

# the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

Property market report  
Time to recharge your batteries

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

Jenna-Maree Cakery

Circulation is 10,000 print copies.

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

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September 2020



## Greetings

Social identity is a person's sense of who they are, based on their group membership(s). Groups give us a sense of social identity: a sense of belonging to the social world. In order to increase our self-image we may enhance the status of the group to which we belong. For example, New Zealand is the best country in the world! So, we divide the world into "them" and "us" based on our perception of social groups. Members of a group may find negative aspects of another group, thus enhancing their own self-image. That's fine for groups such as supporting the All Blacks, but the downside is exaggerating the differences between "them" and "us", and we should try to look for the best in others, rather than looking down on "them".

One of the dangers of social media is the feeling that people can say bad things about people and get away with it, because they feel anonymous. Loyalty to our own group, but avoiding criticising others may be especially important in the lead up to an election here, rather than the way people becoming polarised in their attitudes, as can happen in other countries.

Welcome to this month's Westerly. There should be something for all tastes and if we read about something that suits "us", there is also plenty more for "them". We look forward to the possibilities of travel in due course, although there are many opportunities for activities close to home, with a range of leisure pursuits and sports. Safety comes first, so read the advice from the local Fire Brigade.

Housing and garden care features, as well as being aware of forthcoming legal changes relating to Trusts and the privacy of your personal information. See Graham's property market report about local trends.

There are many reminders of the pleasures of food, and to balance this, advice on health, dental care and various sports. Turn to the back of the magazine for the opinions of our area correspondents on issues that matter to the community, including what will be happening in the Election - it's not too late to check your details.

John, editor

\*Please note that details of events, etc. were correct at the time of going to press, but check with event organisers, as these may change at short notice.



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# People & Places

## Jenna-Maree Cakery



At Jenna-Maree Cakery we are just about to celebrate two years of creating handmade cakes and sweets at our Hobsonville store.

We believe in producing quality products that are all made from scratch in our kitchen with only natural ingredients. All our fillings, such as our popular salted caramel sauce, lemon curd and raspberry coulis are all house made. We are passionate about bringing these two things together because what is better than a cake that not only looks amazing but also has the flavours of nature to back it up!

The specialty areas of Jenna-Maree Cakery are bespoke cakes, wedding cakes and corporate events. Instore, you are able to book a personalised consultation where you will enjoy a variety of cake samples, we will then go over all the details with you and answer any questions you may have to help design your dream cake. It can be a little overwhelming with all the choices available, so coming in store and being able to sit down and chat takes away a lot of the stress.

In store you will find our cabinet filled with goods to satisfy all your sweet cravings. Pop in and treat yourself, your family or friends or even pick up some delicious treats for your own customers. We have all the classics covered with our cakes, cupcakes, donuts, cookies, fudge, macarons, cake pops, slices and more.

Our cabinet cake range has been one of our fastest growing products which we launched a few months after opening the store. We have gone from five options to now offering over 50 which

include options for children, corporates and those with allergies. Our customers love the ease of being able to call by and grab a cake in store to take to dinner parties, as an office treat or a last minute birthday cake.

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

We are always looking forward to what's next at the cakery and at the moment it's a birthday spruce up with a new colour scheme for the walls and signage. We have also recently added two new products which have quickly become very popular, our iced cabinet cakes and long donuts.

We love that we have grown such a supportive following in our local community and we can't wait to meet more of you over the years to come at the store.

102c Hobsonville Road, Hobsonville. [www.jennamareecakes.co.nz](http://www.jennamareecakes.co.nz).




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# Community News

## Hobsonville choir

Hundreds of community choir members from Auckland and beyond joined forces on Saturday 1st August for the first big community sing-along post Covid. And front and centre of the pack was Everybody Sings Hobsonville choir, who relished the opportunity to meet and sing after so many months apart.



The Hobsonville choir, which formed in 2018, is 32 members strong and took centre stage as they performed to hundreds of others "Trouble So Hard" conducted by Jo Kelsey. It was a day full of singing, workshoping and coming together for the seven sister choirs. A celebration of being together and unifying through song at the Michael Park School Auditorium in Ellerslie.

Hobsonville husband and wife duo Pat and Sharan Kohika, said it was an exceptional day, after so long apart. "We love to sing," said Pat, "Singing in a large group is something you have to experience to understand, it is so dynamic and powerful. We missed it so much during lockdown so to be back and doing what we love was just fantastic."

Sharan also said it was a fantastic day. "I was so proud of the Hobsonville choir. We did ourselves proud. Everyone gave it their best and thanks to our musical director Kate Bell we belted out the notes better than ever!"

The Hobsonville choir meets at Hobsonville Point Primary School on Thursday nights. Head to [www.thechoir.co.nz](http://www.thechoir.co.nz) if you would like to see what it's all about.

## North West Toy Library celebrates one year

In July, the North West Toy Library celebrated one year of operation. The toy library operates similar to a library, but loans toys instead of books. It is a sustainable way of sharing a range of educational and fun toys with members of the community.



"We would especially like to thank our members and sponsors who

have enabled us to operate for the past 12 months and beyond." said Chairperson Rosie Cordy.

Within one year the toy library has expanded from having 300 toys and 40 founding members, to having over 750 toys and are now close to 100 members.

"It is fantastic to see our vision not only turn into a reality but go from strength to strength."

The toy library is located on Westgate Drive, Massey and is open on Wednesday, Friday and Saturday mornings and Sunday afternoons. For membership queries and volunteer opportunities feel free to contact us via our Facebook page.

Photo: Cake cutting ceremony (donated by Jenna-Maree Cakes). From left to right: Brooke Loader (The Trusts and Henderson-Massey Local Board), Debbie McSkimming (committee member) and sons Ben and Ashton, Rosie Cordy (chairperson) with children Sienna and Luca, Katherine Wilson (secretary) with son Andrew and Shane Henderson (Henderson-Massey Councillor).

## Anna Mollekin

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



I sell my artwork as quality art prints that are available for purchase through my online store (free delivery NZ wide) and a selection of art retailers.

I have also collaborated with other New Zealand businesses to provide my artwork as tees and sweatshirts, outdoor artwork, indoor decals, and a selection of homewares.

Special offer: The Westerly' Gift with Purchase\*

Get a free 210x210mm unframed art print (valued at \$49) of your choice when you spend \$99 or more on Anna Mollekin's online shop. Coupon code: THEWESTERLY

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# In Brief Updates

## Sparking memories

Photo albums and pictures on the wall were a traditional way of keeping memories near. Having images available all the time can really help lift spirits, especially for seniors and those with memory issues. Remembering to pull out the old albums can really help but is not always possible and is easily overlooked. At Mindjig we have a Digital Photo Frame which can be set up in advance so someone can enjoy all their pictures every day without any fuss. Visit [www.mindjig.co.nz](http://www.mindjig.co.nz) to see this and other helpful products. Email Julie or Jonathan at [info@mindjig.co.nz](mailto:info@mindjig.co.nz), Phone 09 600 3251, Phone or Text 022 480 3022.



## Hobsonville locals rally behind House of Travel

Hobsonville locals are showed their true sense of community spirit with a collaboration between House of Travel Hobsonville, Hobsonville Community Trust and residents that is the definition of win-win.



Hobsonville Community Trust hosted the Wanaka Mountain Film Festival at the renovated Sunderland Lounge which was almost a sell out. All ticket proceeds were given to House of Travel Hobsonville in recognition of the impact COVID-19 has had on the business. In turn, House of Travel paid it forward by providing two travel vouchers as prizes for those who attended. Congratulations David D and Michelle V.

Mike "Buzz" Thomson, Owner Operator of House of Travel Hobsonville, says he was overwhelmed by the generosity of the community. "This a fantastic example of why the Hobsonville community is so special. We have only been in the area for a few years so to have already forged such special connections with locals is a testament to the fantastic work of staff in store and how welcoming the community is."

"We really wanted to support Buzz and his local House of Travel team, who have been hugely impacted by Covid-19 but have been and continue to be such great supporters of our community," says Gavin Gunston from Hobsonville Community Trust.

If you are planning local or International (when possible) travel, please give us an opportunity to show you what we can do. As a Kiwi owned and operated business supporting us supports local jobs and the economy. Plus we booking unforgettable holidays.

Mike (Buzz) Thomson and the team. House of Travel Hobsonville, 225 Hobsonville Point Road. 09 416 0700 [Hobsonville@hotmail.co.nz](mailto:Hobsonville@hotmail.co.nz).

## Reiki - time to recharge your batteries

In these uncertain times, it is time to stop and take a look at ourselves. It is time for you to go deep within and spend some time looking at what is causing you stress and what you need to do to recharge and re-energise yourself.



Reiki is one of the tools you can use to recharge your batteries.

Reiki is defined as "Universal Lifeforce Energy". A Reiki session is performed by a trained Reiki Practitioner who has received an attunement from a Reiki Master. A session usually last for about an hour, the recipient remains fully clothed, and the Practitioner gently places their hands on various parts of the body and allows the Reiki energy to flow. A great way to give yourself some time to recharge.

Reiki is becoming very popular in hospitals, rest homes and is used at palliative care centres. Studies have shown that Reiki can assist people with cancer and other illnesses. Animals love to receive Reiki.

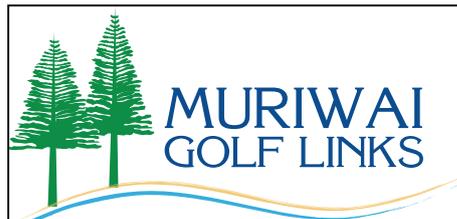
Astramana™ Healing Services, was founded by International Reiki Master-Teacher Jason Mackenzie. Having practiced and taught Reiki here in New Zealand and internationally for over 20 years, he would like to introduce you to the stress-free art of Reiki. Regular classes are available for those who wish to learn and a mobile service is available for those who wish to receive a treatment. Check out our website: [www.astramana.com](http://www.astramana.com) or email [astramana@gmail.com](mailto:astramana@gmail.com) with any questions or to find out when our next workshop is. Remember you owe it to yourself to look after yourself and be fully recharged!

## Seniornet West Auckland

There would appear to be a lot of older folk getting tablets and phones passed on to them by family members and not understanding fully how to use them. SeniorNet is here to help. It's what we do and our tutors are all in the same age group so work



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# In Brief Updates

at your pace and understand the need to make notes as you go if necessary. So come along to our Help Days on the 2nd and 4th Tuesdays of the Month. Our rooms are upstairs in the Henderson RSA, at 66/70 Railside Avenue, just opposite the railway station. We are there from 10am to 11 am. But we will stay on longer if you need more time and there is a fee of \$5. If you need help with any other device we cover Apple and Android laptops, tablets and Galaxy phones. Our office phone number is 09-8377600, if you need any information please leave a message and we will get back to you as soon as possible. Should you wish to join SeniorNet you can do so on the day and you will then receive our bi-monthly Newsletter and information on any upcoming classes.

We normally have a monthly meeting open to Members and Non Members on the 3rd Tuesday of the month at the Kelston Community Centre, cnr .Awaroa Road, Kelston, but due to the upcoming general election the hall is not available for our September meeting which has unfortunately been cancelled. Our next meeting will now be on the 20th October. Starting at 10 am, there will be a guest speaker followed by morning tea.

## Fair Food

Fair Food is on the urgent lookout for a new long term home in West Auckland.

Our current time at our pop-up home providing food rescue ends 31 September - and we're open to moving earlier. Can you help? We are after 300-500 sqm space. We need easy access for large delivery trucks; room for 3 x 20ft containers (inside or outside); room for at least 5 x double door stand up chillers; 2 x double door stand up freezers; room for shelving and 2 lines of racking and forklift operations; room to organise pallets and store empty pallets; room to sort food on 2 x ping pong tables; room for stacking boxes and empty banana boxes; a roller door or loading bay with direct access to warehouse storage floor; staff kitchen of sorts - if not, commercial/restaurant kitchen; access for multiple cars picking up at once; sight lines to see who is coming in; a secure office area; 3-phase power, ability to install; and good on-street parking.

We appreciate we may need to compromise on some elements and look a bit outside the preferred location. We are also open to sub-leasing and any other creative solutions. If you have a contact that might be able to assist, feel free to share this. We are committed to



continuing to make a difference for both people & our planet - and wherever our new home might be, to add a little buzz and spread good vibes. To see us in action visit <https://www.instagram.com/fairfoodnz/> If you can help, please contact us at [projects@fairfood.org.nz](mailto:projects@fairfood.org.nz).

## Massey Birdwood Settlers Hall

The Den is an ideal room for smaller groups. It is a room, built with the help of the Massey Lions Club and was known as the Lion's Den. It is a room on the Red Hills Road side of the hall, an additional room added to the hall back in the 1970's.



The room is used by the Massey Birdwood Settlers Association, the owners of the hall, on a monthly basis, to a Wine Club, also on a monthly basis, Trish Kelly's scrap booking classes on a monthly basis, the Westside Fellowship Sunday School every Sunday and St Johns Massey Youth leaders for meetings, once a week and church group on a fortnightly basis on a Saturday evening.

Carpeted, the room is self-contained with a toilet and kitchenette. The room would be ideal for small group meetings.

During the week day, the room could be used for small group meetings, and is also available on Monday and Tuesday evenings. If interested please contact the Massey Birdwood Settlers Association Secretary John Riddell by email [masseybirdwood@gmail.com](mailto:masseybirdwood@gmail.com).

## Waitakere Grey Power

Waitakere Grey Power Association are holding a General Members Meeting on Thursday 24th September at 1.30 pm at the Te Atatu South Community Centre, 247 Edmonton Rd, Te Atatu South. Our Guest Speaker will be Tracy Mullholland, Auckland Councillor from the Whau ward. Tracy is the Council conduit for Seniors and the Senior Advisory Panel. All members and friends are welcome

## Harcourts

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to attend. Refreshments will be served at the conclusion of the meeting.

