

# the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report  
We all need sleep

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

The Best of Aged Care Seminar

Circulation is 10,000 print copies.

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

For enquiries/feedback contact 0800 900 700 or [editorial@thewesterly.co.nz](mailto:editorial@thewesterly.co.nz).

September 2022



## Greetings

To paraphrase Albert Einstein "an individual's value to the community depends primarily on how far their feelings, thoughts, and actions are directed towards promoting the good of fellow members of that community". This seems to look at the needs of the community rather than the individual, but clearly the key is the role of the individual in benefiting the community. This benefit is where individuals use their time to help those in the community, and in the wider sense, the ideas and inventiveness of individuals have promoted the development of society as a whole.

Belonging to a community is perhaps the most basic human need, and most aspects of everyday life, from material and even spiritual, are the product of work by other members in the community. Even language, something taken completely for granted by nearly everyone, is given to us by our relationships with other individuals. But if the needs and rights of the individual are considered paramount, this may compete with the wellbeing of the community. As technology and communications become more advanced, and where there have been social interruptions such as lockdowns, individual identity can become lost. A community however is a group of individuals working together and relying on and supporting each other. In order to continue to progress, a community needs individuals to plan and give their time and leadership to community organisations.

As you read this issue of the Westerly, I hope you will appreciate the great benefits this community enjoys through the activities of both individuals and groups. There is a wide range of interests that should enable you both to enjoy what is available, and to find areas where getting involved might help both you and the community. Things are happening in so many areas, see what property news and advice is here, as well as tips for the home and garden, care of pets, your health and places to eat, and take some time to enjoy the ideas of our Area Columnists. Our thanks to our advertisers. Please see what they have on offer, and give your support to local businesses.

Take care this September.

John, Editor



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# People & Places

## A retirement village?

"Within two weeks we were completely sorted and settled in meeting new people and making new friends. It's the best thing we have done to help us enjoy the rest of our life together"

"It's fantastic, worry-free housing and it offers me a range of activities to participate in if I want. A good community spirit"

"Living among like-minded people who have time for each other"  
The Best of Aged Care Seminar and chat is on 29th September 2022, 10am to 12.30pm, at St Chads Church, 7 Matua Road, Huapai, Auckland.

Free from cost, and without commitment to act, we are hosting a fun and information packed event providing answers to the common questions about moving from the family home into a better and easier living environment.

The best of aged care seminar will deliver a number of the very best accommodation and health care options available to you today from reputable and proven suppliers that really care about you, and your journey, to retirement living, making your next stage of life, comfortable, easy, simple and enjoyable.

You can bring a friend or family member with you to this independent seminar and chat with a range of professional support providers to help you. Our speakers include:

Nicola Redmond, Sales Manager at Monterey Park - Hobsonville will be presenting a slide show at the event showing the Village and all it has to offer. Set on the water's edge with 270-degree views over the water, Summerset at Monterey Park offers the experience of luxury living, offering a range of villas, apartments, serviced apartments and our premium waterside Clark Coastal Villas.

Kitty Rothschild has been involved in villages and development spanning 27 years and her role at Metlifecare as Head of Development Sales & Marketing has her overseeing all new Metlifecare villages. Kitty is closely aligned with the needs of our residents ensuring each home offers the ultimate in premium liveability and beautiful design. Her marketing team tailors each village to its location and sales teams enable you to reimagine retirement living in a beautiful new village.

Graham McIntyre, Brand and Territory Owner of Mike Pero Real Estate, Kumeu and Hobsonville will be sharing a number of stories and highlight experiences within his 17 years helping mature clients transition well from the family home to a retirement village. His journey with the aged care includes his own close family members



that have initially resisted the move to retirement village living but took the plunge and are loving it.

Adelina Dantas has been with Metlifecare as a top salesperson for 14 years, and in that time she has welcomed over 900 residents into their new homes. Adelina always delivers a well-informed overview of the village options that align with a buyer's needs both now and in the years ahead and is well versed on the significance of the decision-making process. In many instances Adelina has been dealing with future residents for a number of years before they call one of our villages - home, truly valuing every relationship as a long term connection.

Laurel Winwood - Facility Manager at Radius Taupaki Gables. Laurel began her nursing career in 1985 at Northland Polytechnic graduating in 1987 and has worked in aged care since 1990. She started at Radius Taupaki Gables in 2005 as a Clinical Manager and today oversees the 60-bed care home as Facility Manager.

