

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point



FOODIE

ASIAN SUPERMARKET

- Property market report
- Home & garden
- Community notices
- Food & beverage



Foodie Asian Supermarket popular at Westgate

Circulation is 10,000 print copies.

Editorial contributions are free from cost. Advertising starts at \$100 plus gst for a business card size.

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October 2024



Greetings

It's intriguing to think that you could make something happen by thinking about it. Perhaps positive thinking and sending good vibes could transform your life and imagine your dreams into reality. A "law of attraction" suggests that positive beliefs can attract rewards, but conversely negative thoughts will bring negative outcomes. Like attracts like. "Manifesting" suggests that thoughts are energy and you can use this energy to work towards what you desire, while "visualisation" focuses on a goal you want to reach, such as acquiring a skill.

No scientific studies have proved the existence of the law of attraction, but some research supports positive thinking and visualisation. Happy individuals are generally successful, as a positive attitude engenders success, Visualisation is particularly useful for musicians, for example, or other individuals practising to perfect a goal, while many people find that manifesting will bring its rewards despite a lack of scientific support. However, negative visualisation, where one focuses on potential failures or negative outcomes, can have detrimental effects. It can lead to increased anxiety, stress, and self-doubt, which may paralyse decision-making and reduce motivation. Constantly envisioning negative scenarios might create a self-fulfilling prophecy, where the fear of failure actually contributes to the failure itself. Balance realistic concerns with positive, solution-focused thinking.

Visualise the many positive activities coming up in the local communities described in this month's Westerly. Visit the art exhibition nearby, and if you enjoyed the murals in last month's magazine, see the new products local artist Lucia has launched. Look out for a local author's first novel. Do you remember the red admiral butterflies we used to see in Auckland - learn about attempts to bring them back. Read about how to avoid the dangers of lithium-ion batteries. Learn about the role of Visionwest in contributing to the provision of social housing for the homeless. Celebrate Mitre 10 Mega's tenth anniversary, with a chance to win a prize. Get in quick to visit a bee supermarket during term 3 school holidays.

Look ahead to events coming soon, the Hobsonville Heroes, the community event bringing together our emergency services, community groups and local businesses, the Open Day at Glen Eden Recreation Centre, and the lively festival of Diwali. Enjoy the variety of community activities in our area celebrated in the magazine.

Have a good October.

John, Editor



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People & Places

Foodie Asian Supermarket popular at Westgate



Customers continue to pour in the door at what's billed New Zealand's largest Asian supermarket.

They come to the \$20 million Foodie Asian Supermarket at 33-47 Northside Drive (next to Mega Mitre 10 Westgate), open from 8.30am to 8pm, for a wide variety of products under the one roof.

The 3800 square metre store near Costco Fuel and the Bargain Chemist Westgate has more than 200 carparks - full the day we went shopping there.

Checkout queues were long but didn't deter most shoppers - we were after a couple of cans of items you don't usually see in normal supermarkets, but the Foodie Asian Supermarket also has six in-store vendors such as Oceanz Seafood, a butchery, bakery, a roast duck vendor, a Korean lunch bar and a Chinese deli takeaway shop.

Foodie Asian Supermarket Managing Director Tao Shi says Foodie Co. has leased the building for about 30 years.

The site and building is owned by NZ Retail Property Group (NZRPG) with Tao a director along with NZRPG owner Mark Gunton, Taiquan Wu and John Garelja of former Garelja Bros strawberry growers' fame whose farm was where Mitre 10 Mega Westgate now is.

Tao expects trade to remain brisk at the new Foodie Asian

Supermarket, which has more than 30 staff, and he says thousands of customers have already been through its doors.



He had previously run a wholesale fresh produce business for 12 years while business partner Taiquan Wu had operated an international produce trading business.

Tao came to New Zealand from China 20 years ago and Taiquan about 21 years ago and they plan to open more Foodie supermarkets in Auckland.

The Foodie Asian Supermarket is also near the Taco Bell, KFC, Carl's Jr and Starbucks outlets with drive-throughs, and a planned Tesla site.



Raine & Horne.

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Community News

Hobsonville Heroes

Hobsonville Heroes is back and is promising another great opportunity to get up close with our emergency services and their vehicles & equipment as well as to enjoy a wide range of community activities, performances and food trucks. The free event, run by Connected Neighbourhoods Trust, is being held on Sunday 17 Nov, 11am to 1.30pm at Scott Point School. Please walk, scooter or cycle to the event if possible as parking in Scott Point will be limited.



Migration

Whether we recognise it or not, we are all connected to global migration directly through migrants entering our borders and indirectly through the goods and services they produce. Many of our families have personal migration stories.



The scriptures are full of migration stories: Exodus, exile and return. "You shall not oppress a resident foreigner for you ...were foreigners in the land of Egypt." says Deuteronomy. Ruth the Moabite, ancestor of Jesus, was a migrant seasonal worker. For Jesus making room at the table for others was non-negotiable. "Love your neighbour" is not limited to "us and ours."

New Zealand had colonial, mainly white migration for over century to the exclusion of Māori and other groups. Now we have skills

and income-based migration, but where are the gaps? Could the Māori concept of manaakitanga- respectful hospitality - be applied to migration?

At the October 27th gathering of Discoverers informal church, we'll look at the history of migration in the biblical times and here in Aotearoa New Zealand and how it connects with our faith. We'll also look at the exploitation and abuse of migrants. Is there a Christian difference in how we should respond? What more can we do to welcome newcomers?

Discoverers informal church meets on the fourth Sunday in each month from 3-30pm to 4-30pm in the Baffin lounge, Headquarters building, 414 Buckley Avenue, Hobsonville Point. For further information contact Barry Jones Phone 022 068 3873 Email beejaynz05@gmail.com.

Unlimited potential marketing workshop - a limited ticket event

Te Manawa Library.
Wednesday 16th October
at 1pm to 3.30pm . RSVP to editorial@thewesterly.co.nz.
Limited tickets - unlimited potential marketing workshop.

Many small to medium businesses find it challenging to build the formality, structure and discipline needed to gain the best customer attraction and retention that could deliver better sale volumes and profitability. Marketing for many organisations is a nice to have not a must have, but without a marketing plan and some basic principles your business may struggle to achieve its fullest potential or in tight times might not survive at all. Join us for an afternoon workshop to give you the tools and the tricks to ensure your marketing brings you returns in 2024/25. We delve into a range of topics and questions:

- What are the best marketing tools and why should you consider them?
- What are the key things that customers are looking for before they introduce themselves to you?
- Who is the best customer for you and what would they likely spend with you over 5 years?
- What do your customers say about you? (when you're not listening)
- How do you ensure what you are doing is relevant, cost effective



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Set within an established treescape, with large decking, all weather pergolas and wide double sliders to seamlessly flow outside to inside.

If you have a mixed family, blended family or enjoy the freedom of big-home space within quiet surrounding, look no further.

View

As advertised or by appointment

By Negotiation



Graham McIntyre
Franchise Owner Kumeu & Hobsonville
027 632 0421

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Community News

and responsive?

Course facilitator Graham McIntyre has had thirty years of practical and hands on engagement in marketing, customer lifecycle and brand development. His engagement with multiple brands and services sees him operating in the volunteer, professional service and media environments using client endorsement, print, digital, social and directional media environments. He shares his knowledge freely, workshop with your organisational needs and will provide you will some insights that will add strong value for you today and into the future.

Trusts 37th Art Exhibition

Waitakere Arts is proud to be hosting the Trusts 37th Art Award Exhibition in October. We have the privilege of awarding over \$17,000 in prizes to our participating artists.

We generally have around 300-400 entries with a good range of various styles and mediums. All the artwork goes up for sale and entry to the public is free.

We have a youth section as well, encouraging the next generation to present themselves to the public. With artists specialising in painting, sculpture, ceramics and more, we really do present something for everyone.

Join us for an exciting showcase of creativity at the Corban Estate Arts Centre in Henderson, Auckland. This event will feature a diverse range of artworks by talented artists from all around. Immerse yourself in the vibrant world of art and let your senses be captivated by the imaginative expressions on display. Whether you're an art enthusiast or simply curious, this exhibition promises to be a visual fest that will leave you inspired and amazed.



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Don't miss out on this opportunity to experience the power of art firsthand. Mark your calendars and come explore the Trusts 37th Art Award Exhibition.

Saturday 5th October - Sunday 13th October. 10am - 4pm. Shed 2, Corban Estate Arts Centre, 2 Mt. Lebanon Lane, Henderson. www.waitakerearts.com.

Music at Craigweil House

At Craigweil House Home and Hospital, music therapy and making music have become integral to our residents' lives. Engaging in music, whether through listening, singing, or playing instruments, has brought numerous benefits to our community. We have observed that many of our residents have experienced reduced stress, improved moods, and enhanced cognitive function. For those with memory challenges, familiar tunes have the power to evoke cherished memories and provide a sense of comfort and belonging. Group music sessions also foster social interaction, helping to build a strong sense of community and reduce feelings of isolation. At Craigweil House, we believe that the joy of music is a vital part of enriching our residents' lives and promoting their overall well-being.



If you would like to inquire about Craigweil House for your loved one, please get in touch. We are a boutique rural facility with personalised compassionate support and care for rest home, hospital, and secure dementia levels of care - 09-420 8277.

Waitakere Forest and Bird lecture series

Thursday 17th October 7.30 pm - The Red Admiral Story

Jacqui Knight is the founding trustee of the Moths and Butterflies of New Zealand Trust, spreading the word about the importance of butterflies and moths in our gardens and restoration projects. In this talk she will focus on the Red Admiral. Most Aucklanders don't remember Vanessa gonerilla. There are other red admirals in the world, but the NZ red



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Community News

admiral, in Te Reo 'kahukura' (meaning "red cloak") is definitely the most beautiful. It's as much a part of NZ as our kiwi and kauri, but it seems to have been gone and forgotten here over the past twenty years. It was once widespread but seemed to have disappeared from Auckland when the city was sprayed with insecticide to eradicate the painted apple moth (1996-2004). Development and the loss of our wild spaces also means that now the beautiful butterfly is a very infrequent visitor. Jacqui will be talking about what we can do to help this taonga species, and the good news story of its recent releases. Venue: Ranui Community Centre, free but koha appreciated to cover hall hire. Opportunity to mix and mingle with like-minded people over a cuppa. For further information phone Liz 027 476 2732, lizanstey@hotmail.com.

Housing hui helps address homelessness

The Associate Minister of Housing (Social Housing) Hon. Tama Pōtaka visited Glen Eden's Visionwest Community Trust in early September. He came to take part in a housing hui that included members of Housing First Auckland, a collective of five



non-government organisations - of which Visionwest is one - that provide social housing to communities throughout Tāmaki Makaurau Auckland.

As part of the hui, Housing First representatives shared about the success achieved when otherwise homeless whānau are provided with secure housing combined with focused support services such as budgeting advice, counselling, food support, and employment training and mentoring for their rangatahi (young people). The success of secure housing provided alongside continued support is well-documented and has seen families reunited, reoffending decrease (for those that that applies to) and positive generational change.

With this as a background, it was encouraging to hear the Minister speak of his government's commitment to building houses and moving people out of emergency housing and into longer term housing solutions. These long-term housing solutions mean families can settle in an area enabling children to enrol in school and local clubs for unbroken education and social links.

All members of Housing First Auckland are actively involved in the provision of long-term housing. Since the collective's formation in 2017, 1,580 whānau have been housed; that's 3,610 people with 94% of them remaining in their housing after six months. Visionwest Community Trust currently manages 584 houses, most in West Auckland, and, in the past 12 months have seen 123 households moved from transitional housing and into permanent housing.

Visionwest meets the needs of people impacted by isolation, poverty and homelessness by providing wraparound support with compassion and manaakitanga. visionwest.org.nz.

Impacted
by the 2023
floods?
You are
not alone,
help is here.

Visionwest is offering up to ten free and confidential counselling sessions for those impacted by the 2023 Auckland weather events.

Following the 2023 weather events, many West Aucklanders are still grappling with some tough emotions. If you are one of them, here's your opportunity to talk to someone.

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- Support for the whole family

We are situated at 97 Glendale Road, Glen Eden. To schedule an appointment or for more information, contact:

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counselling@visionwest.org.nz

visionwest.org.nz/wellbeing



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In Brief Updates

Art by Lucia

Local Artist, Lucia Laubscher, has not just been busy creating murals at Scott Point School recently, but has also launched a product range with some of her colourful designs. There is a wide variety of items available on her website (www.artbylucia.co.nz) and she has also released some new artworks available as gallery quality prints. Links to purchase her items are on her online shop.



Lucia recently expanded her mural art practise into creating custom canvasses for commercial and private use, as well as digital art.