Written by Mate Marinovich, President, Waitakere Grey Power Association, Office 247 Edmonton Rd, Te Atatu South. PH 09 838 5207.

## Teenagers need to release their energy

Remember when you were a teenager. Did you throw a ball to a wall to fight with the frustrating emotions? I did. What if we don't have body control to do this? We still experience typical teenage frustrations. COGY activities can be one of the options to release the energy. There are two ways for Westerly readers to reach COGY usage. Email [info@cogy.net](mailto:info@cogy.net), or share this video to brighten up their day. Youtube/KJO\_egabu18 We all love having fun, regardless of with or without disabilities. Koko Sugita. COGY.net / kokonz@cogy.net Facebook/YouTube.



## helloworld Travel Hobsonville

Here we are back in Level 3 and working remotely again. We will again be in the office from Level 2 and we have our QR codes up and hand sanitiser at the front of our office if you wish to visit us. It is extremely disheartening to be back at this Level. However we have been organising holidays around New Zealand for our clients and this will resume once we are allowed to travel again so please call us if you have something in mind. There are some lovely tours available such as Stewart Island and the Chathams. Do follow us on Facebook as we place our tours there that we think are of interest [www.facebook.co.nz/helloworldhobsonville](http://www.facebook.co.nz/helloworldhobsonville).



It doesn't look like the Pacific bubble will happen this side of Christmas but let us know if you are wanting to travel so we can let you know as soon as it is released. We think it will sell out in about 3 days from being released so if you aren't early you will miss out.

We have this lovely small ship cruise of Fiordland - New Zealanders only onboard:

Fiordland Jewel Exclusive - ONLY 4 CABINS LEFT. One off itinerary and one departure 16th - 23rd December 2020. Queenstown Return 8 day/7 night package with 6 night cruise. Onboard Fiordland Jewel from Doubtful Sound to Milford Sound. From \$6895 per person share twin/double. Please call us on 09 416 1799 or email [hobsonville@helloworld.co.nz](mailto:hobsonville@helloworld.co.nz).

## Abuse and technology red flags

It can be hard to know whether things in your relationship related to technology are normal or abusive. Sometimes as part of a pattern of abusive behaviour, someone may use technology to hurt, control and monitor their partner or someone close to them. If you are worried that you, a family member or a friend may be experiencing abuse, this advice may help understand the potential risks and what can be done about them.



If your partner/ person knows things about you that you haven't told them, if they have access to your phone or other device, if you find that email or text messages are marked as read when you haven't seen them, if your passwords are being reset when you haven't done this, or messages are disappearing when you haven't deleted them, it could be a sign that things are not right in the relationship. To read more about this issue, go to [netsafe.org.nz](http://netsafe.org.nz) and search for "tech facilitated abuse". You can text any concerns to 'Netsafe' to 4282, call 0508 NETSAFE (0508 638 723), email [help@netsafe.org.nz](mailto:help@netsafe.org.nz) or report online on their website. There are many sources of support available in the Netsafe article, but if you or someone else is in immediate danger, please contact the Police on 111.

## Slow computer?

We have the solution to satisfy you and your bank account.

If you've got/ experienced a slow operating computer, you will agree it can be a headache. Fortunately we can offer you the most affordable way to boost your computer's operating system that not only reduces loading times by up to 50%, but has options to increase your storage capacity.



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In its simplest form, a Solid Slate Drive (SSD) is flash storage and has no moving parts. SSD storage is much faster than its HDD equivalent. HDD storage is made up of magnetic disks and has mechanical parts inside.

Your local friendly IT team is happy to advice and support you with your computing needs. For more please come to IT@Hand Computer Services on 322 Main Road in Huapai (opposite Mike Pero). Phone 09 412 9227 or Email huapai@itathand.co.nz.

## Gym Zone

Has your child ever thought about doing gymnastics, tumbling or parkour? 2020 is the year to give it a go. At Gym Zone at we teach all these disciplines and more. You can select from our structured term base classes or have a go at our new Free Play casual weekend sessions. See our timetable online to check out all the options. Gym Zone is also a great place to host your next Birthday Party. We have both self-cater and fully catered options for you. 4 Workspace Drive, Hobsonville. Read more at [www.gymzone.co.nz](http://www.gymzone.co.nz).



## The Mobile Car Specialists

Kiwis have been spending up large on new and used cars since level 4 lockdown ended.

So much so that we're sometimes struggling to keep up with demand for our services below - which is a great problem to have.



If you're looking to sell - try having the dents removed first, followed by a professional cut and polish with interior clean for a swift sale at top dollar.

If you're looking to buy - try a ceramic coating to protect, enhance

and preserve your new vehicle's good looks for years to come.

Our services include: Dent removal - small to large, High quality paint correction / cut and polish, Contaminant removal (metal grindings, paint overspray etc on the paint work), Ceramic coating paint protection, Yellow / foggy headlight restoration and Signwriting removal.

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## Famous Scouts

Scouts started in 1908 and over half a billion people around the world have since taken the Scout promise.

Scouts come from all walks of life, from astronauts, politicians, royalty, business leaders and scientists. It's a very long list.

Below are some famous Scouts. How many do you know and a bonus point if you know why they are famous.

Sir Richard Branson, John Craven, Betty Boothroyd, Ken Dodd, Delia Smith, Ainsley Harriott, John Major PM, Paul McCartney, Cliff Richard, Keith Richards, Buzz Aldrin, Bill Gates, Princess Anne, Princess Margaret, Michael Parkinson, Jeremy Paxman, George W. Bush, Queen Elizabeth II, Jamie Oliver, Richard Hammond, Robert Irwin, Peter Garrett, Sir David Attenborough, David Beckham, Tony Blair, Russell Brand, Billy Connolly, Barack Obama, Steven Spielberg, David Walliams, Harrison Ford, Martin Luther King Jr., Jack Black, Bear Grylls, Jamie Oliver, David Bowie, Bob Geldof, Lee Kuan Yew, Neil Armstrong, Steve Fossett, Jim Lovell, Michael Jordan, Jay Leno, John Lithgow. Terry Wade (QSM) (Terry is a Leader in our Zone)

Some of these people are still active in Scouts today, as leaders, mentors or ambassadors for the movement. Were you a Scout? Do you want to be the next Leader that may mentor the next famous

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# In Brief Updates

Scout? If so, please get in touch.

To find out more visit [www.scouts.nz](http://www.scouts.nz) or email me [zl.waitoru@zone.scouts.nz](mailto:zl.waitoru@zone.scouts.nz). Craig Paltridge. Waitoru Zone Leader.

## Tennis junior open day

Time for tennis? Well Tennis Waimauku think so. For the start of spring the local tennis club, located at 895 State Highway 16, opposite the Caltex station, is hosting a Junior Open Day for all kids aged 5 to 15 who want to know more about tennis, are interested in lessons or would like to join the club. We would love to see as many children from the community down at our Junior Open Day. This is a free event and there will be fun games, spot prizes, food and drink. Come and meet some of our current members and Eden our friendly coach.



Kids can have a few hits and play some tennis drills with the coach. Keep the afternoon free on Sunday 13th of September, starts 2pm. The whole family is invited. For further information see our website or Facebook page. (Note: At time of publishing lockdown was at Level 3, please check our media sites if event cancelled due to extended lockdown period).

## Kip McGrath Education Centres

Kip McGrath Education Centres have been improving and extending the learning outcomes of NZ school children for over 40 years and our brand is now a global institution with over 40,000 students in 20 countries. New Zealand Kip Centres, however, tailor their lessons to

the NZ Curriculum Framework to ensure consistency with NZ school programmes. We were recently awarded the Reader's Digest Gold Award for educational tuition in NZ.

This reputation lies not only in the professionalism and compassion of the teachers who tutor at our Centres, but also the high-quality, curriculum-based learning programmes that we create to meet each child's specific needs.

At Kip McGrath you will see your child; enjoy learning, develop confidence in his/her natural ability, make real progress and achieve better results at school and finally 'get it' and smile. Call today for a free assessment - 09 831 0272 or book online [kipmcgrath.co.nz](http://kipmcgrath.co.nz).

## Massey Amateur Swim Club

Looking for affordable swimming lessons for your children? Massey Amateur Swim Club (MASAC) offers the best value swimming option ever. Catering for ages 5-16, MASAC has been involved in the community for over 30



years. We are a community-based swimming club that promotes water safety in the Massey, Westgate, and Hobsonville area. We hire out the Massey High School pool and meet on Wednesday evenings 6:30pm onwards. Lessons are followed by Club night where children strive to improve their own times. One child is \$110 for the whole season - October through to April. Two children from the same immediate family are \$150, and 3 or more children are only \$170. For more info check out our website [www.sporty.co.nz/masseyamateurswimming](http://www.sporty.co.nz/masseyamateurswimming) or find us on Facebook. Registrations open mid-September for the 2020/2021 season.

## Learn French, Spanish and Italian

Bonjour, Hola, Ciao! As we can't travel to Europe, now is the time to learn a European language so you are all set to go next year. Take the time to learn French, Spanish or Italian and enrol in one of our language courses. All language tutors are native speakers. All



language classes are @ Kumeu Arts. Check out the timetable. [www.ablanguage.co.nz](http://www.ablanguage.co.nz) or call Patsy 0274 904 321.

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# Safer Communities



The Waitakere Volunteer Fire Brigade went back into operating in bubbles to be able to safely respond to incidents while Auckland was at Alert Level 3. This meant no training or social activities at the station, but we could respond in our bubbles to any calls for assistance.

The station has also been doing its part in saving water by switching over to the 50,000 litres of water supply we have stored for emergencies. These tanks are filled from the stations roof rain so at this time of the year we can fill the fire trucks up after each call out.

Chances are, you have got dozens of appliances scattered around your home. Each of these devices carries a fire safety risk.

Here are some tips for using appliances safely.

## Appliance

- Turn off appliances at the wall when not in use. If practical, unplug them at the wall as well.
- Keep all electrical appliances away from water.
- When buying second-hand appliances,

ensure they have been tested by a licensed electrician or gas fitter, and have been certified as safe.

- Do not place fans, heaters, televisions, or other electrical equipment in areas without good airflow, as they may overheat.
- If you are worried about the condition of any appliances (like electric blankets, heaters, air conditioners or fans), have them checked by a qualified electrician.

## Leads and cords

- Do not overload multi-boards. At most, plug in one appliance per wall or multi-board socket.
- Never plug an adaptor or multi-board into another adaptor or multi-board.
- Make sure leads and cords are in good condition and not frayed.
- Never put extension cords under carpets or mats and avoid using them while they are tightly coiled.
- Ensure furniture does not rest on top of electrical leads.

- Remember that extension cords are not designed to be permanent replacements to your home's internal wiring.

Also, if you are having problems with your smoke alarms going off with steam from cooking or bathrooms then change them to Heat Alarms that are activated by heat from a fire.

Keep safe



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Waitakere Fire Brigade  
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# Property

## Getting your family trust fit for the new Trusts Act

The new Trusts Act comes into force at the end of January 2021. With it comes the obligation on all trustees to provide some basic information to all potential beneficiaries of the trust. In some cases, this will mean parents are legally required to give information to their own children about the trust deed and the assets of the trust. However, in many cases trust deeds include more than just the children of the settlors as potential beneficiaries. It may include siblings of the settlors and de facto partners of the settlor's children all of whom could have remained blissfully unaware of their potential interest in trust assets up to that point. For this reason, it is often necessary to get legal advice about whether your trust deed is fit for purpose under the new act. That advice can include taking the necessary steps to confine the beneficiaries of the trust to children and grandchildren and removing the more remote beneficiaries before they become entitled to such information.

Luke Kemp - Kemp Barristers & Solicitors phone 09 412 6000 or luke@kempsolicitors.co.nz.

## Property market report

Over the last 10 years Auckland house prices have increased by 6.3% annually.

The Auckland property market is so unique that when the Real Estate Institute of New Zealand (REINZ) publishes its market updates, it includes a figure for all of New Zealand - excluding the Auckland market.

The median house price in the Auckland region was \$848,000 (Sept 2019), \$208,000 (32.5%) more than the next most expensive region, which is Wellington. The reason that the Auckland property market out-performs the rest of the country is population growth. Auckland's population is expected to grow by over 30% in the next 20 years, whereas other towns and cities are static or in decline.

Auckland's residents are set to make up 40% of New Zealand's total population; it is the economic powerhouse of the country, and its economy is diversified. These are all factors that we associate with a property market that is geared for higher house prices. Auckland homeowners have done very well over time. Between Sept 2014 and Sept 2019, the median Auckland house price grew by \$228,000 (from \$620,000 to \$848,000). This is a 6.46% average annual increase. The interest earned on money invested with a recognised bank on a term deposit over two years is 1.6%

So before you start listening to the conspiracy theorists and the

doom merchants, take a moment to understand the population factors driving the greater Auckland property market and consider investing your wealth in the support of your children's future as property values seldom go down in cities around the world like Auckland.

Let's take a look at the numbers:

Herald Island	\$922,500
Hobsonville	\$589,000 to \$1,405,000
Massey	\$575,000 to \$2,200,000
Swanson	\$556,000 to \$1,460,000
Waitakere	\$787,000 to \$1,300,000
West Harbour	\$645,000 to \$1,529,000
Westgate	\$650,000 to \$918,000
Whenuapai	\$875,000 to \$1,155,000

Call Graham McIntyre on 0800 900 700, text 027 632 0421 or look me up at [www.grahammcintyre.co.nz](http://www.grahammcintyre.co.nz) - Mike Pero Real Estate Ltd Licensed REAA (2008).