Debra Barron is a Barrister and Solicitor of the High Court of New Zealand and Principal of ClearStone Legal. ClearStone Legal have offices in Te Atatu Peninsula and Huapai/Kumeu. Debra will walk you through the legal process to complete a sale of residential property, purchase of an occupation licence and the estate planning elements.

Morning tea is provided, however as seats are very limited we need you to reserve your seats early to avoid disappointment. Call 0800 900 700 or email [editorial@thewesterly.co.nz](mailto:editorial@thewesterly.co.nz) with your name, contact details and seats you would like reserved. Multiple seats will require names and contact details.

"This is a fun, engaged and interactive chat that will talk openly about aged care living and planning ahead" says Graham McIntyre, publisher of the Westerly Magazine, who, with partners Seniornet, Mike Pero and Clearstone Legal will deliver confidence and clarity to your decision making.

For more information call 0800 900 700 or email [editorial@thewesterly.co.nz](mailto:editorial@thewesterly.co.nz).

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### SEMINAR & chat

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MEDIA

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# Community News

## NZ Mountain Film Festival

A reminder about the NZ Mountain Film Festival being hosted at Sunderland Lounge 27 Hudson Bay Road, Hobsonville on Friday 9 September. Doors open 6.30pm. Films commence at 6.45pm. Event finishes at 9.30pm. Early-bird tickets just \$10pp (or \$15pp from Tuesday 6 September if not sold out). Under 5's free on laps. Last year was sold out and there are four inspiring short films to see (featuring three NZ Award Winners in 2021). Traversing the Night (40 mins), Ó'Parizad (36 mins), We Don't Usually Have Ice Creams (10 mins) and House of The Gods (44 mins). Registrations for tickets can be made at [www.hobsonville.org.nz/mountainfilm](http://www.hobsonville.org.nz/mountainfilm).



## Kip McGrath Education Centres

Support for senior maths and English students. National Standards in mathematics education now require students to demonstrate several strategies to solve problems - whereas, in the past, they could use just one - usually an algorithm. Now children develop their understanding of a concept by approaching it several ways. Greater thinking skills and an increased number of strategies are required. They not only have to find the answers to problems but also demonstrate their thinking in the process. At NCEA level, students may only achieve Excellence if they present a detailed explanation - both verbal and numerical - of how they reached their conclusion.



NCEA Mathematics students will complete internal assessments at various times. We can provide support for these students throughout the year, meaning that when they get to final exam time, they will already have plenty of credits. This will help take the stress out of exams.

NCEA English students sometimes have to resubmit their assignments if they are not up to standard. We provide on-going

support for students throughout the year by identifying areas to focus on and develop individual learning plans. In this way we can increase a student's confidence and ensure all internal and external standards are met successfully, with a positive attitude. For more information, call us on 09 831 0272 or book a free assessment online.

## Upper Harbour Local Board

A reminder that the elections for the members of the Upper Harbour Local Board are coming up on 8 October. Candidates for the Board will be introducing themselves and answering your questions on Tuesday 6 September at 7pm in the Hobsonville Point Secondary School hall, 70 Hobsonville Point Road. The Upper Waitematā Ecology Network will be facilitating the speakers. The Board's area includes Whenuapai, Herald Island, Hobsonville and West Harbour. Planned local activities include the Scott Point Sustainable Sports Park, the Herald Island Domain and the Hobsonville War Memorial Reserve. Come along to engage with future plans in the Upper Harbour Area.



## CWI @ Te Manawa

Fridays at 5.30pm - 7pm, at Te Manawa Community Hub - Te Ara Tapuwāe / Creative Space | Level 1, Come write in at Te Manawa - 11 Kohuhu Lane, Westgate.

Do you have a writing project you're working on? Do you want to meet up with other writers?

CWI @ Te Manawa is a free drop-in that meets once a week, join us for a cuppa.

Here there be power, Wi-Fi, post it notes, writing sprints, brainstorming, a chill space to write your next 10K, and of course, coffee!

For any questions get in touch with the team at Te Manawa:



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2 Clark Road, Hobsonville, Auckland

# Community News

Te Manawa - Email [temanawa@aucklandcouncil.govt.nz](mailto:temanawa@aucklandcouncil.govt.nz), facebook.com/TeManawaAC or [instagram.com/te.manawa.auckland](https://www.instagram.com/te.manawa.auckland).

