Gently Loved Markets, Saturday 19th November, Kumeu Community Centre, 35 Access Road, Kumeu.

Costco Westgate attracts thousands

Bulk supplier Costco NZ at Westgate is attracting more than 5000 customers daily since opening on September 28.

It's proving to be one of the busiest stores in the Costco global chain and reported to be getting about 7000 new members weekly signing up for \$60 annual membership or \$55 annually for businesses.

Food - including fresh produce,



hot chicken, and crab - are selling well, while meat, confectionery, baking and tyres are going fast too.

The success of Costco's first New Zealand warehouse is prompting the chain to consider setting up shop in Wellington and Christchurch as well.

It has 13 stores already in Australia, plus online shopping.

Traffic has tended to clog some Westgate access roads as shoppers poured into the new Costco store, with its own fuel station opening earlier.

Visit www.Costco.co.nz for more information.

Boardman Transport and Removals

Boardman Transport and Removals is a family owned and operated company. Boardman's wanted to be able to provide a service that was not only cost effective, but trustworthy and stress free.

We undertake large and small moving jobs. Whether it's a large home or office relocation

or a Trade Me delivery- we provide a professional service and competitive rates. We have 30 years moving experience and are well able to move all sorts of items and access difficult sites.

We are a small, friendly company offering a personal service to all our clients. When you talk to us you are talking to the guys who will move your goods - you're not a number, you're a person, and we treat all our clients and their possessions with the utmost respect. We love meeting our clients and learning about their move, whether it's a new journey to the South Island or a move just around the corner, each move is unique and has its own story.

Based in Paremoro, 15 minutes North East of Kumeu, we are a local company that can travel throughout the area and beyond. Contact us and let us know what you need moving, and we can make it happen. We look forward to helping you.

The Boardman Transport and Removals team - phone 027 252 8624, email info@boardmanremovals.co.nz or visit www.boardmanremovals.co.nz.



Pete Sinton
Managing Director

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autoworxnz@outlook.com

Safer Communities



If we can't crew - who's coming to you?

Two years of Covid restrictions have hampered our ability to recruit and train new volunteers and we are now desperately short of firefighters.

This means that our existing brigade members are stretched, and the reality is, there may be emergency calls in our community we cannot attend due to being short staffed.

The team at Waitakere Volunteer Fire Brigade aim to make a difference in our community, our neighbourhoods and in turn we grow as people. If this resonates with you please consider joining us.

It takes a bit of time to gain the knowledge and experience needed to be a firefighter. We need to start training new volunteers now so that we can guarantee a response to calls in the future.

If you're thing about joining up and live no more than 5 minutes awa from the station, now's good.

We are hosting recruitment nights in November and December and would love you to attend. Come and get a feel for what we do, how we train, and

what it's like to be part of our family of volunteers. Even if you can only spare limited time, it may make the difference.

Call or text me on 027 632 0421 or email me graham.mcintyre@fireandemergency.nz.



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Property

Property market report

The fact that the median price rose while the REINZ House Price Index declined suggests there was a change in the mix of properties being sold, with properties in the upper price brackets selling more readily than those at the lower end.

This is clearly the case in Auckland's North West where the lack of lifestyle properties coming to market is forcing values to remain higher than predicted.

If you have a lifestyle block or section for sale, now is a good time to be on market.

According to the Real Estate Institute of NZ, 4943 residential properties were sold throughout the country in September, down 10.9% compared to September last year.

In Auckland sales were down 15.8% compared to a year ago and in the rest of the country excluding Auckland sales were down 20.0%. The last time sales were below 5000 in the month of September was 2010. Prices also continue to slide.

The REINZ House Price Index (HPI), which adjusts for differences in the mix of properties sold each month, was down 0.7% nationally in September compared to August and is now down 12.6% from its peak.

In Auckland the HPI declined 1.3% in September and is now down 17.3% from its peak in September 2021.

The HPI for the Wellington Region was down 0.9% in September and -19.8% from its peak, while the Canterbury HPI was down 1.3% for the month and is now down 7.0% from its peak.

However the national median house price rose slightly in September, to \$811,000 from \$800,000 in August (+1.4%).

Generally, properties are also staying on the market for longer, with the median days to sell rising to 47 in September which was 10 days more than in September last year.

Following an exceptional period of growth last year, spurred by

government stimulus and closed borders seeing Kiwis invest locally, the property market is moderating.

Owner-occupiers remain a strong buyer pool and agents in some areas report seeing more first home buyers, enticed by easing prices and less competition.

However property prices are still unaffordable to many trying to enter the market, particularly in larger hubs such as Auckland.

Auckland Agents are report seeing an increase in open home and auction attendance, which we would expect to see as we move into the Summer.

However, the September data, and reports from agents, indicates that the expected spring uplift is not strong.

Let's look at the sales:

| | |
|---------------|----------------------------|
| Herald Island | \$1,015,000 |
| Hobsonville | \$695,000 to \$1,889,000 |
| Massey | \$740,000 to \$1,417,000 |
| Swanson | \$755,000 to \$1,580,000 |
| Waitakere | \$1,400,000 |
| West Harbour | \$960,000 to \$1,600,000 |
| Westgate | \$1,290,000 to \$1,500,000 |
| Whenuapai | \$760,000 to \$1,410,000 |

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

Why do I need a will?

By ClearStone Legal

If you have wondered if you need to have a will, then I think the answer lies in whether or not you wish to have a say in how your estate is distributed to your family and loved ones + getting a say about who is charged with the responsibility of the task or caring for your infant children in your absence.

If you do not have a will then the Administration Act 1969 establishes that the first \$155,000 of your assets and chattels will be given to your partner. What's left will go 1/3 to your partner and 2/3 to your children. If you do not have children then 2/3 to your



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Mike
James

Managing Director

📞 021 413 660

✉ mike.james@therentshop.co.nz

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Property

partner and 1/3 to your parents.

If you have a will in place then it will be possible to apply for Probate at the High Court. The alternative is to apply for Letters of Administration which requires more steps/legal costs and can also result in distress for family members.

ClearStone Legal can assist putting a will in place for you. Telephone 09 973 5102 to make an appointment or email admin@cslegal.co.nz to ask for an e-form.

You buy - they lie!

Cybersecurity incidents take place by various means every day. From virtual banking breaches to semi-open attacks, 2021- 2022 has been rough on IT security.

Remember LinkedIn's massive data breach earlier this year? On June 22, a user on a famous hacker site announced that nearly 700 million people's data is up for sale. The hacker shared a sample of 1 million LinkedIn members' email addresses, full names, phone numbers, addresses and geolocations

In mid-May 2021 hospital computer systems and phone lines run by the Waikato District Health Board (DHB) in were affected by a ransomware attack. An unidentified group claimed responsibility for the hack and issued an ultimatum to the Waikato DHB, having obtained sensitive data about patients, staff and finances. The Waikato DHB and New Zealand Government ruled out paying the ransom.

By now, the list of data breach victims is filled with major corporations, government agencies, social media sites, restaurant chains, and every other industry you can think of. Property Management is no exception or immune to these attacks.

Our priority is our customers -and in the event of recent Cyber-attacks across all industries we wanted you to be aware of so that you can be extra vigilant at this time. We encourage all our customers to have heightened awareness around the following:

- If people call you posing as a credible organisation and request access to your computer, always say no. If you have any concerns about the legitimacy of an email or request from our company, please contact your Property Manager directly.
- We will never send an email or text with links to online banking. We would never send you an email about redirection of accounts or rent payments to be made or changed to a different account.
- Never click on any links that look suspicious and never provide your passwords, or any personal or financial information. Use strong



and unique passwords

- Never give money, credit card details or online account details to anyone you don't know and trust.
- Don't give your personal or financial information in response to a request that you didn't expect. Resist the pressure to act immediately. Always check first
- Always apply online for a property
- The Personal Information that we collect therefore differs from person to person depending on the type of identity documentation verified. If you provide us with Personal Information or about someone other than yourself, you agree that you are authorised to do so and agree to inform that person who we are, that we will use and disclose that information for the Service and they can access the Personal Information we have about them.
- Never leave keys at a property unattended or give keys to any other representative than your Property Manager or authorised agent from The Rent Shop
- If you suspect deceit, hit delete

We work very closely with our IT software providers to ensure we remain up to date with the latest cyber security preventions to prevent this happening and protect integrity of data and our systems are reviewed regularly. Mike James 021413660 mike.james@therentshop.co.nz.

How to manage higher rates when refixing your home loan?

The first article I wrote for this magazine started off saying:

"Mortgage rates have been at historic lows for a while now, it's felt like a 'new normal', but rates are starting to climb again."

We are well past those lows now... and unfortunately, it doesn't look like we've reached the top of the cycle yet.



In this new environment there are some key areas you should consider:

Fixed Rate Term: The difference between the 1-year rates, the 5-year rates (and everything in between) are starting to shrink. It can be tempting to go for the longer rates when this happens - but keep in mind it's a solid commitment - if rates drop in the future, you could be looking at expensive break costs if you want to move to a



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Property

cheaper rate, as well as pricey early repayment costs if you want to repay your loan early.)

Lending products: With higher rates, the use of products such as offset, or revolving credit can be even more valuable, helping you to pay less interest. Before refixing your loan it's worth checking whether you have the best products for you.

Your bank/lender: As the rates rise, the difference in offers between different lenders is also increasing. This could be the right time to review the market and make sure you're with the best lender for you.

Affordability: If you're worried about being able to make the minimum payments at the new rates; I highly recommend seeking advice before it becomes an issue. Generally, addressing this risk early will give you more options for resolving it.

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

Scott Wombwell, Managing Director & Financial Advisor, Better Borrowing 020 4009 8944 | www.betterborrowing.co.nz

Core trust documents

Since coming into effect on 30 January 2021, the Trusts Act 2019 has impacted trustees and beneficiaries. The Act has provided for greater accessibility and offers trustees improved guidance to achieve this. Moreover, beneficiaries now have a better ability to hold trustees to account by ensuring that beneficiaries have enough information to enforce the terms of the trust. One way the Act does this is by creating an obligation for trustees to retain core trust documents. Core trust documents are identified in the Act as: the trust deed and any other document that contains terms of the trust; any variations made to the terms of the trust; records of the trust property that identify assets, liabilities, income and expenses of the trust; records of trustee decisions; written contracts; accounting records and financial statements; documents of appointment, removal and discharge of trustees; memorandum of wishes; and

any other documents necessary for the administration of the trust.