Busting With Life dragon boat

Busting With Life Dragon Boat team members are no stranger to challenge and adversity. Being brought together by one common denominator, a breast cancer diagnosis, each are survivors of their own individual battles. The strength and determination developed through these journeys are harnessed for a new purpose - the challenge and excitement of dragon boat racing.



The team members, from across Auckland, are advocates for living a full, active life post treatment. The repetitive movement of dragon boat paddling has been studied and proven beneficial to breast cancer survivors, particularly in lessening the impact of lymphedema - a potential side effect of treatment.

"A breast cancer diagnosis is a life changing moment. I was determined that it wouldn't get the better of me. I wanted to regain my fitness following treatment and dragon boating has helped me feel fit and strong. I've met a great bunch of people who understand and support each other and most of all have fun together." - Katherine - second season paddler.

Have you had breast cancer? Keen to rebuild your fitness? Want to make new friends? Or want to try something new, different and FUN.

Busting With Life are currently recruiting for their 2024-2025 season. Come along to one of our trainings and see if dragon boating is for you. We will supply you with a lifejacket and paddle, all you need is clothing suitable to exercise in on the water and footwear you don't mind getting wet.

If you're interested in having a go, email us at infobwl96@gmail.com. www.bustingwithlife.org.nz. Facebook page; Busting With Life Dragon Boat Team.

Hobsonville Diwali Festival

Hobsonville Diwali Festival 2024 - #BlingonPoint - Sat 9th Nov

Hello, Namaste, Welcome to Hobsonville Diwali Festival 2024. This year, for the first time, it is outdoors - by the waterfront. Saturday 9th November 5.00 PM - 10.00 PM at Catalina Bay Farmers Markets, by the waterfront.



A fun fusion of cuisines and creativity, Hobsonville Diwali Festival 2024 brings it all together - Food trucks, kids activity play zone, fashion show for pets, music, song and dance performances by talented artistes - with the energetic Ella Kumar as MC.

A true celebration of culture and community, Hobsonville Diwali - in its 7th year - is a much-anticipated, colourful, cheerful annual event that is diverse and inclusive - for & by people from across the city, all regions & religions, all ages & abilities, all ethnicities... Save the date. Spread the word. Put on your blingiest outfit and come join the fun and festivity at the Festival of Lights - along with your friends & neighbours, family & whanau - pets included. In advance, a very Happy Diwali. Everyone is invited. All are welcome.

Truly, it takes a village. Hobsonville Diwali Event is brought to life, thanks to: Upper Harbour Local Board, Hobsonville Point Residents Society (HPRS), Connected Neighbourhoods Trust, Catalina Bay Farmers Markets, local schools - Hobsonville Point Secondary, Primary & Scott Point Schools and the Hobsonville Diwali Event organising team: Craig Shearer, Patrick Lai, Richard Taylor, Gavin Gunston, Jaimini Joshi, Shefali Kothari, Nikita Naidu, Rachel Schneidermann, Karlene & Terry Toomey, Dee and Amar Trivedi. Find & link to the Facebook event - Hobsonville Diwali Festival 2024 - #BlingonPoint www.facebook.com/events/1019063369813407/



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In Brief Updates

Burning questions: Is your acid reflux damaging your oesophagus?

Do you often experience a burning sensation in your chest or throat after eating? This uncomfortable feeling, known as acid reflux, affects many people and can range from mildly annoying to severely disruptive. When you have acid reflux, stomach acid flows back into the oesophagus, causing a burning sensation, also known as heartburn, dyspepsia or GORD. Symptoms of reflux can include a sour or bitter taste in the mouth, difficulty swallowing, regurgitation of food or sour liquid, and a chronic cough or sore throat.



While occasional acid reflux is common, frequent episodes can lead to more serious health issues. One such condition is Barrett's oesophagus, which occurs when the lining of the oesophagus changes due to long-term exposure to stomach acid. Barrett's oesophagus itself doesn't cause symptoms, but it is associated with an increased risk of developing oesophageal cancer. Therefore, understanding and recognising the signs of reflux is crucial.

So, how do you know if you might be at risk? Persistent heartburn, difficulty swallowing, and a constant feeling of something stuck in your throat are red flags. If you find yourself popping antacids like candy or avoiding certain foods because they trigger reflux, it's time to pay attention. These symptoms might seem minor, but they could be indicators of a more serious underlying condition.

Addressing these symptoms early can make a significant difference.

Lifestyle changes such as losing weight, avoiding spicy or fatty foods, and not lying down immediately after eating can help manage reflux. However, if these measures aren't enough, it might be time to seek professional help.

If you're experiencing frequent reflux or any of the symptoms mentioned, don't ignore them. Contact Waitemata Endoscopy to schedule a gastroscopy, a simple procedure that allows doctors to look inside your oesophagus and stomach to check for any abnormalities. Early detection is key to managing and treating these conditions effectively. Don't wait for the symptoms to worsen; take charge of your health today.

Dr Marius van Rijnsoever

Gastroenterologist & Endoscopist, Waitemata Endoscopy

At Waitemata Endoscopy, taking a proactive approach to your gut health is easy. We accept GP, specialist, and self-referrals via our website. Our experienced specialists can perform an endoscopy for you within 7 working days of receiving the referral.

To learn more, see www.waitemataendoscopy.co.nz.

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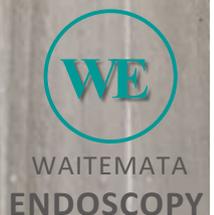
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Talk to your GP about a referral to the Waitemata Endoscopy Group, or you can self-refer via:

www.waitemataendoscopy.co.nz/referrals

Or call us on (09) 925 4449

// 53 Lincoln Rd, Henderson
// 212 Wairau Rd, Wairau Valley



Dr Marius van Rijnsoever
Gastroenterologist & Endoscopist

a joint venture with Southern Cross Healthcare

In Brief Updates

Not sure how to get a dispute sorted?

At the Citizens Advice Bureau in Massey we get a lot of enquiries from people who don't know how to sort out a problem they have with a service provider, whether it's a shop, tradie, employment situation, rental problem, or the power company.

Last week we had a case where there was confusion around rent paid in advance, as it was now the end of the tenancy and the landlord had a different view from the tenant. In another case a client had concerns around why the repair bill for their car was so high. We've had clients with complaints about purchases from nappies and electronic goods to problems with cars.

Lots of people don't know how to complain effectively, or aren't sure if there's a specific complaints organisation they can go to if they aren't able to sort things out with the other party.

There are a few simple rules of thumb to complaining effectively. First of all you need to be clear in your mind about what the problem is, and what you want them to do about it (within reason). Gather together any evidence you have to support your complaint, such as receipts, emails, photos and so on.

Be calm and polite when you make your complaint. It's a good idea to raise any issues in writing, so that you have a record of this communication. This can be by email.

If you can't reach an agreement you can apply to the appropriate complaints organisation. For example, for tenancy disputes you would apply to the Tenancy Tribunal; for disputes with your electricity provider contact Utilities Disputes; for complaints about a real estate agent get in touch with the Real Estate Agents Authority; for problems with a health provider contact the Health and Disability Commission or for a phone dispute it may well be the Telecommunications Disputes Resolution service.

It isn't always obvious which complaint resolution organisation you need to go to with your complaint, so if you aren't sure you can contact or come and see us at Citizens Advice Bureau Massey

There is lots of great information to help with your dispute on our website www.cab.org.nz, but sometimes it helps to talk about the issue with someone. You can just pop into the CAB Massey in the library building Te Manawa at Northwest or call 09 833 5775 and we can help you work through your options.



If you think helping people with these sorts of situations would be rewarding for you, contact Barbara at the CAB - 09 833 5775.

Experience the epic musical experience of Evita at Glen Eden Playhouse

Playhouse Theatre Inc. is thrilled to present Andrew Lloyd Webber's musical masterpiece Evita being performed at the historic Glen Eden Playhouse Theatre this October, sponsored by Tael Solutions Ltd.



Set in Argentina between 1934-1952, Evita is one of the world's most popular musicals telling the story of the meteoric rise of the legendary Eva Perón from poor beginnings to winning the adoration of a nation.

Full of ambition, glamour and magnetism, Eva climbs her way up the ladder of success from a life of poverty, first as a model and actress, then as the wife of General Juan Perón, and finally as the most powerful woman in Latin America.

Evita features some of the best loved songs in musical theatre including, "Don't Cry For Me Argentina," "Buenos Aires," "Another Suitcase in Another Hall," and "High Flying, Adored,"

Hayatt Al Joborry delivers stunning vocals and presence in the title role of Eva Perón, the tough, confident and above all charismatic political heroine. Michael Potts embodies the charming, complicated and troubled leader Juan Perón and Logan McAlister is the mouthpiece of the people as Che, the revolutionary narrator. Ari Tovar and Lily Pearce perform as talented alternates in the Eva and Che roles in select performances during the season.

Gabrielle Salazar plays the role of young Eva and also that of Perón's Mistress while Leroy Clark is tango cabaret singer Augustin Magaldi who was instrumental on putting her on the path to fame.

The driving creative force behind this production of Evita are the talented and experienced team of Director Robin Lane, Choreographer Rebecca Ceballos, Musical Director Erin Fagan and Vocal Coach Louise Monson who have worked hard with the talented cast and orchestra to deliver a fantastic show full of music, songs and dance.

Don't miss out on seeing this amazing biographical musical about one of the most influential women in history.

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In Brief Updates

NB: Evita contains strobe lighting effects.

What: The Tael Solutions Ltd season of Evita.

Where: The Playhouse Theatre, Glen Eden

When: 12th – 26th October 2024.

Book at Eventfinda or www.playhousetheatreinc.com.

Celebrating a decade of home improvement excellence

As the tools and paint brushes continue to fly off the shelves, Mitre 10 MEGA Westgate is taking a moment to reflect on a remarkable decade of service and innovation in the home improvement industry. From its humble beginnings to becoming a local icon, this milestone birthday marks ten years of helping kiwis love where they live – both inside and out.



A Journey Through Time -

It all started on Labour Weekend October 2014 when member principals Dave and Elaine Hargreaves opened the doors of Mitre

10 MEGA Westgate with a simple mission: to provide outstanding customer service coupled with expert advice, quality products and a personalised shopping experience in a one stop shop. Their months of hard work allowed them to welcome customers to a store offering a huge range of products designed to help their customers continue the great Kiwi DIY tradition.

Milestone Moments - Over the past ten years, Mitre 10 MEGA Westgate has seen many significant changes and achievements. Some standout moments include:

- **Expansion and Innovation:** In 2022, the store expanded allowing our timber yard to now offer all their products undercover, a doubling of the floor space to display our range of seasonal products, a huge increase in the range of power tools we can offer, an enhanced colour centre for our paint department plus so much more right across the store.
- **Community Engagement:** Mitre 10 MEGA Westgate has always believed in giving back to the community. From sponsoring local events to partnering with charities, the store has actively contributed to many community initiatives, fundraisers, and projects.
- **Sustainability Efforts:** In recent years, Mitre 10 MEGA Westgate has made strides in sustainability, offering a range of eco-friendly products, implementing green practices within the store, and providing public recycling services such as plastic pot recycling, used batteries and light bulb recycling. This commitment to the environment aims to reduce waste and promote sustainable living.
- **Recognition:** 2018 saw Mitre 10 MEGA Westgate recognised for delivering both great customer service and exceptional store standards when they were awarded the Hardware Journal Store of



Groundbreaking Initiatives Boosts Student Wellbeing in The West

The Trusts is thrilled to support a groundbreaking mental health programme being implemented in The West.

This initiative, which will benefit over 20,000 primary and secondary students across 30 schools, is a significant step towards promoting mental wellbeing in our community.

The initiative uses the Pulse platform and is designed to monitor students' mental, social, and physical wellbeing. By answering five simple questions, the software allows students to regularly assess their feelings and request help

from trusted teachers and school leaders.

The technology gives schools real-time insights into tamariki's feelings, enabling early intervention and proactive support for those facing personal challenges.

Teachers benefit by gaining a deeper understanding of their students' wellbeing. They can identify issues before they develop into behavioural problems, self-harm, or disengagement from learning.



In Brief Updates

the Year award- something that was attained through the efforts of the entire store team.

Customer Stories - One of the most rewarding aspects of celebrating this birthday is hearing from the customers who have made Mitre 10 MEGA Westgate their go-to destination for home improvement needs. Local homeowner Peter Henshaw shares, "I remember when Mitre 10 MEGA Westgate first opened. It's been incredible to see how they've grown and how they've always been there to help with every project, big or small."

Another customer, Rachel Shaw, adds, "The workshops and advice from the staff have been invaluable. I've learned so much and tackled projects I never thought I could handle."