## New Privacy Act comes into force in December 2020

The Privacy Bill becomes law on 1 December 2020 and replaces the current Privacy Act 1993 and updates the law whilst reflecting continually-evolving needs in a digital age. Personal information is held by many types of organisations (i.e. agencies such as, for example, businesses, doctors, banks, government departments) and technology has enabled large quantities of personal information to be stored, retrieved, used and disclosed. The new Act provides more protection of an individual's personal and sensitive information. The key changes relate to both agencies and individuals and include: a) reporting data breaches - if an agency has a privacy breach posing a risk of serious harm to people, the agency must notify the people affected and the Privacy Commissioner; b) compliance notices - the Privacy Commissioner can issue compliance notices to an agency requiring it to do or stop doing something to comply with privacy laws; c) decisions on access requests - if a complaint is made about being unable to access certain information, the Privacy Commissioner will make a decision on the complaint; d) strengthening overseas connections - at least one permitted category must be satisfied for an agency



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# Property

to disclose information to an overseas agency. In terms of cloud storage, this isn't considered a disclosure for the purposes of the privacy principles, but the disclosing agency is responsible for the cloud storage provider's compliance with the Act; e) new criminal offences - these include misleading an agency to obtain access to another person's information and the destruction of documents by an agency who has been asked to provide information by the person entitled to it. Fines has been raised to a maximum of \$10,000. Privacy laws are important and the recent Covid requirements where, for example, information was provided to a restaurant when dining out, have highlighted the importance of privacy laws. As individuals we entrust others with our private data and, as a result, the Act is now strengthened to increase compliance with privacy legislation. If you have any questions, contact Gina Jansen Lawyers West Auckland team on phone 869 5820 or visit our website at [www.ginajansen.co.nz](http://www.ginajansen.co.nz).

## Trusts Act 2019

Continuing on our Trusts series, it is timely to just consider some of the common terms associated with trusts. As there are different types of trusts, we will refer in this editorial to the "Mum and Dad" discretionary family trust.

A trust is usually set up by a trust deed signed by the parties known as the Settlor and the Trustees.

The Settlor is the person who establishes the trust and transfers assets into the Trust. For older trust deeds, this may not be the case however. For the "Mum and Dad" family trust, this is usually the Mum and Dad who set up the trust. It is also their family home which is transferred into the trust along with any other assets i.e. their holiday home, shares in a company etc usually in consultation with their financial adviser and/or accountant.

The Trustees are persons who manage the trust assets for the benefit of the beneficiaries. The Trustees have wide powers to act and their powers can be found in the trust deed. They are ultimately answerable to the beneficiaries of the Trust but have discretion to make decisions how they see fit.

The beneficiaries of the trust stand to benefit from the assets of the trust. This term is used to refer to discretionary beneficiaries, final beneficiaries, primary beneficiaries and secondary beneficiaries. Their definition and meaning can be found in the trust deed. Only the beneficiaries of the trust are able to benefit from the assets of the trust. As trusts evolve over time, most trust deeds have provisions to



allow for the appointment and removal of beneficiaries.

Due to the upcoming changes in the Trusts Act, if you have a trust, it is timely to consider reviewing your trust and trust documentation. You will need to understand what your obligations are, whether you are a trustee or a beneficiary of the trust.

Please contact ClearStone Legal (incorporating Kumeu-Huapai Law Centre) on 09 973 5102 or email [admin@cslegal.co.nz](mailto:admin@cslegal.co.nz) to make an appointment to discuss your trust and the way forward.

In the meantime as we journey through another lockdown, please continue to take care of yourselves and your loved ones and stay warm and healthy.

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# Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HOBSONVILLE	950,000	171M2	189M2	1,015,000	MASSEY	760,000	400M2	170M2	838,500
	530,000	0M2	70M2	649,000		730,000	890M2	150M2	1,065,000
	1,420,000	810M2	261M2	1,405,000		865,000	400M2	150M2	780,000
	1,240,000	227M2	178M2	1,335,000		510,000	820M2	150M2	485,000
	1,375,000	373M2	269M2	1,430,000		610,000	136M2	79M2	673,500
	800,000	0M2	110M2	880,000		1,275,000	1HA	80M2	2,200,000
	765,000	110M2	123M2	797,500		660,000	618M2	120M2	789,000
	860,000	1500M2	336M2	1,115,000		520,000	0M2	140M2	597,500
	505,000	0M2	64M2	620,000		810,000	620M2	100M2	746,000
	550,000	156M2	59M2	605,000		620,000	822M2	90M2	630,000
	1,300,000	357M2	263M2	1,348,000		810,000	675M2	155M2	1,125,000
	540,000	0M2	70M2	596,000		610,000	151M2	170M2	840,000
	975,000	245M2	172M2	1,140,000		730,000	643M2	200M2	925,000
	695,000	126M2	77M2	690,000		950,000	857M2	260M2	1,001,000
	950,000	196M2	201M2	976,000		830,000	425M2	114M2	780,000
	680,000	0M2	87M2	688,000		600,000	0M2	120M2	706,000
	1,040,000	237M2	226M2	1,145,000		660,000	461M2	115M2	750,000
	905,000	228M2	138M2	965,000		530,000	0M2	100M2	615,000
	640,000	86M2	68M2	620,000		830,000	690M2	100M2	757,500
	1,350,000	347M2	259M2	1,260,000		830,000	451M2	148M2	845,000
	650,000	0M2	83M2	600,000		1,025,000	890M2	190M2	850,000
	750,000	0M2	111M2	735,000		555,000	516M2	80M2	675,500
	1,050,000	201M2	180M2	986,500		730,000	643M2	200M2	925,000
	1,150,000	150M2	222M2	1,225,000		510,000	0M2	140M2	580,000
	590,000	106M2	54M2	600,000		810,000	512M2	100M2	785,000
	930,000	450M2	140M2	922,500		790,000	628M2	215M2	840,000
	800,000	415M2	150M2	880,000		680,000	1252M2	100M2	718,000
	665,000	102M2	72M2	670,000		600,000	586M2	90M2	650,500
	490,000	0M2	59M2	589,000		885,000	425M2	197M2	860,000
	1,100,000	212M2	178M2	1,160,000		650,000	693M2	90M2	740,000
	830,000	531M2	150M2	831,900		590,000	657M2	100M2	747,000
	980,000	161M2	175M2	985,000		680,000	0M2	90M2	720,200
	1,225,000	302M2	235M2	1,241,253		920,000	618M2	90M2	850,000

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

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

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**2 Koraha Road, Kumeu**  
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An elegant, picture postcard estate, on flat park-like grounds delivering space, ambience, security and convenience. North facing, this home has been crafted to suit a family or mature couple offering an adult wing and Children/Guest wing. Cathedral roof line with high pitch sky-lights, open plan designer kitchen with breakfast bar and scullery, lounge area with gas fire place and dining area, separate formal lounge and family room, a generous designer space that flows through to the covered patio and beyond to the in-ground heated pool. Four generous double bedrooms, private master bedroom with his and hers walk in wardrobe, ensuite with underfloor heating and bath. Separate storage and Laundry room, internal access triple car garage with separate double Skyline Garage.

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By Negotiation

**2 Vintners Close, Huapai**  
By Negotiation

Traditional ¼ acre section peppered with a variety of shrubs and shade trees. This beautifully presented corner site has an elegant, flat and fully fenced yard that is functional, low maintenance but makes the most of its attractive outlook. Light-tone brick and concrete tile roof with sculptured feature brick internals, the home has been designed for the sunshine and to enjoy the space and alfresco to decks and patios. The home has an extensive and open plan kitchen, dining and lounge while a central corridor links the four generous rooms, main bathroom, laundry and double garage, workshop and store room seamlessly. Master with ensuite and walk in ensures you have the creature comforts of modern builds.

[www.mikepero.com/RX2469599](http://www.mikepero.com/RX2469599)



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**QUARTER ACRE SECTION - CUL-DE-SAC LOCATION**



**Asking Price \$989,000**

**3 Vintners Close, Huapai**  
Asking Price \$989,000

You seldom come across sections of this size in Huapai offering expansive green grass and the garden of eden. This property is a treasure trove, offering a fully fenced rear yard and a home with alfresco to the east, north and west delivering plenty of options to relax and entertain in all weather. A very well presented cedar home delivering open plan living/ dining area with alfresco to decking and step down to the lawn. Galley kitchen with breakfast bar with function and views. Four bedrooms - Two bedrooms and main bathroom, laundry and double garage access while upstairs enjoys a sun filled master with ensuite and walkin wardrobe and single bedroom. All presented to a good standard. A short stroll to Huapai Primary School, Transport links and convenience shopping.

[www.mikepero.com/RX2349593](http://www.mikepero.com/RX2349593)



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**Asking Price \$1,149,000**

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

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

[www.mikepero.com/RX2039027](http://www.mikepero.com/RX2039027)



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**By Negotiation**

**9 Lowtherhurst Road, Massey**  
By Negotiation

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

[www.mikepero.com/RX2477672](http://www.mikepero.com/RX2477672)



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**WHEEL CHAIR ACCESS PRIVATE AND SECURE - KUMEU**

4 2 2

**By Negotiation**

**18 Josh Road, Huapai**  
By Negotiation

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

[www.mikepero.com/RX2387002](http://www.mikepero.com/RX2387002)



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\$1,545,000

**44 Puriri Road, Whenuapai**  
Asking Price \$1,545,000

Often sought but seldom found a generous land lot in the middle of Whenuapai Village. This flat and fully usable property ticks the boxes for a sensible buyer interested in adding value and creating a return, based on the size of the land and the two driveways. In addition we have sought an independent development opinion from Terra Nova planners which is available to prospective buyers. In addition the property has multiple improvements including a very well presented period bungalow, office, workshop, sheds and garaging. The main dwelling has been improved with extensive north facing decking which accentuates the sunshine and the warmth enjoyed. Beautiful gardens and extensive fruit trees deliver a canvas which is not only extensive it delivers colour and an active fruit bowl.

[www.mikepero.com/RX2204835](http://www.mikepero.com/RX2204835)



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

\$575,000

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

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

[www.mikepero.com/RX2366714](http://www.mikepero.com/RX2366714)



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6 4

Auction

### 76A Ireland Road, Mount Wellington

Auction - 10:30am, Sunday 6th September 2020 (unless sold prior).

Set on 979 square meters of flat land with a wide un-interrupted water-side view of the tidal Panmure Basin as it gently fills and empties. Peppared with a variety of trees on the esplanade reserve this property delivers an income today while you plan for tomorrow. An expansive six room home over two levels delivers an excellent rental income. For an investor seeking a high return and a future development opportunity, this property delivers the wow factor for an accountant and a creator. Close to Sylvia Park, Motorway access and yet secluded, quiet and private.



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## A PONY, POOL AND PANORAMIC PERFECTION - LIFESTYLE

5 4 2

By Negotiation

### 161 Mangakura Road, Helensville

By Negotiation

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



**Graham McIntyre**  
027 632 0421

graham.mcintyre@mikepero.com

[www.mikepero.com/RX2421084](http://www.mikepero.com/RX2421084)

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**\$1,159,000**

**325 Hobsonville Road, Hobsonville**  
Asking Price \$1,159,000

This character home has been fully renovated to high quality with modern amenities. Offering three generous bedrooms, large and fully renovated bathroom with his and her shower, and open plan kitchen/ dining leading out to north west facing decking. An extensive formal lounge which also opens to the decking area adds flow and fantastic natural sunlight to the home. Set up with feeding dishes for pets and easy back door access to a fully fenced yard suitable for active play. The studio/ office is fully insulated and presented to a high standard. It also has a single garage next door and a full bathroom. A stand-alone single garage with storage/workshop/bar space.



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**\$759,000**

**Kiwitahi Road, Helensville**  
Asking Price \$759,000

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



**Graham McIntyre**  
027 632 0421

graham.mcintyre@mikepero.com

[www.mikepero.com/RX2066456](http://www.mikepero.com/RX2066456)

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# Central's Tips

## September 2020



It's getting warmer so it's time to start planning for spring and summer planting. Feed fruit trees, lawns and new seedlings with fertiliser, plant edible flowers and make sure to get on top of those pesky snails and slugs.

### Set a beer trap

Snails and slugs love a good beer... bury a jar in your veggie garden and pour some beer in it. That's a truly organic snail and slug trap



### In the Edible Garden

- **Fruit trees** such as citrus, pip and stone fruit need plenty of sustenance now. Exclusive to Central Landscapes in Auckland, **Fertco Organic Boost** is a fertiliser you can topdress existing trees with, plus it's great for mixing through the vegetable garden ahead of planting
- **It's edible flower time too:** calendulas, heartsease, carnations, nasturtiums are just a few of the prettiest flowers that you can harvest and put in salads this summer. Plus, they'll attract bees to pollinate the vegetables
- Give all **new seedlings a liquid feed** as soon as they're planted using our favourite **Organic Garden Booster**. It's organic certified, so no chemicals here
- **Pest control time:** slug and snail colonies are in full action and will eat newly planted seedlings in one night! Try using pet and bird friendly pellets or this organic method: Leave a tilted jar of beer half buried in the soil overnight, near your lush seedlings. Attracted to the yeast they drown in it

### The Lawn

- **Fertilise the lawn with Prolawn Turfmaster Gold.** This is the fertiliser the turf experts use that will keep releasing through the growing period to ensure a healthy lawn

### The rest of the Garden

- **Flowers for summer:** Lavender hedges, dalias, daisies in pots and gardenias at the door – these flowers are stalwarts of summer and available in garden centres from now on
- Remember to **stake newly planted trees and shrubs** because the force of spring winds can stop the roots establishing in the soil, leading to poor plant growth

### Get the summer flowers in

Lavender, daisies and dahlias are good to go in now for a colourful summer garden



## Project for September

### Raised Vegetable Beds

The reason why so many gardeners choose to grow food in raised beds is because the soil remains warmer and it's easy to water and mulch. Building a raised bed with wooden sleepers is an easy DIY project. Central Landscapes stocks Trustwood pine sleepers that are a great option to use. They are treated with a special process - MCA (copper based) that renders them long-lasting and safe to use for growing food.