## Keeping creative as we get older

If you hear a voice within you saying 'You are not a painter', then by all means paint and that voice will be silenced. - Vincent Van Gogh.

Painting and colouring are wonderful relaxing hobbies that appeal to all age groups. As an adult, starting a creative pastime can help calm your mind and lift your spirits, especially as the winter's darker days mean more time spent indoors.

Paint by number kits come with everything needed to create a finished work of art, and colouring books for adults are another popular creative outlet. Hobbies like these help cultivating patience and focus, not only increasing your attention span and concentration, but also keeping your cognitive abilities and motor coordination tuned up.



For those with health or memory issues a less challenging option is painting with water. Aquapaints give a lovely balance of creative touch, sense of achievement and pure joy for people with mid to late stage dementia.

Visit [www.mindjig.co.nz](http://www.mindjig.co.nz) to see our range of arts and crafts, or Email Julie or Jonathan at [info@mindjig.co.nz](mailto:info@mindjig.co.nz), Phone 09 600 3251, Phone or Text 022 480 3022.

## SeniorNet West Auckland

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

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

# CHOOSE A VILLAGE THAT PLANS AHEAD



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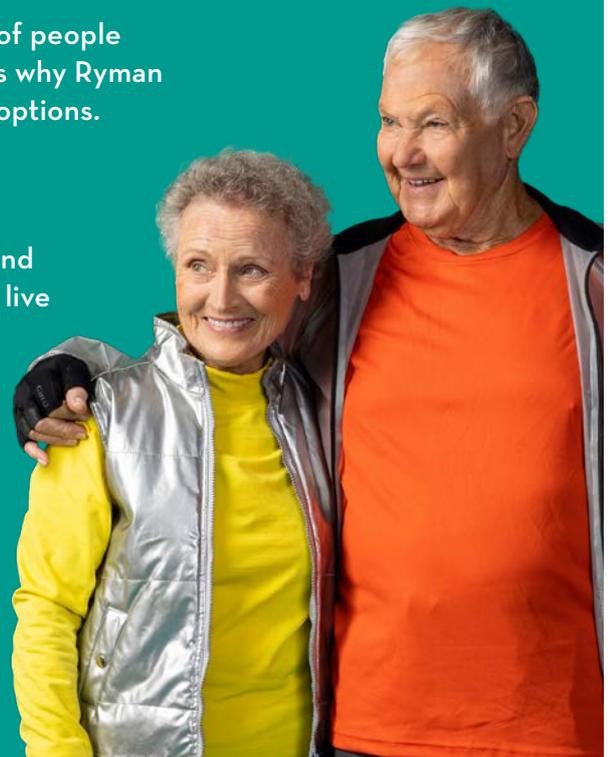
We plan ahead by offering independent living in apartments, assisted living in serviced apartments, and resthome, hospital and specialist dementia care once completed. Better still, once you live in a Ryman village, you will always have priority access to our comprehensive care options over non-residents.

For us it's about making sure you are supported now and into your future. Contact us to find out how we're planning ahead.

### KEITH PARK VILLAGE

3 Scott Road, Hobsonville, 416 0750

[rymanhealthcare.co.nz/planning-ahead](http://rymanhealthcare.co.nz/planning-ahead)



# In Brief Updates

## Kuaka bar-tailed godwits

Every September and October, a small miracle happens on mudflats and sand bars around Tāmaki Makaurau. Hundreds of small, tired birds arrive from a journey that until recently, was not thought to be possible. These are the kuaka, or bar-tailed godwits. Their journey from their breeding grounds in Alaska to Aotearoa takes them around eight days of non-stop flying. Flying at an average speed of 80km/hr and covering nearly 12,000 kilometres, they do not land, eat, drink, or even glide on the wind. Some are only four months old when they make this flight.



When they arrive, they have lost almost half their body weight and their feathers are damaged. This is the longest non-stop flight by any migratory bird. There are stories that Kupe and the first Pacific voyagers were inspired to head towards Aotearoa by following the flight of the kuaka.

If you are lucky, you might see them arrive. Once they are here, they are easy to spot, often standing in large groups on sandy coastal areas, facing into the wind. Their distinctive long, slightly curving beaks make them stand out from other coastal birds.