Looking Ahead - As Mitre 10 MEGA Westgate celebrates this decade of success, the future looks bright. Plans are already underway for the next phase of growth, including the introduction of exciting new product lines and services, and even more community-focused events.

In a message to customers, owner Dave Hargreaves reflects on the journey: "We are deeply grateful for the support of our community and customers over these ten years. Our success is a testament to the dedication of our staff and the trust of our loyal customers. As we look ahead, we remain committed to providing exceptional service and innovative solutions for all your home improvement needs."

Join the Celebration

To mark this special occasion and reward our loyal customers, Mitre 10 MEGA Westgate are giving one lucky customer the chance to win a fabulous outdoor 'BIG BACK YARD' Birthday Package Giveaway valued at over \$10,000 which includes:

- BBQ Kitchen 3 Piece Grill Chief 304 - \$3,849 value
- Nouveau Kiwiana Metal Chilly Bin 25 litre - \$79.98 value
- Charmate Wrangler Offset Smoker & BBQ Black - \$999 value
- AquaForce Square Tabletop LED Water Feature - \$599 value
- Nouveau Venus Outdoor Bar Setting 5 Piece - \$1,999 value
- Storite Rite 4 Sloping Roof Garden - \$915 value

To enter the draw, spend \$50 or more at either Mitre 10 MEGA Westgate or Henderson during 16 September to 19 October 2024, keep your receipts and be at Mitre 10 MEGA Westgate on 19 Oct 2024 to register your entries. Each valid receipt over the value of \$50 is an entry into the draw.

Registrations open at 8.30am and close at 12.30pm with the draw happening at 1pm. You must be at Mitre 10 MEGA Westgate at the time of the draw to claim the prize. Terms & Conditions apply, see in-store for more details.

Mitre 10 MEGA Westgate 10th Birthday 'BIG BACK YARD' Package Giveaway Event

To help us celebrate, join us for a fun day as we draw the winner of The Mitre 10 MEGA Westgate 10th Birthday 'BIG BACK YARD' Package Giveaway and enjoy:

~ Interactive fun activity with our favourite suppliers

~ Sausage sizzle by community fundraisers

~ Face painting for the kids

~ Big One Day Exclusive Deals on selected brands and products

All are welcome.

Here's to many more years of helping you create the perfect space to call home.

Thank you for being a part of our journey.

House of Travel Hobsonville Cruise Centre launches

West Auckland's leaders in all things Cruise.

With House of Travel Hobsonville continued success we are expanding our travel agency into a second site which specialises in Cruise. This is about 100m away from our main agency at 225 Hobsonville Point Road located at 144 Hobsonville Point Road.

Led by two of the industry's most experienced cruise gurus. Sam and Talita will be here to guide you through the exciting world of cruising whether it's your 1st, 50th or everything in between, they'll have your back every step of the way.

The Allure of Cruising

Cruising has captured the hearts of travellers worldwide for its unique blend of luxury, adventure, and convenience. Imagine waking up each morning in a new destination, exploring hidden gems, and indulging in world-class amenities. With a variety of itineraries and destinations, cruising offers an unparalleled travel experience that caters to all ages and interests.

From Caribbean Beaches to Antarctic Ice

From the sun-kissed shores of the Caribbean to the icy landscapes of Antarctica, cruise lines offer itineraries that span the globe. Whether you're seeking cultural immersion, wildlife encounters, or simply a relaxing getaway, there's a cruise for everyone. Popular destinations include the Mediterranean, Alaska, and Southeast Asia, each offering unique attractions and experiences.

Personalised Service, Every Step of the Way

Frustrated with a booking you've already made? Did you know we can take over your cruise planning, even if you've booked elsewhere so long as only a deposit has been paid? Our team of experts will



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In Brief Updates

provide personalised service, ensuring every detail is taken care of. Many cruise lines actually encourage this approach as they may not have the capacity to cater to individual traveller needs like we can.

Let's Create Your Perfect Cruise

With so many options available, finding the ideal cruise can be overwhelming. That's where Sam and Talita come in. We'll work closely with you to understand your preferences, budget, and desired experiences. From selecting the perfect itinerary to choosing the right cabin, we'll guide you every step of the way.

So, are you ready to set sail on an unforgettable adventure? Contact us today and let's start planning your dream cruise.

House of Travel Cruise Centre, 144 Hobsonville Point Road. 09 416 0701 - ask for the Cruise Centre Hobsonvilleevents@hotmail.co.nz.

Upper Harbour MP Cameron Brewer

Henderson Rotary recently hosted a well-attended charity luncheon at Trusts Stadium with guest speaker, PM Christopher Luxon. Attendees included local MPs, Mayor of Auckland Wayne Brown and former local MP and Deputy PM, Paula Bennett.



Afterwards, Massey High School hosted the Prime Minister, organised by Upper Harbour MP Cameron Brewer. The school of 1,800 students boasts a trades academy, with vocational pathways in building, automotive, and hospitality. The PM was impressed with the houses students construct on-site for Kāinga Ora, as was neighbouring MP and the Minister for Construction and Building, Hon Chris Penk.

The Salvation Army Mission Centre on Don Buck Road has been serving the NorthWest for nearly 30 years. It's now under major redevelopment, including a new community cafe, family store, and foodbank. Out the back are 22 new long-term homes for people registered with Kāinga Ora. The Prime Minister, local MPs Chris Penk

and Cameron Brewer enjoyed joining Massey Salvation Army leader Ian Wells and his team for a tour.

Movie Night

Back2SchoolProject is holding a Movie Night on 5 October screening the Disney Pixar Movie, Cars. Join us as we help our local tamariki break the cycle of hardship, one piece of stationery at a time. We have a big vision of helping more students show up equipped for their first day of school. But we need YOU to help make this happen. By purchasing a ticket to our Movie Night, we are one step closer to ensuring that another student is ready for their Day One.



Movie Night on 5 October will be at Sunderland Lounge, Cinema Road, Hobsonville Point. Doors open 6:30, showtime 7:05. Child (12 and under) \$10, Family Ticket (2 adults, 3 child tickets) \$42, Adult \$12. back2schoolproject.nz/collections/current-events Back2School Project is operating under Element One Charitable Trust which is a Registered Charitable Trust. 021 029 403 56.

Te Kori Scott Point

The initial construction phase at Te Kori Scott Point sports park is now complete. The platforms have been built for the sports fields, and the landscape is growing, with landscaping now alongside Joshua Carder Drive. Stormwater pipes and ducting for power have been installed beside Squadron Drive. By next May, the park



Cameron Brewer MP for Upper Harbour

☎ (09) 416 3249

✉ UpperHarbourOffice@parliament.govt.nz

📍 102c Hobsonville Rd

📱 @CameronBrewerMP



Authorised by Cameron Brewer, Parliament Buildings, Wgtn.



In Brief Updates

should be open to the community, and meanwhile further areas will be developed and the adjacent roads opened, with signage being installed and footpaths constructed.

Te Manawa

Join the Time Warp during the October School Holidays at Te Manawa.

These school holidays join us for tech activities, music and craft. Also discover how much you know with our Kahoot! quiz about anything and everything, or relax and watch a family movie in the afternoon. Don't forget to pick up a booklet with a calendar of events and a reading log so you can track your reading over the holidays.

Preschool programmes resume week beginning Monday 21st October. Te Manawa 11 Kohuhu Lane, Massey. Visit TeManawaAC on Facebook or te.manawa.auckland on Instagram.



Glen Eden Recreation Centre Open Day

Glen Eden Recreation Centre Open Day (Saturday 2nd November 2024, 11 am - 2 pm).

It's safely situated down a winding roadway within Harold Moody Park, right next to the Glenora Bears Rugby League Club at 44 Glendale Rd Glen Eden, hosting several community organisations every week.

It's the Glen Eden Community & Recreation Centre War Memorial Hall (aka the Glen Eden Recreation Centre), and on Saturday 2nd November 2024 from 11 am-2 pm, the facility is hosting a Community Open Day for everyone to attend.

Partial to plants? Then check out the garden and herb group stand. Is self-defence your thing? Head along to the Jiu-Jitsu and women's defence display.

Love table tennis, but can't fit in a table at home? Come and match your skills against the Waitakere Table Tennis Association's "Robot", as it fires clusters of table tennis balls at you to try and hit back.

Music and dance your vibe? You can participate in both of these creative and fun activities at the Recreation Centre.

Looking for a quieter activity that stimulates the brain? Come and have a go at Mahjong, a game of skill, strategy, and luck combined. Keen on some fun Seniors activities? Have a look at the Communicare group, or join a quilters and handcrafts group.

A sausage sizzle, coffee cart, and other refreshments will be available on the day, so mark Saturday 2/11/24 in your diary, grab the family and/or some friends, and come and visit.

Entry is free. Contact Lynn Brown on 021 193 4399 for more information.

Kip McGrath Education

The Prime Minister recently spoke out about the number of students not achieving the required standards in maths. If you are concerned about your child's achievement in maths - we can help with that.

Are you also finding it more difficult to help your child with their maths homework because of the changes in the curriculum?

The tutors at Kip McGrath Education Centres are all qualified teachers who follow the NZ Curriculum. They use traditional educational approaches to the teaching and learning of mathematics and concentrate on the basics of Numeracy to ensure all essential skills are developed.

We will assess your child's current achievement level against the NZ Numeracy Framework, give you immediate feedback and then design an individual programme aimed at filling any gaps. We also reinforce basic skills with regular practice and routinely re-assess progress. In this way, we will help your child to have greater confidence to achieve the required standards in mathematics.

For a free assessment or if you would like more information, please call Lynne or Roy at Kip McGrath, Westgate - 09 831 0272.



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Safer Communities



These days, lithium-ion (Li-ion) batteries are everywhere, from e-bikes and e-scooters to vapes and power tools. They are light, compact, and long-lasting, but can be a fire hazard if they are damaged, mishandled, or improperly disposed of.

Currently there are no satisfactory methods to easily and safely extinguish a Li-ion fire other than completely submerging in water which also comes with its own level of complexity and risk and therefore proactive safety precautions are required.

Avoid Physical Damage: Ensure that batteries are not punctured, crushed, or otherwise damaged. Physical damage

can lead to short circuits and fires.

Only use chargers and batteries supplied with the device, or certified third-party charging equipment compatible with the battery specifications (same voltage and current).

Always charge e-scooters and e-bikes away from exits to ensure you can safely escape in the event of a fire. Where possible these should be stored and charged outside or in a garage, shed or carport, away from living spaces.

For smaller devices, such as vapes, phones, and laptops, do not charge these under a pillow, on the bed or on a couch - they can overheat and cause a fire.

Monitor Charging: Keep an eye on devices while they are charging. Unattended charging can increase the risk of overheating and fire. Always store lithium-ion battery devices in cool dry spaces, out of direct sunlight. It is suggested to set a reminder to check and disconnect the charger.

Only get device repairs and battery replacements done by a qualified professional.



Proper Disposal: Dispose of lithium-ion batteries at designated recycling centers. Improper disposal can lead to environmental harm and fire hazards.

A working smoke alarm or a heat alarm should be installed in any room, garage or structure where lithium-ion batteries are regularly charged to ensure that you and family have as much warning as possible to evacuate and call for assistance.



Jamie Shaw

Deputy Chief Fire Officer

Waitakere Volunteer Fire Brigade

Phone 09 810 9251

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www.dpanz.org.nz/float-first

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first

Property

Property market report

The national median days to sell hit 50 in August, the highest it has been in the month of August since 2008, according to the Real Estate Institute of New Zealand (REINZ).

Meanwhile, the national inventory level surged 30% year-on-year in August, reaching 29,579 properties on the market. This was down 977 from 30,556 in July.

REINZ says the national median price dropped \$5,000 to \$765,000 in August year-on-year, but rose \$12,000 from \$753,000 in July.

The total number of properties sold fell by 40 to 5,685 in August year-on-year, and fell by 307, or 5%, from July.

The REINZ's House Price Index, which is adjusted to account for changes in the mix of properties sold each month, weighed in at 3,563 in August, down 0.8% year-on-year, and unchanged from July. The HPI is 16.7% below the market peak reached in 2021.

In terms of the national median days to sell, it's the first time this has reached 50 since 2008 when it came in at 57.

We continue to see an increase in the average number of properties listed. Although the inventory is down slightly compared to last month, the volume of properties for sale continues to provide a lot of choice for buyers.

This August, we saw further signs of a change in market sentiment, with local agents reporting increased confidence in vendors and purchasers, the return of investors, and increased activity, particularly at open homes over the last two weeks of August. They attribute this change to the decline in interest rates. However, it would be an overstatement to say that we are at a turning point in the market.

In Auckland the median price rose \$10,000 to \$960,000 in August from July, but was down \$50,000 year-on-year. At 1,801, Auckland sales volumes were down marginally. Median days to sell came in at 51 in Auckland, up 10 year-on-year, the highest in the city since 2001, and well above the 10-year average of 39.

