

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report Community garden

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

Indian Summer

Circulation is 10,000 print copies.

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

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

October 2020



Greetings

Does my vote matter? The answer is that it certainly does. We don't just have a "first past the post" vote, where a single candidate will become an MP by getting the most votes. While your single vote may well not tip the balance, in a democratic society we all have the opportunity to choose those who will represent our interests, so there is a responsibility at stake. Your party vote can make a difference, whether it is to support a major party or to give a minor party a boost, depending on your point of view. With this election we also have the opportunity to vote on the referendums to express our preferences about the legalisation of cannabis and end of life issues, both of which are likely to impact on many New Zealand families. So the more people who take the time to consider these choices the better. Further, it seems that about one person in ten who could be registered to vote has not yet enrolled. Things look un-certain at the moment, and there are many problems to address both in New Zealand, internationally and globally, so it is important for everyone to take part in the decisions. To paraphrase an old saying, for things to go badly it is only necessary for good people to do nothing. Remember that you can enrol to vote right up to Election Day. Visit vote.nz.

This month's Westerly is packed with suggestions; look for something that interests you. Art and piano competitions, markets, activities to be involved in, both indoors and out, bowls, knitting, gardening, billiards, zumba, tennis. Consider the CAB for advice on financial concerns. Many services are available locally, ranging from sprucing up your home or garden, or if you need a break there are food and drink out-lets or opportunities for retail therapy.

When out and about remain mindful of hand hygiene, wearing a mask if required and social distancing. We all contribute to keeping our community safe.

Encouraging things are happening in the property market, and if you are a tenant the recent law change may help you. If you are now working from home read the useful tips, or if you are planning to sell your business plan your timetable.

Take the time to enjoy your magazine, and please exercise your right to vote.

Have a good October.

John, editor



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People & Places

Indian Summer

What makes the Indian Summer offer memorable is the unique perspective we have taken to showcase Indian culture to the community. The core value that we began with to take our customers on a journey through food grew into the inspiration for us to show every facet of what makes India such a vibrant and diverse culture, from the kolam patterns on the roof representing the ancient traditions of the southern regions of India, to the lightbox with its descriptions of the iconic railways that connect the country.



The public can expect to receive a warm and welcoming experience at the restaurant. We pride ourselves on delivering mouth-watering Indian cuisine with attentive service from our front-of-house staff.

Our customers regularly comment on the freshness of the food as well as the decor that we have chosen to implement in the restaurant.

Customers engage with us because of our passion for what we do and for the service we provide. We are always striving to be and do better, and this attention to detail and our determination to maintain high standards is definitely appreciated by the community which we are so grateful for.

Our customers remain passionate about what we do because of the way we curate our menu to offer a variety of options while maintaining consistency with our quality control with which I have built a reputation for in the past 16 years that I have been in Hobsonville.

My favourite thing within the restaurant environment is the local community that has supported my vision through the highs and lows in my time in Hobsonville. To see my customers satisfied and enjoying their meal is the greatest reward, and their recognition and support through the aftermath of the pandemic has been overwhelming. It has motivated me to continue and I want to extend a massive thanks to them.

My name is Suresh, but I am more recognisably known as TC. Living in the West for the better part of 11 years, I pride myself in delivering consistent great food and service. The cottage on Hobsonville Road embodied my belief in what I wanted a restaurant experience to be; delicious food, enjoyed in an ambiance that was warm and welcoming. These passions endured the test of time, with the restaurant thriving for 10 years. The progression of time, albeit, was a stark reminder of the pace of change in the neighbourhood.

Sentiments aside, this was an opportunity to reinvent myself, the restaurant, and what I wanted to achieve in the everchanging landscape of Hobsonville Point. The new Indian Summer, is a culmination of my journey in hospitality. Built from the ground up, this restaurant sits firmly in the middle of Hobsonville Point, my new mark on the neighbourhood. My team as well as I, are more confident than ever to deliver outstanding food and service, reinvigorated by a change in base, as well as a change in perspective. A modern neighbourhood demands a modern perspective on cuisine, and the team at Indian Summer is determined to fulfill them. I look forward to the new memories we can create, and hope to see you there soon!

Indian Summer" takes pride in delivering delicious and mouth-watering dishes to their discerning diners. "Indian Summer" has established a reputation for both satisfying sit-in family meals as well as takeaway specialties. For over 15 years delighted customers have been coming back for more.

Whatever your taste, whether you prefer mildly spicy or fiery hot, Indian Summer has something to appeal to any palate, and the wide range of regional dishes and flavours is staggering in its diversity. There are a few basics, though, that are common to most areas - a few basic methods and ingredients that are the building blocks of everything from simple, tasty snacks to a fabulous feast.

We just been awarded the best Indian in Western Auckland Zone in the 2018 Winter Menulog Restaurant Awards. Thank you everyone for your support.

Indian Summer - 6/160 Hobsonville Point Road, (Enter from De Havilland Road), Hobsonville, Auckland 0618.

Phone: 09 972 4952 or 09 972 495. Website: www.indiansummer.co.nz.

Opening Hours

Lunch hours: Monday to Saturday - 11.30am to 2.30pm

Dinner hours: Monday to Saturday - 5pm till late




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Community News

Coffee and chat @ Headquarters

A time to chat, connect, relax and enjoy a free hot drink together in the beautiful Baffin Lounge. Headquarters Building, 214 Buckley Ave, Hobsonville. Every Wednesday in Term 4, 10 am - 11 am. Just come along - open to anyone. venues@hobsonville.org.nz Phone: 022 541 1476.

Proudly sponsored by Hobsonville Community Trust and Ryman Healthcare.



Greenhithe Art and Photography

The local Greenhithe Art and Photography event offers local artists and photographers the opportunity to exhibit and sell their stunning works in their own neighbourhood.

Exhibition will feature works by: Barry Ross Smith, Ilan Wittenberg, Ekaterina Levchenko, Craig Buscomb,



Carol Tarboton, Chris Belcher, Kate (Jee-young) Kim, Jacqueline Letham, Jayne Gower, Sarah Elworthy, Joshua Yates, Rob Osborne, Diane Costello, Lucy Dean, Anna Yates, Brian Livingstone plus many other local talents

Free public event - 17 October, 10am - 5pm, Greenhithe Village Hall.

For more details, please visit - www.greenhithe.org.nz/events/local-art-and-photography/

This event is kindly brought to you by: Ange&Pip Harcourts Cooper & Co, Greenhithe Residents Association, Greenhithe Community Trust, Realisticus Art Academy and Breathing Space Psychotherapy.

Tennis open weekend coming West Harbour Tennis Club

A total of 208 tennis clubs from across New Zealand, including your local, West Harbour Tennis Club, will be open to everyone, encouraging their local community to give tennis a go. Love Tennis 2020 will be held on Saturday 10 & Sunday 11 October, 1pm-4pm each day. The event is open to all ages and abilities and is 100% free to attend. "Tennis is a game for everyone, whether you're a current or returning player, or have never picked up a racquet before, Love Tennis is perfect for you. All equipment is provided, friendly club members will be on hand to welcome you and the BBQ will be cranking - it's an event you don't want to miss" - National Coordinator Mel Jansen.



Every club taking part will offer opportunities to have a go at tennis, with social games and free coaching tips and instruction on offer. There are hundreds of giveaways including Rebel Sport vouchers and 200 Hell Pizza vouchers at every club. A major prize draw will be held for an exclusive hospitality package at a top-level tennis event this summer, including flights and accommodation.

Now in its 6th year, Love Tennis weekend has seen thousands of New Zealanders introduced to tennis and has helped drive a significant increase in tennis club membership nationally. This year Tennis NZ has invested significantly in the event to ensure all clubs are able to take part at no cost. Love Tennis is a finalist in the 2020 NZ Sport & Recreation Awards Event Excellence category. Head on down to West Harbour Tennis Club, in Picasso Reserve West Harbour on Saturday 10 & Sunday 11 October between 1 and 4pm. Visit our Facebook page to find out more www.facebook.com/westharbourtennis.

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ART & PHOTOGRAPHY
EVENT

17 October 2020
10.00am to 5.00pm
Greenhithe Village Hall

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In Brief Updates

Indoor bowls

A friendly weekly indoor bowls session is being planned for the wider community at the Sunderland Lounge, 27 Hudson Bay Road, Hobsonville. If you are interested, please contact Gavin Gunston organisation Leader and Venues Manager - Headquarters & Sunderland Lounge Hobsonville Community Trust 021 346 997 hobsonville.org.nz/community-facilities.



Support Kiwi business

Like many of you, whilst we've been in lock-down we've been 'stay-dreaming' about all the amazing places we'll explore when it's safe to venture out - first at home, then across the ditch and later further afield.



As New Zealanders we're lucky that there's no better place to live or to explore, than the place we call home.

House of Travel is 100% Kiwi owned and operated and we're proud to have supported our local communities for over 30 years. We're locals too, so we know what Kiwis want in a New Zealand holiday.

We're in the process of creating Holidays@Home, a collection of our favourite New Zealand travel experiences, incredible deals and our owner operators will share their best kept hometown secrets and hidden gems. Whether it's skiing in the Southern Alps, star gazing from your private glass roofed skybed, hitting the road, kayaking the Abel Tasman, indulging in amazing gourmet experiences or something off the beaten track; New Zealand offers an abundance of unique adventures and cultural experiences.

Whatever your perfect Holiday@Home is, we can make it happen. Now is the time to discover the best Aotearoa has to offer. If not now, when?

When travel is allowed to Australia and beyond please give us an opportunity to show you what a difference a locally owned, Kiwi travel company can make. #supportlocal.

Mike (Buzz) Thomson and the team at House of Travel Hobsonville.

Phone 09 416 0700, email Hobsonville@hotmail.co.nz or visit us at 225 Hobsonville Point Road.

Hobsonville Point Secondary School

Cancer. The word alone brings up some raw emotions for many within our community. As an act of manaakitanga and in support of those in our community that have suffered from or been effected by this illness, Hobsonville Point Secondary School have decided to raise money for Leukemia and Blood Cancer



NZ and the Cancer Society. On September 21, at the time of writing this article, two brave members of staff and five even braver students have agreed to Shave for a Cure. While we all agree shaving your hair is extreme, it is a small sacrifice to make for the support these amazing charities can offer to families and the people suffering from Cancer. I have personally gone through my own cancer story in 2015/16 and tragically, this year we lost a beloved member of staff, Gerard MacManus to cancer. Please consider donating or sharing on social media our fundraising event found here at - <https://shaveforacure.everydayhero.com/nz/hpss-shavers>. Kia kaha.

Names of people in photo, L-R. Lola, Nikita, Finley, Adam (teacher and Cancer survivor). Absent Marlo, Aman, and Maurie (Principal of HPSS).

Anna Mollekin

I'm Anna Mollekin, a contemporary NZ artist based in Hobsonville. I work predominately in ink pen and digital mediums. I am a proud Kiwi and inspired by our beautiful country, exploring themes of New Zealand, and its flora and fauna.



I have collaborated with Just A Little Bit Cool in the Bay of Plenty to sell my artwork for the outdoors. Outdoor wall art is essentially weatherproof art that can be hung

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In Brief Updates

on exterior walls in the same way that you would hang any other art in the interior of your home. These high quality artwork pieces are completely weatherproof; they will not warp, swell, rot, crack or fade when left exposed to the elements and will stay looking sharp for years.

Add an Anna Mollekin statement artwork to add depth, texture and create the ultimate wow factor to your outdoor living space.

Shop my collection today: www.annamollekin.com/page/just-a-little-bit-cool-collab.

Sustinnoworx

Sustinnoworx is a social enterprise, member organisation of Shakti Women's Refuge, based out West Auckland in Ranui and Henderson. The objective of our Sustainable Innovative Works is to empower women from domestic violence or in vulnerable situation to become financially independent through sustainable living, upcycling and retail trainings. We have two spaces, both have a retail area and a workshop. In our retail area we sell eco-friendly products, pre-loved items, upcycled goods and also do clothing alterations. All profit goes towards the cause of giving new life to pre-loved goods and towards supporting women's empowerment and a violence-free society. We are open Tuesday to Friday (10AM to 5PM), Saturday (10AM to 4PM) and Sunday (10AM to 3PM). Our team would be happy to welcome you. For more information and our online shop go on www.sustinnoworx.co.nz. Looking forward to meeting you!

Henderson - 7/104 Central Park Drive, Henderson or Ranui - 455 Swanson Road, Ranui.



Pop up market at Te Manawa

Te Manawa Community Hub wants to help our communities to help themselves by holding a Pay-it-Forward Market on Saturday 17 October from 9.00am to 12.30pm at Te Manawa, 11 Kohuhu Lane, Westgate.

Te Manawa has invited local not-for-profit community groups to sell donated household items, cakes/baked goods, handmade crafts, second-hand toys, books and plants, to support our local not-for-profit groups to fundraise. It's your chance to support fundraising

efforts by purchasing goods. Bring your cash and bag yourself a bargain!

It's Election Day on the 17th of October, so you can cast your vote nearby NorthWest Shopping Centre and then browse the stalls at the Pay-it-Forward market.

Stay tuned to the Te Manawa Facebook page for updates about the Pay-it-Forward market and rain dates. The market will only go ahead under Alert Level One.