Why do they fly so far? Our estuarine areas are prime feeding grounds for kuaka, and they come to escape the frozen winter of the arctic. While they are here, they rest and eat, and moult and grow new feathers, and gain energy for mating and laying eggs on their return.

There are approximately 750,000 kuaka in Aotearoa between September and March, but sadly this number is declining. On their return flight North, kuaka make a stop to feed, on mudflats in the Yellow Sea of China. Development in this area is shrinking

and degrading the mudflats. Kuaka are also likely to be affected by changes to weather patterns caused by climate change, and sea level rise which will further reduce their feeding grounds.

If you see kuaka, remember how miraculous they are, and do not disturb them. Don't walk through their roosting areas, keep your dogs and cats away, and pick up any litter you see. You can also help with counting shore birds by contacting [birds.nz.org.nz](http://birds.nz.org.nz), or support the work of the Department of Conservation and the Pukorokoro Miranda Naturalists Trust.

## Scott Point School

Scott Point School recently had the honour of hosting our Prime Minister, the Honourable Jacinda Adern, at the school for the grand opening on Friday the 29th of July. This was the final formal opening event the school will hold. While the school continues to grow and now has over 400 enrolments, there is still room for another 250 learners in the current buildings. The temporary school at Joshua Carder Drive is now being dismantled and removed from the site. Once the weather improves the new fields will be developed and open for use during the summer. Planning for Stage 2 buildings is underway and should be built in the next couple of years and will have enough room for 900 learners. If you are moving into the area and have school aged children from Year 1-8 then please enrol online at [www.scottpoint.school.nz](http://www.scottpoint.school.nz) as soon as possible to help with planning for the future at Scott Point School.



## Summerset

Summerset retirement villages offer a variety of homes so we're sure there'll be one perfect for you. All our homes are specifically designed for people aged 70 and over. Our high quality villas, townhouses and apartments are warm, comfortable and ready for you to make your own.



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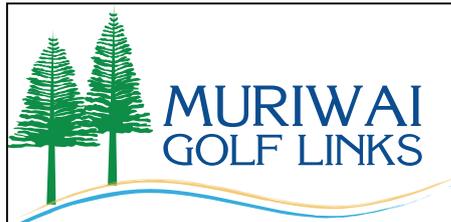
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P O Box 45 Waimauku 0842, Auckland, New Zealand

# In Brief Updates

village may well be the right choice for you. Our villages are designed so that, as your needs change we have different levels of support and care (subject to availability) within the village. We call this our continuum of care.

There are four High Tea Open Days in September, Thursdays 8th, 15th, 22nd, and 29th, 10am - 2pm. Please RSVP to 09 951 8922 if you would like to come to these.

For more information or to view plans and pricing, book your private appointment with our Sales Manager, Nicola Redmond, today on 09 951 8922 or [nicola.redmond@summerset.co.nz](mailto:nicola.redmond@summerset.co.nz). [summerset.co.nz/hobsonville](http://summerset.co.nz/hobsonville) Office at 1, Squadron Drive, Hobsonville Auckland.

## Orange Sky

Orange Sky is a not-for-profit organisation providing people experiencing homelessness with access to free laundry services, warm showers and genuine, non-judgmental conversation, across New Zealand.



Their mission is to positively connect communities by providing a safe, positive and supportive environment for people who are often ignored or feel disconnected from their community.

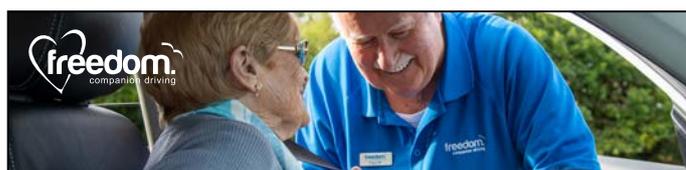
They currently operate four services in New Zealand. The first service was launched in Auckland in October 2018, followed by a second one in Wellington a year later in October 2019. A second van in Auckland launched in November 2021. In May 2022, they launched their first service on the South Island, in Christchurch.

Each week, more than 200 volunteers give their time to help positively connect some of the 41,000 New Zealanders doing it tough.

They want to make sure that everyone has access to free laundry and shower services - but most importantly - the opportunity to connect and feel welcome. The nearest location is in Henderson (where they can use volunteers). [orangesky.org.nz](http://orangesky.org.nz).