So, where to from here. As the OCR reduces and banks become more interested in winning new business to offset profit reductions, we would expect to see a gradual lift in confidence which in turn will deliver firmer prices and a reduction in time on market. So for now, we suggest purchasers still have a window of time to buy well until others catch up.

Let's look at the sales numbers:



Herald Island	\$986,500
Hobsonville	\$563,000 to \$2,195,000
Massey	\$620,000 to \$1,221,000
Swanson	\$695,000 to \$1,729,000
West Harbour	\$800,000 to \$1,438,000
Westgate	\$665,000 to \$1,048,000
Whenuapai	\$722,500 to \$1,080,000

A reduction in mortgage rates will represent an increase in buyers' ability to secure a mortgage at a slightly higher value and in due course provide stability to falling prices and a firming of house prices. If you are considering listing your property for sale it costs no more to use an experienced agent with a proven track record. A sensible commission structure and excellent advertising programme offered to ensure satisfaction. Call me for a no obligation chat on 027 632 0421, graham.mcintyre@kumeu.rh.co.nz Graham McIntyre AREINZ. Country Living Realty Limited T/A Raine & Horne Kumeu-Hobsonville Licensed REAA2008.

Rental market report

The rental market continues to fluctuate with demand for rental properties being subdued and supply being higher than at this time last year. This being a combination of speculators renting rather than selling and developers offloading surplus homes into the rental pool until the market improves. The values are holding firm with good homes achieving better rental yield. Lets look at the active bond rates:

Kumeu	3 Bedroom	from \$625pw to \$740pw
Helensville	3 Bedroom	from \$608pw to \$650pw
Hobsonville	3 Bedroom	from \$640pw to \$720pw
Massey	3 Bedroom	from \$640pw to \$720pw
Waimauku	3 Bedroom	from \$733pw to \$806pw
Westgate	3 Bedroom	from \$693pw to \$750pw
West Harbour	3 Bedroom	from \$650pw to \$750pw
Whenuapai	3 Bedroom	from \$670pw to \$775pw

If you have an investment property and are seeking a smart and sensible property management solution which is customised to your situation and requirements we would welcome the opportunity to have a chat. We offer a more sensible management fee and accountable asset protection schedule which will make you feel right at home. Call Graham McIntyre on 027 632 0421 for more information. www.wapm.co.nz West Auckland Property Management.



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Property

Tired of paying someone else's mortgage?

Here's how you can escape the rent trap.

Did you know that the rent you are currently paying can actually go towards making up your future mortgage repayments?

For example, if you're paying \$750 per week, that equates to nearly \$40,000 per year in rental payments. So if you took that \$750 per week and looked at what the equivalent would be in mortgage repayments, it would cover a mortgage of around \$500,000.

But it doesn't stop there.

Not only do you take the rent that you are currently paying into account, but also the savings you have been making towards that house deposit.

So if you were saving another \$300 per week on top of that \$750 in rent, you have \$1,050 per week to cover a mortgage repayment.

If you took that \$1,050 per week and looked at what the equivalent would be in mortgage repayments, it would cover a mortgage of around \$700,000. You can have a go yourself on any of the banks online mortgage repayment calculators.

From here you can add your deposit to that figure (take into account your savings, KiwiSaver and any gifts from family) and there you have a possible purchase price for your own home.

Now bear in mind this is very basic maths.

The second part to this whole equation is how much of a mortgage you can actually obtain, as well as your maximum borrowing potential based on the amount of deposit you have.

This is where teaming up with a Mortgage Adviser will help you work out what your actual borrowing capacity is.

Different banks will have different calculators for assessing how much they can lend you. A Mortgage Adviser knows how each lender assesses a loan application, which can help you to get the loan you need.

If you don't think that you could service a mortgage on your own, I can introduce you to other ways to get on to the property ladder.

For instance, if you have friends or family that are renting as well, you could consider a Co-Ownership home loan (ask me how).

Co-ownership offers an opportunity to make home ownership more affordable and attainable, especially for those who find saving for a deposit challenging. By pooling resources with friends or family you



can share the costs and responsibilities of buying a property.

Making the leap from renter to homeowner is not just about paying a mortgage instead of rent.

The mortgage payment is not going to be your only expense. You'll be responsible for council and water rates, house insurance and maintenance on the property.

To get an idea of these extra responsibilities, talk to other homeowners in your circle so you can compare the financial outcomes of owning versus renting. Think about how these extra costs weigh up against the potential capital gain you could make by owning your own home.

Remember, your first home probably won't be your forever home.

So if you're ready to make the leap, or know someone that could benefit from this advice, feel free to get in touch and I can help navigate this exciting journey and turn your dream of homeownership into a reality. Call Stephen Massey - Loan Market 021 711 444 or check out my website loanmarket.co.nz/stephen-massey

Check out my Tiktok account #mortgagedad4u for some other useful info.

The Bank of Mum and Dad

By Debra Barron, Principal of ClearStone Legal

We recently heard of a case where \$50,000 was lent by a parent to their child to help them with the deposit for the purchase of a property. The mortgage broker provided a gifting certificate for the parent to sign to help with the mortgage application, but actually the arrangement was meant to be a loan not a gift. Signing this certificate unfortunately set them up for failure when the relationship between the child and their partner broke down. Even though there were text messages from the partner agreeing that it was a loan, when it came to the crunch they denied the loan and relied on the gifting certificate to avoid repaying the loan in the relationship split.

There are three ways to protect funds when trying to help your kids get a step up onto the property ladder.

Don't give them the money - make it a loan

We recommend entering into a loan agreement recording the terms of the advance and to secure repayment later on. In order to get finance approved by the bank, the terms of the loan agreement will need to state that the loan is interest free, that there are no



Debra Barron,
Principal at ClearStone Legal



Loan Market

Stephen Massey
Mortgage Adviser

stephen.massey@loanmarket.co.nz
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repayments during the term of the loan and that the loan can only be demanded for repayment when/if the property is sold. A simple deed of acknowledgement of debt signed by both your child and their partner will secure repayment of the debt on the later sale of the property.

Gift the money conditional upon the parties entering into a Contracting Out Agreement

If you do want to make it a gift and have no expectation that it is ever to be repaid, but you want your gift to go to your child and not lose half of it in a relationship split, then your child and their partner could enter into a Contracting Out Agreement (also called a S21 Agreement or Property Relationship Agreement - of if you prefer the American term, a pre-nuptial agreement). Such an agreement contracts out of the Property (Relationships) Act 1976 which would otherwise provide a presumption of 50/50 sharing of relationship property. Often these agreements are entered into when one party to a relationship has significantly higher deposit to pay towards the purchase of a new home. These agreements can be very narrow, and only deal with the deposit (i.e. all capital gains are shared equally notwithstanding the unequal contribution); or the agreement can be more complex and provide for more separate property such as KiwiSaver, superannuation, business interests, income, other property, an interest in a family trust etc).

Jointly purchase the property with them

This requires all parties to be part of the finance application and be jointly and severally liable for the loans owing to the Bank. You would need to own the property jointly in this arrangement for at least two years, assuming one or more parties will not be living in the property to avoid any capital gains tax - this is currently two years. This can impact on the parent's ability to raise new lending for their own endeavours and it's a good idea to think about how you are going to exit this arrangement before going into it. A property sharing agreement is recommended to cover how the outgoings will be paid, who can occupy the property, how the proceeds of sale will be divided on the sale of the property and how to give notice

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to end the arrangement. This option is complex but not impossible.

Obtaining some advice at the outset can ensure there are no misunderstandings further down the track. Give us a call on 09-973-5102 or make a time to come and see us at either our Kumeu or Te Atatu office.

Where there is a will there is a (better) way

First, do I need a will?

Most people who own property or have children need a will. By creating a will, you can be clear about who receives your assets. You can decide who gets what, how much and when. You can nominate who will care for your children.



It is a much easier process for your loved ones to obtain probate (if necessary) and have access to your assets if you have a will.

It is particularly important to have a will when you marry or enter into a civil union or de facto relationship, or when you or your partner have children. It is also important when you have ended a relationship. If you have a new relationship, blended family or children from a previous relationship, you need to be advised of the competing claims and your legal obligations. If your will isn't prepared correctly, your estate could be fighting claims for a long time. Litigation costs can diminish an estate pretty quickly.

A will may not be essential if you have a partner, have only jointly owned property and have no children. Unless you both die. If you jointly own all of your property with someone, you will still need a will if you both die together or consecutively.

Even if you don't own major assets in your sole name, you can quite quickly build up possessions that can have monetary or sentimental value to you and to others. You may have some money in a savings account, KiwiSaver, a car, furniture and household items, a good stereo or home entertainment system, a life insurance policy, some jewellery etc. A will allows you to decide what will go to whom, even if your possessions have sentimental rather than financial value.

Most parents know they should appoint a guardian for their children under their will but get stuck on who should be guardian because they think the children must live with the guardian. However, children do not have to live with the guardian. The guardian is responsible for making the key decisions about the upbringing of the child like where they live or go to school but doesn't necessarily have day to day care. You just need to choose someone you trust

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to make this decision. It is better to have someone nominated now than putting off your will while you think of someone.

Secondly, what happens if you don't have a will?

If you die without a will, this is called dying "intestate".

Generally if you die intestate, the process for dealing with your assets after you die is complex, expensive and more time consuming than if you had a will in place. Someone needs to be appointed as administrator and a different process called letters of administration needs to be followed. If there are any disagreements between family members or nobody steps up to act, this can cause delays and cost in your estate being administered.

If you die intestate, the Administration Act specifies how your property will be distributed. The Act is very specific and there is no discretion. For example if you die leaving a qualifying partner and no children, then your partner gets \$155,000 and then 2/3 of your remaining estate and your parents get 1/3 of your remaining estate. This may not be what you would have wished or what your family wants, and it could create tension or conflict within your family or between families. If there are no relatives in the categories listed in the Administration Act, then your estate goes to the State. Nobody wants that.

Thirdly, DIY wills - do I need a lawyer?

Wills are technical and have unusual requirements that do not apply to other documents. The witnessing requirements are unique to wills and there are some innocent acts that can create problems later, such as stapling and unstapling the will, stains on the will and hand-written changes. If the will needs to be validated, this is a court case that comes with effort, cost and time. It delays the distribution of the will.

Some statutes (such as the Property (Relationships) Act, Family Protection Act and the Law Reform (Testamentary Promises) Act) allow some people to challenge a will. It is important to get legal advice to minimise the chances of your will being challenged. It can involve significant cost and effort if someone else makes a claim against the estate.

Wills can go missing or be destroyed in a fire. We have had situations where family have ransacked the house after someone dies and a will kept in a drawer or safe has conveniently gone missing. If you prepare a will with a lawyer, there will be electronic copies, file notes, and the original is kept in a deeds room for safekeeping.

Obviously we think it is important that you have a will. At the end of the day, having an expert prepare your will could save your relatives the grief and expense of you having an invalid will or none at all. It is the ultimate gift for your family to leave a will that sets out your clear intentions.

We make it as easy as possible for you to prepare a will. We can take

your instructions by phone, AV, email or in person. If you would like to get your affairs in order or if you have any questions, give us a call.

Henderson Reeves - phone 09 281 3723 - www.hendersonreeves.co.nz.

New changes to the bright-line test

In 2015 the Government introduced the bright-line test. This requires income tax to be paid on gains from the sale of residential property under certain circumstances. Until recently, the bright line test was 10 years. This meant that if you purchased a property after 27 March 2021 and it was not your main home, you would attract capital gains tax if it was sold within 10 years (or 5 years for some new builds).

Government has now reduced the bright line test to 2 years starting on 1 July 2024. The change also means that you no longer have to separate out new builds from all other properties.

In summary, from 1 July 2024, the bright-line test applies to the sale of any property within 2 years if that property is not your main home. If the property is your main home, you are exempt from the bright-line rule under the main home exemption unless:

- you have already used the main home exclusion twice over the 2-year bright-line period; or
- you have a regular pattern of either buying and selling or building and selling your main home (even if you or your family live in the property before it is sold).