Every trustee must keep a copy of the trust deed and any variations made to the terms of the trust. The other core documents may be kept by one of the trustees, provided that the trustee will make each document available to other trustees upon request.

A trustee must keep core trust documents for the duration of their trusteeship. When they cease to be a trustee, they must give any core trust documents they hold to the new or continuing trustee of the trust. Trustees should take stock of what core documents they currently hold and take steps to fill in any gaps. Trustees may also wish to take this opportunity to re-familiarise themselves with the trust deed and terms of the trust.

For further advice and assistance with your trusts feel free to contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

Buying your first home, are you eligible to withdraw money from KiwiSaver?

The KiwiSaver First Home Withdrawal Scheme is a huge help for first home buyers looking to enter the property market in New Zealand.

If you have been a contributing member of KiwiSaver for at least three years, have not owned a house or land before and have not made a KiwiSaver withdrawal before, you may be eligible to withdraw your KiwiSaver money to buy your first home.

You can withdraw:

- all voluntary and compulsory contributions from your employer,
- your own contributions, and
- tax credits

However, a minimum of \$1,000 is required to be left in the account.

In some circumstances, you may qualify for a previous homeowner withdrawal through Kainga Ora if you have owned a house before, but no longer own any property and you're in a similar financial position as a "first home buyer".

We recommend that you contact your individual KiwiSaver provider and check their individual policy on withdrawals for first homes.

By Fiona Taylor, Smith & partners, email fiona.taylor@smithpartners.co.nz, phone 09 837 6845.

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Helping you make the right move

When it comes to selling your home, Graham McIntyre has the expertise, the team and a commission structure to deliver the best results.

- ✔ An inclusive agent with 16 years' industry experience
- ✔ Incredible market knowledge and a strong network of buyers
- ✔ Extensive sales and marketing background to best showcase your home

Exceptional customer experience

Graham works alongside you to individualise the selling process to suit your needs. He provides timely and honest communication expected from a top-performing agent with the Mike Pero brand.

Personalised marketing

Your property will be promoted to the highest standard with an individual sales plan. This could include national TV, magazine, social media and digital marketing campaigns for maximum exposure.

Commission promise

A transparent, considered fee structure means you could pay a much lower commission compared to other national brands. Your savings can range from \$1,000 to \$9,000 on a sale at Auckland's median sales value*.

"Personable and amazing agent! Graham is knowledgeable, patient and happy to answer any questions. His communication is fantastic; he kept me updated and made the selling process very smooth. I highly recommend him."

Angie 



Kumeu/Hobsonville

Graham McIntyre AREINZ

Licensed Salesperson

027 632 0421

graham.mcintyre@mikepero.com

Area Property Stats

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

| SUBURB | CV \$ | LAND AREA | FLOOR AREA | SALE PRICE \$ | SUBURB | CV \$ | LAND AREA | FLOOR AREA | SALE PRICE \$ |
|---------------|-----------|-----------|------------|---------------|--------|-----------|-----------|------------|---------------|
| HERALD ISLAND | 1,240,000 | 830M2 | 110M2 | 1,015,000 | | 1,050,000 | 156M3 | 123M2 | 1,149,000 |
| HOBSONVILLE | 690,000 | 0M2 | 63M2 | 725,000 | MASSEY | 1,175,000 | 454M2 | 159M2 | 1,032,800 |
| | 1,250,000 | 159M2 | 163M2 | 1,252,000 | | 1,375,000 | 911M2 | 150M2 | 1,160,000 |
| | 965,000 | 128M2 | 146M2 | 1,100,000 | | 1,375,000 | 921M2 | 90M2 | 1,200,000 |
| | 1,560,000 | 312M2 | 222M2 | 1,550,000 | | 1,125,000 | 675M2 | 160M2 | 1,000,000 |
| | 1,460,000 | 295M2 | 234M2 | 1,428,000 | | 920,000 | 505M2 | 120M2 | 850,000 |
| | 1,175,000 | 156M2 | 160M2 | 1,215,000 | | 1,175,000 | 462M2 | 178M2 | 1,125,000 |
| | 915,000 | 163M2 | 94M2 | 902,000 | | 790,000 | 0M2 | 110M2 | 799,000 |
| | 1,010,000 | 114M2 | 144M2 | 1,200,000 | | 1,150,000 | 607M2 | 90M2 | 1,076,000 |
| | 1,975,000 | 333M2 | 253M2 | 1,889,000 | | 1,525,000 | 474M2 | 253M2 | 1,417,000 |
| | 1,365,000 | 225M2 | 205M2 | 1,310,000 | | 960,000 | 1504M2 | 80M2 | 740,000 |
| | 935,000 | 0M2 | 64M2 | 695,000 | | 690,000 | 1223M2 | 130M2 | 785,000 |
| | 1,630,000 | 248M2 | 199M2 | 1,580,000 | | 1,300,000 | 826M2 | 90M2 | 950,000 |
| | 1,025,000 | 157M2 | 125M2 | 1,128,000 | | 760,000 | 0M2 | 100M2 | 690,000 |
| | 1,285,000 | 219M2 | 172M2 | 1,283,000 | | 1,050,000 | 354M2 | 122M2 | 880,000 |
| | 805,000 | 83M2 | 85M2 | 795,000 | | 1,075,000 | 246M2 | 162M2 | 1,070,000 |
| | 935,000 | 115M2 | 111M2 | 931,000 | | 810,000 | 1777M2 | 90M2 | 700,000 |
| | 1,550,000 | 301M2 | 221M2 | 1,420,000 | | 900,000 | 450M2 | 154M2 | 950,000 |
| | 1,160,000 | 152M2 | 152M2 | 1,235,000 | | 1,375,000 | 720M2 | 260M2 | 1,260,000 |
| | 1,260,000 | 273M2 | 169M2 | 1,223,000 | | 1,150,000 | 650m2 | 94M2 | 1,080,000 |
| | 905,000 | 103M2 | 84M2 | 850,000 | | 1,150,000 | 620M2 | 100M2 | 1,025,000 |
| | 1,000,000 | 120M2 | 115M2 | 940,000 | | 900,000 | 128M2 | 92M2 | 930,000 |
| | 1,220,000 | 152M2 | 122M2 | 1,200,000 | | 810,000 | 590M2 | 94M2 | 920,000 |
| | 1,075,000 | 175M2 | 150M2 | 1,180,000 | | 770,000 | 0M2 | 100M2 | 780,000 |
| | 1,165,000 | 0M2 | 150M2 | 1,135,000 | | 1,100,000 | 615M2 | 120M2 | 835,000 |
| | 1,690,000 | 375M2 | 278M2 | 1,780,000 | | 450,000 | 160M2 | 77M2 | 831,000 |
| | 1,100,000 | 308M2 | 103M2 | 1,076,000 | | 900,000 | 505M2 | 140M2 | 920,000 |
| | 670,000 | 0M2 | 79M2 | 700,000 | | 420,000 | 0M2 | 134M2 | 860,000 |
| | 880,000 | 101M2 | 98M2 | 930,000 | | 1,050,000 | 412M2 | 126M2 | 960,000 |
| | 695,000 | 0M2 | 55M2 | 720,000 | | 1,000,000 | 256M2 | 92M2 | 985,000 |

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

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

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1.95% on the balance

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



Graham McIntyre
Brand & Territory Owner
027 632 0421

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Your brand + your message = your success

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

This combined one stop shop approach delivers a unique integrated message through multiple platforms to meet the needs of business and communicate with tens of thousands in your direct local area. The publication was developed to assist local business, local clubs and networks to communicate in ways that assist them delivering a strong statement, price point, or service offer. The editorial within the publication is free from cost while the business card advertising is only \$100 plus GST per month. Therefore, if you put forward an editorial and a business card advert into the magazine it would deliver to an anticipated 25,000 individuals within the area over one month, representing a cost per exposure of \$3.91 per thousand people exposed to your message. If you were running a full page advert and editorial your cost per exposure is only \$29.90 per thousand people exposed to your message.

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

In response to advertiser demand we offer the following options:

Business Card Advertising:

A low cost roll over brand and contact image that is truly cost effective and long term. Keeps you front and centre with your market, and allows you to link your message and your brand together in print and online. The cost is minimised to \$100 plus GST per month.

Display Advertising:

A strong brand, display message that dominates the space and has immediate impact based on the key messaging that you wish to convey to market. A select range of adverts are run in the magazine allowing maximum impact in print and online exposure. The cost of a half page is \$450 plus GST per month.

Front Cover and Inside Page:

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

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

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

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2 Parkside Road, West Harbour By Negotiation

An outstanding example of fine craftsmanship and the views and the sun rises to make your heart sing. This is a genuine home and income over two levels offering a very clever opportunity for a big family, an extended family, a blended family or an income for the family to spend. An impeccably planned North East facing home that has been proudly cared for and maintained with first time to market. The home offers two bedroom upstairs and three downstairs with bathrooms up and down and a modern walk through wardrobe and ensuite off the upstairs master. Three lounges and an extensive garage and workshop offering options for toys and tools. Set on over 740sqm of land and close to Marina View School, Shops, Marina, Restaurants and Parks. So much on offer, and so much to take in.

www.mikepero.com/RX3470192



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



STEP ON THE PROPERTY LADDER

2 1 1

By Negotiation

2 / 10 Wickstead Place, Massey By Negotiation

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

www.mikepero.com/RX3477990



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027 632 0421

graham.mcintyre@mikepero.com



EXTENDED FAMILY OR BLENDED FAMILY - ROYAL HEIGHTS

5 2 2

By Negotiation

3 Bangla Place, Massey
By Negotiation

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

www.mikepero.com/RX3269528



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027 632 0421

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Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

Testimonial

“ **Positive and Professional!**

Graham is a pleasure to work with and took us through the whole process in a professional manner. Graham has a good sense of fun, and this took a lot of the stress out of selling. He kept in constant contact with us, keeping us informed of open homes and the current market. Graham worked really hard to sell our property, bringing prospective buyers through, often several times a week. We also wanted to work with Graham, as we admire his work in the local community, and in the Volunteer Fire Service.