## Fun, fellowship and friendship, flourishing in Hobsonville

Hobsonville Probus Club is a thriving club in the Hobsonville community for active retirees. Hobsonville Probus was established



### Paul Miller

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by Rotary late in 2019 and provides retirees with the opportunity to connect socially, which is such an important aspect in today's world.

Membership is open to anyone who is retired or semi-retired who is keen to connect with others. A monthly meeting is held in the Hobsonville Bowling Club on the third Monday of each month between 10am and 12pm; club business is discussed for 30 minutes, a morning tea is provided, which is a great opportunity to meet like-minded people, and this is followed by an interesting speaker and a raffle draw. There are various sub-groups which meet during the month including trips and outings, movies, craft, quiz evenings, lunches and coffee catch ups.

Hobsonville Probus Club is a member of Probus South Pacific and as such members are eligible for the Member Benefits Scheme which provides exclusive discounts from a variety of participating businesses. The membership card is handy to use when you go into various stores, book accommodation, or organise a social activity with Probus Member Benefits Scheme providers.

Probus Day is celebrated each year on 1 October; this coincides with the United Nations Day of the Older Persons which is recognised across the world. This year's theme is "Probus Provides Unlimited Possibilities in Retirement". Throughout the last two years, Probus members have valued their connections to their club and fellow members far more than any other time.

You are welcome to come along as a guest and see if Hobsonville Probus Club is a club that you would enjoy. Contact Graeme Sanderson, President on 021 141 6419.

## Green Sunday

On Sunday 28th of September Discoverers informal church will be using the theme of Green Sunday to focus on why and how we can care more for the health of our planet. The Bible provides many useful references about the need to protect and preserve God's gift of creation. There are also plenty of examples of what Christians are doing around the world to actively promote the health of our planet so that it continues to host the



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wonderful variety of life that it nurtures.

Discoverers meets in the Baffin lounge - Headquarters Building 214 Buckley Avenue, Hobsonville Point from 3-30pm to 4-30pm.

For more details contact Barry Jones Phone: 022 068 3873 Email: beejaynz05@gmail.com. Facebook Discoverers Hobsonville.

## Helloworld Travel Hobsonville

Currently located in Riverhead, we have signed a new lease to reopen in the Westgate area at the end of October, Lesley and Carolyn are very excited. We are seeing clients by appointment in Riverhead.

Carolyn and Lesley have been travelling again and it is good to go through the airport to see how it is operating with a lot of shops and cafes still closed airside. Let's hope the recent job fair enables them to reopen soon.

Lesley has been to Rarotonga and Sydney and Carolyn has been to Honolulu. She says Honolulu is buzzing, perfect weather and lots of people, packed beaches and great food. Carolyn took the time to look through a few hotels while she was there and is currently putting together her tour for 2023 to Honolulu including the 7-night Hawaii cruise. Let her know if you are interested in knowing more.



We are finding people are still trying to book school holidays travel to Fiji and Rarotonga and even Samoa but these are pretty much sold out for this year unless you have lots of dollars to spend to get there. We are booking school holidays April 2023 now and even Fiji for the July school holidays. Please, please book early if you want to go! We hate disappointing our clients.

Europe is also popular with people going now and others planning for 2023. Cruising has returned to popularity (not just in Europe) and again please plan early to be able to get the travel you want.

Contact Carolyn & Lesley on 09 416 1799 and email Hobsonville@travel.helloworld.co.nz.

## Emergency Management challenge

160-210 km p/hr wind gusts, heavy rain and storm surges were the challenge facing a group of almost 25 Hobsonville community representatives and local residents who took part in a scenario exercise at the Auckland Emergency Management Emergency Coordination Centre recently. Everyone involved was quickly



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moved into teams charged with focusing on welfare, logistics, operations, intelligence and public information management.

Over the next 2 hours, the challenges thrown at the group from Cyclone "Catherine" involved arranging the care of the thousands of households being displaced, food & fuel shortages, the failing of key roading and communication infrastructure, and over 40% of Auckland without power for the coming week at least.

After the adrenaline of the exercise wore off, those participating all recognised the need to continue to improve the preparedness and resiliency of residents, organisations and the wider community for the impacts of such an emergency.