For more information Christine McFarlane temanawa@aucklandcouncil.govt.nz phone 09 377 0209.

Waterford craft group knitting for a good cause

Our craft group has roughly 30 ladies from Waterford on Hobsonville Point, a premium lifestyle retirement village. Most of us have been living in the village for 2 plus years and have welcomed a few ladies from the local community. We meet every Tuesday morning for 2-3 hours to share our love of being productive and giving back to the community, we also chat, chuckle and enjoy a cuppa.



Over the last few years, we have made over 300 baby singlets from fabric very kindly donated to us. Knitted many vests, cardigans, beanies, toys, and blankets with wool provided by the group ourselves. More recently we've made capsule blankets for newly born babies, along with cute little sweatshirts suitable for 3-year-old toddlers and looking into supplying some of the local day care and kindergartens and we're also trialing baby bibs to expand our crafts even more.

All of the items we have made have been donated along the way to Waitakere Hospital, Plunket and many other worthy causes.

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We are once again enjoying the companionship the group provides, which we all missed terribly during the Covid lockdown and we look forward to contributing more handmade treasures to the local community.

COGY.net

Have you checked out the new COGY website? It has various tips for the coming summer. Wheel friendly recreation ideas which we can enjoy with the whole extended family, including baby prams and grandma/grandpa's strollers. The way to be active and have fun even on a rainy day. Craft works to amuse ourselves and



keep the house clean at the same time etc.

Te Puna Market

Te Puna Market has reopened, offering local fresh produce, artisan products, baked goods and organic seedlings. With over 25 stalls selling local produce and products, Te Puna Market is a weekly fresh food market in Falls Carpark at 16 Edmonton Road in the heart of Henderson, running on Saturdays from 8:30am - 1:00pm. After closing during Covid-19, the market will reopen with several new stallholders, including freshly baked bread and pastries, seedlings, food trucks and natural skincare products. To begin with, the stalls will be spaced out so people can remain physically distanced. Stallholders will be wearing masks, and customers need to hand sanitise and register using the COVID-19 tracer app or manual list. EcoMatters bike hub will also be open, alongside the Kakano Art Gallery. Check details on Facebook.



The market's mission remains to reconnect the local community with local sources of affordable and healthy kai. Te Puna Market was launched by Kai West in 2019, in response to community concern when the primary supermarket closed, limiting access to affordable and healthy food. The market aims to re-connect the community with local growers and producers and in turn, shorten the food supply chain in West Auckland. The market is funded by Panuku

Development Auckland. For information on becoming a stallholder, please contact Jason Dodunski at kaiwestauckland@gmail.com. Kai West is a collective of organisations embedded in the West Auckland community with a shared kaupapa of strengthening local food systems to increase food security and resilience. Current membership includes Healthy Families Waitākere, WEST, MPHS, Massey Matters, EcoMatters and Community Waitākere.

Hobsonville Point Art Club

The Hobsonville Point Art Club will be holding untutored mixed media art classes during Term 4. These will be on Fridays from October 16 to December 11 from 10am - 12pm at Sunderland Lounge Meeting Room, 27 Hudson Bay Road, Hobsonville. Price \$2 per class. Bring your own materials. This class is un-tutored and extremely relaxed for self-motivated artists who are confident working without guidance. All mediums of art and all levels of ability are welcome. This new group aims to provide a supportive and social environment for artists developing their own practice, as well as a space to create new friendships. Light morning tea (tea, coffee and nibbles) will be provided. For details contact Rebeca Dove 022 602 2961 nathanrebecadove@gmail.com.



Princess Cruises World Cruise 2022

The World Cruise is now open for sale for the first time on Coral Princess. The World Cruise is roundtrip from Auckland departing 14th May 2022 and is 107 days, calling into 43 ports and 20+ Unesco World Heritage Sites. You can experience more time in port with 12 late night stays and stay overnight in Dubai, Venice, New York and Lima. There are four maiden ports of Sibenik (Croatia), Olden (Norway), Isafjordur (Iceland), Cornwall (United Kingdom).



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In Brief Updates

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We have the same prices as Princess Cruises and you get the benefit of our experienced travel professional guiding you so call us if you are interested and would like more information on 4161799 or email hobsonville@helloworld.co.nz. Follow us on facebook www.facebook.com/helloworldhobsonville.

Musical nostalgia

Isn't it amazing how an old song can trigger a memory that takes us back to a particular moment in time? Has an old tune recently caught you off guard and brought back a wave of memories, even if it's something you haven't heard for many years? Songs our parents or grandparents sang to us can take us back to our



early childhood. As we get older it can be very comforting to revisit these tunes again. For those who love great music that has really stood the test of time, "101 Songs You Know By Heart DVD" is a wonderful way to enjoy a concert from the comfort of your sofa. John McSweeney is an award winning artist whose fabulous song collections are impossible not to sway along to. From "Who's Sorry Now" to "Rambling Rose", I'm sure you'll recognise more than just a few of these! You also have the option to turn the words on screen so even the young ones can join in. Relax and Sing-Along with John McSweeney in Concert on DVD or CD. Visit www.mindjig.co.nz or Email Julie or Jonathan at info@mindjig.co.nz, Phone 09 600 3251, Phone or Text 022 480 3022.

NZ Junior Piano Competition

The NZ Junior Piano Competition runs from the 1- 5 October. Over 40 entries were received this year, and semi-finalists aged from 10 to 18 are from Auckland, Wellington, Lower Hutt and Christchurch, and included the youngest competitor Shan Liu from West Harbour. The 16 pianists will each perform a 20-minute recital programme with at least three musical periods included on Friday 2 October. Only six will progress onto the final round on Sunday 4 October

and compete for a total prize pool of \$4,000 and performance opportunities, sponsored by the Auckland Branch IRMTNZ, SOUNZ Centre for New Zealand Music, and Bach Musica NZ. All events will take place at Lewis Eady, 75 Great South Road, Epsom. For full details and ticketing visit www.lect.co.nz/nzjpc-2020.

The Lewis Eady Charitable Trust was established in 2008 to better serve and support emerging talent and music education within New Zealand. It aims to support and encourage music and young musicians throughout New Zealand by offering a diverse range of educational activities and performance opportunities. In addition to this, the Trust promotes classical music to the wider public whilst introducing listeners to some of the incredible talent within New Zealand and abroad.

High-point of Hobsonville

In July 2020, an amazing phenomenon occurred in Hobsonville.

Call it the ricochet effect or post-lockdown release of energy, beyond everyone's belief, over 2000+ locals from across West Auckland turned up for the 2nd Annual #WinterfestOnThePoint.



The week-long festival featured a variety of daily events - kids shows, hands-on workshops, and charity fundraisers - leading up to a big gala celebration, The Sparkle Parade - a bonanza of dance, music, food, gifts, prizes, entertainment. All in all, good clean fun for the family, many memorable moments of happiness for all.

Winterfest on the Point is now a fixture on Hobsonville Point's calendar - a time of year when the community gets together for an

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'event-full' week. Plans for the 2021 festival have already begun...

These events are organised by HPRS (Hobsonville Point Residents Society) with the aim of creating a better, safer, connected community. Thanks to Local Sponsors: Ray White, HCT, Ryman Healthcare, House of Travel, Hobby Games, NorthWest Toy Library, Habitat Hobsonville, event producer, Christine Glover of Zillionstars, plus social media guru team, Dee & Amar of Keeping Madness Alive.

#WinterfestonthePoint.

Are you an importer?

Do you want to have a few shipping containers delivered to your premises each year but don't want the hassle of becoming an Approved Transitional Facility?

New Zealand Biosecurity Services can offer a simple solution for importers bring in up to 10 containers per year.

We hold a Multi-Site Transitional Facility license which we can have your depot approved under. For a small fee we can come out and look at your premises and prepare an application for approval. Once this comes through the license is good for a year and our Biosecurity Inspectors will come out and check all containers that you unpack, taking care of all biosecurity waste and MPI audits so you don't have to. Contact us today for more information 09 447 1998.



The Mobile Car Specialists

Sadly, it's only a matter of time before a dent (or two) takes up residence on one of your car's panels. At this point you may wish to drop a few expletives into the air around you. Unfortunately, that won't fix the problem.

On a positive note however, we can safely remove 90% of dents without using bog or fillers, while maintaining the integrity of the steel and paint.

This dent removal process typically costs around \$120 to \$250



depending on the complexity of the damage, which is far more cost effective than taking it to the panel beaters.

Our services include: Dent removal - small to large, high quality paint correction / cut and polish, contaminant removal (metal grindings, paint overspray etc on the paint work), ceramic coating paint protection, yellow / foggy headlight restoration, signwriting removal.

We are a fully mobile operation, meaning we come to you to make your life easier.

Contact us on 0800 20 30 20 for a quote, or visit www.TMCS.co.nz to see our work and 5 star reviews.

Catherine Giorza - Outdoors Party candidate

I am passionate about helping people and there's nothing I find more satisfying than working for the good of the everyday person to make their lives better.

The NZ Outdoors Party supports; Localism - helping small to medium businesses to thrive. No tax on living wage incomes and no secondary tax. Students' tax pays off their loan. Affordable organic foods. Complementary medicine alongside mainstream medicine. Elimination of harmful chemicals. Affordable housing for all.

The Upper Harbour area is such a growing and vibrant community - Let's work together to make it the most sought after area to live in Auckland.

Please support me in my bid to become your elected MP in these elections.

Candidate Vote: Catherine Giorza. Party Vote: NZ Outdoors Party for meaningful change to the status quo www.outdoorsparty.co.nz.

This has been authorised by Catherine Giorza, 26 Sealy Road, Torbay Auckland 0630.



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Safer Communities



The Waitakere Volunteer Fire Brigade has been to two house fires in the last month that were both started by wood burning fireplaces.

One house burnt to the ground. The owners were outside and by the time they realised their house was on fire it was too late to extinguish it as the fire had taken hold.

Working smoke alarms alerted the owners of the second house. They called 111 and evacuated the house. We were able to get to the house and extinguish it before the fire took hold with damage to the lounge

area only.

Wood burning fireplaces are a great asset to any house, but you do need to follow some simple maintenance of the chimney and fire box and have working smoke alarms in your house.

- Clean chimneys, flues and have the fire box inspected for damage before you light the first fire of the season
- Always use a fireguard or spark-guard when using an open fire
- Never throw rubbish into the fireplace - particularly batteries and aerosol cans
- Always empty ashes and ashtrays into a metal bin and pour water over them before disposal. Remember that ashes can take up to 5 days to cool
- Keep matches, lighters, and anything else that can create fire out of reach of children

If there is a fire in your house, you will only have around 3 minutes to get out before the fire becomes unsurvivable.

Go to the Fire and Emergency NZ link below as it only takes 3 minutes to create your household escape plan.

www.escapemyhouse.co.nz/

Keep safe



Denis Cooper
Deputy Chief Fire Officer
Waitakere Fire Brigade
Phone 09 810 9251



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Property

New Residential Tenancies Amendment Act

The new Residential Tenancies Amendment Act partially came into force in August 2020 with most of the remaining provisions coming into force in February 2021. The Act seems to lean towards favouring tenants' rights over those of landlords, even where tenants are in default. This may be as a result of the high increase in occupation of rental homes as opposed to owner-occupied homes over the recent years, and the need to protect those tenants. We are yet to see the full extent of the impact of this new legislation but can only assume that landlords will need to be more cautious when choosing tenants.

Some of the changes include that a landlord can only increase the rent once a year, providing longer notice periods if the landlord wishes to move themselves, family or employees into the property, the ability of tenants to make minor changes to the property such as hanging pictures and installing fibre connections, the removal of no-fault evictions and the need for landlords to prove 3 instances of anti-social behaviour within a 90-day period before they can evict a tenant.

Kemp Barristers & Solicitors, for more information on your rights either as a tenant or landlord, feel free to email us at info@kempsolicitors.co.nz or call us on 09 412 6000.

Property market report

The housing market's recovery post level 3 lockdown has been astonishing and has certainly surpassed many predictions. Prices are being driven by low interest rates, the removal of loan-to-value restrictions, a lack of listings, catch-up after lockdown, a desire from buyers for more space and first-time buyers keen to get into the market.

Unless we see more listing supply come to the market, we may start to see additional pressure on house prices and affordability in Auckland. 7652 houses sold in August, up 24.8 per cent from the same time a year ago and the largest number of homes sold in an August month for five years. The number sold in Auckland lifted 44 per cent. The Real Estate Institute House Price Index increased 10 per cent year-on-year to a new record.

In August, the median number of days to sell a property nationally decreased five days from 39 to 34 when compared to August 2019, the lowest for the month of August in four years, and the same figure as July this year. The strength and resilience of the housing market since New Zealand came out of lockdown has been surprising and an expected market correction is likely to be less severe than

forecasted.

We still see the market cooling next year. To date, the Government's wage subsidy has meant that the Crown's balance sheet has taken the brunt of the economic fallout from Covid. The wage subsidy has helped to cushion the labour market and by association the housing market. The subsidy's influence is now fading, and job losses are expected to rise. In addition, net migration, a key source of housing demand, has evaporated.