Marcia & Brian - Verified by RateMyAgent

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HE RŌPŪ KOTAHI TĀTOU

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Graham McIntyre AREINZ
Licensed Salesperson
027 632 0421
graham.mcintyre@mikepero.com



BUSINESS - TOWN CENTRE ZONE - HUAPAI

3 1 1

By Negotiation

8 Oraha Road, Huapai By Negotiation

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

www.mikepero.com/RX3226379



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



HIGH END BUILD - LOADS OF EXTRAS - CORNER SITE

4 2 2

By Negotiation

17 Moemoea Avenue, Huapai By Negotiation

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

www.mikepero.com/RX3399606



Graham McIntyre
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1200SQM BIG SITE MEETS HUGE PROSPECTS IN MHU

3 1

By Negotiation

27 Strid Road, Te Atatu South By Negotiation

Developers delight or for a buyer wanting a home and small land-banking for the future. Certainly delivering more than may meet the eye from the road, this Garden of Eden, tucked away from the hustle and bustle of Te Atatu South and a short drive from Henderson offers some significant potential today and into the future with options to add value to this beautifully original bungalow and plan the future. Three bedrooms, smaller bathroom with separate w/c and combined kitchen/ dining and separate lounge, a traditional bungalow layout, with independent garage. Set within 1200sqm (more or less) of flat land and shoulders Rangeview Intermediate school. A hop-skip and a jump from transport, motorway links, parks and café options and in the Mixed Housing Urban Zone offering options.

www.mikepero.com/RX3382040



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TINY HOUSE - \$149,000

1 1

\$149,000

Tiny Home Asking Price \$149,000

Seldom can you find a tiny house (approx 30sqm) that is so well constructed and presents an option to truck away or you may seek to negotiate with the land owner to stay in place with a license to occupy. Options are plenty. Answers to common questions: Gross weight is around 4-5 tonne. Dimensions are 3m wide x 8m long (floor area), x 4.2m high (built so it was legal width to tow, but now over weight). Constructed by a Licenced builder in Kerikeri. Plumbing and guttering was done on site by a licenced plumber/gasfitter. Certificates Available. Fully insulated, double glazed, steel framed. Trailer is galvanised and triple axle, with a remote braking system. Deck is Kwila.

www.mikepero.com/RX3470116



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Hot Property



Sea Views – Morning Hues – Home and Income

West Harbour community anchors around schools and the inner harbour. This elevated brick home built around the 1990's delivers more than meets the eye. A home enjoying expansive water views over the harbour to Auckland City. It is also a short stroll from Marina View School, a favoured primary school with a diversity of students and teachers.

The home has character and pedigree, an outstanding example of fine craftsmanship and the views and the sun rises to make your heart sing.

This is a genuine home and income over two levels offering a very clever opportunity for a big family, an extended family, a blended family or an income for the family to spend.

An impeccably planned North East facing home that has been proudly cared for and maintained with first time to market.

The home offers two bedroom upstairs and three downstairs with bathrooms up and down and a modern walk through wardrobe and ensuite off the upstairs master. Three lounges and an extensive

Hot Property



garage and workshop offering options for toys and tools.
 Set on over 740sqm (approx) of land with stunning brick fenceline and established plantings.
 So much on offer, and so much to take in.
 Let 2 Parkside Road take your breath away, be quick.
 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.
 Mike Pero Real Estate Ltd Licensed REAA (2008).





BIG, BRICK, FAMILY HOME - HENDERSON

4 2 2

By Negotiation

27A Swanson Road, Henderson By Negotiation

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



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www.mikepero.com/RX3470179

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BIG ON VALUE - SMALL ON PRICE

3 1 1

By Negotiation

369A Hobsonville Road, Hobsonville By Negotiation

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



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www.mikepero.com/RX3197566

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BRICK AND TILE ON 817SQM - DON BUCK ROAD

3 2 1

By Negotiation

417 Don Buck Road, Massey
By Negotiation

Set in Terrace Housing and Apartment Buildings Zone this is a fantastic land banking option offering brick and tile low maintenance construction and easy access to services in the future. Offering three bedrooms plus office and extensive upstairs downstairs living and storage options including workshop and internal access garage. You can enjoy the property as a solid and well constructed home with the zoning potential for future investment making this property a very attractive buy for today with an eye to the future. Close to Massey shops, Westgate shopping precinct, motorway access, Massey Primary and Secondary Schools. Let nothing hold you back. Finance options available through Mike Pero Mortgages today.

www.mikepero.com/RX3197524



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027 632 0421

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Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

Testimonial

“ *A really great experience!* ”

It was so great to have an agent representing our property who was very easy to talk to. Graham was hugely knowledgeable on the local area and guided us in a way that felt really comfortable and we felt he had it perfectly sorted. Nothing was a problem. He is extremely professional and was also able to connect and help get us through the stressful times. Our property sold within 2 weeks and we feel Graham played an important part in that.

Rob & Keri - Verified by RateMyAgent

Mike Pero | REAL ESTATE



PROUD EMPLOYER OF
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VOLUNTEERS
HE RÖPŪ KOTAHI TĀTOU

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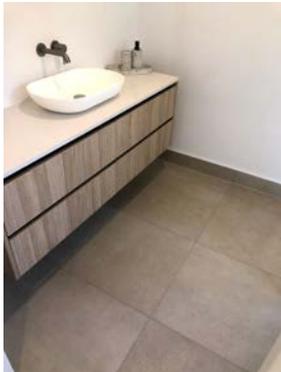
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Home & Garden

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

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, roof leaks or overflowing gutters, 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.

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 or visit our website whenuapai.laserplumbing.co.nz for more information.

Searching for the ideal house plan? We have got you covered

Building a new home starts with choosing the right floorplan, one that aligns with your lifestyle and future plans, as well as fitting into your budget. With all the design choices and trends in the market, building a new home can be an exciting, yet overwhelming process for many - but it doesn't have to be.



Whether you're planning for your first home, forever home or investment home - Signature Homes West & North-West Auckland have got you covered. To take the stress out of your building journey, Signature Homes offer a range of pre-designed floorplans to suit your family, lifestyle and budget.

Interested in making it your own? Signature Homes pre-designed plans come in a range of different shapes, sizes and styles - there's certainly something for everybody. They also provide a great starting point for creating a home that's uniquely yours, they can be as luxurious or as simple as you want.

Enjoy cleverly designed spaces, that allow for versatile living. Signature Homes West & North-West Auckland expert team will be with you every step of the way, to help you add in your own personal touches from colour, material and textures to complete your new home.

Endless opportunities - Whether you're looking to build your home from scratch with our Design & Build service, subdivide your

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Home & Garden

property, or choose from our impressive library of pre-designed plans, we've got something to suit.

Ready to start? If you've been thinking about building but are unsure where to start a New Home Consultation could be ideal for you.

Contact Signature Homes West & North-West Auckland on 0800 020 600 to start your new home journey today.

Caring for your Japanese Maple

Awa Nursery has some stunning specimen size Acer Palmatum (Japanese Maples) in stock. Beautiful stunning reds and greens are such an eye catcher in the garden, and these are no exception. The Japanese Maples are very versatile and adaptable trees. They thrive in most soils and climatic conditions. Care and attention at planting time is key to a healthy maple. Japanese Maples have a shallow fibrous root system. Be sure to apply a mulch around the tree to help retain moisture. Your planting site must be reasonably well-drained to avoid waterlogging. Your maple will thrive if they are planted in a



location where they get sunlight during the day, a small amount of shade in the afternoon, and are sheltered from the wind. Sunlight enables the deep rich colours in the foliage. Major pruning should be done in the dormant season after all the leaves have fallen off. Corrective pruning can be done at any time of the year except between late winter and early spring when the tree is devoting all of its energy into the development of new foliage. Many Japanese Maples are well suited to growing in containers. It is important the tree is planted in a mix that drains well to prevent waterlogging of the roots. Looking after a maple is surprisingly easy. Some care and attention at planting time will result in a low maintenance tree for years to come - Japanese Maples can live for up to 150 years. Come and visit us at Awa Nursery and see for yourself these beautiful specimen Japanese Maples.

Want a great lawn over Christmas? It starts now!

The grass has taken off - it's thick and lush. But have a closer look. Do you have any thistles? What about Onehunga weed, were there any prickles last summer? Is the grass actually looking good or do you have dandelions, daisies and other weeds popping up? What about the grass itself? Have you let it go a bit over the last few months - maybe it needs a bit of a pick-me-up.

Now's the time to take action for a beautiful summer lawn. Start now and those annoying thistles and weeds can be gone and your lawn

Maximise the value of your land



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

BUILDING MULTIPLE DWELLINGS ON YOUR LAND WILL BECOME LESS RESTRICTIVE WITH THE NEW HOUSING LEGISLATION COMING INTO EFFECT SOON.



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

Showroom/Office: 80 Main Road, Kumeu, Auckland.
Open: Mon-Fri 9am-5pm



Home & Garden

look and feel lush and beautiful when you want to be out and about on it.

Start with a targeted flat weed spray to kill those weeds (but not the grass), and then maybe a de-thatch, add a little grass seed in any holes where the weeds were and then fertilise the whole lawn with a slow release fertiliser to promote healthy regrowth. Then arm yourself with some Onehunga weed spray and you'll be ready to spray out that annoying pest before the little yellow flowers and then prickles start to appear.

If the lawn has got away on you and is looking ready for the hay baler. It'll take several good mows to get it back under control - don't cut too much off the first time as you will remove all the green leaf and the plant will suffer due to a limited ability to feed itself, and it'll look brown and stalky. Use 3 or 4 mows in a short period of time to progressively lower the height and the grass will adjust to the new height. Then remember the lawn golden rule - little and often.