<https://centrallandscapes.co.nz/products/trustwood-sleepers>





# We dig organic fertilisers

Give your plants a chemical-free boost this spring!

Central Landscape Supplies Swanson loves organic products and we've added this great liquid fertiliser to our extensive organic range. It's packed full of nourishment for the plants and the soil, just not full of chemicals!



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# Hot Property



## Loved for the right reasons – Family value

In a time when we are spending more time at home it is nice to have space in spades. A home that has four generous rooms, and a multi-functional double garage that can double as a hobby room. A generous 1000 square meter section for the dog, the cat, the rabbit and the kids/ grandchildren.

On offer is a stunningly original traditional ¼ acre, beautifully presented, corner site, x-showhome. On display within a flat and

fully fenced yard that is functional, low maintenance but makes the most of its attractive outlook.

Light-tone brick and concrete tile roof with sculptured feature brick internals, the home has been designed for the sunshine and to enjoy the space and alfresco to decks and patios. The home has an extensive and open plan kitchen, dining and lounge while a central corridor links the four generous rooms, main bathroom, laundry and double garage, workshop and store room seamlessly. Master with ensuite and walk in ensures you have the creature comforts of modern builds.

Often it is not what the home offers but how a home makes you feel and this home has been cared for, maintained and loved with values of peace, sunshine and easy to be with. Honest as the day is long,

# Hot Property



and the use of light brick features that gives solidity.

If you are seeking a home that has traditional kiwi values and clearly has been dearly loved and cherished this is the home for you.

A short walk to Huapai Primary School, Huapai Domain, Bus Stop and convenient shopping while all the recreational opportunities of Muriwai, Woodhill and Riverhead are all right at your doorstep.

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



# Home & Garden

## Laser Whenuapai to the rescue at Taupaki Primary School

Taupaki Primary got in touch with us for what appeared to be a blocked drain in the staff facilities area. No problem. We carried out a hydro flush but the blockage remained. It turned out to be a little more complicated than we thought. The Taupaki Primary students were fascinated with what we were doing.

After much investigating, we were able to pinpoint where the blockage was located by using our CCTV and locating equipment. The blockage was found to be directly underneath the admin block.



We needed to come up with a plan to repair the drain without cutting a large hole in the office block. We came up with the solution to undertake a temporary repair by re-routing all drainage through an old sewer line that we were able to unblock to sufficiently take away the waste in the short term.

Next step was a permanent solution. We had to re-run all the drainage to a new location to prevent this happening again.

For the safety of the school and students, we were able to carry this work out during the school holidays. Happy to report the solution was a success!

Laser Whenuapai offers complete solutions for all your drainage, plumbing 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 Laser Whenuapai today on 09 417 0110 or [whenuapai@laserplumbing.co.nz](mailto:whenuapai@laserplumbing.co.nz) for all your service needs. We are open five days a week from 7am-4:30pm and conveniently

located at Unit 4, 3 Northside Drive, Whenuapai. Visit our website [whenuapai.laserplumbing.co.nz](http://whenuapai.laserplumbing.co.nz) for more information.

## Rhododendrons at Awa Nursery

Awa Nursery currently has an abundance of rhododendrons and the variety of colours is fantastic. There are many an avid rhododendron gardener out there and we thought we would pop a few growing hints for those who would like to add some of these to their garden. A rhododendron bush is very attractive, especially when in full bloom and hard not to miss in in the landscape. We have large and small varieties in stock to suit any garden situation.



Rhododendrons do well with direct light for at least part of the day and prefer dappled shade rather than excessive shade. Protection from the wind is also preferred. Ideally soil should be well-drained, humus-rich, and acidic (pH4.5-6). The rhododendron has shallow root systems and needs moist soil and mulch to keep them from drying out. Be sure not to pile the mulch right up to the trunks though. The mulch will help in keeping the soil moist and cool, provides nourishment, and limits weed growth. Prune your rhododendron after it has bloomed to shape your plant and remove any damaged branches. Pop onto our web site and view the many varieties or call in and see us at Awa Nursery and pick up your favourite coloured rhododendron.

Phone Awa Nursery: 09 411 8712, email [info@awanursery.co.nz](mailto:info@awanursery.co.nz) or visit [www.awanursery.co.nz](http://www.awanursery.co.nz).

## Jim's Mowing

Hopefully you have been able to take a break and recharge. The Jim's Mowing team are back from our breaks and re-energised ready for the spring. And yes, working outside away from anyone means Jim's Mowing is able to keep operating safely under L3 in Auckland, however we do miss the cups of tea and chats that we are used to.

Spring is just around the corner and the bulbs are starting to bloom in many areas. When walking past these flower beds the fragrance is delightful. It's time to get ready for the flush of growth coming

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# Home & Garden

for the grass too. With all the extra growth comes a need for extra nutrition for the grass, so feed the grass. You'll help get it in the best condition possible by giving it a good boost of fertiliser right now. This'll support that rapid growth and help you to have a lush, healthy, green lawn bursting through and ready for summer. Give Jim's Mowing a call 0800 454 654 or book online at JimsMowing.co.nz.

## Tile and grout cleaning and re-colouring

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



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

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

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

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

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

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

## Waimauku Garden Club

Buds are forming, bulbs are popping up, the orchid is flowering, tui and keruru are returning to the garden and starlings are visiting their nesting boxes.

Spring is on the way with the promise of warmer days.

Our monthly events are organised till the end of the year.



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September 17- Kumeu River Winery Tour and Tasting; Westbrook Winery for lunch: October 15-Clevedon. Riverland Sculpture and Garden plus a private garden: November 19- Ramarama Gardens-Addenbrooke and Winsford: December 17- Christmas buffet lunch at The Brigham, Whenuapai.

New members welcome.

Please write these dates on your calendar.

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

## Sustainable Landscapes

Covid-19 is with us again. Hopefully, just briefly and we kick it to touch quickly. During the last lockdown, our landscaping skills were put to use in adding an eco-glamping site to our complimentary business, Warblers Retreat.



Having lost all our overseas bookings, Barb and I have been planning new platforms to suit Kiwi's needing an escape. Our eco-glamping site uses a 1970s NZ made, Pioneer caravan. Privately positioned overlooking forest and bush, we have landscaped around it using whatever materials we can lay our hands on.

To enable that feeling of natural ambiance we have used old recycled native timbers, bamboo from our property, and anything we could possibly recycle. As with the majority of our landscaping projects, we design as we go, this was no different. Our glamping site is like walking into a blast from the past - the groovy 70s. There's an outdoor spa, outdoor shower, compost toilet and more. Almost finished, it's soon to be on our website. Warblersretreat.nz, sustainablelandscapes.nz

Call Dave Milina, 0275 1962 19 [www.sustainablelandscapes.co.nz](http://www.sustainablelandscapes.co.nz), warblersretreat.nz.

## Bee keeping workshop

Sunday 20th September (9.30am to 11.30am)

If you are thinking of establishing hives on your property or would just like to know some more about these amazing little creatures then this is an ideal workshop for you to attend.

This event will give a great overview not only of the techniques employed to nurture bees but also what you can do in your gardens

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# Home & Garden

to enhance their health and wellbeing and therefore your garden's appearance.

Our guest presenter is Kim Kneijber who has worked with bees for over 15 years, is a life member of the Auckland Bee Keeping Club and has a long time association with APINZ.

Kim will cover many facets associated with this fascinating subject including: Challenges facing the bee population. Hive maintenance & positioning. Equipment required. Pros & cons of bee keeping. Rules & compliance issues. Safety considerations.

There will also be a working hive on site plus the centre has now established a "bee friendly" plant section.

Booking is advised as this event is very popular and numbers are limited.

We also have our cute little coffee shop on site plus of course the Plant Centre for you to browse through (including the new bee friendly plant section).

Our knowledgeable and friendly staff will also be on hand to help with any garden related questions.

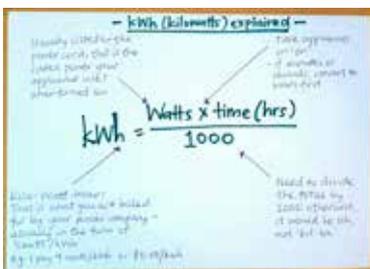
This event will of course only go ahead should the prevailing Covid alert is at level 2 or better on the scheduled date.

Venue location: 1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa. Tickets: \$20 per person. To Book: info@kaiparacoast.co.nz or 09 420 5655.

## Solarcraft - the glossary - Part #1 - the kilo-what?

Time to learn a few terms to help you decipher your power bill.

- Kilowatt (kW) - a measure of 1000 WATTS of electrical power
- Kilowatt hour (kWh) - is a measure of how much energy you're using



It doesn't mean the number of kW's you're using per hr. It's simply a unit of measurement that equals the amount of energy you would use if you kept a 1,000W appliance running for 1 hr.

A 100W light bulb would take 10 hours to rack up 1 kWh of energy.

A 2,000W appliance would use 1kWh in just ½ hr.

A 50W item could stay on for 20hrs before it used 1 kWh.

Similar appliances can have very different wattages; 1kWh =

- Using a 10,000W electric shower for 6 mins

- Cooking in a 2,000W oven for ½ an hour
- An hour's ironing with a 1,000W iron or 45mins with a 1,500W iron
- Less than 1hr using a dishwasher (1,000-1,500W)
- Around 3hrs watching a plasma TV (280-450W)
- Keeping a fridge-freezer (200-400W) on for about 3hrs
- Keeping an electric blanket (130-200W) on all night
- Using a laptop (20-50W) all day
- Keeping a broadband router (7-10W) on for 5 days

Call us ANY time with any Solar Power questions! Email info@solarcraft.co.nz, phone 0508 272389 W: www.solarcraft.co.nz.

## SPS Plumbing Services Limited

Hi, I'm Scott, the owner/operator of SPS Plumbing Services Limited.

I pride myself on high quality workmanship at a fair and affordable price. I am a Certifying plumber with 15 years' experience.

I do not charge a call out fee, have a very competitive hourly rate and also offer free quotes. I am based in Orewa and will work in the greater Auckland area.

I cover most aspects of plumbing and treat every job as if I was working on my own home. I strive for customer satisfaction and believe in getting it right first time.

My services include: Hot water cylinders, new builds, bathroom renovations, plumbing maintenance, kitchens, toilets, spouting, water mains, burst pipes plus dishwasher and washing machine installation.

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At Western ITM Kumeu you'll find everything you need to create, repair and maintain your property.

Drainage...with all the excess water around now, a sure remedy is installing Marley Drainflo or Draincoil - drainage lowers the ground water level whilst retaining moisture in the pores of the soil.

Our store also now stocks four of the most common diameters of Euroflo Culvert Pipe.

Prepping a driveway/gateway? Ensure you install Landtex Mud Cloth, Landtex is a woven polypropylene roading fabric for use under gravel on roads, driveways, parking areas and farm access and races. Landtex spreads the vehicle wheel loadings and prevents

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# Home & Garden

mud being pushed up and the gravel lost into the soil or ground below.

Water line sprung a leak? We carry the complete range of Hansen Easy Fit Poly fittings.

Our store also stocks a vast range of Hi Vis Wet Weather gear, gumboots and socks.

For further advice or information visit us instore today or visit [www.westernitm.co.nz](http://www.westernitm.co.nz) today for a free online quotation. Locals, Supporting Locals. Western ITM Kumeu - 154 Main Road, Kumeu. Phone 09 412 8148. Open Mon-Sat.

Sat 19 Sep	-	02:07	08:32	14:28	20:52
Sun 20 Sep	-	02:57	09:22	15:17	21:42
Mon 21 Sep	-	03:47	10:11	16:07	22:33
Tue 22 Sep	-	04:36	11:02	16:59	23:24
Wed 23 Sep	-	05:27	11:55	17:55	-
Thu 24 Sep	00:18	06:21	12:51	18:54	-
Fri 25 Sep	01:14	07:18	13:52	19:57	-
Sat 26 Sep	02:13	08:22	14:56	21:02	-
Sun 27 Sep	04:16	10:29	16:58	23:03	-
Mon 28 Sep	05:19	11:32	17:56	-	-
Tue 29 Sep	-	00:00	06:18	12:28	18:48
Wed 30 Sep	-	00:51	07:12	13:16	19:35

Source: LINZ. Daylight Saving: Please note that tide times have been corrected for daylight saving time.

## West Haven Tide Chart

Date	High	Low	High	Low	High
Tue 01 Sep	-	00:11	06:32	12:37	19:00
Wed 02 Sep	-	01:00	07:22	13:21	19:45
Thu 03 Sep	-	01:44	08:06	14:02	20:27
Fri 04 Sep	-	02:26	08:47	14:41	21:07
Sat 05 Sep	-	03:05	09:25	15:18	21:45
Sun 06 Sep	-	03:43	10:02	15:54	22:22
Mon 07 Sep	-	04:20	10:37	16:32	23:00
Tue 08 Sep	-	04:58	11:14	17:11	23:38
Wed 09 Sep	-	05:37	11:54	17:54	-
Thu 10 Sep	00:19	06:19	12:38	18:43	-
Fri 11 Sep	01:04	07:07	13:30	19:38	-
Sat 12 Sep	01:55	08:01	14:29	20:38	-
Sun 13 Sep	02:52	09:03	15:32	21:39	-
Mon 14 Sep	03:54	10:05	16:32	22:37	-
Tue 15 Sep	04:56	11:04	17:29	23:33	-
Wed 16 Sep	05:55	11:58	18:21	-	-
Thu 17 Sep	-	00:26	06:50	12:50	19:12
Fri 18 Sep	-	01:17	07:42	13:39	20:02

## Privet

Spring is upon us and those of us with asthma or respiratory illness will be dreading spring and the flowering of privet.