We recommend that before buying or selling a property that you obtain advice on any bright line issues before signing any agreement. For more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

\$100 = Exposure for a month

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

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Area Property Stats

Every month Raine & Horne 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 office@hobsonville.rh.co.nz.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HERALD ISLAND	1,090,000	862M2	83M2	986,500		1,825,000	525M2	318M2	1,143,000
HOBSONVILLE	1,300,000	206M2	178M2	1,200,000		980,000	353M2	141M2	875,000
	1,400,000	211M2	240M2	1,385,000		1,050,000	607M2	80M2	750,000
	1,850,000	408KM2	299M2	1,800,000		910,000	563M2	143M2	870,000
	1,040,000	532M2	135M2	1,232,000		1,050,000	298M2	123M2	940,000
	1,755,000	134M2	267M2	1,500,000		1,075,000	665M2	130M2	730,000
	1,325,000	200M2	176M2	1,180,000		1,025,000	550M2	182M2	975,000
	900,000	116M2	92M2	790,000		1,200,000	607M2	190M2	1,210,000
	1,040,000	160M2	125M2	958,000		1,275,000	428M2	244M2	1,221,000
	900,000	116M2	92M2	800,000		1,175,000	1806M2	125M2	920,000
	1,210,000	149M2	179M2	1,180,000		1,275,000	628M2	200M2	1,044,000
	2,390,000	615M2	362M2	2,135,000		990,000	753M2	160M2	770,000
	955,000	103M2	145M2	920,000		1,050,000	952M2	84M2	870,000
	1,650,000	351M2	236M2	1,485,000		810,000	351M2	60M2	638,000
	1,050,000	102M2	155M2	967,000		910,000	85M2	124M2	750,000
	1,300,000	1945M2	174M2	1,112,888		690,000	786M2	70M2	684,000
	2,285,000	625M2	308M2	2,195,000		1,100,000	661M2	140M2	850,000
	860,000	129M2	85M2	819,000		960,000	128M2	129M2	818,000
	1,375,000	206M2	232M2	1,320,000		830,000	720M2	129M2	818,000
	1,495,000	309M2	235M2	1,370,000		790,000	107M2	79M2	735,000
	840,000	98M2	79M2	770,000		1,100,000	522M2	215M2	940,000
	770,000	105M2	77M2	775,000		1,100,000	637M2	135M2	880,000
	1,100,000	152M2	144M2	1,100,000	WEST HARBOUR	1,225,000	639M2	100M2	952,000
	1,100,000	156M2	158M2	1,105,000		1,745,000	1001M2	250M2	1,438,000
	950,000	77M2	1576M2	1,100,000		920,000	158M2	152M2	800,000
	995,000	170M2	115M2	912,500		1,980,000	1554M2	344M2	2,100,000
	1,750,000	394M2	274M2	1,590,000		1,250,000	193M2	162M2	1,060,000
	1,345,000	175M2	174M2	1,248,000		960,000	127M2	113M2	832,000
MASSEY	810,000	334M2	80M2	770,000		1,545,000	665M2	250M2	1,050,000
	1,500,000	581M2	151M2	950,000		1,305,000	624M2	220M2	1,190,000

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.

Raine & Horne's commission rate:

2.95% up to \$490,000

(Not 4% that others may charge)

1.95% on the balance

Plus \$490 admin fee. All fees and commissions + GST



Graham McIntyre
Brand & Territory Owner
027 632 0421

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5A / 15 Augustus Terrace, Parnell

3 Bed 2 Bath 3 Car

View Today, 3 Bed, 3 Car Parks, Harbour Views

The convenience of Parnell Penthouse living, the ease of three secure car parks, mixed with an inspiring view down the Harbour out of extensive sliders.

The very best of open plan living with three bedrooms and two bathrooms on offer.

From the master, a delightful (as Manhattan) city skyline sparkles at night and gives way to impressive perspective through the day.

A convenient storage lock-up ensures flexibility and ease of use. As an investor or homely occupier looking for a very special Parnell apartment this must be on the top of your list.

View

As advertised or by appointment

By Negotiation



Graham McIntyre

Franchise Owner Kumeu & Hobsonville

027 632 0421



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6 Wharara Lane, Massey

2 Bed 1 Bath

Views to City, affordable duplex with carpark

This near new GJ Gardner build with Master Build Warranty provides an excellent opportunity to jump on the property ladder with lock-up and leave options, public transport at the gate and convenience shopping a short stroll away.

A beautifully presented two bedroom home with bathroom and guest toilet, alfresco to patio and small grassed lawn.

An outstanding option for a discerning buyer looking for pedigree and performance.

Earthy colours and upgrades, this home is one that will be on top of your watch list. Don't dilly-dally, great homes like this don't last.

View

As advertised or by appointment

Offers over \$635,000



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Franchise Owner Kumeu & Hobsonville

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Hot Property



Garage, park, grass, views Oh la la - Hobsonville

A contemporary, sun filled and private 2 bedroom, 2 bathroom home over 2 levels offering an impressive list of extras, situated off a quiet lane way minutes away from Hobsonville shopping precinct. A two level end duplex built by Universal homes, this is a lock up and leave that has been invested in with smart air circulation, drapes and finishing's.

Downstairs enjoys an open plan alfresco living environment with patio and grassed area.

Upstairs are two bedrooms (generous size), bathroom and ensuite.

Come view Mary's Gallery a mix of beautiful artwork and collectables within an easy living environment with garage and parking outside off the private laneway access.

So close to schools, parks, shopping and transport links. Motivated vendor has another opportunity they wish to pursue and welcome your interest today.

The CV on this property is \$1,000,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete

Hot Property



transaction list please email graham.mcintyre@kumeu.rh.co.nz.

For more information on this property call Graham McIntyre on 027 632 0421 or graham.mcintyre@kumeu.rh.co.nz. Country Living Realty Limited T/A Raine and Horne Kumeu - Hobsonville. Licensed REAA (2008).



8 Orah Road, Huapai, Rodney

3 Bed 1 Bath 1 Car

Huapai Commercial - Town Centre Zoning 869sqm

Prime opportunity in the heart of Huapai's bustling Town Centre Zone with this expansive 869sqm parcel of land situated along the eastern boundary. Embracing a flat topography, the property seamlessly integrates with the surrounding landscape, adjacent to the Huapai carpark and Police Station.

This property boasts a distinguished three-bedroom bungalow featuring an open-plan kitchen, dining, and living area that gracefully extends onto a west-facing deck.

A spacious shed and carport on-site provide versatile storage solutions, complemented by an open yard adorned with thriving mature fruit trees.

View

As advertised or by appointment

By Negotiation



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18 Peters Lane Taupaki, Rodney

Sun kissed, north facing house and land package

A large north facing canvas, with natural water course and established plantings with options to select the best house and land package for you, including home and income options. Elevated rolling land with views to Kumeu and beyond, the houses selected are designed to make the most of the aspect and the outlook. This land is historical and original clay base which has no historical slip effects nor movement lines. In addition much of the area is slowly moving to countryside living which allows for great intensification within this residential lifestyle community. Please survey the house and land package options outlined and book a walk-the-land meeting with leading Taupaki agent and local resident Graham McIntyre.

C.V. \$1,775,000

By Negotiation



Graham McIntyre
Franchise Owner Kumeu & Hobsonville
027 632 0421



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22 Zingaro Place, Massey, Waitakere City

3 Bed 1 Bath 2 Car

3 Car Garaging, Big Workshop, Sunny, Elevated

Set on 979sqm (approx) this is a big section with a big home.

Offering extensive garaging and off street parking with storage options galore, work from home, or develop an additional guest wing.

Upstairs enjoys extensive gated lawn and gardens with mixed alfresco settings to enjoy sunshine or shade with easy access to kitchen, dining and lounge areas.

All the bedrooms and bathroom off a central hall, this is a home that will deliver peace and ambience upstairs and hobby, work and workshop downstairs, certainly a ying and a yang for all buyers.

C.V. \$975,000

View

As advertised or by appointment

Enquiries over \$885,000



Graham McIntyre

Franchise Owner Kumeu & Hobsonville

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26 Squadron Drive, Hobsonville, Waitakere City

2 Bed 2 Bath 1 Car

Garage, Park, Grass, Views Ooo La La - Hobsonville

A contemporary, sun filled and private 2 bedroom, 2 bathroom home over 2 levels offering an impressive list of extras, situated off a quiet lane way minutes away from Hobsonville shopping precinct.

A two level end duplex built by Universal homes, this is a lock up and leave that has been invested in with smart air circulation, drapes and finishing's.

Downstairs enjoys an open plan alfresco living environment with patio and grassed area.

Upstairs are two bedrooms (generous size), bathroom and ensuite.

C.V. \$1,000,000

View

As advertised or by appointment

By Negotiation



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Franchise Owner Kumeu & Hobsonville

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29 Sunny Crescent, Huapai, Rodney

4 Bed 2 Bath 2 Car

Hinuera stone on 1/2 acre - Beautiful setting

Seldom found this is an outstanding mini-lifestyler in an urban setting, offering the best of urban and lifestyle living.

Offering the good life in so many ways, the home has been meticulously crafted to deliver functionality and beautiful form.

Clad in Hinuera split face, kiln fired stone, it offers a special exclusive style that merges seamlessly decking and patio entertaining. Extensive sliders deliver the outside in, enjoying open plan lounge-dining and kitchen-cozy meeting the dynamic needs of family living.

C.V. \$1,650,000

View

As advertised or by appointment

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Franchise Owner Kumeu & Hobsonville
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171 Boord Crescent, Kumeu, Rodney

5 Bed 2 Bath 2 Car

Just under 1 acre, two homes, flat pasture

Two homes, with opportunity to add value, offering a clever home of five bedroom, two bathroom double garage with beautiful North facing decking spanning master bedroom to kitchen/ dining room. The home is sun-filled and offers views over rural farm land peppered with mature trees and shrubs. The second home is a simple one bedroom, bathroom, kitchen/lounge/dining with garage, with a Northern aspect offering extra space and options for the family. It's sheltered by the garage and plantings to be discrete and obscure.

A short distance to Kumeu shops, schools and transport links the property offers convenience and easy care.

C.V. \$1,650,000

View

As advertised or by appointment

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209 Motutara Road Muriwai, Rodney

2 Bed 1 Bath

Kereru Homestead – A peaceful retreat

If you seek a truly peace-filled environment that entwines the full character of yester-year with the green leafy native canvas of tropical rain forest and a beach micro-climate you have found your haven.

Set off the road, not affected by slips or debris is a simple cottage over two levels offering open plan alfresco living bringing the outside in.

Downstairs has two rooms, laundry cupboard and bathroom with broad french doors opening to the sun-filled courtyard.

In addition a small railway store sits proudly onsite for storage/ office or hobby room.

C.V. \$775,000

View

As advertised or by appointment

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421 Kiwitahi Road Helensville, Rodney

1.58 hectares (approx) bare land - views to Kaipara Harbour

Discover a rare opportunity on this expansive 15,860 sqm (approx.) piece of land, offering a diverse range of contours, from flat expanses to gentle slopes.

By Negotiation

With a North West facing orientation, this plot provides the canvas for crafting your own personal paradise.

Embrace breath taking views and explore various landscaping possibilities within this distinctive microclimate.

Tucked away from the road, on a tar sealed access way, convenience meets serenity, with services within easy reach.



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Home & Garden

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Home generators

A home generator backup is an essential investment for homeowners, especially in areas prone to natural disasters and power outages. Here are some reasons why:



1. Power essential appliances: A generator ensures that your refrigerator, heating and cooling systems, lighting, and other critical appliances continue to function during a power outage.
2. Home security: A generator powers your home security system, remote gates, and garage doors, providing peace of mind and ensuring your home remains secure.
3. Work and school: With a generator, you can continue to work from home, charge your devices, and keep up with school deadlines, even during a power outage.
4. Electric vehicle charging: If you own an electric vehicle, a generator allows you to charge it up and stay mobile during an extended power outage.
5. Efficiency: Generators provide power quickly and easily after an outage, making them a reliable solution for emergency situations.
6. Food preservation: By powering your refrigerator and freezer, a generator prevents food spoilage, which is especially important in areas with frequent power outages.
7. Valuable investment: Although the initial purchase of a generator may seem costly, its long-term benefits can outweigh the cost, especially in areas with frequent power outages.

Overall, having a home generator backup provides peace of mind, ensures your home remains secure and functional, and can be a valuable investment in the long run.

If you're looking for a quote for a generator change-over switch



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to run your generator or wanting recommendations for generator purchases get in touch with Blackout Electric and we'll be able to talk you through your options.

Contact Blackout Electric for all your electrical service needs. We can be found at 021 708 097 www.blackoutelectric.co.nz or info@blackoutelectric.co.nz.

Whenuapai Floral and Garden Circle

After our winter break, it was good to meet again and share our enthusiasm for all things green and floral. Sadly, we report the passing of members Lorna Taylor and Colleen Bell, also a former President of our club, Nola Breeze, who attained the age of 93 years. Not as remarkable as 111 as our oldest living New Zealander, however still an impressive achievement. They will all be missed.

Revised programmes for the rest of the year were distributed. It was announced that our club has now been joined to Facebook. So, if you would like, feel free to check



it out. Bloom of the month was the camellia and there are some magnificent specimens about. Our changeable weather has altered flowering patterns and our "summer" flowering wisteria is already doing its thing in gay abundance.