If you or your kids love BBQ's, games of badminton or cricket, a bit of back-lawn camping, or just general running around on the grass, then these straightforward treatments and mowing tips will see your lawn thrive and be ready for you to enjoy through your summer.

Gary Turton, Franchisor - Jim's Mowing (NZ North).

Whenuapai Garden Club

Our Guest Speaker was Graham Milne, Begonia Specialist, who has developed and bred one of the largest collections of Tuberous Begonias in New Zealand. He showed us video of Capitola's last Begonia Festival and the blooms looked magnificent on the big screen. So many, so colourful and everybody appeared so happy.

When locals learned in 1952 that begonia blossoms grown by Brown Bulb Ranch in Marina would go to waste as the bulbs were prepared for market, they added the flowers (millions of them) to crowd-pleasing floats that traveled down Soquel Creek to the lagoon at Capitola Beach. Since then, begonia flowers, decorated floats, and



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the early fall festival have been some of Capitola's main attractions. This continued for 65 years until the finale in 2017. Begonias enjoy abundant light but not full sun.

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

Until next time, Happy Gardening from Mary Anne Clark.

SmartVent home ventilation system

In addition to good insulation it is vital for homes to be well ventilated. This prevents excess moisture from building up. Showers, cooking and even breathing create moisture and dampness.

The Kiwi climate makes it impractical to open doors and windows all year long. This is where a residential ventilation system can help. Home ventilation systems use fans to move air into the house, providing continuous ventilation regardless of the weather. This helps to maintain air quality and remove moisture from everyday living activities.

Keeping your home warm during the chilly NZ winters can feel like an ongoing battle. Since dry air is easier to heat, the first step is to reduce any sources of dampness and ensure you have good insulation in place. Still noticing issues with condensation and ventilation? Then it might be time to install a SmartVent. Without proper ventilation, the damp air can lead to condensation, mould, hazardous airborne particles and health complications for your family.

There are two types of residential ventilation system to consider:

Positive pressure ventilation systems - These systems (which are most commonly used in New Zealand) draw fresher, drier air into the home from either the roof cavity or outside. This air is then passed through a high efficiency filter and introduced into the home. This introduced air forces out the moist, stale air that causes condensation, mould and mildew.

Balanced pressure heat/energy exchanger ventilation systems - These systems use the energy the household has paid for, say to heat from the lounge, and pass it through an advanced heat or energy recovery converter. It then tempers the fresh, dry air from outside



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Home & Garden

before moving it to rooms that need it most. Balanced pressure systems (also known as heat recovery systems) are especially suited to modern airtight homes or those homes in the colder parts of New Zealand, assuming the property already has adequate heating, insulation and is built to modern building standards. Since this system works via an air-to-air heat exchanger that transfers heat from the inside air to the air coming in from outside, it is most effective for airtight homes, as more of the heat can be recovered and utilised.

You can learn more about SmartVent here: www.smartvent.co.nz/why-smartvent/

If you'd like to know more about SmartVent and get a quote for an installation, please contact us at info@blackoutelectric.co.nz.

Kumeu Plumbing

With summer just around the corner, there is no better time to install extra water storage. Choose from 11 different colours and sizes ranging from 300L garden tanks to 31,000L there are options for everyone!

Use FREE rainwater - garden, car, boat, home washing, W/C and hose taps. Tank level indicators sold in store to keep on top of water levels all summer long.

FREE quotes for water tank supply and installs.

Drop in a sample of your pool and/or spa water and we will test it



for FREE.

A computerised analysis will provide you with a print-out of a simple to follow, step by step plan to balance your pool/spa water. We sell Bioguard Pool & Spa products in store for your convenience.

Water Treatment - KPL specialises in water treatment systems.

Rainwater supply, bore water systems, commercial water testing and water treatment. Recommendations provided.

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

KPL 09 412 9108 - 156 Main Road Kumeu. Big Blue Building www.kpl.co.nz or send us an email info@kpl.co.nz

NZ Biosecurity

Do you have a large farm and want to capture aerial imagery of the place to track how paddocks are progressing over time? Maybe you have a covenanted bush block and need to keep track of growth for council compliance. Preparing aerial imagery is helpful in making management decisions about your land, especially tracking slips over time, how crops are looking, or how



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your forestry plantation is progressing.

At NZ Biosecurity we combine drone aerial imagery with mapping to create land information relevant to your needs. We can take video footage of your property, take still imagery while the drone is flying, set up photo points to track changes over time, and create maps of your choosing to hold data. Combined with our land management skills we can help you understand your property. Give us a call on 09 447 1998 to know more or email us on administration@biosecurity.net.nz for more information.

Dan Taylor Plumbing and Gas

Dan Taylor Plumbing and Gas is a family run business that services the local and wider community. Dan grew up in West Auckland and attended the local Waimauku Primary School and then went on to Kaipara College for a few years before realising he wanted to get into a trade.

In 2002, he started his apprenticeship with well-known company, Heron Plumbing, where he became registered in Plumbing and Gasfitting. After spending a number of years working for other companies. Dan started his own business venture as a one-man-band in 2016 with 'behind the scenes' help from his wife, Emma.

"I have created great relationships while running a business, from our loyal clients to the contractors we use they all bring a lot of purpose to the business." Dan says. After a couple of years and an increasing workload he decided it was time to grow and came across the opportunity to employ Vincent and Joshua who have both been a great addition to the company. "We realise the importance in training young future plumbers which is why we brought on our first apprentice at the start of this year, Andre who we are excited



to see grow and learn within the trade". Dan and his team cover all aspects of Plumbing and Gasfitting work. "We mainly work on new builds, renovations and residential maintenance. Which gives us the opportunity to get to know the customers we are working for and focus on delivering high quality plumbing."

Renovating your home? Contact them today and they will handle your plumbing renovation no matter how big or how small.

Give the friendly team at Dan Taylor Plumbing and Gas a call on 021 254 3899 or email us at admin@dtplumb.co.nz.

Tile and grout cleaning and recolouring

Book now the Christmas and the New Year rush.

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

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

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

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

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

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

I've been a franchisee of The Pro Group for 7+ 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.



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Home & Garden

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Our dedicated team take care of everything, including permits, resource consents, planning issues, engineering drainage and geotechnical reports.

We can even help you find a section or unique lifestyle property, sort out finance and payment terms to make it as simple as possible.

Have an idea on paper but not sure where to start? Our New Home Consultants and onsite Architects can turn your sketch into reality and have it priced all in the space of a very short timeframe. Our designers have consistently been at the forefront of developing living concepts that cater for modern lifestyles and New Zealand's unique environment.

We project manage everything every step of the way and give you written assurances, regarding costs, workmanship, material guarantees, completion dates and other key issues.

Our thoroughness is just one of many reasons why year after year, more people build with G.J. Gardner Homes than any other builder.

So give the team at G.J's Rodney West a call today on 09 412 5371, they can't wait to start your exciting build journey.

weeds, the owners have transformed the site in to a riot of colour, textures, sculptures and native plants. The goal of this garden is to provide a seasonal change in a mass of colours, attract both bees and birds and be low maintenance, whilst retaining the views across the inlet. The third garden, featuring mixed summer hardy plants, well established olive trees on over a hectare of hill land, wound its way down to a pond, looking out to the view of fields on the far side. The garden had been established by the previous owner, another club member, has now been in existence for about 9 years and is lovingly maintained by the current owners. It was a delightful day in the sunshine, enjoyed by all.

Next month we plan to visit the Parnell Rose Gardens, Historic Houses and finish the year with a Christmas lunch with guest speaker.

Next year in February we are visiting several gardens in Hunua, followed by Matakana Gardens in March and some newly opened gardens in Clevedon in April.

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

Ann 021 035 7406, Diana 027 478 8928, Gail 021 344 070, Maree 027 496 3006, Moira 027 498 9154 Sandi 027 318 4541.

Waimauku Garden Club

It was a change, after the last few years of restrictions, for the Waimauku Garden Club to visit and enjoy private gardens belonging to three of our members in Waimauku and Riverhead. With larger numbers participating, the group split up to enjoy the beautiful gardens, meeting up in Riverhead at an urban garden over the lunch break. Members were able to wander and socialise at their leisure through the gardens. The first garden I visited was Dharamkot, which has been slowly established with much love and hard work by the owners over the last 15 years. A water feature, shady gardens, topiary, hidden spots to relax, and lookouts to rural views framed by archways were some of the delightful features. We could also choose a farm walk down to the river. Our second garden in Riverhead, was urban and recently created in the last 2.5 years. From a site with no fences, and a wilderness of wattle, gorse and

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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. You can also email - volunteers: volunteer@thenzcatfoundation.org.nz donations: info@thenzcatfoundation.org.nz.

Kanika Park Cat Retreat

Aotearoa New Zealand has the highest rate of cat ownership in the world. Cats are unusual in that they are a predator of our native species, as well as being popular pets and companions. It is increasingly common for owners to keep their cats at home to keep them safe and protect local wildlife. Responsibly owned domestic cats have a place in our society, but feral or unowned cats do not.



How did cats get here?

Cats were one of the first introduced species to thrive in New Zealand. They arrived with European ships in 1769 because cats were carried onboard to keep rat numbers down. Fifty years later, there was an established feral cat population. Cats were then deliberately released in the 1870s in an attempt to control rabbit

numbers.

Cats were introduced to 30 of New Zealand's offshore islands but they have now been removed from over half of them.

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

Is your dog in their golden years?

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



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

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

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Dr Gary Duggal (BVSc)

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Pets

2017

Group 55 UK is a world leading private label manufacturer of pet & personal care products, based in a 2000 sqm manufacturing facility in Chorley, UK

- Est. in 1999, Group 55 supplies over 50 countries around the world including retailers like of Pets at Home (370) and Fressnapf (1400)

We supply a number of stockists, vets and groomers, you can find them in your local PETstock, Indepet stores, Pet Central (South Island) and independently owned retailers

Animology is a pet care range. We have dog shampoos from every day use to sensitive to puppy. No-rinse shampoos, refreshing sprays, vitamins, clean sheets, fragrances and a feline range of a shampoo and a no-rinse shampoo

For more information contact Debby - sales@jdcgroup.co.nz.