There are two main types of privet that are a pest in New Zealand that cause the most trouble to us all and they are Chinese privet and Tree privet. Both produce copious numbers of small white flowers with a strong pungent odour, and pollen that is cloying and can make it hard to breathe.

Many privet grow on roadsides and end up being ignored as nobody is sure what to do with them but New Zealand Biosecurity Services can help. Our team can come to your property and get rid of your privet easily - either chop it down and put herbicide on the stump, or kill the tree standing. Please contact us on 09 447 1998 to talk to one of our team.



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# Build New

## Choosing the right white for your walls

While it may seem far-fetched to some, there are many different types of white. Each variation can have a striking effect on your decor, so it's important that you choose the best shade to suit your interior design. From warm tones to stark styles, white has a huge range of potential uses, and selecting the right white in your home can be difficult. With so many subtle shades and different temperatures to choose from, knowing which paint will best suit your walls takes an educated eye.

Fortunately, there are a few simple rules you can follow to ensure your rooms are painted the ideal shade of white. Here are four quick tips to help you choose the right white for each room in your home:

**Know the mood** - There is a fine line between introducing a white into the bedroom that conjures up an atmosphere of rest and relaxation or painting your walls a sterile and bright shade. A good place to start when selecting whites is the temperature. Imagine brighter tones are like an ice-cold glass of water - drinking this is likely to perk you up and give you energy. In contrast, a warmer white is much like a mug of tea - less stimulating but very comforting. Deciding what



the room will be used for is perhaps the most important aspect of choosing the right shade of white. Depending on where you are painting, your white needs to reflect the purpose of the area.

**Establish your style** - When painting, you will likely have a particular style in mind. While white is a neutral tone, this colour can make or break your decor, so it's important to complement the chosen design with the right shade. For instance, a modern and abstract lounge is better supported by a cooler hue, while classic and country designs should be given warmer backdrops. It is therefore vital that you decide on your room's intended style before you select the paint for the walls.

**Complement the ceiling** - If going for a white-based decor, don't forget the ceiling. When your walls are painted in a neutral tone, the ceiling can become an integral part of the overall look and feel of a room. Leaving the classic colour on the ceiling can drastically alter how the whites look on your walls, so consider giving the ceiling a lick of paint while you are doing your walls. Ceilings are naturally darker than your walls, so using a lighter version of your wall colour is a good place to start to lighten the room and achieve a cohesive design.

**Try, try, try again** - It can be tricky to get colouring right the first time. Try a few Resene testpots on a large piece of A2 card leaving a border around the edge and then move from wall to wall at different times of the day and night to see what works best. By testing a variety of hues, you can train your eye to see the subtle differences during different times of the day. View the large A4 swatches of the paint colours at your local Resene ColorShop. Slip a piece of printer paper in between the samples - it will help you to see the underlying tone of each colour. If you're finding all your choices are

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**Wood Valley Wonderland!**

**\$1,185,000**

House 186m<sup>2</sup> | Section 18510m<sup>2</sup> | 3 | 2.5 | 2 | 2



**Tick The Boxes In Huapai**

**\$890,000**

House 144m<sup>2</sup> | Section 357m<sup>2</sup> | 3 | 2 | 1 | 1



**Architectural Kiwitahi Haven**

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House 207m<sup>2</sup> | Section 297070m<sup>2</sup> | 4 | 2.5 | 1 | 2

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

Contact Dean Pritchard for more information  
027 471 1886 | 0800 020 600 | deanpritchard@signature.co.nz

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# Build New

clashing with your existing paintwork and it's tricky to imagine going lighter, it can be a good idea to paint one coat of white over the entire surface. This will give you a clean slate so you can choose your new colour without the old colour distracting you.

When you build a Signature Home you have your own interior designer and colour consultant to help you choose the right white (or any other colour you are dreaming of) to take the guess work out.

View our range of Plans and House & Land Packages online or in the Kumeu office. Call our team at Signature Homes West Auckland to discuss your options; obligation free 0800 020 600 [www.signature.co.nz/west](http://www.signature.co.nz/west).

## Why choose G.J.'s

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

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

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

We can even help you find a section or unique lifestyle property,

sort out finance and payment terms to make it as simple as possible.

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

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

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

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

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

## \$85 = Exposure for a month

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

# We're locals like you



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

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



09 412 5371 [gjjardner.co.nz](http://gjjardner.co.nz)

**G.J. Gardner.** HOMES

# Pets

## Tips to avoid dog bites

Here are a few tips and myth busters that you may NOT be aware of.

A wagging tail - many of us have been told that this is a sign that the dog is happy. Unfortunately this is NOT always true. Research has shown us the tail wagging only shows that the dog is engaging with something in its environment. They could be engaging in a positive or negative way. You need to look at the whole body not just the tail.

Rolling on its back - again many of us think this is because they want their belly rubbed. Again NOT always true. They are actually telling us that they are scared and small so please don't hurt me.

Bringing you their toy - yes they are showing you their toy and may want you to play with them. But this is NOT always true and if you go to take the toy or pick up the ball they may try to snatch it back which could result in a bite. Remember that we all train our dogs to different commands so there may be certain rules that need to be followed or commands given when playing with that particular dog.

Always ask permission before you interact with any strange dog - this means ask the owner if you can pat the dog. You do not know the dog; his likes or dislikes. You may be wearing a hat and the dog is scared of hats, carrying an umbrella or he may just not like strangers. If the owner says no, don't be offended, just move on and ask the next person if you can pat their dog. By asking permission you are also letting the dog know you are there so if you are allowed to pat him he won't get a fright.

Which brings us to the next point.....

Side and Back - remember where the bite end of the dog is and



stay away from the head and face. Only pat the dog on the side and back. This is especially important with children. If you have a child (or anyone) approaching a dog head on to pat it and the dog does not want to be touched and decides to have a bite, the child's face is right next to the dog's mouth. The majority of bites to children are on their head and face. If they are standing to the side of the dog to pat its back then if the dog doesn't like it he can move away. Worst case scenario he may bite the hand but the child's face is nowhere near the dog's.

Stand like a Tree - We regularly get people telling us how dogs run up to them and the first reaction if you are scared or don't like dogs is to run or turn you back and move away. We recommend you stand like a tree. Hold your elbows and look at your feet. Do not move. What you are trying to do is to be as boring as possible to the dog. Any sudden movements or running away make you more exciting. If you run, you may instigate play or prey drive.

Please contact me if you have any questions or if you know of an organisation that could use our assistance.

jo@dogsafeworkplace.com or www.dogsafeworkplace.com.

## On-location pet and family photography

Never work with kids and animals. That's what they say anyway. I'm the crazy one that absolutely loves taking on that challenge! I run a little photography business called Dog&Co Photography and specialise primarily in pet portraits, as well as involving pets in family and occasion photos such as engagements, maternity, and pre-wedding photos.



I am based in Taupaki, but don't have a studio as my passion lies in on-location photography, and using natural light to create vibrant portraits in my unique style. And why not utilise all of the stunning locations we have in Auckland. We are especially lucky out West with amazing spots like Bethells and Muriwai beaches, Riverhead Forest, Sanders Reserve and more.

In an age where everyone has the capability of taking their own photos thanks to the cameras in our phones, I make it my mission to take and hand-edit images in a way which I call photographic art. They are images which can't be achieved through a simple phone camera, and images which are begging to be hung up on your wall

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# Pets

at home! I love being able to create art which families are able to treasure forever.

Have a look at the gallery on my website to check out some of my favourite past photo shoots, and don't hesitate to get in touch to discuss booking your own pet photography experience! I also do gift vouchers if you are looking for something special for a loved one. Website: [www.dogandco.nz](http://www.dogandco.nz) Email: [kirsty@dogandco.nz](mailto:kirsty@dogandco.nz).

## Kanika Park Cat Retreat

Getting your cat ready for spring.

Shorthair cats shed just as much as longhair cats. The fur is more noticeable for longhair cats. It's also a natural part of thinning out their winter coats. Shedding will make your cat feel better



When more hair starts to show up, consider brushing your cat more frequently. A brush, comb, mat remover, or grooming glove used for a few minutes every day will help collect dead hair. It's important to note that unusually high shedding may be a sign of a bigger problem, such as a skin disorder, stress, etc. In these situations, consult your vet

And while it's likely be an unpleasant experience, you should also give your cat a bath from time to time as well to keep her skin, undercoat, and main coat fresh and clean. Taking these steps as spring approaches will help expedite your cat's shedding and keep her feeling great.

Spring is also a time when unwanted insects start to arrive – ticks and fleas, in particular. Fleas and ticks can affect humans, too, and the last thing you want is to have your cat suffering as well as your household

P 09 411 5326, email [info@kanikapark.nz](mailto:info@kanikapark.nz) or visit [www.kanikapark.nz](http://www.kanikapark.nz).

## Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai.

Can you spare two or three hours once a week?

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

Donations appreciated at [www.thenzcatfoundation.org.nz](http://www.thenzcatfoundation.org.nz). Phone 09 412 2636 or 021 929 999 for further information.



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# Food & Beverages

## This cuts the mustard

Mustard has been around since time immemorial and has an amazing reputation in culinary applications as well as traditional herbal medicine. Hailed by the father of medicine himself Hippocrates, mustard is credited with improving digestion, assisting diabetes management and balancing fluids.

NoShortcuts Mustard Pickle is low in salt and complements ham, bacon and corned beef; delicious with strong cheeses, sausages and mash and is a tasty favourite in sandwiches.

There are no artificial fillers, flavours or preservatives and every jar is packed full of fresh seasonal vegetables; it's handmade - just like mum made.

NoShortcuts produces for today's time poor yet health conscious and environmentally aware consumers, a range of traditional chutney, pickle, relish and jam that is wholesome, real food, in the fast and easy convenience of a recyclable glass jar.

For more info, go to [www.noshortcuts.co.nz](http://www.noshortcuts.co.nz) or follow Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.



## Natural laxative liquorice and molasses balls

These tasty bite-sized treats are a great natural way to relieve constipation. Both liquorice root and molasses have a gentle laxative effect on the colon. These are easy to make and can be stored in an airtight container in the refrigerator for up to a month.



Ingredients: 2 tablespoons liquorice root tea (100% dried liquorice herb), 2 tablespoons non-sulphured molasses, 1 teaspoon coconut, and approximately 4 tablespoons of additional coconut to roll the balls in.

Method: Mix all of the ingredients together except for the additional coconut using a small bowl. You may need to add a little more coconut if the mixture is too wet or a little more molasses if the

mixture is too dry. Take a small amount of the mixture, equivalent to about the size of a large blueberry, and push the mixture together between your fingers to form a ball, then roll the ball in coconut. Wash and dry your hands after every 4 or 5 balls as the mixture is quite sticky.

Directions: Chew 2 balls well, then wait at least two hours before having another 1 ball.

Liquorice root, (*Glycyrrhiza glabra*) is a great natural sweetener and can be used in cooking and baking, also to sweetener hot drinks and taken as a tea on its own. The root of the plant is harvested after approximately two years of growth and it is dried then cut or shredded for both medicinal and culinary use.

Warnings & contraindications: This recipe is suitable as a short-term solution to constipation - if symptoms persist or you have a history of constipation, please consult your healthcare professional. Long term use of liquorice root is not recommended due to its potassium-depleting effects. Please check our website for a full list of warnings and contraindications before you purchase liquorice root.

Liquorice Root Tea (certified organic) is available from our website: [www.NewZealandHerbalBrew.co.nz](http://www.NewZealandHerbalBrew.co.nz).

## Allely Estate's tips for a brilliant work Christmas party

Whether you believe in the big man in a red suit or not, Christmas parties are definitely something to look forward to. A work Christmas party is a great opportunity for colleagues to blow off some steam, celebrate the end of a MASSIVE year, and enjoy each other's company outside of the office. It's also a great way for employers to say thanks for the past 12 months, in particularly trying circumstances (we're looking at you, NZ lockdown!).



Having held tons of Christmas parties at Allely Estate over the years, we've got a few tips we can share on what makes for a successful Christmas party. Here's some things to consider:

- Want to do something more formal, at night? You can go as full-on as you like! We have had businesses choose a sit-down silver service meal, complete with awards ceremony, while others have gone for a fun dress-up theme, a DJ, and a big night on the dancefloor. We can bring in karaoke or entertainers (comedy, impersonators, you name

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# Food & Beverages

it!) or you could opt for the full casino set up - when we can't get to Las Vegas, we can bring Las Vegas to us.

- How about a day event? Choose the right venue and you have sooo many options here. Create a relaxed festival vibe with music, bean bags and garden games. Have a high-tea or long Italian lunch under the trees. Make up your own wine festival, with bottles from the local vineyard. Kill two birds with one stone and pair team building games with a gourmet BBQ and speeches to close. Just remember to provide sunscreen!

- If you're using your work Christmas party to recognise people, do it early on. Do your speeches, thank yous, prizegivings or gift-giving early on, before the festivities hit full swing. This is your chance to talk to your company about the year gone, the year ahead, the contributions made and what they should be proud of. Do it early to make sure you have their full attention - and memory.

- Don't underestimate games. Entertainment is great - giving people something to do eases the social awkwardness for many and can help temper the drinking. There's heaps of great non-creaky games you can get now, like Kubk, boules or large Jenga or Connect 4. Go hard and turn it into a tournament for some easy team-building fun.

- Make sure you pick the right sized venue for your team. Too big and it feels like no one wanted to come to your party (awkward); too small and it looks like you went cheap. Having your party at work is often a cost-effective option but some people can never quite relax at their workplace while others sneak off to "send a quick email". Treating them to an off-site celebration will have them talking for months.