Even in alert level 3, Auckland had outperformed the rest of the country which was at lower alert levels, however the key indicator was the unemployment rate running through 2021. Mortgage rates are expected to continue to fall and the investor and first-home buyer markets, had picked up momentum in response to less Reserve Bank regulation and lower interest rates.

Let's have a look at sales in the last month:

Hobsonville Residential	\$620,000 to \$1,480,000
Massey Residential	\$537,400 to \$1,350,000
Swanson Residential	\$742,000 to \$1,200,000
Waitakere Residential	\$900,000 to \$1,125,000
West Harbour Residential	\$825,000 to \$1,500,000
Westgate Residential	\$685,000 to \$950,000
Whenuapai Residential	\$875,000 to \$1,307,000

If you need the sales values in any street or any suburb please text me on 027 632 0421 or email graham.mcintyre@mikepero.com for analysis on the latest sales data available, no cost, no questions asked. If you are seeking advice on the development or sale of your property, today or in the future, book me in to come and have a chat about what you want to achieve and together we'll make a plan. Call Graham McIntyre on 0800 900 700, text 027 632 0421 or look me up at www.grahammcintyre.co.nz - Mike Pero Real Estate Ltd Licensed REAA (2008).

Quinovic Property Management

Well to state the obvious, there has been another lockdown since my last blog and thankfully the shorter period under level 3 had a lot less impact on the economy and I think we are all realising this is likely to be a regular occurrence for a while.

I don't want to undermine the genuine pain that some people are going through at the moment with industries being wiped out and people having to make very serious decisions about their future careers, however its becoming pretty clear that the effects of high volumes of Covid-19 related repatriation is putting inflationary pressure on the nationwide real estate market and the rental market is seeing the same effect with enquiry levels for advertised properties disproportionately high for the time of year.

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PROPERTY • COMMERCIAL • TAX DEBT • TRUSTS & ESTATES

Property

Australia's economy is reportedly recording a 7% drop in GDP for the June quarter, this is a very significant drop for "the lucky country", and the highest recorded since the late eighties stock market crash. Clearly Australia has taken a different approach to Covid-19 lockdown and monetary policy but it will certainly be having effect on the NZ economy in due course albeit in the meantime it will probably drive more Kiwi expats home and further inflate our property market, for how long is anybody's guess or gamble.

Property investment has always been a long term game so the current events will just be a blip on the radar in what should be at least a 10yr plan, positive or negative effects over the medium term will be impossible to predict in the covid-19 environment but as long as you can afford to weather a storm it should have little effect on your long term plans.

The RTA amendments Bill number 3 was passed into law recently with everything being passed as expected, the rule regarding 12 monthly rent reviews came into effect immediately so landlords looking to increase rents must ensure the effective date is no less than 12 months from the last rent increase, all of the other amendments are to take effect in February 2021 including the notorious ending of 90 day no cause terminations.

For more detailed discussion on this matter I am happy to be contacted directly by phone or email, Brendon Stuckey from Quinovic Property Management West Auckland, brendon@quinovic-wa.co.nz, 09 837 6000, 027 490 7777.

The Unit Titles Amendment Bill

This Bill is a Members' Bill introduced to Parliament on 2 July 2020 and contains a selection of useful changes to the Unit Titles Act that regulates the rapidly growing community housing and apartment living spaces, including those in New Zealand's high-density multi-housing estates. The Bill proposes to address important clarifications and omissions from the current Act. Some examples of the proposed amendments are: the actual meaning of "utility interests" in section 39 allowing body corporates to adopt a "user pays" regime, and look more at a "single uniform interest" or "multiple set of interests"; for example, ground floor owners of apartment blocks who must contribute to the replacement and repairs of lifts that they do not use. The Bill also provides for changes to quorums, proxy voting and allow remote access meetings to occur by telephone or AVL where the body corporate has passed special resolutions authorising participation by remote access. The Bill also sets out provisions requiring body corporate managers to become members of an organisation whose purpose is to foster their professional development and abide by a code of conduct, not dissimilar to real estate agents. The pre-contract and additional disclosure sections of the Act also undergo what many consider is long overdue reform

by, firstly, the tidy up of sections 146-149 and the replacement of the section 151 cancellation provision replacing it with timelines on the consequences for non-compliance. Secondly, it is proposed that the pre-contract disclosure statements will include information about weathertightness issues; earthquake prone issues; financial statements for the previous seven years and notices and minutes of both general and committee meetings for the previous three years; the disclosure of funds held in separate long term maintenance accounts or capital improvement accounts; the disclosure of insurance details and proposed works in the next three years and off the plan sale agreements. While the Bill is some time away from being enacted, body corporates should be reviewing their operational rules for committee procedures, conflicts of interest, a code of conduct for committee members and their health and safety protocols. Urgent reform is still needed in other areas such as the introduction of offence provisions for owner bad behaviour, insurance requirements and repairs and maintenance involving who pays for remediation and replacement works. Contact Gina Jansen Lawyers on 09 869 5820 for more information or visit us at www.ginajansen.co.nz.

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Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HOBSONVILLE	1,100,000	282M2	207M2	1,295,500		570,000	350M2	85M2	564,000
	940,000	227M2	143M2	965,000		600,000	817M2	120M2	537,400
	860,000	219M2	145M2	910,000		650,000	204M2	168M2	880,000
	930,000	154M2	160M2	979,000		720,000	893M2	90M2	814,000
	1,420,000	825M2	244M2	1,480,000		710,000	703M2	143M2	809,000
	1,175,000	270M2	224M2	1,385,000		930,000	483M2	217M2	920,000
	555,000	334M2	233M2	1,350,000		620,000	369M2	85M2	709,900
	1,125,000	301M2	222M2	1,410,000		550,000	334M2	80M2	730,000
	880,000	170M2	130M2	916,500		870,000	450M2	150M2	839,000
	1,175,000	313M2	229M2	1,150,000		510,000	608M2	110M2	600,000
	1,250,000	338M2	255M2	1,325,000		600,000	160M2	170M2	825,000
	1,150,000	450M2	173M2	1,150,000		900,000	873M2	180M2	960,000
	1,370,000	351M2	245M2	1,315,000		730,000	951M2	90M2	868,000
	1,200,000	360M2	220M2	1,432,500		860,000	453M2	216M2	950,000
	690,000	88M2	89M2	730,000		690,000	365M2	109M2	705,000
	1,125,000	225M2	191M2	1,175,000		760,000	674M2	120M2	837,500
	740,000	168M2	122M2	995,000		750,000	814M2	110M2	800,000
	1,075,000	283M2	158M2	1,152,000		740,000	1163M2	140M2	820,000
	840,000	172M2	136M2	970,000		880,000	679M2	142M2	809,000
	1,025,000	253M2	178M2	1,180,000		840,000	213M2	212M2	940,000
	790,000	112M2	121M2	807,000		750,000	575M2	118M2	760,000
	860,000	179M2	167M2	922,500		620,000	616M2	150M2	800,000
	1,350,000	366M2	258M2	1,395,000		890,000	515M2	240M2	820,000
	1,200,000	673M2	212M2	1,230,000		840,000	450M2	174M2	937,000
	690,000	110M2	102M2	771,000		770,000	809M2	160M2	832,777
MASSEY	690,000	440M2	120M2	750,000		850,000	210M2	180M2	915,000
	640,000	660M2	130M2	785,000	WEST HARBOUR	940,000	803M2	160m2	993,500
	630,000	499M2	120M2	665,000		1,000,000	400M2	233M2	1,018,000
	640,000	314M2	130M2	715,600		1,150,000	809M2	170M2	1,405,000
	690,000	1920M2	110M2	690,000		1,000,000	788M2	146M2	1,292,000
	590,000	559M2	100M2	635,000		760,000	622M2	90M2	825,000
	760,000	921M2	170M2	940,000		1,180,000	759M2	220M2	1,322,000
	830,000	586M2	180M2	785,000		750,000	622M2	90M2	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 Plus \$490 admin fee. All fees and commissions + GST

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

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Brand & Territory Owner
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each



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Growfresh
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Zealandia produce a large range of Growfresh herbs and veges priced between \$3 and \$6.

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Salanova
Lettuce Assorted 9cm
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Easy to grow lettuces which produce delicious baby-sized leaves.

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HENDERSON**



HIGH END CAPE CODE LUXURY

4 2 2

\$1,349,000

4 York Terrace, Riverhead Asking Price \$1,349,000

Water and esplanade views greet you every day in this near new single level executive home, offering an impressive, open styled entertainers kitchen, dining and lounge seamlessly integrated onto north east decking. Out of the wind, and tucked into a planted glade of shrubbery that delivers exceptional privacy but retains the sunshine and the inner Harbour panorama. Offering a delightful design and floor plan with all bedrooms, laundry, bathroom and guest w/c along a central corridor, while en-suite and walk-in off the master provides ease and convenience. Oversized double garage, boat and motor-home parking and security gates to keep pets and children in place. Extensive plantings, now matured, delivers excellent privacy from the road.

www.mikepero.com/RX2523006



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SHOW ME THE MONEY - AFFORDABLE LIFESTYLE

4 1 1

Asking Price \$1,149,000

7 Kaipara Lake Road, South Head Asking Price \$1,149,000

Motivated Vendor seeking proactive buyer, keen to enjoy the good life. Set high with sea views and land on the exclusive Tupare Estate. This renovated four bedroom home offers easy living on one level. Open plan living with great indoor outdoor flow to decking overlooking the idyllic Kaipara Harbour make this home more than a lifestyle option but a picture paradise. Tupare Estate delivers a range of high end facilities which are free from cost under the payment of a very modest annual fee. Home owners share an enviable number of community facilities, including a large hall which may be reserved for private functions, flood lit tennis court and a comprehensive equestrian facility which includes an arena, stables, wash bay, stock yards and a loading ramp.

www.mikepero.com/RX2039027



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SUNSHINE MEETS ALFRESCO IN NEAR NEW LUXURY APARTMENT

3 2 2

\$969,000

G07 / 57 Mapou Road, Hobsonville
Asking Price \$969,000

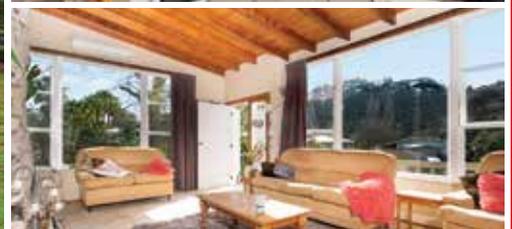
For you, in the future, or as an investment with fantastic tenants in situ and keen to extend their stay. Big balcony, large ranch-slider into entertainers kitchen-dining and lounge. Luxury apartment living at its best. Near new this 3 bedroom apartment with two bathrooms, modern colours and clean lines, this apartment is an absolute rarity. The apartment offers easy care open plan entertainment living with the added benefit of being a complete lock-up and leave property. It has a secure basement parking with two tandem carparks. Up-spec kitchen with show-home form and function, and the simplicity of heat pump air control for all seasons. A short distance from Hobsonville Primary and Secondary Schools, Parks, café's and transport links.

www.mikepero.com/RX2528743



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TRADITIONAL WEATHERBOARD BUNGALOW ON 819 SQM

3 1 1

\$819,000

9 Lowtherhurst Road, Massey
Asking Price \$819,000

Set in a cul-de-sac street close to everything but far enough away to remain quiet and secure. This well presented, traditional bungalow offers the value of old-school 1960's building quality with the option to create a magnificent home to satisfy the whole family. Open plan dining and stepdown lounge with refurbished kitchen and bathroom. Three generous rooms, separate laundry, single garage and workshop. The property certainly delivers more than meets the eye with options to develop further. A Terra Nova report is available to purchasers. A short drive to North West Shopping Centre, Westgate and Lincoln Road convenience shopping, schools, transport links and parks.

www.mikepero.com/RX2477672



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FIRST HOME BUYERS AND INVESTORS - \$679,000

3 1

\$679,000

16A Starforth Place, Henderson
Asking Price \$679,000

Seldom found, this immaculately presented three bedroom home delivers a very peaceful environment, off the road and excellent partial fencing for kids and pets alike. The home is a suntrap with north facing home and yard, generous open plan entertainers kitchen, dining and lounge opening to an entrance deck. Down a central hallway is three generous bedrooms, bathroom and laundry. Presentation of the home is very tidy in all respects. A short walk to parks, convenience shopping, schools and bus stop. A very smart buy or investment. A rental summary from Quinovic Property Management is available.



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www.mikepero.com/RX2523014

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WHEEL CHAIR ACCESS PRIVATE AND SECURE - KUMEU

4 2 2

By Negotiation

18 Josh Road, Huapai
By Negotiation

If you are seeking a better living environment with the ability to easily advance to a wheel chair friendly home, this is the one for you. Flat, single level and near new construction delivers an environment that is easy, accessible and warm. While the design has created options for office, two living rooms or lounge and media room. Open plan entertainers kitchen-dining that links seamlessly to westerly patio and all season low maintenance lawn and gardens showing plenty of colour and grace. The flow from double garage, separate laundry and wider hallway is specific for wheel chair access and is comfortable, open and light. Four generous rooms or three and a study, your choice, generous bathroom and with a large master with open, easy access ensuite, and shower cavity.