Urinary problems in cats

Urinary tract problems in cats are becoming more common as the cats have more of a sedentary lifestyle leading to obesity and they eat food rich in salts. If your cat has urinary tract disease, the most common symptoms are - straining to urinate, blood in the urine, increased frequency of urination, urinating at unusual places or inside the house and inability to pass urine.

You must contact your veterinarian immediately if your cats is unable to pass urine as urinary blockage is an emergency condition.

Consumption of foods rich in magnesium or phosphorus (most of the supermarket dry foods or raw meat) over time can lead to build up of crystals or stones in the urinary bladder or urethra. These cats mostly have high urine pH and pass alkaline urine. Alkaline urine also favours urinary tract infections.

In clinical practice we see these cats with history of sitting in the litter tray for prolonged periods of time or straining to urinate. Most of the time they have crystals building up in their urinary bladder or urethra causing cystitis (inflammation of the bladder), urinary tract infections or urethral blockage in more extreme cases. Cats can die if their bladder is blocked for prolonged periods, so we normally recommend immediate veterinary examination if a cat is unable to urinate.

Stress is another factor that plays a role in feline urinary tract disease. A lot of the cats stress out due to territorial fighting or change of territory or if the owners have adopted a new cat or puppy. Stressed out or anxious cats are more likely to get cystitis. It normally settles with time as the cats get used to the change in conditions at home.

To prevent it from happening, it is recommended to feed the cats foods low in Magnesium and Phosphorus and foods that make the urine pH slightly acidic (Hill's c/d urinary care food or Royal Canin Urinary s/o). In general, for urinary tract problems in cats; any good

quality wet foods are better than dry foods. More water in the diet helps in flushing the urinary tract.

Preventing obesity by feeding the cats the right amount helps. Obese cats are more likely to get urinary tract problems along with many other issues. If your cat is gaining weight rapidly, it means you need to cut down on the amount you are feeding the cat.

If your cat is persistently showing the urinary tract signs or you notice any discomfort associated with urination, you should consult your veterinarian.

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

Raw Food Direct

Gary Withers has been buying raw meat mixes to feed his dogs for many years and has watched his dogs thrive on the quality products he sources from the Waikato. "To find a supplier that produces meat products for dogs that are free of hormones, preservatives and antibiotics that also



understands the correct balance dogs need between muscle meat, organ meat, bone and tripe is a great find here in New Zealand", he goes on to say his dogs are prized for their great condition and shiny coats which he attributes to the quality raw food he feeds them.

When he and his partner's interior business was closed due to the problems caused by Covid, Gary saw this as an opportunity to offer these same meat products to the general public, so he started Raw Food Direct. There are many suppliers currently offering raw food for dogs and cats but he has found them either too expensive, the mixes incorrectly balanced or the quality compromised through the processing. Also many are not medicine free, something Gary feels very strongly about.

He supplies only to the 'local' market and isn't interested in growing the business so big he can no longer offer a personal service to his fast growing list of customers. Check out his website for a full list of products and prices on www.rawfooddirect.nz.

\$100 = Exposure for a month

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

Walkers Wanted

Are you pounding the streets in Hobsonville on a regular basis and would like some cash for what you are already doing? If you are walking several times a week and would like to distribute magazines for us in the area for \$40 please contact Stacey on phone 09 412 9602 or email editorial@thewesterly.co.nz * Distribution average is 300 magazines in your local neighborhood every four weeks.

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Food & Beverages

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We're open in our bistro 6 days a week. With longer and warmer days in full swing our bistro is now open from Wednesday - Monday for all to enjoy.

Come and try our new summer menu while you unwind in the vines with a cold beverage (or two).

Wine tastings are also available in our cellar door 7 days a week. Whether you're a novice or a pro, there's something for everyone to enjoy.

For more information or to book, head to our website www.soljans.co.nz or call 09 412 5858.



Sweet Bells Cakes

Sweet Bells Cakes Limited is a registered home-based company located in Kumeu, Auckland. We do all occasions cakes which include weddings, milestones/celebrations, Polynesian themed and children's cakes. We specialise in creating high-quality delicious custom-made modern cakes which are uniquely designed and handcrafted to their finest details.

Our cakes are not just stunning centrepieces but are delicious to taste, that's something everyone can experience as part of the celebration. Our motivation is to go above and beyond not only to



meet customers' desires and satisfactions but to make their occasion unforgettable which brings great fulfillment to our company.

For booking, please send a direct message to us through: email sbellscakes@gmail.com or www.facebook.com/sweetbells.co.nz.

Momma Bear Bakes

Momma Bear Bakes is an A grade Auckland council registered home baker located in Kumeu. Roshi aka Momma Bear is a self-taught cake decorator who found her true passion later and now obsessed with creating sweet masterpieces.

We love being able to design and bring to life something that tastes and looks magnificent and delicious, leaving you to want more.

If you want to make your wedding, birthday or any other milestone beautiful and memorable with a stunning cake contact momma bear through www.mommabearbakes.co.nz or her Facebook or Instagram accounts.



Allely Estate creates memorable moments

Allely Estate hosted and sponsored a business forum on Workplace Wellness for one of its group of companies - The Engine Limited (www.theengine.biz) - a leading business advisory firm.

More than 100 business owners heard keynote speakers; economist (BNZ 25 years) Tony Alexander, business advocate and 4 Day Week Global founder and CEO Charlotte Lockhart, and disruptive innovators Organised Chaos which included Christine Rankin, Monica Moore and Julia Grace.

Attendees also heard from three other business owners about their business journey from former MasterChef finalist Kelly Young who owns 9Rounds Fitness Albany, Curtis Stowers of Conference in a Box



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Food & Beverages

and Sarah Donaldson of Fitworks Health.

Speaking of businesses, Allely Estate has been a sought-after venue for years - not just for weddings but for many businesses wanting to put on a product launch, conferences, celebrations or even an early Christmas dinner.

Many businesses have their Christmas gatherings from June to October at Allely Estate so that they get to appreciate their team without trying to battle dates which can be hard with your staff's busy calendars in the lead-up to Christmas, coupled with a busy time to get booked in.

The Workplace Wellness Forum was sponsored also by another sister company of the group, WineTime (www.winetime.co.nz).

WineTime has incredible NZ wines and bubbles that are delivered cleanskin and then personalised. Imagine gifting your client or staff member with a bottle that is personalised with your message - from staff appreciation, retirement, get well soon, birthday ... there are so many reasons to send a gift and one that is in the moment and tastes amazing too.

Rounding back to Allely Estate, the owners have adopted the WineTime personalisation into their service. Those booking are now purchasing personalised wines and bubbles and Allely Estate also gift their clients with a personalised bottle to remember the day.

Contact info@allelyestate.co.nz to get the conversation started to book your event or sales@winetime.co.nz to find out more about personalised wine.

Rose and Lemon Finishing Salt

These herb salts are quick and easy to make and are a great way to add interesting flavours and a little colour to just about any meal or even baking. This rose and lemon version is delicious sprinkled over double chocolate chip cookies, caramel slice or pork dishes.

Rose & Lemon Finishing Salt

Ingredients: 1 tablespoon dried rose buds or a heaped tablespoon of dried rose petals, 1 tablespoon of fresh lemon zest, 2 tablespoons sea salt.

Method: Begin by drying the lemon zest in an oven at 50C for 20 minutes or until dry. Cut the rose petals from the buds, taking only the coloured petals and discarding the rest. Using scissors or a sharp knife, cut the petals very finely. Mix all



of the ingredients together and store in an airtight container.

The flavour options are endless. Create a larger batch and use as Christmas gifts.

Certified organic rose buds and other herbs can be purchased via our online store: www.NewZealandHerbalBrew.co.nz.

Don Buck Honey

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



Jesters Westgate company shouts

We want to help you reward your team this holiday season with a Jesters Pies shout. Our pie vans are equipped to deliver delicious, freshly made hot pies to your workplace, any time of the day. We have something for everyone - gluten free, dairy free, vegan or classics, they are all available to order for your company shout. Pre-book with us now to avoid missing out.



To find out more, please email Tony at amljesters@gmail.com or call 09 832 6060.



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Health & Beauty

Get set for summer with Westgate Optometrists

Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. Westgate Optometrists have a wide range of contemporary sunglasses with brands inclusive of Kate Sylvester, Nina Ricci, Furla, O'Neill, William Morris, Barkers and more - all can be paired with our polarised prescription lenses for single vision and progressive lens wearers. Purchase any complete pair of glasses and receive 50% off your second frame. Stop by to check out our range and have a chat to our friendly team. Opposite NorthWest Shopping Centre and the Kiwibank, just around the corner from Goode Brothers Restaurant. Phone: 09 831 0202 Website: www.westopt.nz.



How stress can affect your oral health

Covid has thrown physical, financial and emotional challenges at us that no one could have seen coming. Many of us are feeling more stressed and exhausted than ever before and a holiday break can't come too soon. With stress levels at an all-time high, it's important to be aware of how stress can affect your oral health, and ways that you can stop it from causing lasting damage.

Teeth grinding or clenching - also known as bruxism, clenching or grinding your teeth is a common symptom of stress that even children and teenagers can suffer from. It can lead to loosened or broken teeth as they wear down from the constant pressure of clenching or grinding. Aching jaws, headaches, earaches, stiff necks and even back pain can all be caused by teeth grinding. As it is most common at night, it can also cause relationship problems if it disturbs your partner's sleep.

If you are suffering from stress and worry that it could be affecting your oral health contact the friendly Fraser Dental team at 1 Wiseley Road, Hobsonville on 09 416 5050 or email info@fraserdental.co.nz to schedule a consultation today.

Summer sun be safe - SKINMED NZ

A sobering fact. New Zealand men and women report more severe signs of facial ageing than other countries such as the USA and Canada. A study found that it's not unusual for us to age up to twenty years faster. Lucky Kiwi's, eh?

But did you know that the sun can affect not only the obvious skin concerns, but also some that you would never even think of.