- Get someone else to organise it. Things like this can be a thankless time-sucker, right when you have a tonne of others things on your to-do list. Look for a venue that will help you organise everything, so you can put down the clipboard and enjoy the party too.

See [www.allelyestate.co.nz](http://www.allelyestate.co.nz) for the rest of our tips on how to hold a Christmas party that's memorable - for all the right reasons. And if you're looking for a special end-of year function, we'd love to help - contact us with ideas, dates or for a tour of our beautiful estate.

## Soljans

Dobro Došli! Join us for the first themed dinner in our new monthly series - Croatian night. Journey back to our homeland of Croatia through a delicious four course set menu, designed by our award winning Head Chef, Paul Reid.



## Kumeu Huapai

# PANELBEATERS

**PHILIP GRIMMER**  
 Ph/Fax: 09-412 8054  
 Mobile: 027-498 7727  
 Email: [khp@xtra.co.nz](mailto:khp@xtra.co.nz)  
 PO Box 737 Kumeu  
 280 Main Road, Kumeu, SH 16



Experience the traditional tastes loved by the Soljan family for generations, and now, shared with you.

Bookings are essential so head to our website to check out the menu and book now [www.soljans.co.nz](http://www.soljans.co.nz) or call us on 09 412 5858.

## Peko Peko

It's been such a difficult and uncertain year for many of us. But we are lucky enough that we could keep running our business with your support. We take pride in continuing to serve our community quality Japanese food, our food is all house made and we only cook fresh by order so you are able to have our food in the same quality with our takeaway option. Please check our Facebook and Instagram page for any changes. Thank you for your support and we look forward to having you. 102c Hobsonville Rd. 09 416 1197.



## Drink my coffee

Hello, I am Rohan Everett-Thomas from Drinkmycoffee. We are creating employment opportunities for people with disabilities, by roasting and distributing premium coffee.

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# Health & Beauty

## New staff member

Hobsonville Optometrists has been gifted this wonderful Labrador from the Blind and Low Vision Association.

Nina is almost 2 years old and other than avoiding very small children, she is perfect. She is our front person - she meets and greets when she isn't asleep.

We invite you to visit us all - and book an eye exam too.

413A Hobsonville Road, Hobsonville. Phone 09 416 3937.



## It is not a fad

It is not a fad. It is not a phase. It is not just about now.....

It is about today, tomorrow and every day after that for the rest of my life.

This is my lifestyle choice.

My choice to have a body that I love, feel confident in and that can keep up with daily life & all its demands.

My choice to have a body that I know is healthy, fit & strong to be able to do the things I love, have adventures and create amazing memories. To be able to handle both pregnancy and all the things after giving birth too. To be able to keep up with my kids & grandkids. To be able to still compete in races for many more years to come. To be able to run alongside my kids as they compete in races. To be able to wear any outfit with confidence and a smile that lights up the room.

Most of all - to be 90yrs old and still running/hiking & taking on new adventures without 'old age' holding me back.

I want to be that 90yr old that people go 'WOW! How does she do that?' - In fact I want to be that person that lives every to the utmost because every day is worth living like that!

I have been there and done the fads & phases many of times over the years. I know how easy it is to get wrapped up in the excitement of the moment, jump in 150% right from the start. I also know how hard it is to make such a dramatic change, struggle to 'eat right'



when everything you are told to eat is super \$\$\$ or specialty items that are hard to find or take mega loads of time to prep. It's not easy to stick to, it's not easy to maintain and within a month or two it's over - and the toned results are nowhere to be seen.

It's about keeping it simple, real and adaptable to your life so that no matter what life throws at you or how your life changes, you can stay on track and keep creating the fitter, firmer, stronger, healthier you, that like a fine wine is only getting better with age ;)

Ready to get started on your new lifestyle to your fitter, firmer, healthier, stronger you?

Email [melissa@benefityou.co.nz](mailto:melissa@benefityou.co.nz) or check out my website [www.benefityou.co.nz](http://www.benefityou.co.nz).

## Bunions

Do you suffer from painful bunions? Or have pain in your big toe joint but not sure why? Can't figure out how to relieve your pain? Or daunted by surgery? We may be able to help you!



What are Bunions?

Bunions, clinically referred to as Hallux Abducto Valgus, are defined by the movement of the big toe moving towards the smaller toes. The misaligned joint puts abnormal stress and load on the big toe joint which leads to an inflammation of the overlying bursa. A Bursa is a fibrous sac which sits between the bone and tendon and acts as a protective cushion. A bunion becomes painful when the bony deformity progresses in angulation and the bursa becomes inflamed. This leads to swelling around the bunion, redness and pain.

A bunion has progressive stages and the associated symptoms can vary from person to person. In the early stages a bunion can be flexible and have no associated pain. However, over time the ligaments and tendons surrounding the big toe joint can shorten and lengthen accordingly. This eventually leads to a fixed positioning of the bunion and can have pain associated with it.

What Causes Bunions?

Incorrectly fitting footwear can contribute to formation of bunions. Narrow shoes place increased pressure on the big toe joint which can lead to increased inflammation and pain of bunions.

Familial history has been shown to contribute to the development of bunions as foot type (shape and structure) is hereditary, and some foot types are more prone to bunions. Inflammatory conditions such as gout, rheumatoid arthritis and septic arthritis cause



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Level 1, 124 Hobsonville Rd, Hobsonville, Auckland 0618

# Health & Beauty

trauma to the joint and can result in the development of bunions. Biomechanical abnormalities such as excessive midfoot pronation and hypermobility can also lead to overloading the big toe joint and cause soft tissue stress and possibly joint damage.

What are my treatment options?

Many people believe surgery is the only option for bunion treatment, however, depending on the stage and severity of your bunion there are many ways to reduce pain prior to opting for surgery. The sooner conservative measures are implemented, the better results are likely to be. Treatment revolves around creating stability for the big toe joint, this is achieved first through changes in footwear and orthotic devices, then through addressing weaknesses and tightness in the muscles of the foot through exercises. In some cases, foot mobilisation of the surrounding foot joints is indicated to help loosen and reduce pressure on the big toe joint.

If you are concerned about your bunions or have pain in your forefoot but you're not quite sure what it is, give us a call at Hobsonville Podiatry - 09 390 4184.

## Need a new pillow? Consider this first

Choosing a new pillow is tough. There are tons of different brands, materials, prices and shapes of pillows out there. But which one is best for you? If you are currently on the lookout for a new pillow and not sure which one to get, then the question you need to ask yourself is, 'What is my preferred sleeping position?'

Once you answer this question, you can then narrow down your choices. Each of the 3 main sleeping positions (front, back and side sleeping) require a slightly different pillow to get the best support.

To find out more about this you can watch the video on our website, [www.elevatechiropractic.co.nz](http://www.elevatechiropractic.co.nz). We also have a detailed eBook all about choosing the right pillow available from the website. Download it today.

For more information or to make an appointment, call the clinic on 09 413 5312.

## Life's ups and downs

We all experience ups and downs. For many of us the down times help us appreciate the up times. Without a cold rainy winter, we can't appreciate a hot sunny summer day. Without the darkness, we would not know what light was. The recent reduction in our freedom with Auckland going into Level 3 COVID restrictions has

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

Shoe Talk Ltd: 401A Great North Road, Henderson, Ph: 09 835 9936  
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[www.shoetalk.co.nz](http://www.shoetalk.co.nz)

certainly been a down time for many people.

How well we tolerate that down time can depend a lot on our perspective. This lock down might burst into a beautiful spring season. Like a sprinter huddling down into a small ball, we will be bursting out of the blocks and racing down the track again shortly.

Personally, I know my life gets out of balance from time to time. I have two children based in Australia and it is difficult to have gone so long without being able to visit them or for them to visit us. I am getting hug-withdrawal. But I know we will eventually get control of this pandemic and our family will be reunited with great joy.

Extra Support

While perspective is very powerful, sometimes you need a bit of help to get through. If you or someone you love needs an extra support to get through these up and down times, then pop into Massey Unichem Pharmacy and talk to our Pharmacist Health Coaches. We have lots of nutrients that can support your health and well-being and give you a boost to see you through. Like tyrosine to give you a boost of dopamine. Or SAME to quickly uplift your mood. Or theanine to calm your farm. We are open no matter what level we go to. Feel free to message us through our website or to order products through our website if you prefer to stay away: [www.MasseyPharmacy.co.nz](http://www.MasseyPharmacy.co.nz).

We have your back. Martin Harris 396 Don Buck Road, Massey 09 833 7239.

## Broken dentures? We do same day repairs

Often we get asked about broken dentures that the person has tried to glue back together but it doesn't seem to hold. Can this denture be repaired? In most situations yes, this can be repaired depending on the severity of the damage. The worst part of the glued denture is not the damage done but rather the harmful chemicals that are

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# Health & Beauty

in the glue; this isn't healthy! The good news is that even when the denture has been broken and glued back several times in the wrong position, sometimes we can re-orientate the broken pieces in the right position with an impression of your mouth. People often think that it's too far gone to be repaired if it's been glued but this isn't necessarily true.

Dentures that are constantly cracking or breaking may need to be reinforced with something stronger than the high-impact acrylic the dentures are constructed of. If you are wearing a full denture, you can do this by reinforcing the denture with a cobalt-chrome alloy: none of which is visible when you smile. When it comes to partial dentures that break frequently, these too can be made from cobalt chrome to allow greater strength and thinner feel.

We do same day repairs meaning you do not need to go overnight without your dentures.

Call us at DT Denture Clinic for a free consultation 09 416 5072.

## Forget Happy Feet...this is smart feet

Some clever people have created a smart insole that instantly turns any shoe into a portable gait-analysis laboratory.

The work could benefit clinicians by providing a new way to precisely measure walking function in patients with movement disorders or musculoskeletal injuries, in their living environments. The technology could also lead to significant advances for athletes, by helping them improve their running technique. A real time analysis in a real world environment!

Taking a single step might seem simple, but capturing reliable information about a person's gait in real-life environments remains a major challenge for clinicians. Gold-standard gait-analysis technologies, such as camera-based motion-capture systems and force plates, are expensive and can only be used inside laboratories, so they offer few insights into how people walk around in the real world. Emerging wearable technologies such as smart shoes, pods, and insoles can potentially overcome this limitation, but the existing products cannot provide accurate gait data.

However this smart insole can deliver real-time data on the length, speed, and power of a wearer's stride with better accuracy than existing foot-worn technologies -- and at a fraction of the cost of traditional laboratory equipment.

This smart insole uses accelerometers and gyroscopes to monitor its own movement and orientation in space, and an array of force sensors to detect foot pressure, allowing it to capture 500 readings per second -- around 5 times smarter and faster than present day analysis tools.

Outside the shoe those 500 measurements per second get fed into a Brainiac algorithm narrowed down to just a few key features and voila!, the perfect gait analysis is born giving an accurate representation of the wearers foot strike in real time.

This insole also works regardless of whether the wearer is walking or running, and generates accurate results without requiring calibration or customization for individual users. It even works with children as young as three years of age and elderly.

This previous level of gait analysis would cost upwards of \$1000 a session however this new smart sole is a tenth of the cost at \$100 for an off the shelf insole.

This unobtrusive, wearable gait monitor could help researchers optimise treatments for people with movement disorders, allow remote monitoring of vulnerable populations, or offer important insights into the safety and efficacy of new treatments that might affect gait and balance or give athletes the extra 1% in performance analysis which may be the difference between gold and silver at the Olympics.

Story Source: Stevens Institute of Technology

Level 1, 124 Hobsonville Road, Hobsonville, Auckland. Phone: 09 416 4455. Book Online: [physio@hobsonvillephysio.co.nz](mailto:physio@hobsonvillephysio.co.nz).

## Seven clear giveaways your child may have vision issues

Studies show that 80% of information presented at school during a child's learning is through visual means - therefore it is of the utmost importance that they are able to see clearly and comfortably. But determining vision problems with your child can be tricky, so we have assembled a few clues you can watch for:



1) Straining/squinting: If your child is straining or squinting to see clearly, chances are there is some level of defocus or prescription in their eyes.

2) Sitting close to the TV.

3) Lack of interest in reading: When eyes are not focusing correctly it requires a great deal of effort to focus on finer detail, for children this generally means they aren't able to concentrate on what they're reading, let alone enjoy it.

4) Frequent headaches.

5) Using a finger to guide, or often losing their place whilst reading.

### Take Your Eyes to For Eyes!

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# Health & Beauty

6) Covering one eye or turning their head to focus: if your child's eyes are conveying two different images, it gets very confusing for their brain, which will then struggle to produce one clear image. Closing one eye shuts out one of the conflicting images, which will in turn make their overall picture clearer.

7) The appearance of a white reflection in their eyes, most noticeable in photos: it is perfectly normal for the reflective light in photographs to appear red. However, if you are noticing on more than one occasion that one of them appears white, or lighter in colour this could indicate a focusing or misalignment issue.

So those are our helpful hints. If one or more of these are ringing a bell phone the friendly team at Westgate Optometrists on 09 831 0202 to arrange an appointment. Located at 4/46 Maki Street. Opposite NorthWest Shopping Centre and the Kiwibank, around the corner from Goode Brothers Restaurant.

## Free dental for teens

All eligible teenagers in New Zealand are entitled to one free dental check-up per year. From a registered provider, this free dental includes annual check-ups and x-rays, teeth cleaning, scaling and polishing, fillings, root canals, non-orthodontic tooth extractions and preventative dental treatments like fluoride or fissure sealants.

What's also important at these annual appointments is to teach your teenager how to take care of their teeth by showing them the right brushing and flossing techniques. The aim is to set them up with good oral hygiene habits they will have for life.