Our guest speaker was Celia Caughey who showed us slides and kept us entertained with details of her family's tour of Europe with three children in a campervan. Their highly educational tour was obviously a triumph and surprisingly low cost since they rented out their house for the year, and without school fees to pay, they found it very affordable, with supermarket food being relatively low cost.

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

Until next time, Happy Gardening from Mary Anne Clark.

Waimauku Garden Club

It was a wild dreary day when we left for Warkworth but that didn't dampen our spirits as we chatted away on the drive to the Honey Centre. We were welcomed there by a most informative presentation on the life of the honey bee.

How they produce honey and wax other products honey bees create and how important bees are to us.

Also how honey is extracted and packed into jars, at the end of the

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Home & Garden

tour, we each received a complimentary 250gm jar of multiflora honey.

We enjoyed morning tea there and a look around their lovely gift shop with quite a few purchases. We traveled on to the Albertland Heritage Museum where we also had a fascinating talk about the history of Albertland. The name was chosen for the settlement after the death of Prince Albert husband of Queen Victoria. The settlers were entitled to forty acres of land on arrival forty for his wife also 20 for each child 5 years-fifteen. We could browse the collection of interesting items. We stopped at the general store in Port Albert for a delicious lunch of fish and chips served by their friendly staff before our journey home.

Laser Plumbing and Roofing Whenuapai

Have you noticed high water bills all of a sudden?

Watermain issues can disrupt your property, causing increased water bills, surface water problems, and visible leaks. At Laser Plumbing Whenuapai, we understand these challenges and are here to help and resolve them.

How to Identify watermain Issues - High water usage - Monitor your water bills.

A sudden increase may indicate a watermain issue. Look for notifications from Watercare about unusual water usage. Surface Water on Your Property - Check for areas with standing water, indicating a possible watermain problem. Visible Water Leaks - Act

Noticed high water bills all of a sudden?



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quickly if you notice visible leaks on your property.

Watermain issues can be caused by various factors, especially during dry periods when soil lacks moisture - Ground movement, rocks or vehicle traffic.

If this is an issue you are experiencing, then contact us on 09 417 0110 to speak with our experienced staff.

Why Choose Laser Plumbing Whenuapai? Fully guaranteed work, Quality workmanship, locally owned & operated and value for money.

We can also offer complete solutions for all your plumbing, drainage, and roofing needs. No job is too big or too small - our team is happy to do any job from basic tap washers right into full re-piping, re-roofing, drainage, or gas systems.

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

A fresh coat of paint: A valuable investment

In the vibrant city of Auckland, where property values are constantly on the rise, it's essential to consider every factor that contributes to the worth of your home. While many homeowners focus on interior upgrades and landscaping, one crucial aspect that often gets overlooked is exterior maintenance, particularly painting.

A fresh coat of paint does more than just enhance the beauty of your home; it serves as a protective barrier against the elements. Auckland's harsh climate can lead to peeling, fading, and even structural damage if left unchecked. Regular painting helps to prevent these issues, ensuring the longevity and integrity of your property.

Moreover, a well-maintained exterior can significantly impact your home's resale value. Potential buyers are often drawn to properties that appear clean and well-cared-for. A fresh coat of paint can instantly give your home a more inviting and modern look, making it stand out when on the market.

While painting may seem like a major expense, the long-term benefits can be substantial. By investing in regular maintenance,



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you're not only protecting your property but also reducing the chance of large repair costs down the road. A fresh coat of paint also adds the bonus of making your home ready for the summer season and any gatherings you may be hosting. But book in quick with your trusted tradies, as they can get booked out quickly at this time of the year.

Morgan Payne from Hauraki Property Services.

October Kitchen Garden

This is a month of rapid new growth for the whole garden, so there is plenty of work to do. Spring is well underway, keep an eye on the weather, pay attention to weeding and feeding. A well fed plant will better survive diseases, pests and drought.



- October is tomato planting time
- Plant seedlings and seeds of salad crops
- October is vegetable planting time
- Finish planting the herb garden
- Small fruits and berries should be planted now

Protect cabbages and cauliflowers with Derris Dust to prevent white butterfly caterpillar and diamond back moth. Make sure you get to the undersides where they like to lay their eggs.

Sow seeds: Beetroot, beans, carrots, cabbage, cauliflower, eggplants, kohlrabi, lettuce, cucumber, melons. Transplant to the garden as the weather warms and when they are showing at least two sets of true leaves.

Tomatoes can be planted now the weather is warmer. Dig compost into the soil before planting. Put the stake in at the same time to save root damage later on and it serves as a reminder to regularly tie them up.

Plant seedlings: Eggplant, capsicum, cucumber, melons, lettuce, capsicums, leeks, cabbage, corn, pumpkin, celery, onions, silverbeet, courgettes, beans, peas, cauliflower, carrots, radish, beetroot, spinach, lettuce and tomatoes

Plant passionfruit, if have an existing vine remember they need replacing after approx five years, plant its replacement now.

Plant tamarillos, red or yellow, they like a free draining soil, add compost to the soil and stake well also blueberries can be planted now, easy to grow and a great source of antioxidants.

Basil and Coriander can be planted now as the weather is more

consistent, pinch out the centres to encourage the plant to bush out. Use the pinched tips in the kitchen.

Feed all vegetable plants fortnightly with a liquid fertiliser, water and fertilise at the same time and feed your potatoes with blood and bone every two weeks and remember to mound up the soil around as the foliage as it grows.

Feed strawberries plant, with strawberry food every two weeks, water in the fertiliser.

Citrus needs protection now from verrucosis, spray with Copper Oxychloride. Protect fruit trees with Codlin moth traps and protect seedlings with slugs and snails with bait, scatter around each plant.

Mitre 10 MEGA Westgate & Henderson.

Stihl Shop supporting Fire and Emergency

Often called out to clear trees and branches off roads and buildings, Fire and Emergency enjoys a close relationship with Stihl Shop in Kumeu and Westgate which includes equipment, consumables, training and maintenance.



"It is a credit to our Fire and Emergency volunteers from the area to give up time to upskill, meet the Stihl team and also view some of the emerging technology that is on offer from Stihl" says Graham McIntyre, Chief Fire Officer at Waitakere Fire. "Having Craig, Pat and Matt engage with a range of local area brigade members provides excellent knowledge transfer, functional competence and shows the commitment that Craig's team has to ensuring Fire and Emergency gets the very best performance out of the Stihl product" says Graham. For more information about the Stihl product range pop into Stihl Shop Kumeu at 54 Main Road, or Stihl Shop Westgate at 15 Kakano Road.

Pictured: Pat and Craig from Stihl Shop get to work engaging with multiple Fire and Emergency Volunteers from the local area at Waitakere Station.

\$100 = Exposure for a month

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

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Food & Beverages

Christmas functions at Soljans Estate Winery

Reserve our exclusive private function room for groups of 40 or more, or enjoy a delightful meal in our restaurant, open from 9:30 am.

We cater to both daytime and evening events and offer an expansive outdoor area featuring games such as pétanque and giant Jenga. Indulge in our handcrafted Christmas set menu or buffet, meticulously designed by our skilled head chef.

Enhance your experience with our all-inclusive drink's packages, all set against the breathtaking backdrop of our vineyard.

Don't miss out—secure your spot today.

To book, please email functions@soljans.co.nz or call us at 09 412 2824.



Peko Peko Japanese Restaurant

In the heart of Hobsonville, our little Japanese restaurant is owned by a local Japanese family.

We have been open for four and a half years now and it's been 10 years since we started the tiny food truck business that some of you may remember.

We have never changed the recipe of our popular Katsu chicken and we have added a lot more authentic Japanese tastes for our local customers to enjoy.

Our teriyaki salmon has been also very popular recently with our original house-made teriyaki sauce.

Please visit our website on www.pekopekojapanese.nz to check what we have onsite.

We are fully licensed and serve Japanese beer and sake, as well as beautiful local Soljans wines.

Located at 102c Hobsonville Rd, Hobsonville just next to Hobsonville Primary school.

We look forward to seeing you soon. 09 416 1197.



Jesters Pies at Westgate Shopping Centre has a new look

The first thing that strikes you about the new Jesters Pies store is its contemporary design. The sleek, minimalist decor is complemented by vibrant splashes of color, creating a lively yet cosy environment. The open kitchen concept allows customers to watch the skilled pie makers

at work, adding a touch of theater to the pie-buying experience. As it continues to evolve and adapt to the changing needs of its customers, one thing remains constant: the delicious, hearty pies that have made Jesters a household name. So, whether you're a long-time fan or a first-time visitor, the new Jesters Pies store promises a delightful experience that will keep you coming back for more.

Right next to Woolworths - Phone 832 6060.



Foodtogether

Foodtogether is a non-profit social enterprise that has Co-ops and Pop-ups across Aotearoa. Foodtogether partners with dozens of organisations to help them feed their communities in a sustainable and accessible way.

Our mission is to connect communities around healthy food, create jobs, equip and empower local collectives and make fresh food more affordable and accessible for all. Our local Pop-up is at the YMCA building 545 Don Buck Road, Massey, 3pm - 6 pm Fridays.

We offer a selection of seasonal, fresh produce to suit your needs. We provide produce rejected by supermarkets for looks, not quality, so we can offer a generous amount of fresh produce each week at a fixed low cost of \$15, so we are reducing waste by selling not-quite-perfect produce.

See what is available on our Facebook page (Foodtogether Pop-Up Massey) order and pay online at foodtogether.co.nz before midday



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Food & Beverages

on Tuesday, then collect from our volunteers between 3 and 6 on Friday afternoon. If ordering isn't suitable, you can choose your own produce, though produce runs out quickly, so please do not leave it too late to pop in. Orders are made up first. If an order is not picked up by 6pm we donate to the community.

Try a range of honey flavours from Don Buck Honey

A variety box of twelve (12) pots of Don Buck Honey at a bulk price. Great idea for a gift or if you would like to try out a range of honeys. \$125 or double it for \$230. This is a bulk price, great for gifting or for having a variety of honeys to sample. Pickup is from Massey or you can have it couriered to you. Get in touch at DonBuckHoney@gmail.com or order online at www.donbuckhoney.co.nz.



The Riverhead

The Riverhead - one of the Top 50 Gastropubs in New Zealand, and right on your doorstep.

We recently entered the New Zealand Gastropub Awards and have made it into the Top 50. We now go through to the regional finals and hope to be crowned the winner for Auckland.

If you haven't visited us before, we are New Zealand's oldest riverside tavern located in Riverhead. We have three unique venues here: The Landing Restaurant, The Portage Bar, and The Boat House Wedding and Events Centre.

Enjoy a family get together in The Landing with stunning views of the water - kids are most welcome and they eat for free Monday-Thursday (conditions apply).

Next door is our Portage Bar, the perfect spot for a catch up with friends. The bar offers typical pub fare with a modern twist.

And through the white gates is The Boat House - the perfect spot for weddings and private celebrations.



Visit our website for more details or pop in - www.theriverhead.co.nz. 33 York Terrace, Riverhead.

Hallertau

Hallertau will be celebrating a thousand years of German brewing tradition with their Oktoberfest menu. Available for pre-booked groups of 4 - 20 the feasting menu features classic dishes including pretzel, lamb kroketten, Schnitzel and Bratwurst. At \$65 per head it also includes a first fill of Hallertau's specially brewed Festbier. It will be a good time. Prost!



Private events at Good from Scratch

Did you know we host private events, weddings, functions and parties, perfect for the food lover here at Good from Scratch?

From sit down dinners to hands on classes, we do it all. So whether you're looking to host a mid-winter dinner for your team, celebrate a birthday or say 'I do' - the Good from Scratch farm and cookery school could be the perfect venue.

If you'd like to know more drop us an email at info@goodfromscratch.co.nz.



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Health & Beauty

Physio Tips for Better Running

Distance running is a nuanced sport, and understanding how to optimise your training while minimising injuries can be complex. Our physiotherapists offer these essential tips to enhance your running experience:

Choose Your Shoes Wisely:

Running long distances can quickly reveal any biomechanical issues in your body. Wearing the wrong shoes may worsen these problems, leading to pain and injury. Consult your physiotherapist to find the right type of shoe for your needs.

Don't Overlook Your Upper Body: Although running primarily uses your legs, strengthening and improving the mobility of your upper body can significantly affect your posture, running technique, breathing, and overall performance.

Incorporate Strength Training: Your body may compensate for weak muscles, but this can eventually lead to overuse injuries. Identifying and strengthening weak areas early can enhance your running and help prevent injuries.

Pace Your Progress: Setting specific goals, such as entering an event, can boost motivation. However, remember to include rest days in your training regime. Your body needs time to recover as much as it needs time for active training. Gradual increases in speed and distance allow your body to adapt without injury.