Have a look at the concerns that feature on your own skin profile and see if they rank on our top 5 impact list:

#1 Freckles, #2 Pigmentation, #3 Wrinkles, #4 Redness, #5 Premature aging

No matter which skin concern shows on your skin profile, I think we can all agree, that to slow down our ageing and improve the health and appearance of our skin, sun exposure from an early age needs to be minimised. The ageing race is not one we want to keep winning so convincingly, so let's slow down by limiting direct exposure to the sun.

Always use SPF 40+ cosmeceutical grade sunblock for your face, neck, and hands. We have two cosmeceutical brands available today from Mesoesthetic (Spain) and a script only offering from Genosys (Korea). These products not only protect but feed your skin.

At SKINMED, we understand how hard it can be to source the right



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Health & Beauty

skincare advice and find products and treatments right for you. Not to mention the consistency of seeing the same person who gets to know your skin. We ask a series of questions to understand your skin's unique characteristics and match you with treatments supported by our cosmeceutical grade products. Not only do we focus on skin health, but our clinic provides exceptional service, experience, and most of all results. Don't take our word for it, check out our 5-star Google reviews.

From pores to pigmentation, ageing to acne, whatever your concern and whatever your skin type, SKINMED can help. Best of all we are located right here in Hobsonville Point www.skinmednz.co.nz | contact@skinmednz.co.nz | Rachel 021 825 464.

Spring is here

New stock has finally arrived.

Colour, sunshine, sunglasses, hats, caps, wine glasses, scarves, bags, cards, vases, art pieces, Secret Santa gifts, men's gifts, trinkets, candles, placemats, tea towels, toys, Kiwiana, photo frames, aprons, garden goodies, leather bags, wallets, cosmetic bags, jewellery, hair accessories ...

Our sunglasses are very, very good quality.

Come and browse any day but Sunday

Hobsonville Optometrists - Glasses and Gifts 413A Hobsonville Rd, Hobsonville.

Change the beliefs and the body changes

All my life my weight was up and down. I have weighed between 62 - 104kg and worn size 8 to 18 clothes. I used to keep my 'fat' clothes in case I needed them. The cabbage soup diet and dukan diet didn't work. I tried to be 100% sugar free. I would go to the gym, lose the weight, get fit, and then start binge eating again and put it all back on and more.



I didn't know that I had created beliefs as a child that kept taking

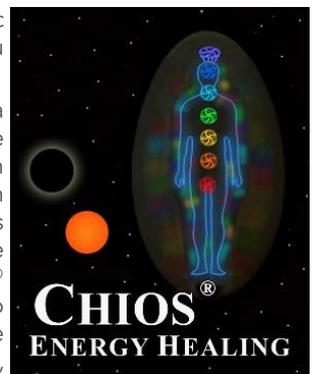
me back to being overweight, that whenever I got slim part of my mind didn't feel safe. Using hypnosis, I have freed myself of those old beliefs and choose to be slim, fit and healthy today. I exercise regularly and actually love it. I eat healthy (most of the time) and my body feels so much better. So many benefits including knee pain gone, indigestion gone and back pain better. Most importantly the health and fitness to run, swim, dance, hike and bounce.

If you need help with weight loss, please get in touch. Lorraine Maguire - Rapid Transformational Therapist, www.lorrainemaguire.com.

Chios® Energy Healing

You have heard about Reiki, Magnetic Healing, Theta® Healing, but have you heard about Chios® Energy Healing?

Chios® pronounced 'chee ohss'. Is a relatively new but at the same time is a complex energy healing system that was given to its founder Stephen H Barrett, together with over 20 years of research, Stephen realised the importance and benefit of the Chios® energy and wanted to get out into the world for others to share and see the benefits of it. Jason Mackenzie, Founder of Astramana™ Healing Services saw its benefits and after several conversations with Stephen Barret decided to learn this form of Energy Healing. Jason is a Register Chios® Master-Teacher and was taught by Stephen Barrett.



Chios® Energy Healing is described as perhaps the most innovative, comprehensive, and powerful aura and chakra-based healing system in the world.

A Chios® Energy Healing session usually last about an hour and can help to: Unblock Chakras, Aura Clearing, Chakra charging using colour and Chakra rebalancing to name a few things.

For those already involved in energy healing, Chios® Energy Healing is very easy to learn, in fact Astramana™ Healing Services offers a self-study program. There are 3 levels to the Chios® Energy Healing System and can only be taught by a Certified Chios® Energy Master-Teacher, who will provide an attunement at each level. You will also learn the powerful Chios® Meditation. Upon successful completion of the study programme and attunement process you will be registered with Stephen Barrett and be able to teach this incredible energy healing and you will be able to perform treatments on yourself and others.

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

Please Note: Chios® is the Registered Trade Mark of Stephen H Barrett and can only be used with his permission.

The right time

Ever wondered why that instant noodle doesn't taste as good as it looks on the packet?

Turn the packet around, set a timer and follow the exact time it says to cook it for.

Not one second more or less.

The time exists for a reason - the many food experts that developed it had already tested it and that particular time gives the best results (of course some nice toppings help as well...)

Try it next time and you'll be standing there stirring and waiting for the longest 4 minutes of your life, especially if you are really hungry.

Time slows when you are waiting.

Notice how the years slip by and you've "suddenly" grown white hair and a pot belly? Or how that much anticipated long weekend is over?

Time speeds up when you are living life.



There is a right time for everything - even the Good Book says so. When is the right time to get a handle on your health?

Not yesterday because you can't change the past.

Not tomorrow because it may be too late.

If you want your future health to look good, see your GP today and invest in your health. Get screened. Do that mammogram, PAP smear and prostate check. Get regular bloods especially if you have a family history of poor health. If you smoke ask for a chest X Ray especially if you are still coughing after a cold. Take your medications regularly.

The right time for health is NOW.

Dr Frederick Goh - www.rhdoctors.nz.

Working with cancer survivors

NorthWest Physio + is a physiotherapy clinic in Kumeu, they now have two fully qualified cancer rehabilitation physiotherapists servicing the NorthWest.

Cody Langford and Hannah Fordyce, pictured, have both completed their training through the cancer rehab charity PINC & STEEL so they can work with cancer survivors to support, guide, and rehabilitate people through every stage of their treatment and recovery.



The PINC & STEEL Cancer Rehabilitation Foundation is a registered charitable trust that raises funds to actively support New Zealanders with cancer. Every year, PINC & STEEL helps fund more than 2000 cancer patients (men and women) through certified oncology physiotherapy and rehabilitation programmes including PINC (for women) and STEEL (for men).

Its mission is to inspire and allow anyone with cancer the opportunity to rehabilitate and regain their strength and confidence following their diagnosis, and to incorporate exercise into their lifestyle.

Cancer treatments are tough, and survivors can face an increased risk of extended health problems, premature mortality, and harsh side effects from their treatment. But there are now more people surviving a cancer diagnosis and treatments are more manageable when people know what to expect and are given good advice on everything they can do to maximise their own recovery and help them take positive steps for their future health and wellbeing.

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Health & Beauty

This is where PINC & STEEL cancer physiotherapists can work alongside their patients to help minimise the side effects of the treatments and improve their quality of life.

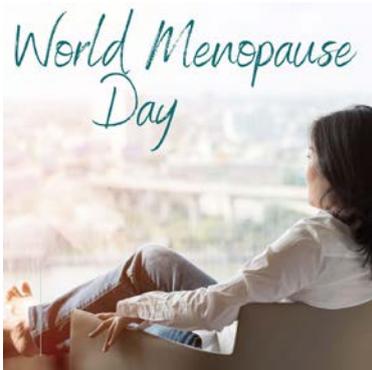
Cody and Hannah are available every day at NorthWest Physio + and are experienced working with cancer patients. The physios will assess each patient individually for physical impairments and effects of their treatment. They will then collaborate with each patient to create a rehabilitation programme to suit their stage in recovery. The sessions can include a combination of services including manual physiotherapy, graduated resistance training, fatigue management, and exercise prescription.

PINC & STEEL is a charity and can offer to fund this service for those that qualify.

For more information contact NorthWest Physio +, email info@nwphysioplus.co.nz, phone 09 412 2945 or visit www.northwestphysioplus.co.nz or www.pincandsteel.com for more information.

World Menopause Day

The 18th of October was World Menopause Day. The purpose is to raise awareness about menopause and what support is out there. Let's face it for a lot of women around the world there really isn't much. Whilst young girls are starting to get much better education around their menstrual cycle and puberty, there is little education around menopause and not all GPs are trained in this.



Menopause is misunderstood. It's not a medically diagnosed condition, it's a natural transition, it shouldn't be horrendous but it was never meant to be easy (transitions never are). Studies show that women have very little support and some are forced to give up work altogether as a result of their symptoms.

I passionately believe that whilst we need to acknowledge that for some menopause is terrible, it is so, so important that we don't automatically fear it, that women should be educated on it and what to expect.

All transitions in nature are challenging. The journey from perimenopause to menopause is unsettling, a shakeup, a chance to evaluate our lives and decide on what we really want, who we really

are and what we are here to do or be.

I also believe that symptoms are messages that things are not right - hormones only become imbalanced when other things in our lives are imbalanced - our thoughts, nutrition, exercise, lifestyle, stress, work, relationships etc. Address those and the hormones usually sort themselves out.

I would like to live in a world where women were educated, prepared and supported and excited about menopause...excited about coming out the other side...excited about moving into the next phase of woman's life...to be the wise women, to be the leader, to be the mentor. In most traditional societies a post-menopausal woman is a leader, a kuia, only in western societies are these women invisible. It's time that stopped too.

Take a moment to just marvel at how amazing we are - what our bodies have gone through...we are definitely not the weaker sex. We carry into menopause a life of hard work, service, feats of incredible strength, illness, injury, birth and loss. These are the scars that make us who we are. That's why we need to celebrate.

I have been running a series of free webinars on perimenopause. Please go to <https://sarah-brenchley.com/links/> to access these webinars and other resources or contact me at admin@sarah-brenchley.com if you would like to learn more.

Treating acne nutritionally

Acne is a big deal for a number of people, especially teenagers. The good news is that there are some very effective medicines like isotretinoin. Despite being effective, these medicines can have side effects so are not for everyone. Luckily there are also some nutritional strategies that I have been using on patients with great success lately.