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www.mikepero.com/RX2387002

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LAND - RV \$550,000 - NO COVENANTS - VIEWS

\$575,000

56E Kaipara Coast Highway, Helensville
Asking Price \$575,000

A truly stunning 1.6 hectare lifestyle block offering a serviced flat building platform and outstanding views to the North West. It delivers a site that is perfect for an entertainers home with extended views and privacy. The site has easy and established driveway access and title is issued and ready. In addition to the two grassed paddocks the land has a small covenanted native bush area that supports extensive bird life and privacy. Grazing is suitable for small hoofed animals (sheep, goats, alpacas) and offers good planting options to ensure you get the most out of this amazing block. Motivated Vendor is happy to look at an extended settlement. Close to Helensville convenience shopping, schools, transport links and inner harbour access.

www.mikepero.com/RX2366714



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027 632 0421

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PRIVATE OASIS - CENTRAL LOCATION - ALFRESCO LIVING 4 1 3

Auction

117A New Windsor Road, New Windsor
Auction - 4:30pm, Sunday 11th October 2020 (unless sold prior).

Seldom do you achieve the very best of privacy and tranquillity, mixed with a central location in New Windsor, so close to transport hubs, convenience shopping, schools and parks. The home was created with an eye for detail, an ear for the quiet life and the quality only achieved through meticulous project management and a no-compromises family invested build. A home that links glades of alfresco living and generous sunshine with an entertainers kitchen, dining and multiple lounges which wash with afternoon sun. A double garage, laundry and guest w/c provide easy access on the ground floor. Upstairs and into a light and beautiful atrium has access to four bedrooms and two bathrooms delivering a unique and truly mesmerising environment that will deliver peace and mindfulness.

www.mikepero.com/RX2528253



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027 632 0421

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ABSOLUTE PRIVACY, PANORAMIC PERFECTION - LIFESTYLE

5 4 2

\$1,950,000

161 Mangakura Road, Helensville
Asking Price \$1,950,000

Situated high on the rolling hills that form the Helensville Water Catchment Reserve it offers the best of privacy, spectacular views. The home is Hebel construction, easy living by design, the home has an open plan entertaining kitchen-dining-lounge that creates superb indoor/outdoor flow, formal lounge and a separate office ensures you have the dedicated spaces required for business and entertainment. Offering five large bedrooms, three w/c's, bathroom, large ensuite and dedicated laundry. From an impressive entertaining lounge, large sliders lead to an outside dining/entertaining alfresco area and in-ground pool, all enjoying all day sunshine and panoramic views from Woodhill to the Kaipara Harbour. Garaging is two doubles with workshop and additional out-buildings for boat, stock or storage.



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4 HECTARES - TRANQUIL DOWNS - TAUPAKI

5 2 3

Set Date of sale

369 Waitakere Road, Taupaki

Set Date of sale - 4pm, Monday 12th October 2020 (unless sold prior).

Country Living zoned and an absolutely beautifully presented home with options for equestrian adventures or extended lease options to the incumbent Red Hills Pony Club. The land is well contoured into home life with established gardens, enclosed pool, sheds, extended carport and peppered with native plantings it is a private, tranquil and gated estate. Five generous rooms with three bathrooms, large formal lounge and options for two lounges, study and more. For a large family looking for the good life or an extended family looking for space this is a home with traditional values, peace and tranquillity in spades and has flexibility in how it is lived in. Make space in your diary for space in your life for this incredible property, so close to everything and so calm and quiet.



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www.mikepero.com/RX2510060

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LAND WITH VIEWS, MULTIPLE BUILDING SITES - WAIMAUKU

\$759,000

Kiwitahi Road, Helensville Asking Price \$759,000

Hill top location, overlooking the Woodhill Valley over to the Tasman Ocean and up to the Kaipara Harbour. This truly spell binding, toe tapping and ear tingling opportunity to purchase the "full package" with over 2.9 hectares (7 acres) of rolling hill country delivering full fencing, good/ easy access. Includes a small parcel of covenanted bush which intersects with a small duck pond on the property. Delivering an ecological and naturalists playground. Title issued, no covenants affecting your plans on this north-west facing masterpiece. For additional support information please text or email me today, it's not going to be around for long, make your offer today. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX2066456



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If you are driven, and determined to work with a truly innovative company and successful team, then contact us NOW.

Call Graham McIntyre now for a confidential chat

027 632 0421



Central's Tips

October 2020



It's spring and everything is starting to grow! Plant tomatoes, beans and herbs, get on top of weeds and make sure you're all ready to save water over the warm summer months by mulching and applying Aqua Turf Max G.

Grow organic

Our organic gardening section is full of chemical-free products that will make your fruit and vegetables grow superbly. Visit www.centrallandscapes.co.nz to get all the info



In the Edible Garden

- **Growing food organically?** Start with **Living Earth organic certified Veggie Mix**, then liquid fertilise with **Aquaticus Garden Booster**. Plus there are soil conditioners that really boost existing gardens and fruit trees – all organically
- **Hedges of edible plants:** use bay or feijoa for larger hedges or, try the NZ cranberry, Myrtus ugni, for a compact area. In actual vegetable beds curly parsley or the smaller forms of English lavender look great and replicate that edible theme
- **Sowing beans:** Scarlet runner, French or one of the more exotic looking varieties such as the purple 'King of the Blues' can be sown against a climbing frame or warm wall from now on
- Growing all sorts of interesting **heritage tomatoes varieties** will reward you with crops of colourful (black, green, pink yellow and white) and shapely ones to eat. The taste of a slice of fresh fleshy tomato on buttered white bread with plenty of salt and pepper is miraculous

The rest of the Garden

- **Rhododendron varieties are beginning to flower.** Many are simply beautiful with their ruffled flowers, but some varieties are actually scented, which is a garden bonus
- **Get on top of weeds** threatening the rest of the garden – particularly the vine types ones such as convolvulus and Cape ivy that choke desirable garden plants
- **Black Spot on roses:** treat it now so it doesn't affect flower production. Make your own spray using milk and baking soda diluted with water, then apply fertiliser to encourage healthy new growth
- **New plants to go in the garden?** Apply our water saving product **Aqua Turf Max G** in the soil. It assists plants to maximise water available. We recommend plenty of mulch around them too, so they establish well ahead of summer water restrictions

Plant tomatoes

For more excitement plant some heirloom tomatoes for interesting shapes and colours. Plus they are also absolutely delicious!



Project for October

Sow new lawns or re-sow bare patches.

Our Central Landscapes teams can match you up with the right seed and fertilisers to get a great lawn growing. Plus, if your lawn is going to be exposed to hot dry weather, our Aqua Turf Max G can help your lawn cope

For the grass seed, fertiliser and all lawn products, visit www.centrallandscapes.co.nz





We dig lawns.

Central Landscape Supplies Swanson has everything to sow a great lawn from the right seed type and lawn mix to the best lawn fertiliser.

Plus, we've got our magic product, Aqua Turf Max G, to help your lawn retain moisture through the hottest summer.



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Hot Property



Sunshine meets Alfresco in Near New Luxury Apartment

People that move to Hobsonville Point reflect their love for the parks, walks, cycle-ways and rich history that links seamlessly with local markets and strong community values. The area is a collaboration between Hobsonville Land Company and a wide range of house and commercial premise builders which allows development and infrastructure to be created together and support a lifestyle based on shared spaces and community engagement.

For you, in the future, or as an investment with fantastic tenants in situ and keen to extend their stay, this luxury apartment on the ground floor delivers a unique and special option for income or lock up and leave.

Big balcony, large ranch-slider into entertainers kitchen-dining and lounge. Luxury apartment living at its best.

Near new, this 3 bedroom apartment with two bathrooms, modern colours and clean lines, this apartment is an absolute rarity. The apartment offers easy care open plan entertainment living with the added benefit of being a complete lock-up and leave property. It has secure basement parking with two tandem carparks. Up-spec kitchen with show-home form and function, and the simplicity of heat pump air control for all seasons. The home has high speed

Hot Property



fibre and sky connectivity ensuring you have the best spectrum of media choices. A short distance from Hobsonville Primary and Secondary Schools, Parks, café's and transport links. The area is safe, clean and enjoys fine dining and casual dining options within a pleasant walk. Transport links operate with quick access to motorway, bus hub and ferry services. It really is a community that is significantly different from any other with modern buildings and modern infrastructure, walkways, cycle ways, extensive parks and esplanade reserves.

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

Home & Garden

Laser Plumbing and Roofing Whenuapai

We are really excited to announce that our new and improved WEBSITE is now live!

New look - same great service. Check it out today. www.laserplumbingwhenuapai.co.nz

At Laser Whenuapai, we are committed to serving our local community, families and businesses with great service at reasonable rates. Our team at Laser has over 25 years of experience in providing quality plumbing, roofing and drainage services to West Auckland and beyond.

We are specialists in hot water systems, plumbing maintenance, repairs and installations, roofing and gutters. Laser Whenuapai also offers CCTV and a state-of-the-art drainage un-blocking service. In addition to these services, we also have a 24 hour service available for any plumbing emergencies - as we know these can come at any time!

Laser Whenuapai is happy to help with any job...big or small. From basic tap washers right into full re-piping, re-roofing, drainage or gas systems.

Whether needed for large commercial projects or smaller residential fix-ups, we can provide a complete solution to any water system, roofing or drainage issues.

Open five days a week from 7:30am-4:30pm, Laser Plumbing & Roofing is conveniently located at Unit 4, 3 Northside Drive, Whenuapai.

Contact us today on 09 417 0110 or whenuapai@laserplumbing.co.nz. And of course, visit our new website laserplumbingwhenuapai.co.nz.



[co.nz](http://www.laserplumbingwhenuapai.co.nz) for more information about our company and services.

Experience the difference an expert makes

It is well understood that trees contribute to the health and beauty of our environment and our properties; they can enhance property value and our sense of place. Well-placed trees reduce energy-use costs by shading during the hot months, while also improving air and water quality. But not all trees are created equal, some are faster growing, some are shorter lived, some may be strong while others are brittle.

Proper pruning ensures trees a long, healthy life and reduces the risk of branch failure.

A skilled arborist, along with specialised equipment, can accomplish even the most difficult tree pruning and removals. Working safely around your landscaping, house, power lines, and other valuable features to get the job done quickly and safely. Make sure you have a highly trained, skilled, qualified and insured arborist to carry out your work so the job is done right.

Contact Shaun Hardman 021 072 0739 hardfell.co.nz Hardfell Ltd, Don Buck Road, Auckland.



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 so 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 maples will thrive if they



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Email: kaneage0@gmail.com

Home & Garden

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.

Trueform Spas

Trueform Spas are New Zealand's leading manufacturer of spa pools and swimming pool covers, all from our factory located locally in the heart of Helensville. We have over 35 years' experience in both the local and export markets.

Trueform employs its staff from the local area and is a supporter of local causes.

We manufacture all of our products from the highest quality materials with strict quality controls in place. We have a five-year guarantee against any manufacture defects and our pumps and heaters are covered for two years. Replacement parts are available across New Zealand and worldwide. Our products can be custom built to suit requirements for size and colour.

Trueform Spas are proud to be locally owned and operated, and a great Kiwi success story.

Trueform Spa Pools - Phone: 09 420 7515. Factory Location: 7 West Street, Helensville, Auckland.



Waimauku Garden Club

As you can imagine it's been very hard to go ahead with our plans for September as advertised.

On October 15 we will try again for our trip to Kumeu River Winery Tour and Tasting followed by a platter lunch at Westbrook Vineyard.

November 19 we're hoping to be able to visit Ramarama Gardens, Addenbrooke and Winsford.

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joe.hall@healthywatersolutions.co.nz
www.healthywatersolutions.co.nz

December 17 Christmas Lunch at The Brigham, Whenuapai.

In these uncertain times feel free to contact members for the latest updates.

Ann 021 035 7406, Bette 021 145 1854, Diana 027 478 8928, Donna 021 233 0974, Judith 027 272 9994, Moira 027 498 9152, Veronica 027 755 4645.

Tile and grout cleaning and re-colouring

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



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

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

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

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

Another service we offer is a high-quality Belgian garage carpet

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Solarcraft – A special solar deal for you

It's about time the sun started shining again. All the better for solar power production.

Solarcraft have put together this special deal for Kumeu Courier readers who may be looking at producing energy through a new solar system on their home, workshop, barn or commercial property.



We'll give 10% off ANY quote this month. Including our new Solar Carports, Grid-Tied Systems, Hybrid Systems and totally Off-the-Grid Systems.

All you need to do is;

- 1) Phone or e-mail us any time
- 2) Mention that you saw this editorial (to redeem this offer)
- 3) We'll work through your power requirements
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Less 10% off the total.

We will have a good look at your roof (or ground) space, your power bills, supply a quote and answer any solar questions you may have. Contact us on: info@solarcraft.co.nz or phone us any time! PH: 0508 272 389 W: www.solarcraft.co.nz.

From garden to table with Mitre TO MEGA

September is an exciting month for the teams in the garden centres at Mitre 10 MEGA Westgate and Henderson. Why? The start of Spring is the perfect time to start off spring and Summer seedlings! Before jumping right in however, it's important not to get too ahead of yourself. For summer seedlings, remember, the soil temperature is still too cold to chuck them straight in, so we recommend starting

your seeds off inside and in trays, until it gets a bit warmer; a sudden frost could be disastrous for your precious young seedlings!