Enjoy Your Training and Listen to Your Body: Your body will signal when it needs rest and when you can push further. Training is more enjoyable when you are well-rested and free from pain. Enjoying your runs will help maintain motivation over the long term.

For personalised advice on achieving your running goals safely, consult your physiotherapist. Please note, this information is not



a substitute for professional medical advice. Always seek medical assessment for your specific condition.

Hobsonville Physiotherapy & Pilates - physio@hobsonvillephysio.co.nz or phone 027 444 4281.

Ask Dr Heather

How much filler do you use during a treatment?

Anon, Waimauku

Dermal filler is a fantastic tool used to replace volume and enhance structure to achieve facial harmony. It is designed for injection into different areas of the face, at variable depths, depending on what it is trying to replace such as bone loss, fat loss and/or skin smoothness.

As each treatment is individually tailored, it can be tricky to know exactly how much filler is needed. We as injectors are pretty good at estimating, however tissues can respond differently, and some require larger volumes than expected. This is why a volume range is often quoted when planning a treatment, the more deficient tissues requiring more filler to achieve the desired harmony and favourable light reflections we are looking for (think makeup contouring without makeup).

Dermal filler is typically manufactured in 1mL syringes. Most injectors plan their treatment around what they can do with each syringe so they minimise waste and obtain the most bang for your buck. As filler is packaged sterile, it is best to use each syringe at the time of treatment to reduce the risk of contamination and therefore complications such as infection.

Cheeks, chin, jawline, temples and central face require at least 1-3mL of filler and more may be necessary for optimal results. Smaller quantities however can also achieve lovely softening of problem areas, especially if done with a tactful artistic eye. If your injector is clever, they will be able to target specific areas that will achieve overall improvement with minimal product.

Lips typically require the least amount of filler (less than 1mL), however this also depends on the surrounding tissues, as it is imperative lips are supported by their surroundings, so they look natural. Forcing an entire 1mL syringe of filler into one's lips is not a good idea for most of us to avoid looking overdone or puffy.

A good honest conversation with your injector is always a great place to start if you are looking at having dermal filler treatment. Multiple considerations must be discussed including your needs, wants and budget. You should always feel heard and in the driver's



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Health & Beauty

seat so be sure to ask questions (writing them down can help). The aesthetic journey is a personal one and should be respected, so listen to your instincts and ensure your injector is listening to you.

Dr Heather Anderson is a Cosmetic Medicine and Urgent Care/Emergency Doctor who practises in her own clinic at ALLOR Cosmetic Medicine in Whenuapai. If you have a question for Dr Heather you would like answered anonymously in the magazine, please email askdrheather@allor.co.nz.

Graceful Beauty

Have you ever looked in the mirror and wished your skin looked as radiant as it did years ago? You're not alone. Many of us strive for that youthful glow, but with the daily onslaught of environmental stressors and the passage of time, our skin can often feel lackluster.

The secret to achieving and maintaining healthy, beautiful skin lies in consistency. Just like regular exercise and a balanced diet improve overall well-being, a consistent skincare regimen is essential for long-term skin health.

As your local beauty therapist at Graceful Beauty, I am passionate about helping you unlock your skin's potential. With tailored treatments and expert advice, I can create a personalised skincare plan that addresses your unique concerns. Whether you're dealing with acne, aging, or simply wanting to enhance your natural beauty, I'm here to guide you every step of the way.

Regular facials, combined with the right home care products, can work wonders. I offer a range of treatments designed to deep cleanse, exfoliate, and nourish your skin. From relaxing massages to targeted solutions, I'll help you achieve a complexion that reflects your inner radiance.

I am proud to use Juvenate Cosmedical Skincare, which combines the very best of nature with innovative cosmedical and cosmeceutical - high-grade, high-strength active ingredients to ensure maximum efficacy without a prescription. Produced in New Zealand and featuring sophisticated ingredients that are natural and sustainably produced, Juvenate is all of the good stuff and none of the bad. Juvenate has created unique specialist skincare formulations that are tailored to the needs of problematic skin concerns, premature aging, and pigmentation issues. Our formulations actually make a difference.

Remember, beautiful skin is a journey, not a destination. By investing time and care into your skincare routine, you'll not only enhance your appearance but also boost your confidence. Let's work together to



reveal the best version of your skin.

All new clients receive 20% off their first visit. Look forward to seeing you at Graceful Beauty

Bernadette Immink - Graceful Beauty. Phone 022 6022 137, www.gracefulbeautynz.com.

New arrivals

We have been to the Gift Fair and all our international suppliers and have a wonderful new range of gifts.

Candles galore, pretty scarves, glassware, clocks, handbags, hats...

Just look in our window at Hobsonville Optometrists - Glasses and Gifts - 413 Hobsonville Rd, Hobsonville to see a bit of the new stock, then come and browse.

We are open every day except Sunday.



Refinery Pilates

At Refinery Pilates, our mission is to create an inviting and invigorating space where individuals of all genders, ages, and fitness levels can experience the power of movement. Set within our infrared heated mat room, we blend the elements of Pilates and the benefits of the infrared heat to offer a unique exercise experience.



A few benefits of exercising under infrared heating includes:

- Improved immune system function.
- Helps detoxify the body.
- Reduces pain and inflammation
- Increases muscle flexibility and accelerates strength building.
- Increases the flow of lymph fluids.
- Helps in the aid of injury recovery.

We believe in movement for every body -our classes are suitable for those just beginning their Pilates journey to those who want to make it part of their daily routine. We have three different types of



- Signature Facials
- Lash & Brow Artistry
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Health & Beauty

classes on the timetable. Contour and Condition is a strength based class where light hand weights and body weight is used to slow down and find the burn by focusing on correct form, repetition and controlled movements. Sweat & Sculpt follows the same trend as Contour & Condition by focusing on strength elements but short bursts of low-impact cardio to spike the heart rate are added in the mix. Release & Restore on a Sunday offers a focus on traditional Pilates as well as mobility and stretching - the perfect way to end the week. Each class begins and finishes with a focus on your breathing and a chance for you to find a moment of stillness away from life's daily chaos.

You can visit Refinery Pilates at 90a Hobsonville Road. If you have any questions or are hesitant to start your wellness journey please feel free to email hello@refinerypilates.co.nz or call 027 802 3884 and Holly will happily help answer any questions you may have. Check us out on Instagram at RefineryPilatesNZ

We can't wait to move with you.

Rae Face sculpting

Have you heard the terms, face sculpting, lymphatic drainage and buccal massage around and been curious to know more?

At rae we specialise in face sculpting which is a beautiful non-invasive, holistic type of facial massage that has some amazing beauty and emotional wellness benefits including;

- giving your face a naturally lifted look by toning the facial muscles
- improving facial posture
- increasing blood flow and oxygen supply to the tissues giving the skin that glow from within

The emotional benefits can also come from the tension release in these facial muscles and just taking time to stop, breathe, rebalance the nervous system and tune into your body.

The treatment also incorporates lymphatic drainage - which is a gentle massage to the lymph nodes to help get the lymphatic fluid flowing, reducing fluid retention around the face. Buccal massage (or intra-oral massage) is also included in the treatment and involves massaging inside the mouth using gloves, as a way to target and work deeper on relieving facial muscle tension. This can feel amazing especially if you're prone to clenching your jaw or have TMJ pain.

rae was launched in April 2024 by Rachel after a backflip of a career change going from the corporate marketing world over to start rae. She is a Certified NeoLifting® Facial Massage Therapist & NZQA Level 3 qualified Holistic Massage Therapist.



Her mission is for rae to be a place to unwind, relax and rebalance, allowing time to tune into yourself and emerge from the treatment feeling and looking rejuvenated and glowing from the inside out.

The studio is based at The Foundry in Hobsonville, Auckland. For more information or to book visit raeface.co.nz or @rae.face on Instagram, and make the most of the limited time spring offer of 20% off until 30 November.

Balancing life and health

Acupuncture is perhaps the most recognisable aspect of Chinese Medicine, and its benefits extend beyond simply needle insertion. It can be employed alone or combined with other therapeutic methods such as herbal medicine, moxibustion (which involves heating specific acupuncture points with Artemisia), and tui na (a form of Chinese massage). Often, practitioners will also provide dietary and lifestyle advice, and may recommend specific exercises.



Acupuncture available with David and May

In acupuncture, the body's organs are associated with specific energy channels, or meridians. The practice involves inserting very fine needles into precise points along these meridians to help restore balance and harmony within the body. A comprehensive approach is taken, considering every aspect of a patient's life. While it may not always be possible to alter life circumstances, acupuncture can strengthen individuals, helping them better manage life's challenges.

A typical acupuncture session at our Kumeu clinic lasts about an hour, with the needles remaining in place for 20-25 minutes. Many patients experience deep relaxation during this time, often drifting into a brief, restorative sleep. While acupuncture is renowned for its effectiveness in treating musculoskeletal injuries, it has also been traditionally used for a wide range of conditions, including respiratory issues, digestive disorders, gynaecological problems, and chronic ailments.

Our clinic in Kumeu is staffed by two experienced acupuncturists: May and David.

May is a seasoned traditional acupuncturist with over 12 years of practice in Kumeu, following seven years of running her own clinic in Helensville. She has extensive experience working both in New Zealand and Korea. May is an ACC provider and offers treatments for a variety of conditions, including pain (neck, back, knee, ankle, shoulder), frozen shoulder, sciatica, fertility issues, sports injuries,

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Health & Beauty

and more. She also specialises in cupping and moxibustion.

David, also a highly experienced acupuncturist from Korea, has served the West Auckland area for over 15 years through his own clinic before joining NorthWest Physio+. He is fluent in English, Korean, and Mandarin, broadening his ability to connect with a diverse range of patients.

Both May and David bring a wealth of knowledge and skill to their practice, ensuring that every patient receives top-notch care tailored to their individual needs.

Call North West Physio Plus on 09 412 2945 if you'd like to book an appointment with either May or David.

Attention brides-to-be

Make your big day unforgettable with Fresh & Flawless, your local experts in bridal hair and makeup. Our talented team creates stunning, personalised looks that highlight your natural beauty, ensuring you feel amazing from the moment you sit in our chair until the last dance of the evening. With a passion for perfection and a commitment to excellence, we'll make sure your entire experience with us is everything you've dreamed of. We'll be your beauty besties—keeping you calm and relaxed while bringing fun and uplifting energy to your day. Don't miss out—book now for a flawless experience and let us bring your bridal vision to life. Contact us today at www.freshandflawless.co.nz to check availability and secure your spot. Lauren@freshandflawless.co.nz.



Sun smart lenses

If you wear spectacles, did you know you can have built-in sunglasses? Dark in the sun; clear indoors. Transitions have 30 years' experience in photochromic lenses with a team of 120 scientists dedicated to research. After testing 100,000 lenses and creating 1,500 new photochromic dyes, their newest and best range yet has been released.

Transitions® GEN S™ uses advanced symbiotic technology where the dyes and lens matrix are specifically designed to seamlessly interact together. The new super-charged dyes absorb more energy,



improving the kinetics inside the matrix to provide balance between vivid colours and seamless responsiveness. The lenses go dark immediately in the sun and return to near-clear within 2 minutes.

The neutral grey lens is the most popular, but the style colours are fun and well, stylish, and a new colour has been added: a beautiful deep ruby.

See the range at For Eyes in the Kumeu Shopping Village and ask Anna to set up a virtual try-on: a selected Ray-Ban frame is added to a real-time image of your face and then any lenses from the Gen S range added to show you how they'll look in the sun, indoors and in-between.

Summer's just around the corner – and so are the For Eyes team with your new Transitions® GEN S™ eyewear.

For Eyes Optometrists - Kumeu Village, 90 Main Road, Kumeu. Phone 09 412 8172, email foreyes@foreyes.nz.

Elevate Chiropractic

When we are trying to get over an injury or improve our health, we often start adding things to try and help. This may be taking pain relief, getting a massage, seeing a physio or chiro, going to the gym, taking supplements etc.

Now, all these things useful, and we should look at doing them at some point, but a question you need to ask yourself is "what am I doing that has got me to this current condition?"

You see, we are in our current condition for a reason and unless we stop, change or modify things that has got us to this point, then all the things that we start doing are likely to only give temporary relief.

If you want to find out more about this and other interesting topics, visit Elevate Chiropractic's blog: www.elevatechiropractic.co.nz/blog.

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Area Columnists

Distance families: Who pays for what during visits?

When families are separated by geography, who pays for expenses during visits, in either direction, can be tricky. There are many factors at play. But for sure no one wants to sit at home for every meal. We all want to get out, have fun and visit places together.