Diet: The most important part of my nutrition anti-acne plan is to eat an anti-inflammatory diet. This is because acne is essentially inflammation in the skin. Changing what we eat is where many people stumble. The dietary habits of our target market (teenagers) can be challenging to change. However, the incentive of clear beautiful skin might just be the trigger required to get them to eat better. If you can get your teenager to improve their diet, then you might see bonus effects such as better moods, better sports performance, and better success at school. This is because low-inflammatory foods are full of nutrients to fuel the body and mind. Worth the effort I would suggest.



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Anti-inflammatory diets encourage eating whole foods, plenty of vegetables, good fats, quality protein, antioxidants, and phytochemicals. Foods to avoid include processed carbohydrates, bad fats, high intake of sugars.

Nutrient Supplements: Vitamin B5 is a great fast-acting tool in the fight against acne. It must be used in the correct dosage (a lot higher than you'll find in a B-vitamin complex or multivitamin) and supported by a good diet I often get improvement within days.

Fish oils contain essential fats that produce anti-inflammatory changes in the body. Your fish oil supplement needs to be high quality because a bad fish oil is actually bad for you.

Zinc is a key mineral if trying to lower inflammation on the skin. Zinc has direct benefits on improving the quality of skin, nails, and hair.

Get Your Natural Acne Protocol: Call in to Massey Unichem Pharmacy if you would like a copy of my natural acne-busting protocol. I have even got some guides on what an anti-inflammatory diet looks like. Martin Harris, Massey Unichem Pharmacy 396 Don Buck Road, Massey. 09 833 7235.

How often should you rest?

If you've overcome laziness and become a self-motivated exerciser, you might need to be reminded to slot 'rest' into your busy schedule. Here are seven strategies to include;

1. Replace lost fluids. This will boost your recovery.
2. Prioritise recovery foods within 60 minutes of your session. Include high quality protein and carbohydrates.



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3. Rest and relax to utilise your bodies amazing capacity to take care of itself.
4. Stretch it out. It's a simple and fast way to help your muscles recover.
5. Perform active recovery like a brisk walk or bike ride.
6. Get a massage or try self-massage with a foam roller
7. Try an ice-bath. Athletes now swear by these OR alternating hot, then cold showers

Make 'recovery' part of your weekly fitness routine and enjoy, injury free abundant health for many years to come!

From Paul - Club Physical

Body shaping with Caci

Target unwanted and stubborn body fat with ChillSculpt® - a non-invasive, non-surgical body shaping treatment

ChillSculpt® targets stubborn bulges that won't go away despite a diet and regular exercise. With ChillSculpt, you can say goodbye to stubborn fat and hello to skin confidence!

How does Chillsculpt® work? Chillsculpt® uses cryolipolysis technology - controlled cooling that freezes and reduces fat cells. The targeted fat cells gradually disappear naturally through the body's normal metabolic process.

It is not a weight loss solution; but it is ideal for reducing fat that cannot be easily removed through diet and exercise. Chillsculpt® is the perfect treatment for those wanting to tone and shape their bodies. It offers a non-surgical alternative to liposuction but has the benefit of no down time.

What happens during a fat freezing treatment? Before the treatment starts the area to be treated is marked out and photos are taken. The treatment applicators are then positioned on your body and a vacuum effect and controlled cooling occurs.

During the treatment you can relax. Each session normally takes an hour to complete. Afterwards, the treatment provider will massage the area for a couple of minutes. Then you should be able to return to your normal routine. A check in will occur three months after the first treatment.

Does cryolipolysis hurt? Initially the cooling may feel uncomfortable, you will feel pressure and intense cold. This subsides within minutes and becomes more comfortable.

What results can I expect? For most people results will be apparent



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Health & Beauty

after three months. A minimum of four sessions per area is required. Your treatment plan will be prescribed based on your individual needs at your consultation.

Can the Chillsculpt® procedure be used to reduce fat anywhere on my body? At Caci we can use Chillsculpt® to target the following areas:

Stomach - lower abdomen, Hips - 'muffin tops', Waist, Back, Thighs, Saddle bags

What are the benefits of treatment?

- Reduction of unwanted fat that cannot be easily removed through diet and exercise
- Non-invasive treatment with no downtime
- Long term solution for fat reduction

What are our clients saying about Chillsculpt®?

"I cannot even convey to you how overwhelmingly happy I am with the results! They have surpassed all of my expectations. I saw visible results after the first treatment, and it's only improved from there. If you have been looking for a treatment to move those stubborn little pockets of fat then you just must go and see Hannah. You will not be disappointed" - Lisa, Chillsculpt® client at Caci Kumeu

Have we caught your interest? Visit our team at Caci Kumeu; one of our highly trained therapists can provide to a free consultation to discuss how we can get you started on your ChillSculpt® journey.

Plus sign up to our Chillsculpt® programme for 5 sessions and get 1 free.

1a Tapu Road, Huapai, phone 09 412 2579, email kumeu@caci.co.nz or visit www.caci.co.nz.

Love to Move

Introducing Kayleen Smith, head trainer at Love to Move, operating from my home gym in Hobsonville Point.

I cater for mature audiences who are looking to get back into or maintain a level of fitness so they can lead sustainably independent lives into the future.

Fully qualified, with expertise in pre and post-natal training, returning to exercise after Covid, Bootcamp training along with being a member of REP's - New Zealand's exercise governing body, I pride myself in helping my clients achieve their goals.

I offer 1:1 sessions, bootcamps, mum's and bub's bootcamp and Functional Fitness classes which are to be held at The Headquarters,



214 Buckley Avenue, on Wednesday afternoons at 1.15pm. If you prefer a private environment with a person who understands your needs, please contact me for a free consultation or chat. Please contact me on 027 665 4091 or kayleen@lovetomove.co.nz.

Hobsonville Chiropractic

Have you been feeling like your body could use an adjustment? Have you been putting it off for years? Give chiropractic a go. Your initial appointment at Hobsonville Chiropractic



includes a healthcare discussion, full spinal check, and chiropractic adjustments where needed. Don't put your spinal health off any longer. Call us today to book in. Hobsonville Chiropractic Centre, 295 Hobsonville Road, Phone 09 416 7589 or 022 410 1980.

A perfect time to start your new practice

Kanuka Yoga Space is a local, boutique yoga studio with a variety of class styles, teachers and class times. Yoga can enhance self-awareness, allow for more moments of peace in the present moment, build resiliency and inner strength. These are skills that are important in a fast-paced



world, and skills that generally require practice. If you're brand new, keep a look out for classes like Restore and Slow Flow; a great way to get started and you'll love the friendly and welcoming atmosphere in the studio. If you're looking for a challenge, try classes like Power Flow and Yogalates classes. With any class you try, remember you are in control of your practice; take rest when you need to, or take a more strength-based option if you're eager to build more heat and energy. Doing what feels right to you is always encouraged in the studio. Remember to visit them online (kanukayoga.co.nz) to see the most up-to-date yoga class schedule, and the variety of events and workshops that are on. You might like attending a Sound Bath Journey, Ecstatic Dance or Restorative yoga class with live music. You can also give them a follow and like on Instagram / Facebook (@kanukayoga).



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Measuring your marketing activity

Marketing is not a set and forget activity. A more effective approach is to set, measure, refine and then reset.

I was talking to a business owner the other day who was spending a significant amount on Google Ads each month, but had no idea if she was getting a return on her investment. I did a quick search on Google and found that her ad was not being seen until I got to page 3 of the Google search.

Some of the things she could have been measuring were:

- Where her ad was ranked for her search term compared to her competitors
- How well each search term was performing
- How many clicks through to her website each month
- What the cost per click was

Once she knew what these results were, she could refine her ad/search terms, let it run for another month then measure again.

I am not a Google Ads expert, and I usually recommend using experts in this case as it is a refined art that is constantly changing. The experts will also know what to measure and how to refine, however the principle is the same for any type of marketing.

Some marketing activities are easier to measure. Activities such as having an active website (Google Analytics), Google Ads and Facebook advertising make measurement easy as they come with a large amount of data and analytics that is easy to access. If you are not tapping into that data source, I suggest you start looking at what is available.

One method is to find out the referral source for all new customers.

It is easy to tell those that contact you through your website inquiry form, or perhaps through Messenger, but think about all the other marketing methods that you don't get direct data from (eg through building or vehicle signage). Do you ask your customers? This could be part of your sales process to collect and record this information. It could be a question asked during a phone call, or it could be a question on a new customer form for example. Once you have this information, don't forget to measure it to see what is the most effective, and what is not coming up with any results.

Knowledge is power, so make sure you understand how to measure each marketing activity. How many customers do you get from each activity? What is the average lifetime value of each customer? Is the cost of the marketing activity less than the number of customers x average lifetime value?

Don't just set and forget. Have a measurement and refinement plan to make sure you are making the most of your marketing spend.

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

The perils of working in New Zealand

As a safe place to work, New Zealand compares poorly with other developed countries like Australia, UK and Canada. At a national level we are overrepresented in terms of health and safety statistics throughout the world.



In the last 7 years, approximately 70 people have died as a result of a work-related accident. Serious illnesses and notifiable injuries are also excessively high on a per capita basis to comparable nations.

Top 5 most common workplace injuries in NZ.

- Trips, slips and falls
- Being struck by or caught in moving machinery
- Vehicle related accidents
- Fire and explosions
- Repetitive stress and overexertion injuries

In the aftermath of the Pike River mine explosion that killed 29 men



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in 2010, serious failings in New Zealand's health and safety record were revealed.

Recently released figures about the construction industry are an example, with two deaths a month on average and a serious injury every day.

WorkSafe, the agency dedicated to safety was created in 2013 but nine years on, our record still requires significant improvement.

In 2016 the Health and Safety at Work Act - 2015 came into force and for the first time provided enforcement powers to the Regulator - WorkSafe.

WorkSafe has a tough job as the watchdog of over 550,000 businesses/ organisations throughout New Zealand but the health and safety statistics are getting worse in some areas and that is not a good sign.

WorkSafe has 269 people authorised under the Health and Safety at Work to do enforcement, 174 of whom are actively doing inspections. The rest are managers and staff working on other harm prevention and engagement work.