The September and October months are also a great time to ensure that your soil is in tip-top, fruit and vege growing condition. For general, all-round soil goodness, we recommend Tui Garden mix to add a nutrient-rich organic layer to your soil, perfect for healthy fruit trees, shrubs, vegetables and flowers. Tui have mixes for all purposes, from tomatoes to indoor plants, and bulbs to herbs. A good mulch wouldn't go amiss at this point in the season, and because of its water-retaining capability, it's a great way to help Auckland save water.

For every bag of Tui growing mix sold, Mitre 10 will donate to Trees that Count, a conservation charity working on restoration of native forests throughout New Zealand.

Seeds to plant straight to your garden at the start of Spring: carrots, broad beans, turnips, radishes.

Seedlings to plant in the garden from seedlings at the start of Spring: spinach and silverbeet, cabbages, broccoli and cauliflower.

Sow in trays at the start of Spring: lettuces, tomatoes, chillies and capsicums, onions, and Asian greens.

Western ITM is your one-stop shop for all your fencing materials

At Western ITM in Kumeu you will find a comprehensive range of Urban and Farm Fencing materials that can add so much value to your rural/lifestyle property. Fencing not only provides you and your animals security and privacy, it can also provide shelter from the elements.

Listed below is an overview of Fencing products and special offers Western ITM currently has available...

Fence Palings are now stronger and sturdier! Available now at all Western ITM Stores is 150x25mm Fence Palings *** NOW AT 19mm PRICES! *** This offer excludes 2.1 and 2.4 meter lengths.

Wire and Batten Fencing usually consist of seven or eight wires, using 2.5mm hi-tensile and is the most common style of rural fencing, stock proof for sheep, cattle and horses.

Post and Rail Fencing is a popular option for lifestyle blocks and equestrian facilities, often used for driveways, road frontages and tree surrounds. *** October Special *** Premium Fence Posts 1.8x140 H4 now just \$18 incl gst.

Strainers are larger fence posts, these provide anchoring points and extra strength to your fence.

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Home & Garden

Chain Fencing and Hex Netting offers transparent design. Our range of chain link fencing is suitable for boundary separation, pet enclosures and animal compounds.

Electric Fencing a highly effective stock management fencing option. Our store carries a comprehensive range of the Gallagher Electric Fencing System, with mains power and solar options. We also stock a wide range of Strainrite fencing tools, equipment.

A full range of quality, hard wearing fencing and gate hardware is available instore.

Wooden and Galvanised Farm Gates are available in a variety of lengths and styles.

For any further advice or information contact the knowledgeable team at Western ITM today.

Phone 09 412 8148 | email kumeu@westernitm.co.nz | westernitm.co.nz.

Western ITM Kumeu - 154 Main Road Kumeu. OPEN Mon-Fri 6:30am - 5pm Saturday 8am - 1pm.

Gardening and garden maintenance

Our services can be tailored to meet your particular requirements at both your home and business.

We offer a range of maintenance options from complete garden 'clean ups' to regular scheduled visits to keep your garden looking great year round.

Selling or renting your premise? Our specialty 'garden makeover' will give you the best possible chance of a sale.

Our visits include pruning and trimming of trees and shrubs, insect/bug control, fertilising weeding, mulching, planting, inorganic and organic matter removal.



For a trustworthy and professional service contact Blair at Blairs Garden Therapy: 021 626 966.

Elite Professional Cleaning Services

Elite Professional Cleaning Services are the perfect team for all your residential, commercial and construction cleaning needs to the highest quality standards. Our team has great testimonials and are police-checked for clients' peace of mind.

Our services include weekly; fortnightly; monthly; once-off cleans; exit and move-in cleans; oven cleans; business / commercial cleans and construction cleans.

We provide a high quality standard and are not happy unless you are... Our clients are our number one priority.

Phone Sarah 021 194 8924 Email primandproper20@gmail.com. Message on Facebook www.facebook.com/Elite-Professional-Cleaning-Services-959575357455622/ and Instagram www.instagram.com/elite_professional_cleaning_/



\$85 = Exposure for a month

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

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Build New

9 things to do right now - get started on your new build

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



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

3. Find a floorplan that suits: Now comes the fun part: finding the perfect floorplan. Are you looking to upsize or downsize your bedrooms? Do you want flexible spaces? Is a master suite high on your priority list? Have you considered features such as a butler's pantry? Begin by exploring our range of floorplans - get to know the

specs and how they fit with your family's lifestyle. Imagine how you see yourself using the space, now and into the future.

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

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

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

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

8. Secure the perfect House & Land package: Looking for land? A House and Land package brings together a block of land and a

House & Land Packages



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House 181m² | Section 629m² | 3 | 2 | 1 | 1 | 2



Wood Valley Wonderland!

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House 186m² | Section 18510m² | 3 | 2.5 | 2 | 2



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\$890,000

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Architectural Kiwitahi Haven

Price By Negotiation

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[View more House & Land Packages at signature.co.nz](http://signature.co.nz)

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home design that perfectly suits that block for a fixed price. It is an easy, secure way to buy a new home. Our expertise in House and Land means we have a large range available to suit all budgets and the most discerning of tastes in the most popular locations, all at fixed prices.

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

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

Why choose G.J.'s

At G.J. Gardner Homes Rodney West, we promise to make your new home building experience a pleasure. Your only surprises will be happy ones.

Your G.J. Gardner Homes franchise is an independent, locally owned and operated business, making them part of your community and providing you with direct access to the owner of the business responsible for building your home.

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.

To provide peace of mind, a fixed price contract is offered at the start of the build journey with all prices locked in ensuring there are no surprises, allowing you to move forward in confidence with the certainty of no price changes.

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!

\$85 = Exposure for a month

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

We're locals like you



Being local is really important to Matt and Rachael. They've lived here their whole lives, raising a family and being part of the G.J. team for over 7 years. With their extensive experience at G.J.'s, you're sure to get great service, the care and knowledge of a local, and the support of a national franchise. G.J.'s really do offer the best of both worlds.

So if you're thinking of building, talk to the Rodney West team first and find out why more people trust G.J. Gardner Homes than any other builder.



09 412 5371 gjgardner.co.nz

G.J. Gardner. HOMES

Pets

Dog bite increases during lockdown

Lockdown and the Covid-19 Pandemic have caused more issues that we could anticipate. We have seen an increase in job losses, divorces, home violence and even dog bites.

Throughout all this uncertainty and increased sharing of our home spaces, our canines are particularly susceptible to the stress and disruption in our homes. As reported in the media we are seeing an increase in dog bites worldwide. The Journal of Pediatrics (www.jpeds.com) has reported an increase of over 400% since January to May 2020 of dog bites.

Dogs Trust UK surveyed over 6000 dog owners in May and warned that there has been a serious change in dog behaviours during the pandemic and lockdown period. These include an increase in attention demanding behaviour, dogs that are normally friendly are moving away when approached, an increase in barking and dog bites.

News articles from around NZ are talking about the increase in their regions and calling for common sense to prevail.

There are various factors that could be contributing to this increase rate of dog bites.

- Higher stresses for dogs as they intuitively pick up on our stress levels.
- Decreased supervision of dogs around children as adults juggle increased responsibilities in the home.
- The inability for the dog to find any quiet areas to rest.



- Dogs are required to stay on leads rather than getting off lead exercise.
- An increase in deliveries to the home as more people are shopping on line.
- A more relaxed attitude of delivery personnel assuming that because the owner is home the dog will be better behaved.

One of the best ways to avoid getting bitten is to understand canine body language. We have courses available for industry workers and the general public.

Please go to www.dogsafeworkplace.com or email admin@dogsafeworkplace.com or phone 0508 DOG SAFE.

Stories from a pet photographer

I recently had the pleasure of photographing the sweetest Bichon ever...like an actual little teddy bear. Casey is in her golden years and is approaching the grand age of 13. It always makes me so happy, and warms my heart when I see such a little dog having the hugest impact on her humans' hearts. Casey has a really beautiful bond with her lovely mum, Amanda, and that was so evident while I was looking through my lens as they posed for family photos in front of me. Casey is such a loving, sass queen who is so content when she is in her mum's arms. It is such a rewarding feeling being able to capture this connection for them to treasure forever.



I want to share a little snippet of what Amanda said in a caption accompanying the photos we captured of Casey on Instagram - she said "People say she is "just a dog" or "she is only one of the dogs you will have throughout your life" but I truly mean it when I say I've never loved someone so much and I'm so grateful that I've had almost 13 years with her". This really struck a chord with me and I can relate so much with my pup Evie. I'm sure many people reading this can also share those sentiments. Dogs really do find a way into our hearts forever, and every dog manages to do that in their own way.

If you want to capture that bond with your dog then I would love to hear from you. I am really passionate about capturing families with their dogs, as well as special pet portraits. I also offer gift vouchers, which makes for such a special gift for any dog owners you may know. www.dogandco.nz Email: kirsty@dogandco.nz.

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Pets

Kanika Park Cat Retreat

10 Most Common Cat Diseases

Cats are the preferred companions of many people. If you are an owner, then knowing the most common cat diseases is important.



Below is a list of the most common cat diseases and symptoms:

Conjunctivitis in cats; Characterised by an inflammation of the eyelid membrane. Treatment is as easy as administering prescription medication.

Diabetes in cats; Symptoms of the disease include increased appetite, increased thirst and weight loss. Diabetes often requires daily monitoring and insulin injections.

Feline Immunodeficiency Virus (FIV); This retrovirus is a very serious cat disease. Similar to human HIV it lowers the immune response of cats. Symptomatic cats may display weight loss, enlarged lymph nodes or wounds that won't heal.

Distemper in cats; Distemper in cats is called Panleukopenia. This disease attacks the blood cells in bone marrow and the intestinal tract. Symptoms include high fever, depressions, vomiting, diarrhea and lack of coordination. Vaccination is the best prevention.

Contact 09 411 5326 | info@kanikapark.nz | www.kanikapark.nz

Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai. Can you spare two or three hours once a week?



Also loving homes needed for some of the friendly rescue cats.

Donations appreciated at www.thenzcatfoundation.org.nz. Phone 09 412 2636 or 021 929 999 for further information.

\$85 = Exposure for a month

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

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Food & Beverages

Chocolate Spearmint Bliss Balls

These bliss balls are a tasty alternative to commercial after dinner mints and have been rolled in coconut and spirulina for an interesting green look. Enjoy one with a cup of spearmint tea after dinner to assist with digestion.



Ingredients: ¾ cup sunflower seeds, ¾ cup pumpkin seeds, ½ cup desiccated coconut, ½ cup chopped dried dates, 2 tablespoons cocoa powder, ¾ teaspoon sea or pink salt, 3 tablespoons coconut oil, 2 tablespoons maple syrup, 5 teaspoons spearmint tea. To roll the balls in you will need: ½ cup desiccated coconut and 1 tablespoon spirulina powder.

Method: Add all of the ingredients to a food processor (except for the coconut and spirulina used to roll the balls in) and pulse until well mixed. If the mixture is too wet, a little more desiccated coconut can be added or if the mixture is too dry, a little more coconut oil can be added. Take teaspoons full of the mixture and roll into balls. Mix the additional coconut with the spirulina and roll the balls in it, coating them well. Store in an airtight container in the refrigerator.

Spearmint Tea (certified organic) is available from our website: www.NewZealandHerbalBrew.co.nz.

Book Allely Estate for your next special celebration

Spring is in the air and our gardens are looking incredible! Did you know we host lots of private functions? Milestone birthdays (21sts, 30ths, 50ths, 60ths and the like), engagement parties, wedding anniversaries, family reunions, corporate parties



and more - we love being a part of these special events! One of the main benefits of booking with us is that we have a dedicated (and free!) events planner who helps organise everything from the menu to the venue set-up. Speaking of menus, our 2020/1 menu is amazing - our chefs here really are talented at what they do. Guests

always leave raving about our food. If you've got a special occasion coming up, check out Allely Estate - we can host your guests in our beautiful gardens, historic renovated villa or permanent marquee. Plenty of options to suit all kinds of celebrations and budgets! www.allelyestate.co.nz.

Soljans Winery Café

Soljans Winery Café is a popular venue for Aucklanders and visitors from around the world. We serve Mediterranean-style food with a Kiwi twist. Our menu changes from summer to winter, allowing our chefs to showcase local fresh produce.



Soljans is one of Auckland's Top 40 Restaurants as chosen by The New Zealand Herald and also one of Canadian Wine Access Magazines Top 20 Winery Restaurants in the World. Our Chefs have been awarded the New Zealand Beef & Lamb Hallmark of Excellence since 1995 and to top it all off, our café was awarded the Certificate of Excellence by TripAdvisor.

We welcome everyone here at Soljans. We have a Children's menu available for kids, as well as a fantastic outdoor area with a playhouse and a grass field for the little ones. We also have Wifi, so you can show off your wonderful experience, #soljansestate so we can see too!

Jenna-Maree Cakery

Our Cakery in Hobsonville has a cabinet full of delicious sweet treats. Here you will find our popular cabinet cakes which are ready to go; cupcakes, macarons, slices, cookies, fudge, scones and donuts.