So take full advantage of this free dental care for your teen. Make sure your dental provider is covering off all the bases and setting them up with good oral hygiene techniques. It can go a long way towards reducing the risk of any major dental issues developing.

For family, general and cosmetic dentistry, orthodontics, dental implants, tooth extraction, oral surgery and more, contact the friendly Fraser Dental team on 09 416 5050.

## Invest wisely

It is no secret that we live in a time where technological advancements, business entrepreneurship and the never ending buzz of social media entice us toward investing our money and time into a variety of products and trends. Whether it's the newest




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smartphone or designer clothes we are constantly drawn to the latest "thing" that's revealed to us. But what if there was something you could invest your time or money into that could add greater value to your life? Something that is more fulfilling than transient products or trends? Something that has been right in front of you all along? That something is YOU, Y-O-U! More specifically invest in your HEALTH. Seek treatment for the pain you have been experiencing, get back to the gym, start your own organic vegetable garden, meditate, achieve a new personal best, and take up yoga. Whatever it is that you do, the more you invest your time and money into your own personal health and wellbeing, the happier and healthier you will be! If you want to overcome those aches and pains that are holding you back and you want to live life to the fullest, then the team at Hobsonville Chiropractic Centre are here to help! Phone 09 416 7589, 295 Hobsonville Road, Hobsonville, Auckland.

## Cancer Rehab Awareness Week

7 - 13th September 2020. There are so many people missing out on cancer rehab services due to a real lack of awareness. This has to change to minimise the risk of preventable long term disability and suffering for anyone affected by cancer. The side-effects of cancer and cancer treatment are real but often it's only the survivors and their loved ones who know the ongoing difficulties cancer treatment can bring.



Difficulties that can be helped, if only people knew.

No one should be left to rehabilitate from the effects of treatment

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# Health & Beauty

alone.

With your help we can help more people live MORE and fear LESS after a cancer diagnosis. No one should miss out.

Contact Laura (certified PINC & STEEL cancer rehab physiotherapist) at NorthWest Physio+ on 09 412 2945 to find out how she can help you!

## Sparkling white teeth - just one phone call away

If you have found yourself indulging in colourful eating over the level 3 lockdown, don't worry you are not alone. Delicious curries, yummy coffees and deep red wine can stain your teeth rapidly. Luckily Kumeu Dental is here for you. We have four amazing options tailored to suit all different types of patients:



**The Professional Package:** In-office whitening achieving instant results for when you're too busy or have an event tomorrow.

**The Boost Package:** Take-home whitening when you're in control & can take your time.

**The Premium package:** In-office whitening (instant results) combined with the take-home kit for optimal pearly white results.

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Why not come in for a free consultation with Kumeu Dental's whitening guru oral therapist, Ashley and she will take care of you and put you on the right sparkly white path. Depending on your teeth sensitivity and the results you want to achieve Ashley will recommend an option that will suit you best.

Call Kumeu Dental on 09 412 9507 to have all your questions answered.

## Kumeu Gym Shape Up For Summer - 8 Week Challenge

\$5,000 prize package - summer's coming and it is time to banish the winter wardrobe and come out of hibernation!

Kumeu Gym 24/Seven's Shape Up For Summer 8 Week Challenge is designed to build confidence and break those bad habits we've acquired over winter. This challenge is not only based on weight loss but also your increased in fitness and strength.

This challenge has something for everyone.

Now's the time to achieve your ultimate health, fitness and wellbeing goals.

What's included in the programme? Full Body Composition, beginning, midway and end. Fitness and Strength Tests beginning and end. 8 x Weeks Access to "S.M.A.R.T. Personal Training" (valued at \$480.00 - check out [www.kumeugym.co.nz/smart-training](http://www.kumeugym.co.nz/smart-training) for more info. 8 x Weeks Gym Membership. Meal plans. All Group Fitness Classes. Team challenges. Individual challenge. Weekly Tasks to keep you motivated throughout your transformation journey.

Get the inner body you desire and you could WIN \$5,000.

What will it cost? Upfront payment: \$395.00 - per person (10% discount). Direct Debit: \$56.00 x 8 Weeks - per person.

Shape Up For Summer challenge runs from Saturday 3rd October to Saturday 28th November - Information Night: Tuesday 29th September - 6.00pm.

Register your interest, join up or for more information check out our website [www.kumeugym.co.nz/8-week-challenge](http://www.kumeugym.co.nz/8-week-challenge).

Kumeu Gym 24/Seven - Your Fitness Evolution

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# Your brand + your message = your success

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

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

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

In response to advertiser demand we offer the following options:

## **Business Card Advertising:**

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



## **Display Advertising:**

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



## **Front Cover and Inside Page:**

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

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



Contact us today at [editorial@thewesterly.co.nz](mailto:editorial@thewesterly.co.nz)  
or phone John Williamson on 021 028 54178 or  
email [jbw51red@googlemail.com](mailto:jbw51red@googlemail.com)

# Area Columnists

## New 1,200sqm cafe set to be one of region's largest

A new 1,200sqm cafe set to open in the coming weeks will be one of the region's largest according to its owner.

The 340 seat Perch cafe will be located on the second level of the Nido homeware store in West Auckland.

The cafe is capable of preparing and serving meals for more than 1,500 customers a day and will employ 24 locals.

Vinod Kumar, CEO of Nido, says the opening of the cafe is a necessary addition to the company's homeware and furnishing product range.

"The sheer size and scale of Nido mean we are seeing customers already spending at least an hour in the store and with the opening of the second level, this will increase to an average stage of more than two hours.

"What we are finding is that customers are working up an appetite while browsing over 4km kilometres of product aisles - the opening of Perch is a natural extension to meet that need in store.

He says the cafe will be a welcome boost for the local food service industry as well as employment in the hospitality sector.

"Our coffee kiosk is already making up to 200 coffees per hour and Perch is expected to serve thousands of affordable meals each week.

"As an example of how this will benefit local food and beverage suppliers, we have a machine which is capable of cutting a tonne of NZ grown potatoes into fries every five hours and we expect to purchase over half a tonne of fresh produce every month along with 15,000 beverages.

He says the cafe will serve a wide range of iconic Kiwi dishes including bacon and egg pie and fish & chips.

An opening date for Perch will be announced in the coming weeks.



## No more nasties

Since early August none of Countdown's in-store baked goods have contained artificial colours or flavours after a three-year project to eradicate nasties.

More than 60 products have been changed in a move Countdown says was sparked by Kiwis' growing demand for more natural products and a desire to know what's in their food.

Countdown's nutritionist, Deb Sue, says customers will definitely notice some colour changes as natural colours are more subtle than their fake friends. However Countdown has undergone months of testing to ensure alternate natural ingredients don't sacrifice taste, overall appearance and shelf life.

"Kiwis have come to expect the bright vibrant colours of artificial dyes, so there will definitely be some noticeable visual differences due to the paler nature of natural colours," says Deb Sue.

"A good example is the jam filling in our popular lamington logs and cream buns, which previously had a lurid pink filling which was clearly artificial. Our jam now is coloured by the fruit in the jam plus pigment found in carrots and colourful vegetables."

Countdown has reformulated more than 60 per cent of its range, with the rest of the range already being free of artificial ingredients, and is believed to be the only national bakery to bake without artificial flavours or colours.

Some further changes include:

- Spiced apple filling (used in muffins and crumble cake) now only uses natural flavouring from cinnamon and New Zealand apples.
- Lemon curd filling (used in muffins and crumble cake) is now both coloured and flavoured with natural lemon.
- Sage and onion relish (used on a panini) now uses mustard and caramelised sugar to create a rich brown colour in the relish.
- Other natural colour replacements include a darker cocoa powder, carmine, burnt sugar, blackcurrant juice, paprika and tumeric, and natural vanilla extract has replaced the artificial vanilla flavouring.

"We hear more and more concern from our customers about artificial flavours and colours. We've removed them from all of our packaged own brand products, and I'm really pleased to bring this thinking into our freshly baked goods too," says Deb Sue.

In 2017 Countdown set a number of targets around the reformulation of Countdown's own products to reduce sugar and salt, and help Kiwis make healthier food choices. Currently 99 per cent of Countdown's own brand range displays the Health Star Rating, and 53 per cent of these products have a Health Star Rating of more than 3.5 stars.

## Zero waste

Auckland welcomes a \$10 million investment in new zero waste infrastructure.

Resource recovery diverts valuable materials from landfill for a second life.

Auckland Council welcomes the Ministry for the Environment announcement of \$10.67 million for improvements to the Community Recycling Centres as part of the Resource Recovery Network across the Auckland region.

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# Area Columnists

This \$10 million Central Government funding will fast track the effectiveness of Community Recycling Centres through developing fit for purpose infrastructure. It will expand employment by increasing the volume of materials and the number of related activities they can undertake to work towards zero waste.

Mayor Phil Goff said the \$10.67 million would be invested in capital projects across Auckland to make its resource recovery network more effective. "Sending stuff to landfill wastes valuable resources that can be recycled and reused; it also contributes to climate change by creating carbon emissions," he said.

"This investment will fast track the effectiveness of the Resource Recovery Network by building fit-for-purpose sites to enhance resource recovery activity towards a circular economy. It will also create around 50 jobs, much needed given the Covid-19 recession. It's about creating a sustainable environment and economy that takes account of the needs of future generations and not just our own," Phil Goff said.

## Red Hills Medical Centre opens

Red Hills Medical Centre is a family oriented medical practice with Dr Sasha Baijnath as the owner/director.

Sasha immigrated from South Africa with her family in 2006 and has provided long-term locum services to many practices in the Waikato and Auckland region.



She has decided to open her own practice as she recognises the need for GP services and would like to establish a long-lasting relationship with the patient.

Patients will be empowered to manage their health issues, while Sasha offers dedication, affordability, accessibility, professionalism and a team approach to make this possible.

It is a modern, spacious, high technology practice, located conveniently at the Red Hills Shopping Centre on the corner of Don Buck Road and Red Hills Road in Massey.

The practice staff comprises Sasha, a practice manager, nurse, healthcare assistant and receptionist.

The practice offers: A full range of general practice services including nurses' services. Opening hours 9am to 8pm except for Wednesday 9am to 5pm. Affordable, low co-payments with children under 14 free. No appointment is necessary, but you can book an appointment if you prefer. Same day prescriptions available. Virtual consults, home visits and COVID-19 testing by arrangement. Free and ample parking. The practice is wheelchair accessible. Patients will have the option to sign up for the Manage My Health portal

where online appointments can be booked, lab results can be checked, and other documents can be viewed.

The team at Redhills Medical Centre endeavours to provide excellent primary healthcare and is open to suggestions from members of the community on how to best serve them.

The practice is affiliated with comprehensive Care PHO whose aim is optimal health for all.

Phone 09 832 2999 or admin@redhillsmc.co.nz for more information.

View online via HealthPoint on the following [www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/redhills-medical-centre/](http://www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/redhills-medical-centre/)

## How to introduce meaningful work to children

Creating meaningful work for children.

Have you ever noticed your toddler's eyes light up as they watch you scramble eggs or unload the dishwasher?

For adults, these daily tasks can be boring and repetitive, but to young children, these are magical actions full of wonder, mystery, skill and precision.



Sometimes, we get so busy that we miss the opportunity to involve our young children in jobs around the house. We plunk them down with a toy so we can prepare dinner or wash the dishes, not realising these tasks are what they'd love to do the most.

With most of us stuck at home, now is a great time to pause before we grate a carrot or spread butter on toast, and give our toddlers a chance to try their hand at a new skill.

Unsure where to start? The team at New Shoots Children's Centre has created this guide to help you get toddlers involved in meaningful work around the house.

Why is meaningful work so valuable for children?

Getting to mix the cake batter is the real-life version of what your toddler is doing at their toy kitchen. This is what they've been practicing for. But while helping out with hands-on activities is certainly fun for toddlers, it is also incredibly beneficial.

Improves coordination and motor skills: Tasks with end goals help children develop their motor skills in a way that toys cannot. They learn to alter their pressure, increase their accuracy and improve hand-eye coordination.

Enhances communication: Meaningful work will help develop your

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# Area Columnists

little helper's language and non-verbal communication. A whole world of words will open up to them as you describe your task. At the same time, they will observe your subtle body language as you work together towards a common goal.

**Boosts self-confidence:** It feels pretty good when you master a task, doesn't it? Toddlers feel this too, and giving them a job to try, experiment with and perfect gives them feelings of purpose and pride, boosting their self-esteem.

How to get started with meaningful work

**Tasks for beginners -** Start small, including your children in fairly simple tasks. In an early childhood education setting, we are well prepared for a mess; at home you may want to contain the mess by having your toddler sit in a high chair, on the kitchen floor or the ground outside.

**Try:** Whisking eggs, Spreading butter on toast, Washing dishes in a bucket and pulling weeds out of the garden.

**Advanced work for little hands -** Once you and your toddler have some experience under your belts, move on to these advanced jobs which require more coordination, improved accuracy, and possibly additional patience on your end.

**Put groceries away, Unload the dishwasher, pour a glass of water, Sand a piece of wood.**

**Expert level toddler tasks -** Some of these activities require closer supervision as there's opportunity for injury. Others rely on both you and your toddler being emotionally ready, so go gently and ease off if it's too soon. Grate a carrot, Bang nails into a piece of wood, Make the bed, Fold washing.

**Tips for meaningful work at home.** At New Shoots, we love nothing more than sharing meaningful work with children, but we should also caution you to be realistic. Toddlers have not mastered the physical world and sometimes tasks don't go to plan.

Here are some tips from our early childhood teachers when taking on jobs at home:

**Go with the flow -** what excites toddlers one day might not the next. Be flexible and adjust your expectations both for yourself and your child.

**Be patient and don't expect perfection -** these tasks can require a huge amount of patience. Let children take their time with a new skill and value the process over the end product.