The health and safety watchdog is now appealing for companies to do better.

WorkSafe chief executive Phil Parkes has taken the rare step of going public with the plea that significant change is required within New Zealand industry for us to reduce fatalities and serious injuries in the workplace.

Resourcing:

Our observation is that WorkSafe has primally focused on 3 areas for improvement:

- Enlightenment
- Education
- Encouragement

This has produced a wealth of guidance material on how to improve H&S in the workplace that has been reinforced with workshops, roadshows around the country, hazardous substances guides and advertising/marketing of the safety message to New Zealand industry.

To be fair this has led to a huge improvement in engagement with health and safety, yet we are still a long way from achieving the Government target of reducing work accidents by 25%.

Furthermore, investigations into accidents which provides essential information on why work accidents occur, have also been dropping as WorkSafe struggles to deal with complex cases such as the

eruption on Whakaari/White Island and more recently, harassment and mental health in the workplace.

This then begs the question "Does WorkSafe have sufficient people and resources to effectively regulate New Zealand industry? Their funding has steadily increased but perhaps much more is required?"

This is a critical issue for WorkSafe and the Government to work out; In the interim, we can envisage a significant move to more focused workplace inspections, more scrutiny and rapid enforcement of known harm related issues/situations.

Already, we are seeing the Regulator addressing two particular areas of harm when on routine inspections and they almost always issue a "Improvement Notice" requiring the following:

1. To conduct health monitoring of staff when encountering excessive noisy work environments.
2. To establish a traffic management plan with appropriate signage for facilities that have traffic and people in the same areas.

If you have any concerns around this topic or other H&S matters, contact John Riddell, Securo Consultant by email securo4@securo.co.nz or check www.securo.co.nz.

Love thy neighbour

You don't have to be best mates with your neighbours, but it can save you a lot of hassle if you can all get along like rational grown-ups. That means being a considerate neighbour and knowing where you stand when things go wrong between you and the others in your corner of the world.

Barbara Guy Manager of Citizens Advice Bureau Massey says "We all want to get along with our neighbours however if your neighbour is doing something which is driving you mad, your first step should be to speak to them about it. We all have rights and responsibilities that we need to adhere to. Often a conversation will be enough to put the matter right."

Some of the more common disputes that come up between neighbours are listed below; a CAB volunteer can offer help and support when dealing with neighbourhood problems.

Noise - There will always be a certain amount of noise in any neighbourhood - dogs that bark, children who scream in that very high pitch that only the very young can produce, exuberant party noise at backyard barbeques, and early-bird home renovators. These are the signs of a zesty community.

Every local authority has bylaws relating to how much noise is

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acceptable. If you've tried talking to your noisy neighbour without success, your next step might be to complain to your local council. They will send a noise control officer to assess whether the noise is excessive or unreasonable. If it is, they will issue a notice requiring the neighbour to reduce the noise for the next 72 hours. Non-compliance could lead to the confiscation of the noise-making equipment. Auckland Council Noise Control is 09-301-0101

Animals - If your ears are ringing with the incessant barking of a neighbour's dog and you've already tried reasoning with the owner, you can complain to your local council who will send a dog control officer to the property. In extreme situations the officer could remove the dog.

You can also complain to council if your neighbour's dog (or, if you live in a rural community, livestock) keeps wandering onto your property. As always, it's best if you try talking to the owner first - they may not even be aware of the problem.

Boundary fences - The fence which separates your property from your neighbour's is a boundary fence and is therefore jointly owned by both parties. This means that you can't build, repair or remove a boundary fence without first obtaining your neighbour's consent. You do so by giving them a Fencing Notice (a sample Fencing Notice can be found on www.cab.org.nz) which outlines your proposal regarding the fence. Once your neighbour gets the Fencing Notice, they have the opportunity to agree to your proposal, ask for amendments, or reject it entirely.

If you and your neighbour can't agree on what to do with the boundary fence, either party can apply to the Disputes Tribunal or District Court for a decision.

Trees - Trees and other products of neighbours' gardens can be a perennial problem. Perhaps the leaves on overhanging branches keep blowing onto your roof, clogging up the guttering; the neighbour's vines are growing over the fence, up and into your attic space; or roots from your neighbour's tree are threatening to crack your drains open.

In general, if your neighbour's tree is hanging over the boundary fence and onto your property, you are entitled to cut those branches off. If you do, then you are supposed to return those cut-offs (including any fruit) to the neighbour who owns the tree. Consult with your neighbour first, though. If you're lucky, they'll offer to do it for you because they never liked that tree anyhow. It's a good idea to check with your local council also, in case it's a protected tree.

If you need to find out more about your rights and responsibilities as a neighbour then drop into CAB Bureau Massey at Te Manawa in Kohuhu Lane Northwest or phone us on 09-833-5775 or email us massey@cab.org.nz.

Citizens Advice Bureau need volunteers. If you're a good listener, willing to learn, confident using a computer and like the idea of

doing a bit of research to help people find the information they need, then you are a potential CAB volunteer. We provide our volunteers with training, tools and the ongoing support necessary to provide our service.

The ReCreators

West Auckland will soon be getting a Makerspace which will focus on DIY upcycling skills with an emphasis on woodworking and sewing. The ReCreators have signed a lease and are due to open the Remakery on Thursday 10 November, located at Westgate Drive.



What is a makerspace?

Makerspaces provide communities with easy access to expertise and expensive tools to help repair or build a wide range of items. Their aims are to allow people to discover a creative spark, gain resource efficiency, reduce waste and reduce front end consumerism. They are also about engaging communities rather than the model of individual ownership. A circular economy is all about sharing resources at a local level, reducing spending, increasing collaboration at a local level.

Why types of programmes and workshops will be delivered by The ReCreators?

- Circular woodwork - how to work with deconstructed wood, pallets and other timbers
- Circular fashion, sewing & design
- Upcycled gardens and permaculture
- Various creative craft classes
- Furniture restoration
- Plus much more...

These classes will be open to primary, high school and adults throughout the week.

In an age where there are huge issues with mental well-being, people are turning back to making hobbies that are good for the soul and provide a sense of achievement through making. In addition, with the increase of housing and reduction of personal garages, makerspaces are akin to community garages, there are a growing number of makerspaces popping up in New Zealand and

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globally[1].

Auckland Council, Creative Communities Auckland, Foundation North, The Trusts, Ministry of Ethnic Communities and Lotteries are all supporters of The ReCreators zero waste educational workshops and programmes. After spending nearly 4 years with a mobile business model, it will be great for the upcycling collective to have set location. However, classes will still run regionally as that's where demand lies.

The ReCreators are huge believers in partnerships and have received support from the Massey Menz Shed, Tap Lab in Te Atatu Peninsula plus other West Auckland organisations. They are also looking for volunteers to help with a wide variety of tasks required to get the community facility up and going. Tasks include everything from constructing the fit out (from reclaimed materials!), to graphics design, marketing to decoration. If you are willing to volunteer, get in touch with Tasha@therecreators.co.nz.

The future economy will be a shared economy, with better quality resources and membership services. The West Auckland Remakery will offer workshops, programmes, memberships and room rental.

[1] <https://makerspaces.make.co/>

Strong Field Assembles For Trueform Spa Pools Pro-Am

Josh Geary headlines a strong field for the upcoming Trueform Spa Pools Pro Am at Huapai Golf Club on November 9 and the 13-time professional winner will arrive at Huapai in great form.

Geary has wins on the Canadian, Chinese, Australasia and Charles Tour (NZ) circuits, most recently taking out the honours at the DVS Open at Clearwater in Christchurch in mid-October, the latest stop on the Charles Tour.

Geary returns for another crack at the Trueform Spa Pools sponsored event after finishing tied 14th with an even par 72 back in March 2021, when the tournament was held as a one-tee start during COVID lockdown conditions.

Huapai Golf Club President Michelle Dee is thrilled at the quality of the field coming to join a sold-out field of amateur golfers



"Securing Josh is a coup for the tournament, for our sponsors and for locals that might be keen to come along and enjoy watching, he brings a wealth of experience from around the world, including 4 appearances and 3 top 50 finishes on the European Tour in 2022," said Dee.

"But Josh will have a fight on his hands with a great field of New Zealand and Asian Tour based professionals also lining up, with many of them capable of shooting low. We are delighted to have 6 of the current top 10 on the NZ Order of Merit in what promises to be a fantastic day of golf."

Geary is in good form on the back of his win at Clearwater,

The 37-year-old will not have it all his own way however, with an exciting field chasing their share of the \$15,000 prizemoney on offer, with six of the top-10 on the NZ Order of Merit teeing it up on Wednesday November 9.

Richard Lee knows his way around a Pro-Am or two and tied 4th in 2021 with a 3 under 69. Lee is a former winner on the Asian Tour and is a serious contender at Huapai despite his dialed back tournament schedule these days.

Of the young guns, look for former Eisenhower rep Kerry Mountcastle (Queenstown), 2022 Kaikoura Pro Am winner Tyler Hodge, two-time winner in 2022 James Tauriki, Jordan Loof and 2022 Korean Tour Winner Sung Jin Yeo to lead the challenge to the 'old guard'.

The tournament features a chance to win an Executive Spa Pool package (including a Cover Cradle and free delivery in the Auckland region) valued at \$19,000 for a hole in one on the 10th hole, and a second Executive Spa Pool package of the same value going under the hammer to raise funds for the club new Cart Shed project.

"This is a huge day for the club, one we cannot host without the involvement and support of our partners and sponsors," said Dee.

"Trueform Spa Pools are superb naming rights partners; they are New Zealand owned and operated with their factory close by in Helensville and produce a beautiful product - one that has obvious appeal for golfers looking to relax after a round!"

Members of the public are invited to bid on the auction of the Spa Pool Package, and with a friendly reserve set on the day meaning someone may well go home with the bargain of the year. Further information is available by emailing General Manager Andrew Dewhurst on gm@huapaigolf.co.nz

2022 Trueform Spa Pools Huapai Golf Club Pro-Am - Wednesday 9 November, 11am Shotgun - free entry for public.

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