Our specialty areas are our custom made celebration cakes, wedding cakes and for corporate events. From our 7-Tiered Cakes down to our 4" Baby Cakes, each one is made from scratch in our kitchen with only natural ingredients. All our fillings, like our popular salted caramel sauce, lemon curd and raspberry coulis are all house made. We are passionate about bringing these two things together because what is better than a cake that not only looks amazing but also has the

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Food & Beverages

flavours of nature to back it up.

We have an extensive range available within our online shop to make it even easier for our customers to order. Here you will find many of our offerings such as custom cakes, cabinet cakes, cupcakes, donuts, cheesecakes and macarons and they are all available with just 24 hours' notice. You can then just pop in store to collect it on your chosen date and time.

Visit our website www.jennamareecakes.co.nz/online-shop to place your order online or pop instore anytime to discuss options. We look forward to seeing you soon.

Jenna-Maree Cakery - 102c Hobsonville Road, Hobsonville. www.jennamareecakes.co.nz.

Peko Peko

We are happy to announce that Katsu Curry and rice is finally on our menu. Using 13 spices, homemade curry roux with a Japanese twist but absolutely no palm oil that is often used in other places. We have also started making Potato Croquette using NZ agria potatoes with caramelised onions for the flavours and they are vegan friendly. Please check and follow our Facebook and Instagram page for our newest updates. Located on 102C Hobsonville Rd, 09 416 1197.



Slate Billiards & Gastropub

A new entertainment establishment has just opened in West Auckland and it's something to get excited about. Slate, an upmarket billiards gastro pub has arrived in Te Pumanawa Square at NorthWest Shopping Centre.

The boutique style eatery specialises in craft beers with a full menu offering from ribs to gourmet pizzas and burgers. Slate (literal translation being the rock surface of a billiard table), also houses six full size pool tables, for friends, colleagues and family to enjoy a few rounds or so.

Owner Matt Edwards is incredibly passionate about billiards, and as 15 times New Zealand Pool Champion, it's not hard to see why.

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As an introverted, shy kid, from North Canterbury, Matt's neighbour and pool hall owner Mike Bowen took Matt under his wing at age 12, introducing him to the sport. Not into your regular sports, Matt soon discovered a love for pool, and Mike eventually became his mentor. "I started competing in regular Wednesday afternoon junior events held at the local pool hall where the prize was \$50 cash, which is huge for kids at that age, so about 50 or 60 kids would compete," says Matt.

"I knew I had to start somewhere and stuck with it. About six months later I found I was winning."

At age 13 Matt entered national events, playing against adults and at age 16 was the first junior player to ever make it into the final of Men's National Finals, of which he came second place. Matt kept competing and quickly became one of the top players in the country. At age 21 Matt was number 1 ranked in the country.

Pool took Matt overseas to represent New Zealand in World Pool Association ranking events. At age 23 he was the first New Zealander to qualify. Fast forward ten years and Matt is a world champion with a current ranking of 33.

"Pool is a game that doesn't matter how old or young you are, says Matt, "it can be enjoyed by anyone and any age."

As a billiard professional, Matt is heavily involved in the industry, selling and servicing pool tables across the country. He saw a gap in the market where he knew food and entertainment ought to be combined.

Following the opening of his venue 'Pools and Blues' on the North Shore, Matt is excited to be bringing Slate to the West Auckland community. "It's a neat alternative for locals. A game and bite to eat amongst couples, families, mates or colleagues. Quality entertainment and gastro dining for all ages".

Slate Billiards & Gastropub - Kohuhu Lane, Te Pumanawa Square, NorthWest Shopping Centre, Westgate. Open 11am-12am Sunday-Thursday and 11am-1am Friday & Saturday.

Hallertau Brewery

The cancellation of this year's Munich Oktoberfest is the first time it hasn't been run since 1948. This celebration of Bavarian beer culture attracts more than 6 million visitors over its 16 day run. Hallertau Brewery's Oktoberfest events Riverhead Sept 26th & Clevedon Oct 3rd place an equal focus on Bavarian feasting with salt-strewn pretzels, pork knuckle and sausage the order of the day. Hallertau head brewer Steve Plowman laid down a special brew for the occasion. Hallertau German Fest Pils 5.5% has been lagering for six weeks (chilled maturation) and will be hitting perfection in the month of October. Try it on tap at any the Hallertau venues. Prost!



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Health & Beauty

50% off your second frame

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, Jaguar, William Morris, Barkers, Adidas, Land Rover and more - all can be paired with our polarised prescription lenses for single vision and progressive lens wearers. And for 2020 purchase any complete pair of glasses and receive 50% off your 2nd pair of frames. 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.



Is the cost of dental implants worth it?

Up to a quarter of us will have to replace missing teeth at some stage in our lives. For replacing several or all of your teeth you have two options: dentures or dental implants. Dental implants are the modern alternative to dentures, where advanced dental technology is used to secure a full set of teeth to four dental implants in your jaw. Although this oral surgery procedure costs substantially more than a set of dentures, it is considered a permanent tooth replacement option. Even the best quality dentures need to be replaced every 5-10 years because they wear down over time. Dental implants, however, can easily last 20 years or more, making them more economical in the long run. They also look and feel like natural teeth as they are fully fixed, so there is no danger of them slipping in public and no restrictions on the types of food you can eat. So, while dentures are cheaper initially they are likely to cost more in the long term, and can substantially improve your quality of life.

For general and cosmetic dentistry, orthodontics, dental implants, tooth extractions, sleep dentistry and more, contact the friendly



Fraser Dental team on 09 416 5050.

Zumba

Hi my name is Fleur and I have been teaching Zumba for the past 6 years. I love my job and I'm excited that I get to share it with my community. All bodies are good bodies and all levels of fitness are welcome - it's easy to follow and you can do it at your own pace. Come and join us on the dance floor.



Classes are held at The Sunderland Lounge 27 Hudson Bay Road, Hobsonville. Tuesdays at 7:15pm; Zumba Gold Wednesdays at 9:30am; Thursdays at 7:00pm and Saturdays at 8:10am. Your first week is free! Then \$5 casual or \$20 for 5 classes. Anyone is welcome at the Wednesday classes, which are mixed age groups, not just Gold Card holders. Follow 'Zumba with Fleur' on Facebook for details, or email zumbafleur@gmail.com.

Shoe Talk's tips on how to store your winter boots

Spring is here, with all its pretty flowers. The days are warmer and the sun is shining and it is no longer snowing or hovering in the low temperatures in the late afternoon, it can be time to put your winter boots away and start displaying your lil-white legs in your sandals.



So top tips to keep your boots in top condition are:

- Are there any small repairs required? Have you worn your heels down, lost an eyelet or have a shoe lace that you have tied a knot in? Take your boots into your local shoe repairer and get these things done while you don't actually need to wear them.
- Once they are repaired check them out for stains, if you have a suede pair you can buy the cleaners to use on any marks. If they are normal leather wipe any dust and dirt off them. Let the boots dry and then moisturise them you can either use a beeswax if they are

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Shoe Talk™ we talk shoes



Mens and Womens Footwear that fits the Kiwi foot, including wide widths! Every-thing from flats to heels, sandals to casual styles, even wide-calf boots. Stockists of the uber-comfortable Propét Walking Shoes and the fashionable Walking Cradles range. Specialist footwear is also available and footwear for troublesome feet issues too!

Shoe Talk Ltd: 401A Great North Road, Henderson, Ph: 09 835 9936
1/32 Clyde Road, Browns Bay Ph: 09 479 7807.
www.shoetalk.co.nz

Health & Beauty

a harder leather or a leather balm, please note don't use either of these products on suede or nubuck. This will keep the leather in top condition and stop them drying out over the warmer season. You can also freshen the inside of the boots up as well

• Now that the boots are all sparkly you can pop them away, if they are calf boots then invest in a pair of boot trees like this to stop them slouching and creasing while you are not wearing them and to keep them looking in top condition for next season.

Shoe Talk - 401A Great North Road, Henderson Phone 09 835 9936.

Should you use ice or heat?

The ice vs heat debate is a contentious one. I recently made a couple of videos explaining which one to use and when, but here are some key points to consider.

Use ICE for an acute/fresh injury or if there are signs of swelling/inflammation. Apply ice for 10min, then leave it off until the area warms and re-apply. I recommend icing for the first 24 hours after an injury.

HEAT is usually used for those muscular aches and pains. I recommend applying heat for 20minutes, leave it off for 20-40minutes and re-apply as needed. Remember, don't use heat if the injury is acute or if there are signs of swelling/inflammation.

To find out more about this topic and to watch the videos simply head to the blog section on our website. www.elevatechiropractic.co.nz.

Any other questions, simply call the clinic on 09 413 5312.

Migraines gone

There are some fantastic medicines available to treat migraine. But wouldn't it be even better to prevent them, so you don't need these medicines? This is where Nutrition Medicine can be a superhero. Let me tell you about some of my strategies.

Dodgy Genes:

About 30% of people who get migraines have a genetic change that makes one of their enzymes less effective. This enzyme needs vitamin B2 as a cofactor. Giving large doses of vitamin B2 gets that enzyme working again and migraines simply disappear in those 30% of migraine sufferers. By large doses, I am talking about 400mg/day which is well above the RDA levels.

Dodgy Mitochondria:

Sluggish mitochondria have also been implicated as a cause of migraines. Mitochondria produce energy inside your cells. They might not be working optimally if you have been under stress or if you are deficient in key nutrients. Nutrients that are known to be

critical for mitochondria include the B vitamins, Co Enzyme Q10, carnitine, creatine, magnesium, and iron.

I have had some patients with migraines who have responded well to simple strategies like boosting their Co Enzyme Q10 levels. The good thing about boosting the effectiveness of your mitochondria is that you will have a lot more energy too.

Magnesium:

Most patients who get migraines have been found to have low levels of magnesium in their brains during a migraine attack. Boosting magnesium levels can therefore help to prevent migraines.

Essential Fats:

The omega-3 fatty acids have been shown to reduce migraines. Alpha linolenic acid (found in hemp seed and flax seed oils) and gamma linolenic acid (found in borage oil or evening primrose oil) have been shown to reduce the frequency, severity, and duration of migraine attacks by 86%. Fish oils have also shown promise.

If you or someone you love gets migraines, call in to Massey Unichem Pharmacy or look us up at www.MasseyPharmacy.co.nz Martin Harris 396 Don Buck Road, Massey 09 833 7239.

Wart or corn?

Is it a verrucae (wart) or a corn? This is a very common question that we get asked by our clients at Hobsonville Podiatry.



Verrucae

Corn

Verrucae, also known as plantar warts, are a manifestation of the human papilloma virus (HPV), in the form of non-cancerous skin growths on the soles of the feet and toes. For this reason they are often confused with corns, yet they are quite different. Corns are simply layers of dead skin caused by abnormally high areas of pressure on the foot, whereas a verruca is caused by a viral infection changing the structure of the outer layers of the skin.

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What is the difference between a verrucae and a corn?

- 1) A verrucae is painful when pinched whereas a corn is painful when it is pressed.
- 2) A veruccae often has little black dots (the blood supply) on the top of it whereas a corn appears yellow and glassy.
- 3) Both a corn and a veruccae can have hard skin surrounding or covering them.
- 4) Verrucae typically appear and regress spontaneously over the course of weeks or months whereas corns are often long standing.
- 5) Veruccae can present anywhere on the feet whereas corns present under high areas of pressure on the foot.

Treatment for a verrucae: Treatment of verrucas therefore is dual sided - supporting the immune system to do what it does well - clear viruses, and applying a topical treatment to treat the verruca from the outside.

Generally topical treatments work effectively if the verruca is young, however if it has been there for longer than a few years surgical and laser treatments are the next options.

Treatment for a corn: Can be easily and painlessly removed by a Podiatrist. The difficulty with corns is that if the pressure that caused them is still present, they will return, your Podiatrist should discuss with you ways in which you can reduce the chance of them returning.

For corn and verruca treatment (and other lower limb queries) give the team at Hobsonville Podiatry a call on 09 390 4184.

Déjà vu – Have you ever had that feeling?

There are times in our lives that we have this strange feeling or sensation. It is a feeling or a sense of knowing a place ("I have been here before"), a person etc., but in reality, you don't know or at least you can't recall. It's a weird but a lingering feeling of déjà vu.

But you may be right, you have met that person or been to that place. Your subconscious mind stores all your past; hence, you have those feelings of déjà vu.

It is possible through hypnosis to explore your subconscious mind to visit the past, this technique of exploration is known as Past Life Regression. Using hypnosis, we take you on a journey through a



tunnel back in time, back before you were born into your current lifetime. Through hypnosis we will access your subconscious memories, where you can explore your past life times.

A Past Life Regression session is performed in a safe environment and takes approximately 60-90 minutes. During this time, we take you gently take you into a state of hypnosis, once you have reached that point you should be fully relaxed and feeling safe, once we have reached this point, we will then move back in time where your journey will start. Depending on your session, we may even visit more than one life time.

Astramana™ Healing Services, was founded by international hypnotist, Past Life Regression Facilitator and Reiki Master Jason Mackenzie. Check out our website: www.astramana.com or email astramana@gmail.com with any questions or to book a Past Life Regression session or any other service that we offer. We look forward to facilitating your journey back in time.