**Messes will happen -** remember, their coordination will not match their eagerness.

**Grow naturally -** this is about having fun, experiencing the real world and sharing a moment. Enjoy it, start small and build up naturally to bigger and more complicated tasks together.

You'll benefit too!

Despite the inevitable mess that will arise from giving your toddler real-life, hands-on tasks around the house, you will benefit too.

It will give you a new way to connect with your child, distinct from

the blocks, cars and dolls you may have tired of. Meaningful work is ever-changing, dynamic and necessary, so these jobs won't feel repetitive the way playing with toys might.

You'll also start to see the world through your toddlers' eyes, and take pleasure in seeing how happy they get when they try something new.

If you're interested in learning more about New Shoots Children's Centres, you can visit [www.newshoots.co.nz](http://www.newshoots.co.nz).

## New vaping legislation

New vaping legislation creates conflict with lockdown restrictions & panicked smokers concerned about cessation efforts

Smokers may be at risk of having their efforts to quit smoking derailed as new Government legislation conflicts with current COVID-19 restrictions.



New legislation passed recently will significantly restrict the range of vaping products available to the public through dairies and service stations in the coming weeks. At the same time, specialty vaping stores are not considered an essential service provider during a Level 4 lockdown.

Nabhik Gupta, spokesperson for NZ owned Shosha the country's largest retailer of e-cigarettes says weeks under lockdown can place additional stress on smokers.

He says they had a surge in calls from panicked customers concerned about their access to retail supplies of vaping products and the potential impact on their efforts to quit smoking.

"We know that smokers can be highly susceptible to changes in their routines or increased anxiety and when you couple this with easier access to cigarettes than their alternatives, it is easy for their efforts to quit smoking to be derailed overnight.

"The new Smokefree Environments and Regulated Products Vaping Amendment Bill came into effect August. If we are at Level 4 smokers will have reduced access to alternative products."

## Drugs and alcohol have an effect on your workers

No matter what changes to the law are made, drugs and alcohol





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# Area Columnists

impede a worker's ability to work, long after taking them.

The effects of being hungover from taking drugs or drinking alcohol becomes a major safety concern for all at the workplace. Fatigue, poor decision making, impaired vision, loss of hearing, loss of muscle coordination.

Add loss of alertness and attention to detail, and a recipe for harm or a serious injury is heightened, especially in high risk work - and driving.

It is important to note that both legal, and illegal drugs can have an influence on the ability to work safely.

Some prescription drugs warn about not using heavy machinery or driving for a specified period to avoid potential incidents. Such directives need to be adhered to.

To confirm that a person has an alcohol or drug issue needs careful and trained observation in order to avoid unsafe behaviour.

The respectful manner in which you approach your workers about such a sensitive matter needs to be addressed in advance so as to protect all parties' long-term positions and relationships.

Non action is just as dangerous.

Doing nothing may lead to a serious accident perhaps involving others.

While many organisations have in place a company policy and position on drugs and alcohol at work, and may carry out pre-employment and possibly random drug testing, companies do not realise that they can carry out reasonable cause testing.

This is "reasonable" suspicion testing, also known as "cause" drug testing.

It is performed when management or supervisors have evidence, or reasonable cause, to suspect a worker of drug/alcohol use.

Evidence is based upon direct observation, either by a supervisor or another employee.

Signs that alcohol or drugs may be affecting a worker can include: sweating, weight loss, chills or shivering, physical deterioration and/or change in appearance, excessive talking, poor coordination and concentration, lack of energy and motivation, unpredictable behaviour, arguments and sudden outbursts, withdrawal from others, increased aggression, high anxiety, apparent stress, denial of issues, depression, paranoia, frequent absence from work, changes in attitude, poor time keeping or careless and frequent accidents.

In terms of health and safety it is important that unsafe behaviour in the workplace is addressed as soon as possible in order to prevent injury.

The most powerful tools you can use to ensure everyone knows what is expected, and the potential outcomes if ignored are: Management direction, open communication, reporting channels without ramification, education.

Let's face it, we all want to head home safely after work to our families, at the end of a day's work.

For further information on health and safety aspects, please contact your John Riddell, Securo Health and Safety consultant, email [securo4@securo.co.nz](mailto:securo4@securo.co.nz) or check the website [www.securo.co.nz](http://www.securo.co.nz).

## Cashflow levers

A basic Facebook poll has shown that the biggest concern faced by businesses in my local area is the ability to pay expenses and debt repayments on time.

With cashflow being so important right now, I will be focusing on some levers you can use to improve your cashflow.

Payment of invoices by customers. The first rule: the quicker you invoice, the quicker you will get paid.

I had a plumber visit to fix a toilet. It took 7 working days to be invoiced for the job. If I had been invoiced within one working day, the plumber would have the cash in his bank account to be able to pay the staff member's wages the following week.

Other ways to get paid faster: have clear information on your invoice so that the customer knows what they are paying for, shorten your payment terms (3 days, 7 days, 30 days), put bad payers on cash in advance or cash on delivery, make it easy to pay (EFTPOS machine or equivalent, online credit card payment etc), include terms of trade on your invoice, follow up slow payers straight away, don't let it get to 60 days.

A few small tweaks will reduce the lag between doing the work and getting paid.

Reducing wastage - Another lever to create cash is having more profit left over after paying your direct costs, ie improving your gross profit.

There are many ways of doing this depending on your business. One area of focus is to reduce wastage.

Wastage comes in many forms: Unbillable time due to time waiting for materials, rework, training/inexperience, multiple visits, unclear instructions, interruptions etc. Unbillable materials due to rework, wrong materials, damage. Unbilled variations.

Find the causes of wastage in your business, and work with your team to plug the leak.

Increasing revenue - There are three ways to increase revenue: a higher price for what you are already selling, selling more products/services to existing customers and attracting new customers.

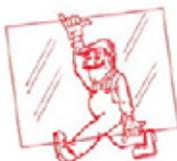
Price - When was the last time you reviewed your prices? How do your prices compare to your competitors? Unless you have a high volume business (eg KMart) you do not want to compete on price, but instead the value of your product or service. Are you eroding

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# Area Columnists

your margin by offering discounts?

Existing customers - Do your customers know everything you have to offer? How many customers do you have on your database? When was the last time you communicated with them?

New customers - I will focus more on this in future articles, but think about who your target market is, and where they spend their time. How many ways and how often can you make yourself visible to your target market so that when they are ready to purchase they already know who you are.

Ann Gibbard is a Business Success Partner with Oxygen8 Consulting. For help with improving your cashflow, growing your business, or for a free Business Diagnostic, contact Ann at [ann@oxygen8.co.nz](mailto:ann@oxygen8.co.nz) or 021 682 014.

## Community charities struggling

Large numbers of community groups are struggling to meet basic operating costs including; power bills, PPE and water rates according to new figures.

New funding application data shows the average amount of funding sought by Auckland charities to cover their current overheads is almost \$8,000. The figures also reveal that operating expenses were higher among community & wellbeing groups as well as environmental & arts charities.

Over 100 charities who have seen a significant increase in demand for their services, and are struggling to meet their operating costs as a result of COVID-19, will now receive a share of more than \$500,000 - thanks to a new emergency fund.

The diverse range of community organisations which operate in the Auckland region have applied for a grant from The Trusts Your West Support Fund to cover a wide range of expenses.

Trusts CEO Allan Pollard says the high volume of funding requests received in the past two weeks suggests many local charities are struggling to stay afloat.

"We know that the pandemic has had a significant impact on the normal income streams of community groups.

"These are organisations providing blankets, food and support services to the most vulnerable members of our community.

"What was particularly concerning to see was that many of these organisations have asked for help to cover their fundamental operating needs such as power, internet and rent.

"For many of these groups, this funding will be an essential lifeline to help them continue to support their community in a post-COVID

environment," he says.

Pollard says the requests for support exceeded more than \$1.1 million and cover a wide range of organisations including food charities, whanau-based support, elderly and youth support services, hospice as well as environmental and sporting groups.

## Whenuapai Feeds Auckland Zoo's Giraffes

In These times of Covid 19, it's great to have a "good news story"!

Living Whenuapai, the conservation and Ecology group based in Whenuapai, have this year embarked on a restoration project of the Malcolm Hahn Memorial Reserve - both the top garden adjacent to the village hall and the bush section that flows down to the waters of the Kotukutuku Inlet. Our willing volunteers have had 4 working bees clearing and spraying climbing asparagus and "re-furbishing" the hall garden. Predator control has been going on in the reserve for the past 2-3 years to improve the bird numbers and more recently 7 possums have been caught in the reserve. As a result more native trees species are starting to appear, including a lot of Totaras.

However, Living Whenuapai would like to plant more natives that will attract more birds. This has presented a challenge with the large number of wattles that continue to grow and dominate the canopy cover. Wattles are a registered pest plant in the Auckland region and as many people will notice, they take over roadside berms and areas where native species would otherwise flourish.

Keen to encourage our little corner of bush to return to native habitat, a connection was found with a Whenuapai resident and certain staff at Auckland zoo. To the delight of the Living Whenuapai group it was discovered that giraffes love wattle foliage - but a particular species of wattle - acacia longiflora - which just so happens to be the variety in this reserve!! So, a partnership made in heaven was created, so to speak, between Living Whenuapai and the folks in charge of sourcing food for the Zoo's giraffes! So, before lockdown, numerous ute loads of wattle foliage was taken away to feed these hungry lovely animals - apparently a couple of ute loads are required every 2 days to satisfy their appetites!

This process will continue once Auckland is out of level 3 and the Living Whenuapai group look forward to clearing away the remaining debris and being able to plant a healthy collection of NZ native trees in the Malcolm Hahn Memorial Reserve before the end of the 2020 planting season. Puriri, Karo, Manuka and Mapou species will be planted and we hope that one day we can all enjoy this corner of native bush in Whenuapai and the birds that it will attract. All going well our grandchildren will get the pleasure of walking through it also.

If anyone is interested in volunteering with Living Whenuapai we

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# Area Columnists

always love to have more helpers - either for planting, weeding or predator control you will find us on Facebook @LivingWhenuapai or email us at [info@livingwhenuapai.org.nz](mailto:info@livingwhenuapai.org.nz). Annette Mitchell - Living Whenuapai.

## Election 2020

It was an exciting day in history when Jacinda Ardern decided, after consultation with many stakeholders, that New Zealand will delay the election due to Covid-19 by a month to Saturday 17 October 2020.



Irrespective of Covid-19 it was going to be an engaging election due to the two referendums. Start reading about the referendums now as you can vote on whether the recreational use of cannabis should become legal. You can also vote on whether the End of Life Choice Act 2019 should come into force, giving people with a terminal illness the option of requesting assisted dying.

The right to vote is important for all New Zealanders. It is a priority of the Electoral Commission to put the people's safety first and deliver welcoming voting services for all eligible voters aged 18 and above be it in Level 1, 2 or Level 3. For those of you on the fence about voting, let me say it's important to vote, so you can have your say about how the Government runs our country.

There are a few differences with the election this year; we are opening the voting places earlier from Saturday 3 October and within Upper Harbour there is a significant increase in voting places that will be open for Advance Voting. Last term there were five voting places open in advance. In 2020 there will be twenty-three voting places open for advance voting within the Upper Harbour electorate. Mostly at schools, community centres and churches. We've also considered your leisure hours, and tried where possible, to be open late on Thursdays and during the weekend between 3 and 16 of October.

Voting places have been set up with Covid-19 considerations including increased emphasis on queue management, hand sanitiser, and distancing.

We encourage you to vote locally within the Upper Harbour electorate and as we have grown significantly in a few suburbs since the last election, namely Hobsonville Point and Scott Point. There are several new voting places including the building opposite Catalina Market and Sunderland Lounge in Hobsonville Point. We have also opened a voting place at Massey Methodist Church and Massey Community Hub.

If you need to stay home, you'll have other ways of voting including voting by postal votes so please call us on 09 414 1308 or email

[upperharbour@vote.nz](mailto:upperharbour@vote.nz) as soon as possible to get more details on how you can make that happen.

Election Day is Saturday 17 October from 9am - 7pm. If you have relatives overseas encourage them to vote from Wednesday 30 September but remember to be mindful of the dateline time difference.

At the time of writing there were 88.1% of people enrolled. If you haven't enrolled yet it's not too late, you need to be 18 years or older, a New Zealand citizen or permanent resident, and have lived in New Zealand continuously for 12 months or more at some time in your life. Head online to [vote.nz](http://vote.nz) for more details. Have your New Zealand driver licence, New Zealand passport or RealMe-verified identity handy. If you haven't received anything about the 2020 Elections in the mail yet best you verify your voting details online as your voting documents might be going to an old address.

In terms of who you vote for, well that's your decision. It's best to know who all the candidates are within Upper Harbour. By doing a simple Google search it will give you that answer, then read about their policies, join their social communities or tune into the Election debates so you can make an informed choice. There are also plenty of great news websites that help you decide.

On Election Day we'll release preliminary election results from 7pm on 17 October at [www.electionresults.govt.nz](http://www.electionresults.govt.nz). We'll count referendum votes after election day and release the preliminary referendum results on Friday 30 October.

The official results for the general election and referendums will be available on Friday 6 November.

The Electoral Commission has been both a stable and adaptable workplace during this unprecedented year. As a team my husband John and I are working on the Elections, so it means juggling our whānau. We are grateful for the employment to deliver seamless voting services to Upper Harbour and to be considered essential workers during tough economic times.

We've had the opportunity to meet and employ over 400 people from diverse backgrounds, to ensure that when you vote, the people that greet you within the Voting Place, welcome you with a smile and represent our beautiful Upper Harbour electorate.

Please enrol - vote - have your say. Christine Glover. Returning Officer - Upper Harbour.

## \$85 = Exposure for a month

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



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