Should expenses be the exclusive responsibility of the highest earner or the one with the greatest discretionary income? Distance grandparents may know, for example, that the family of their son or daughter is struggling financially. Or it might be the other way around. Picking up the tab is one way to support family so visits are possible.

When my husband and I visit, or are visited, there are no hard and fast rules. Our children's financial situations have fluctuated over the years. What we are grateful for is that we all share a pretty common attitude towards money and spending and that helps.

The following has evolved and works well for our family, but there have been many exceptions along the way.

Parents/grandparents

- We pay for our accommodation when we choose or need to be 'off-site' during visits. This gives us control of the standard, location and facilities.
- We pay for what is of particular importance to us - for example, the costs associated with alone-time activities with individual family members.
- If we've discussed in advance visiting certain attractions, we'll arrive with some, but not all, pre-booked.
- We tend to pay for a fair proportion of meals out for no other reason than my husband is quick with the credit card. I regularly encourage him to allow space for others to gracefully make the move also.

Shared expenses

- Accommodation when we vacation together at another location
- Every second supermarket visit
- Every second fill at the petrol station

Sometimes, of course, things evolve organically. For example, when we visit our U.K. family, we usually holiday together somewhere. We started by sharing a chalet or apartment, but as the grandchildren grew older (and we grew older as well), we progressed to two separate units. There's been no hard and fast rule about how the accommodation account is settled. Sometimes we've split the bill, sometimes we've paid the lot and other times our distance family has paid. The latter scenario doesn't sit right with us, but on the other hand, we've done the travelling and invested in the airfares, so we need to allow them the opportunity to contribute. And they

also get to choose where we go.

When our U.S. based daughter visits or we visit her she is happy to keep what we call an 'overs and unders' tally. At times, for example, it is easier if she does a big supermarket shop for us all and fills the car and we stay home and mind the grandkids. We're happy for her to make an arbitrary decision about how the bill is split. On other occasions, and once again for the sake of convenience, we've initially covered a shared expense. At the end of the visit we check the 'overs and unders' tally and balance the books via a reimbursement from one side or the other.

Money and families are tricky subjects at the best of times. What I have shared is what works for our distance family visits. What works for your family could be quite different. If there are any grey areas it pays to address these in advance, all the while remaining flexible that 'how it worked' last time might be different for future visits.

Helen Ellis, M.A. is a Hobsonville Point researcher, author, anthropologist, veteran of Distance Parenting & Grandparenting and Founder of DistanceFamilies.com. Helen is the author of Being a Distance Grandparent and Being a Distance Son or Daughter, the first books of a three part intergenerational book series highlighting the 'how it is' and 'how to' of Distance Families. She will publish Being a Distance Grandchild in 2025. Please visit the SHOP page at DistanceFamilies.com.

Health and Safety at work - A primary duty of care - Part 2

In a recent issue of The Westerly, I provided the first part of this two-part report and examined the duties of business owners, directors, and senior managers in regard to health and safety at work.



In this second part, we will explore how best to meet these requirements to identify ways to improve H&S compliance, enhance wellbeing in the workplace, and minimise overall risk of adverse events, by using the services of Securo, and myself in particular.

We now know that as a P.C.B.U. And/or as an officer of a P.C.B.U. You have to ensure, as reasonably practicable, the health and safety of your workers and other workers whose activities you influence or direct.

There is a lot involved, much to know and do, information to be documented, records to be kept, and workers to be engaged and encouraged to participate in health and safety. Essentially, you need a plan. Health and safety are critical parts of running a business. No matter what you do or your business structure, having a health and safety plan allows you to see the big picture and identify the details

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Area Columnists

that keep your people safe and reduce risk.

At Securo, the best way to structure a health and safety plan that will work for you is to establish a comprehensive health and safety management system that covers all requirements—the Health and Safety At Work Act 2015, health and safety regulations, and best practices.

As clients, you have your own customised Securo H&S Management Systems Manual (hard copy and electronic), which covers all eight areas of a robust Health and Safety System and is aligned with the requirements of the Health and Safety At Work Act 2015. (HSWA) and also Iso 45001.

Section 1 - PCBU commitment to safety management practices

Section 2 - Planning, review and evaluation

Section 3 - Hazard identification, assessment and management

Section 4 - Information, training & supervision

Section 5 - Incident/, injury and illness reporting, recording and investigation

Section 6 - Worker participation in health and safety management

Section 7 - Emergency planning and readiness

Section 8 - Protection of workers from on-site work undertaken by contractors and sub-contractors.

Clients also have continuous access to the Securo online electronic system, which includes our Documentation Library, which has an extensive range of forms, plans, records, and templates. This portal allows you to source the Securo App, safe operating plan templates, and, most importantly, the Securo electronic hazard management tool.

This last feature, which is particularly useful, allows you to identify the hazards in your workplace easily, select from over 200 generic hazard templates, assess the likelihood and consequences of a hazard, put controls in place, and document all the work into a comprehensive hazard register and a link to A.I. is also available to help you develop safe operating procedures.

The core of an effective H&S management system rests within three main parts:

1. Leadership

- Discuss the H&S policy with workers and emphasise the organisations commitment to health and safety.
- Demonstrate at every opportunity that health & safety is the No 1 priority in the workplace.

2. Worker Engagement and Participation

- The HSWA requires all PCBU's to engage with workers on matters that may affect their health and safety. This includes giving them the opportunity to participate and raise any concerns they may have about health and safety. Regular toolbox meetings with workers are a good forum for this.

3. Hazard Management

- You need to understand what hazards exist in your workplace. These need to be identified, assessed, and controlled. All workers should be encouraged to participate in this process. The above-mentioned Securo hazard management tool facilitates this very well.

The role of the Securo consultant:

Your Securo consultant (me) will work with you in the planning process, assist in implementing your H&S Management system, and help you stay on top of things.

To keep well informed of what is going on in your workplace and the wellbeing of your staff, it is important to monitor H&S issues such as:

- Near misses, injuries, incidents, and work-related ill health.
- Hazard reviews, newly identified hazards, and associated risks.
- Absence rates due to general sickness.
- Injury and ill health leave related to work.
- Results of exposure monitoring, such as noise levels or chemical exposure.

You may also want to consider an annual overall audit of your facility and documented system to obtain an independent perspective and identify any weaknesses in your processes and systems.

We want to work together, with everyone engaged and participating, to ensure we all come home from work healthy and safe each day.

If you have any concerns about this topic or other Health and safety matters, you can contact me, John Riddell, by emailing securo4@securo.co.nz or by checking out our website www.securo.co.nz.

I and the other Securo Consultants—there are 12 of us around the country—can also advise on hazard management and provide access to specialist health professionals for health monitoring services, so please give us a call. Alternatively, you can contact Securo's head office on 0800 55 33 44 and let them know that you read this article in The Westerly.

Parts of the information in this newsletter have been derived from guidance documents published by WorkSafe NZ, which are available at www.worksafe.govt.nz, and parts of the Health and Safety at Work Act—2015.



**You're responsible?
Let's get your
H & S sorted**

Businesses must now have an effective Health and Safety culture with an ever-increasing personal liability for Business Owners, Managers, and exposure for Company Directors, Trustees, and members of Governing Entities.

Contact Securo's John Riddell, phone 0274 779 750, for practical advice, tools, and solutions for an effective workplace Health and Safety plan.



www.securo.co.nz 0800 55 33 44

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Area Columnists

Woolworths buzzes into spring by creating world's first supermarket for bees

Woolworths is celebrating spring by opening the world's first supermarket for bees in Tāmaki Makaurau, Auckland's Ambury Farm these school holidays.

Woolworths is partnering with experts Bees Up Top and Auckland's Ambury Farm to create the bee-friendly supermarket. Instead of human food, the miniature aisles will be full of bees' favourite blooms such as lavender, mānuka, and cosmos.



Spring favourites like strawberries and asparagus are back in season, thanks to the tireless work of these tiny pollinators. These buzzy legends are the real heroes behind most of the fresh kai in supermarkets, pollinating 70% of all crops eaten by humans.

But bee populations are facing a sticky situation worldwide due to pesticides, climate change, and habitat destruction. That's why Woolworths is raising the profile of the humble workers by giving bees their very own bee-stro.

Kiwis are encouraged to buzz on over to the supermarket for bees to take part in free, immersive, and educational activities. Expect a scavenger hunt, a bee-autiful goodie bag, and experts on hand for all your bee questions. Bee there or bee square.

WHAT Woolworths Supermarket for Bees - a free miniature bee-

friendly supermarket with fun, immersive, educational activities and goodies for the whole family

WHERE: Ambury Farm, 43 Ambury Road, Māngere Bridge, Auckland

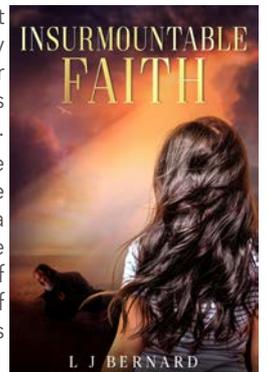
WHEN: September 28 - October 6

TICKETS: Tickets are free for Kiwis of all ages and can be secured here www.woolworths.co.nz/shop/content/woolworths-for-bees.

Local writer publishes her debut novel

Following a lifetime of working in West Auckland in both paid and a voluntary capacity assisting adults and children after abuse, accident or just the ageing process to rehabilitate and be the best they can be.

Lynette has retired to write about the courageous people she has seen along the way. Her debut novel is focused around a couple who sadly encounter that life can be hard. This fiction love story is not a bed of roses after the husband falls from the roof of their first home they buy together. This results in a further decline in his health.



Gemma stands by her man as a devoted wife would and relies heavily on her faith for strength to cope. She witnesses her husband's memory, moods and changing cognitive capabilities. The first signs of dementia. Read about her struggle to accept he is not getting any better, and how she finally gets help for her loved one.

This emotionally gripping story 'Insurmountable Faith' by L.J. Bernard is a must read. View it on Google to see all the places that you can access this romance/suspense paperback or order from your bookstore.

For further information email; authornewsletterljb@gmail.com, Facebook/lynette bernard.

Crime Prevention

A connected community is a safe community. Make your community a safer place by getting to know your neighbours. Help your neighbours when they are going away. A "lived-in" house is less likely to get burgled. Find ways to connect and bring your neighbours together. Look out for your neighbours and reach out to people who may not have a support network. If you are concerned about the welfare of someone in your community, don't hesitate to



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Area Columnists

let Police know.

Always lock your car, motorbike, bicycle or other vehicles. When you are out and about, keep your belongings secure and close to you. Separate your house and car keys, especially if you have an address on the key ring. Don't provide places for burglars to hide - keep bushes and trees trimmed.

The Police encourage parents and other caregivers to take to children about what inappropriate behaviour and actions look like, rather than the "types of people" that could cause harm. Many teenagers are still learning to be responsible for their own safety and wellbeing. Clear guidelines and regular communication can be useful for encouraging your teenager to make good decisions and stay out of harm's way. Your advice is important, even though you may not feel like it's always welcomed.

Information provided by Community Constable Shay Tapusoa. For more detail visit police.govt.nz and search "be safe booklet" (available in English, Te Reo and other languages). Remember to dial 111 for immediate assistance, 105 for less urgent matters and 0800 555 111 to call Crime Stoppers anonymously. Call *555 free from a mobile phone to report road incidents which are urgent but not life-threatening.

Keeping kids safe on Snapchat

Netsafe is New Zealand's independent, non-profit online safety organisation. Netsafe's has developed "micro learning moments for whānau", to support New Zealanders to develop key digital skills to enjoy safer online experiences. The modules are free and you can do each one in less than 20



minutes. If you're a school / kura, you can create a free account on a dedicated website to access the full suite of student micro learning moments, as well as in-class resources and other tools.

For example there is a rangatahi discussion guide. To create a safer Snapchat account it recommends setting up Snapchat securely. A teen needs to choose a unique and strong password for their account and activate two-factor authentication. They should only connect with family and whānau. Limiting a teen's Snapchat circle to people known offline is a great way to minimise online communication risks. Signing up with a real age is the only way your teen can benefit from Snapchat's age-appropriate safety protections.

The guidelines advise keeping it private. Think before sending - anything a teen shares online can be screen shot, edited and/or re-published without consent. Before sharing photos that include other people, it's best practice for teens to respect others' privacy

and check for consent.

Snapchat has developed Community Guidelines. These prohibit any activity that involves sexual exploitation or abuse of a minor; they prohibit bullying or harassment of any kind; encouraging or engaging in violent or dangerous behaviour is prohibited, as is spreading false information that causes harm or is malicious. Terrorist organisations, violent extremists, and hate groups are prohibited from using our platform.

For further information, visit netsafe.org.nz. Photo credit: Sara Kurfess

Cat lovers we need your help

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



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

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

\$100 = Exposure for a month

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



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