Children's eye exams

In addition to a full eye test (1 hour) we assess

- Difficulties at school (history and symptoms)
- Muscle balance (eyes working together properly)
- Dominant eye (for better reading skills)
- The ability for eyes to follow a moving object (tracking)
- That both eyes focus clearly for reading (specs required?)

Spectacles, contact lenses and/or exercises may be prescribed which may he assist your child to achieve better maths and reading, increased self-esteem, clearer writing and increased concentration, and reduced headaches and tiredness. A much calmer child altogether!

Contact us for a discussion or an appointment on 09 416 3937.

Hobsonville Optometrists, 413A Hobsonville Road, Hobsonville.

Which is the best pillow? Osteopathic view

People often ask what would be the best pillow for them to sleep on. There are so many options on the market no wonder one can get confused. There no single answer unfortunately. People have different mobility in their neck, different sizes of their shoulders, different hardness of their mattresses...We usually recommend



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getting medium size feather down pillow and see if it works for them. For the majority of people it will be comfortable. If the feather down pillow is uncomfortable, then it is worth trying memory foam pillow, shaped pillow or even a buckwheat pillow. Sometimes the body needs about a week to adjust to the new pillow, so don't give up after the first night.

Commonly though, when people feel sore neck through the nights or in the morning it is not the pillow, but cervical spine dysfunction, such as stiffness in the joints or tightness in the muscles. During the day it is not felt much because we are moving and distracted, whereas at night when we relax it becomes more noticeable. This sort of problem can be assessed and treated with the osteopathic approach. Come and see Ilya or Nataliya at Family Osteopathic clinic, 39 Hobsonville Rd, they can assess your spine and give a more specific advice on the type of pillow that would suit you. Phone 09 416 0097, visit www.familyosteo.com.

Smile is a full face event at Kumeu Dental

Do you know that muscle relaxants such as Botox and Dysport have been used in dentistry for years primarily to treat gummy smiles and muscle pain resulting from grinding or clenching teeth? You no longer need to suffer. Next time you visit your dentist, ask about how they can help you.



Why should you choose a dentist for your pain-free face injectables? Dentists inject all day every day, confident in their technique and steady hands. Amazing eye for fine detail and they know the facial anatomy very well and work around it every day.

If you want to turn back the years, dentists can now support you beyond rejuvenating your smile by holistically looking at the entire face (forehead & frown lines, crow's feet, lower lip and chin lines). All can be treated with Dysport injections in one visit.

Smile is a full face event, who better to complete your smile than the dentist?

Call us at Kumeu Dental on 09 412 9507 and book your free cosmetic consultation with our lovely Dr Nash.

Physiotherapy talking Covid-19

Cardio-respiratory physiotherapists are present in ED, the acute wards, ICU and the rehabilitation wards of hospitals. They are

fully involved in the acute care of patients admitted to hospital with COVID-19 symptoms and help with their breathing and their rehabilitation needs.

In the community and outpatient departments cardio-respiratory physiotherapists are available via telehealth to help those recovering from COVID-19.

Are you recovering from COVID-19? Are you still more breathless than usual or have a persistent cough? Are you feeling more fatigued or weaker than usual and getting less done? A cardio-respiratory physiotherapist can help you manage your recovery and symptoms and rehabilitate you to lead a more active lifestyle.

Symptoms

Post COVID-19 symptoms - do any of these relate to you now?

- Getting more breathless than usual
- Things being more effortful than before
- Feeling weaker
- Getting tired more easily
- Managing to get less done
- A persistent cough

How physio helps

- Individualised and specialised management of respiratory conditions
- Management of persistent cough and breathlessness
- Ways to manage fatigue
- Personalised strengthening programmes, focusing first on breathing muscles
- Helping restore fitness levels
- A focus on functional activities

What to expect

If you have been admitted to hospital it is likely you will have seen a cardio-respiratory physiotherapist and will have been assessed and provided with a series of activities, exercises and breathing

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Health & Beauty

exercises to complete at home.

If you have not been admitted and have managed at home yet find that you have the symptoms above, ask your doctor to refer you for a telehealth assessment and possibly pulmonary rehabilitation in your area. If there are no classes available in your area then you can ask to be referred (or self-refer) to a local physio who is skilled in treating people with cardio-respiratory issues. Your physio can see you via telehealth and can discuss your needs and put together an activity plan just for you.

Physiotherapy in a clinic environment

If you are fit and healthy and have had COVID-19 and want to get back to optimum lung and musculoskeletal fitness. Cardio-respiratory physiotherapy can guide you through a tailor made rehabilitation programme.

An individualised programme will:

- Address breathing biomechanics and any breathing dysfunction.
- Assess lung health and respiratory muscle health
- Assess dynamic breathing patterns to ensure optimised activity or sporting performance

What to expect?

- Learn how to breathe well at rest, during movement and when participating in sport or other activity
- Learn about the important elements of breathing well including nasal health, breathing patterns and muscle health
- Learn physical coping skills for stress, fatigue, anxiety and pain management
- Strengthening of the breathing muscles through individually tailored inspiratory muscle training programmes

(Taken from www.physio.org.nz/how-physio-helps/covid-19-recovery to promote recovery in the community).

Hobsonville physiotherapy - Emma Mackie phone 09 416 4455 or email emma@hobsonvillephysio.co.nz.

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Tinted or clear?

Summer is coming, and with those long hot days comes the need for sun protection for your eyes. But how to choose between transition lenses that go dark in the sun, or clear lenses that look invisible yet still totally protect your eyes from UV?



For Eyes have a promotion for September and October where you get both. Buy a pair of transitions anti-reflective lenses, and you'll get a complimentary clear pair in the same prescription*. Choose a sunglass style frame for the Transitions pair and a lighter style for your clear pair, and you're set for summer and beyond.

Bring your eyes out of lockdown with an eye examination with Matthew or Molly Whittington at For Eyes in the Kumeu Village. For appointments phone 412 8172, or book online through our Facebook page or www.for-eyes-optometrists-nz.au1.cliniko.com/bookings. *Conditions apply.

Lingering ski and snowboarding injuries

Lingering ski and snowboarding injuries? Has it been weeks and feels no better? Could it be skiers' thumb?



With the snow season coming to an end, we'd like to assure you that at the Hand Institute we continue to treat injuries you may have had during your weekend away at the snow. From snowboarding and skiing injuries to a fall, we can help to treat them all.

At The Hand Institute we accept ACC referrals and can initiate new claims. We can send for x-rays (if required) and manage injuries with casting, splinting, strapping and provide early motion exercises. Give us a call on 09 412 8558 to make an appointment.

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Your brand + your message = your success

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

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

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

In response to advertiser demand we offer the following options:

Business Card Advertising:

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



Display Advertising:

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



Front Cover and Inside Page:

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

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



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

Area Columnists

Triangle Park Community Garden

Triangle Park Community Teaching Garden - 385 Don Buck Road, Massey (next to the Massey Community Hub).

Promoting gardening and healthy eating - Workshops: 10am-12noon Wednesdays & Saturdays. Just come along.

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

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

Our upcoming workshops and events are:

Plant Propagation with Judy Keats
Sunday 27th September 2020
10am - 12pm

Learn how to grow plants from seed, root division and cuttings. Best timing for these practices will be covered, plant species suited to the season, and how to care for your transplants once in the garden. We will make our own seed raising mix and 'potting on' medium from collected resources.

\$20pp register triangleparkgarden@gmail.com. Ph 021 934971

We Are One | Pay-It-Forward Market @ Te Manawa

Saturday 17th October 2020
9.00am - 12.30pm

We will be selling a variety of plants, gardening and household items. The purpose of the 'Pay it Forward' pop up market is to support local community groups, organisations and clubs to fundraise.

Te Manawa Community Hub, Corner of Te Pumanawa Square and Kohuhu Lane, Westgate 0612



Contact us at 09 377 0209 or temanawa@aucklandcouncil.govt.nz

Way with Weeds Discovery Tour with Judy Keats

Saturday 31st October 2020

10am - 12pm

Join Judy Keats in this workshop where you will become familiar with a selection of edible weeds, find out about noxious weeds and how to manage them successfully. Edible weeds are super foods and will enhance your health, come along to identify our seasonal weeds and enjoy a shot of 'wild weed' smoothie. In the garden, we will observe liquid fertilisers, mulch and humus rich soil, all made from noxious weeds.

\$20pp register triangleparkgarden@gmail.com 021 934971

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

NZ's largest retail store doubles in size

New Zealand's largest retail store will double its floor space open to the public.

Nido, a furniture and homeware store in Auckland has set an opening date for the second level of its 27,000sqm building on Monday, August 31.

The new floor will carry more of the store's 8,500 product lines including a wide range of larger furniture items like couches, dining suites and beds.

Vinod Kumar CEO says the opening of the ground level in June, which attracted more than 3,000 visitors per day, had given Kiwis a taste of the Nido vision.

"On Monday, we will open the highly anticipated second stage of our unique retail concept which will hold our larger furniture items.

"The first level has more than 100 showrooms which have been created by our team of designers to showcase the latest interior styles from around the world," says Kumar.

"A full-size showhome has also been built on the first floor and will also be fitted-out to more effectively demonstrate how the products will look inside a home," he says.

Kumar says Nido's products ranges have been curated from more than 20 countries including Europe, U.S., Asia and New Zealand.



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Nido's new 1,200sqm, 340 seat Perch cafe will also open on the same day offering a range of affordable meals for customers and West Auckland locals.

The opening of the store's second level is expected to see weekend foot traffic grow significantly.

Kumar says customers looking to avoid the crowds are advised to visit the store during weekdays when numbers are noticeably lower than the weekend peaks.

"We made a conscious decision to open the next level of the store on a weekday to give customers the chance to come in and browse ahead of the busier weekends," he says.

Kumar says the opening of the second stage of Nido will create 100 new jobs in the retail sector.

How Playcentre whānau survived and even thrived during COVID-19 lockdown

For Playcentre parent, Hannah Cox, spending four weeks locked down with her husband and a three-year-old, initially appeared somewhat daunting, but what she found was a sense of empowerment.

Playcentre's central philosophy is that parents are the first educators of their children, and Hannah says that has given her a real belief in just what parents can do.

"I just felt during lockdown I had what I needed so that my daughter didn't miss out. It was like - yes, I can do it, and I can do it well."

Playcentre Aotearoa, the national body, of the organisation, set up a "Virtual Village" on its website, with not only a comprehensive range of activities for children, but also resources for parents and caregivers - from looking after mental wellbeing to upskilling on line.

Playcentre also kept its education programmes going, with its baby programmes continuing over Zoom.

Hannah is in no doubt about how much this close, supportive, community built resilience.

"I think the key during lockdown was the support the Playcentre adults gave each other. It was so valuable being part of a community of parents - we messaged and called each other all the time and that was good for the children too."

Local Playcentre mum and cake maker, Jean Kite Taylor, echoes this. She put her Playcentre experience and baking supplies to good



use, making up care packages for local whānau in West Auckland. Packs were crammed with things to keep little people entertained - playdough, cupcake mix, paints, and kitchen science ideas.

Jean says she was motivated to share with local parents who might be juggling work, homeschooling, and looking after toddlers in what was an unprecedented situation.

"Lockdown in Auckland really took us all by surprise. Parents did not have time to prepare or get ready. I had ingredients on hand and, thanks to Playcentre, the knowledge and kid-friendly recipes to share."

"It brought a smile to local kids' faces, and gave some parents a bit of a break, which felt good."

Playcentre's "Welcome to our Village" is more than just a slogan - its message for anyone considering this form of early education is that as a family, and as a community, "you'll build your own village with Playcentre, play and learn with tamariki, making life-long friends along the way".

Many families face changes and challenges due to Covid 19, and for these families Playcentre is an excellent option to be more involved with children's learning and be part of a supportive village.

Every Playcentre offers three free visits, so come along and see what we're all about! We would love to meet you and your whānau.

Massey Playcentre - 09 833 8578 / massey@playcentre.org.nz

Ranui Playcentre - 09 832 0669 / ranui@playcentre.org.nz

West Harbour Playcentre - 09 416 4136 / westharbour@playcentre.org.nz

Swanson Playcentre - 09 833 9238 / swanson@playcentre.org.nz

Thinking of withdrawing your KiwiSaver funds?

The Covid-19 pandemic had significantly affected the incomes of a great many New Zealanders. At the Citizens Advice Bureau Massey at Te Manawa we have had a lot of people asking how to withdraw their KiwiSaver money because they are experiencing money problems now. But it's important to know not just what's involved in applying for this, but also what the financial consequences might be.

Financial hardship is one of the grounds in which you can apply to withdraw your KiwiSaver funds early. However, this should be a last resort, because it means you will have less to live on when you retire. There are other things you should try first.

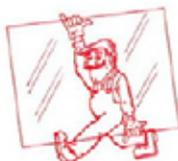
For example, if your income is reduced you might be eligible for financial assistance from Work and Income, to help cover urgent costs like food, accommodation, and repair of crucial appliances like

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your fridge or heater. If you have debts that you are having problems paying back, it's important to talk to your lender, preferably before you miss any repayments. They might agree to a repayment plan that is manageable for you. The same applies with talking to your power company if you can't pay the power bill.

If you do decide to withdraw some of your KiwiSaver on hardship grounds, it's worth knowing that there are strict rules around this and it may take a while for your application to be processed. For example "hardship" means that you are unable to meet your living expenses and accommodation costs. Also, normally you would need to complete a statutory declaration about your financial assets and liabilities, and for this you need a Justice of the Peace. Some providers also require that you have seen a budgeter - we have one by appointment at the CAB

You can always give the CAB a call to find out what your options are, we are available by phone 09 833 5775 and email massey@cab.org.nz. You can also call the nationwide freephone number 0800 367 222 or visit us at Te Manawa - 11 Kohuhu Lane, NorthWest.

Helping children develop healthy food habits

New Shoots Children Centre has recently collaborated with qualified nutritionist Claire Turnbull. Claire has over 16 years' experience and a true passion for motivating and educating mothers to eat well, take care of themselves and to live a life that they truly love.

When she's not running after little growing humans herself, she's also an author, speaker and nutritionist to the media.

Claire often reviews the New Shoots Children Centre recipes to ensure every meal, every day, is well-balanced, nutrient-dense and tasty. We also focus on whole foods and keep a careful eye on our use of additive-free foods to optimise nutrition.

Below Claire shares some of her top tips to help children develop healthy food habits. You're welcome! :)

1. Eat at the table

Always get the children to have their meal in a high chair or at the table.

2. Encourage awareness of hunger and fullness/eat to their appetite? Children's appetites up until 4-5 years old are determined by



their energy and growth needs so start by trusting your child's hunger. Like us they will be hungrier on some days than others. Remembering they have small stomachs so smaller, more frequent meals are usually the best way to keep a child satisfied.

Encourage the child to eat slowly and finish eating when they feel full even if this means they haven't finished everything on their plate. If a child is refusing to eat then a reminder there is no more food until the next meal or snack is all that is needed. If they know they have continuous access to the food they are less likely to eat the food in front of them at meal times. Remember you decide what and when and a child decides how much.

3. Get kids involved in food prep

This is a great age to get children interested in food and its preparation. The more exposure they have to foods the more they will be willing to try, especially veggies as they are the most common food group where fussiness occurs.

4. Choose words wisely

Talk positively about food and their bodies to develop healthy relationships with food. It is helpful to use terminology such as 'everyday foods' and 'sometimes foods' and avoiding terms like 'junk' or 'bad foods'. As well as talking about foods that help us grow, feel strong or give us energy to do the things we enjoy rather than using language in reference to our weight like skinny or fat.

5. Avoid using food as a reward

During these preschool years it is tempting to use food as a reward, particularly as tantrums became more frequent. It can be the start of children learning comfort or emotional eating. It is much easier to set up healthy eating habits in childhood that break unhealthy habits later in life. Try to use non-food rewards like stickers or stamps.

6. Be a positive role model

Avoid bribing children to eat food e.g. 'If you eat your broccoli you can have some ice-cream'. This is a tempting strategy as it can produce short-term results by the child trying some broccoli but this indicates to a child that the food must taste really bad if they need to be bribed to eat it. Remember the habits they learn in childhood will most likely stay with them as adults.

7. It's okay if children don't eat their dinner

If you are able to sit and eat together in the evening, that's great. If your children frequently refuse to eat at this time, try giving them a lighter afternoon tea or offering only veggies to snack on in the hour leading up to dinner. Look at what they are eating throughout the day. If they have eaten a balanced variety of foods, it may be that they don't need much dinner because they have already eaten enough. With little kids, when dinner is too late then they might be just too tired to eat.

For more information - If you'd like to secure your child's spot at any of our New Shoots Children's centres, enquire here.

To learn more about New Shoots Children's Centre:

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Visit our website to discover our curriculum, vision and foundation principles.

And keep an eye out for regular updates on our Facebook, Instagram and Pinterest pages.

Visit Claire Turnbull at www.missionnutrition.co.nz and www.claireturnbull.co.nz

or follow her @claireturnbullnz, @missionnnutritionnz.

Some considerations when working from home

Contractual changes- Recent changes to work patterns due to Covid 19 have seen more and more people work from home. Employers will have at the time of the first lockdowns agreed some variations to the contracts to allow people to work from home.

If those variations included changes to hours of work or place of work and have now become permanent, then the employment agreement itself should be revisited and updated.

Health and Safety - Under the Health and Safety at Work Act 2015 and related regulations, employers must provide employees with the highest level of protection from workplace health and safety risks, so far as is reasonably practicable. This includes risks to both physical and mental health.

If employees often work from home, employers should consider whether this would be a 'home-workplace' that needs a health and safety risk assessment. This could include things like ergonomics of the workstation setup, fire safety equipment, and first aid kits. Added electrical cabling etc. It needs to be remembered that whilst this is the employee's home it is also now a workplace

If an employee lives alone and works at home regularly, there may also be risk of social isolation. Employers should make sure that employees have plenty of opportunities to stay connected with colleagues. Possibly working alternating days working at home and in the office. Maintain contact via phone, email or video conferencing.

Equipment and expenses - Employers should consider what they need to purchase or if they need to provide allowances to cover additional office equipment and related costs to enable employees to work effectively from home. These include computers, screens, video and audio devices, and electricity or telecommunication costs.

There is no specific legal entitlement to allowances. The payment of and level of allowances, over and above salary or wages, can be agreed to by the employer and employee.

Monitoring and privacy - Employers should think carefully about monitoring employees' productivity whilst working remotely. Monitoring staff can affect their morale and productivity because

they may feel that they are not trusted by their employer. Employers need to be mindful of the different privacy concerns that arise when monitoring or filming occurs in the employee's home environment.

Information and data security - The employer's information and data may not be as safe at an employee's home as at the business' premises. This is because employers can control the security of their information and data better at their premises. Whereas, at home, employees may be using different devices and work from a different network and system which are outside the control of the employer.

Ronald Jones JP, AFIML - MAXRON Associates Ltd. Management & Employment Relations Consultant. Phone 027 582 3077 or email ronald.jones@xtra.co.nz.

More and more Kiwis are experiencing – and being exposed to – fake news.

Almost one third of us have accidentally shared fake news stories or inaccurate information with others and one in five have shared a story after only reading the headline.

People spreading false and misleading information is not a new phenomenon, but what is new is how easy it has become for anyone to publish and share information to a global audience.

Eight in 10 Kiwis recall having seen fake news on social media, 52 percent have seen it on New Zealand online news sites, 40 percent in print newspapers and one in three think they have seen it on local



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Clickbait articles use words and phrases that sensationalise a story to reel in the clicks. In many cases, the alarming language in the headline aims to lure the reader into finding out more. Good rule of thumb: if a headline makes you feel outraged, scared or shocked, then you have good reason to be sceptical. Take a deep breath and always read beyond the headline.

It can be hard to spot misinformation which is why Your News Bulletin has been created by Netsafe and Facebook to help people identify fake news. You can test your fake news knowledge with an interactive online trainer and use the information and educational resources put together to spot misinformation. Go to netsafe.org.nz and search 'fake news' to find out more. There is even a section to help tamariki spot fake news.

Sorting out recycling

Auckland Council appreciates the upgrade to its Material Recovery Facility.

Auckland Council welcomes the government announcement of more than \$16 million in funding to upgrade the city's recycling facilities. Mayor Phil Goff says the upgrade will improve technology used for optical sorting of the city's recycling.

"The \$16.6 million in funding will allow Auckland to increase its recycling processing capacity by 28 per cent. This investment helps us to reduce contamination in goods put out by households for recycling and in the longer term will help us recycle more here in New Zealand, rather than overseas," he says.

"We can't just keep sending products to landfill and wasting valuable materials. We have in recent years focused on recycling as much as we can. However, we have relied heavily on this recycling occurring overseas, and with the closure of markets there for recycling, we want to minimise the risk of paper and plastics having to be sent to landfill," adds Mayor Goff.

Parul Sood, Auckland Council Waste Solutions General Manager, explains what these improvements mean for Auckland's recycling, saying, "Auckland has been fortunate to maintain kerbside recycling collections throughout COVID-19 levels because of the automated processing systems we have in place. These investments from the Ministry for the Environment will also help other regions implement safer processing of recycling while moving towards a standard approach across New Zealand."

She adds, "This upgrade is expected to reduce Auckland's paper and cardboard recycling contamination rates to less than 2 per cent. This provides some protection from the volatility of global recycling markets. The long-term goal is to grow the capacity to recycle more within New Zealand instead of overseas."

"Paper and cardboard are the biggest source of Auckland's kerbside

recycling, making up 55,000 tonnes a year (out of 135,000 tonnes total). New optical sorting equipment will separate paper from cardboard, allowing these materials to be more easily recycled into new products. It will also improve the accuracy of sorting, so that other recyclable materials don't end up mixed in with paper products."

The best time to plan your exit strategy is now

It can take up to 5 years to prepare a business for sale, and around a year to get that sale. Give yourself the advantage by being ready to exit when the time is right.

Exit strategy options: Sale to an investor, Sale to another business as a takeover target, Family succession, Management or employee buyout or Floating on the Stock Exchange.

Before you can decide on which option is best for you, you need to consider what you want to do after exiting the business. If it is retirement, how much money will you need to live the lifestyle you want? Do you have other income sources or is all your money tied up in your business nest egg? Do you want a 100% sale now or a partial sale with reduced hours?

Once you have decided on the best exit strategy for you, it is time to get your business in shape. Just as you would do repairs and apply a coat of paint in preparation to sell a house, there are actions to spruce up your business to maximise the sale value:

- Get your finances in order. Make sure you have clear profit reports for the last two years, and a budget for the next year.
- Eliminate problems. Resolve any legal or staff issues and any customer complaints.
- Document your processes. Make it easy for a new owner to walk in and take over where you left off without any stress.
- Paint a good picture. Know your competitive advantage and get your strategy and plan in place that maximises earnings in the future. Convince a buyer that your business is the best option.
- Understand your competition. Who else is in your space? What did similar ventures sell for?
- Get your relationships in place. Get to know a good broker, accountant and lawyer.
- Build the profile of your business. Make sure your website is fresh and up to date, attend networking events and seminars - you never know where you will meet a potential buyer.

With your business in good shape you can maximise the return on your investment. You can also control the timing of the sale to when it suits you, rather than being unprepared in a desperate situation.

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It can be challenging to do this on your own. A Business Success Partner can guide you through the process and keep you on track.

The best time to start planning is now.

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

Scout fun facts

Last month we listed some famous Scouts, this month we will go over some fun facts.

Scouts was started in 1908 by Lord Baden Powell, 2 years later Baden Powell and his sister Agnes formed Girl Guides.

Scouts are in all countries except, Andorra, Cuba, Laos, North Korea, and Vatican City.

Indonesia has the largest membership with approx. 17 million Scouts.

Scouts started in New Zealand in 1908. New Zealand introduced the youngest age unit (Keas) in 1979, The UK started their youngest section (Beavers) in 1986, and Australia started their youngest section (Joeys) in 1990.

In the movie UP, Russell's merit badges had hidden meanings, including a badge that had a burger with a candle on it, as well as a badge for 2D animation.

Eleven out of the 12 men who have stood on the moon have been Scouts.

In the 1970's the FBI recruited Scouts as informants.

Changes to the New Zealand Scout uniform have to be approved by the Government.

David Bowie's first concert was at a Scout camp.

President Trump is an honorary president of the Boy Scouts of America Association, a position held by all US presidents since 1910.

The 1st St Marylebone Scout Group is run at Buckingham Palace and has had many of Royal family as members.

And to end on a bit of fun, a few Scout books that will never be written;

A century of Scouting, by Annie Versary



Long Distance hiking, by Kip Goin

How to Get Wet, by Tip D. Canoe

We have 7 Scout Group in North-West Auckland, to find out more about joining or being an Adult Volunteer or Leader, then visit Scouts.nz, or email me: zl.waitoru@zone.scouts.nz Craig Paltridge, Waitoru Zone Leader.

Moths and butterflies

The Moths and Butterflies of NZ Trust was formed to look after NZ butterflies - and of course everyone loves the Monarch.

To encourage Monarchs all one needs to do is plant a swanplant. Female Monarchs can smell it from 2km away and will soon arrive to lay eggs.



There are many tips and suggestions on the Trust's website and four times a year publish a colourful and informative magazine to help butterfly lovers. There's also an e-news available free.

There is concern that butterfly numbers appear to be reducing each year.

"We urge people who love Monarchs to remember they're wildlife and not pets," said Jacqui Knight, founding trustee. "They are cold-blooded and don't 'suffer' in the cold. Their wings are waterproof and they cope with rain. Caterpillars and butterflies don't need to be raised indoors or kept warm through the winter. They should be left to do what comes naturally."

"The Monarchs have been doing just fine without our help for millions of years," she said. "And it's important that we don't become helicopter parents."

Plant host and nectar plants, control predators and parasites and you will be blessed with bounties of butterflies. More information on helping NZ's butterflies is on the website www.nzbutterflies.org.nz"

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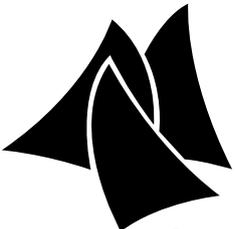
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