Next steps for the Hobsonville Emergency Preparation Group include asset mapping and a new "Hobsonville Heroes" community event on Sunday 20 November 11am - 1.30pm at Scott Point School that will bring the emergency services, a wide range of community groups and local businesses together to put on an amazing event for the Hobsonville community to raise awareness of what you need to do to be prepared.

## We all need sleep

We need sleep to rejuvenate our brains and our body. For the brain it's all about memory consolidation, creativity, detoxification, mood re-orientation and processing our emotions. For our body it's all about rejuvenation and growth.



When you can wake without an alarm, you know you have had enough sleep. Outside of genuine sleep disorders such as sleep apnoea, sleep is mainly a lifestyle and stress/time management issue

If you or someone you know are having sleep issues, it pays to talk



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Sessions Online, or In-Person at Hobsonville Point

to someone who can help. As a Rapid Transformational Therapist, I help people get to the root cause of their sleeping issues, look at the beliefs attached to those issues, then replace them with better beliefs.

See full article [www.terrinenmancoaching.com/article/we-all-need-sleep](http://www.terrinenmancoaching.com/article/we-all-need-sleep). Call or message Terri 021 988757 today or book a free, no obligation discovery call to find out how I can help [calendly.com/terrinenmancoaching](http://calendly.com/terrinenmancoaching).

## Cat lovers - we need your help

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



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

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

## Netsafe

Continuing last month's review of problems with online mobile games, consider these tips to ensure a safer experience: Block, report and mute people who troll or bully you in games; take short breaks if you're gaming for a long time; don't share personal information with people in games; avoid in-game purchases like loot boxes, and check the age rating of any games you play. Each game is as unique



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Authorised by Dr E Ali, 3 Jammen Drive, Massey, Auckland 0614.

Ph 09 8324213

# In Brief Updates

as the stories they tell and this means that not every game will be suitable for all ages. Just like movies and television shows, mobile games have content ratings like G, PG and R18. You can filter out games rated for older people by using parental controls to restrict mature content on the Google Play Store (for Android devices) or the App Store (for Apple devices). If you're worried that you might be tempted to spend real money on in-app purchases and paid games you can lock them behind a password. Both the Google Play Store and the Apple App Store support adding passwords for restricting purchases.

For parents, download games that are age appropriate and try them out for yourself. It can be very easy for players to inadvertently run up bills on these games. To avoid this, parents should ensure that they have a password set on their phone/device for in-app purchases or that they switch off this option on the phone/device. And just like any online safety issue, we know that having regular and open conversations with your children about what they are doing helps mitigate potential harm. It's important to set boundaries with your kids, encourage your child to share with you if they have upsetting experiences and make sure they're aware that any harassment, inappropriate language, bullying or hacking can be reported. For more details search "mobile games" at netsafe.org.nz.

## West Harbour Christian Kindergarten

Term three is upon us once more and with that comes a new class focus within this little kindergarten and that is on 'construction'. Construction, one may say, is all about building but to us and our amazing Tamariki it is so much more. It is about being the directors, the creators of our own learning, the building of experiences, ideas and concepts. Add together the 'small and mighty well-resourced kindergarten, its inspirational teachers and together they make children's ideas become realities. We are inspired by many theorists here at West Harbour Christian Kindergarten and Reggio Emilia's philosophy about the importance of the environment is our guiding hand this term.



Creating an environment (both in and out) that encourages collaborative thinking, sensory development, physical growth, and an enrichment in learning is what this little kindergarten aspires to do (we like to think of ourselves as the little gem of West Harbour).

West Harbour Christian Kindergarten is a community based

## Walkers Wanted

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

kindergarten and is open to all to visit - just give a call on 09 416 8091.

## House of Travel Hobsonville - Europe 2023

There has already been a huge surge in enquiry and bookings for 2023. Our recommendation is to plan as far in advance as possible. We don't see a big improvement in airline capacity over the next 12 months so getting in early will secure the best airlines with optimal routings and price.



Cruises and tours are also filling up and some even running on reduced capacity due to staffing levels.

A reminder that we don't need passports to book flights. So if you want to secure a flight ticket and passport hasn't arrive yet don't worry about it. Call us.

Booking with us is so easy and convenient, whether you have time to pop in and see us in-store over the phone or in exchange of emails. We are well set up to make the process as easy as possible, no matter where you are. Some of our clients are even overseas.

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Buzz and the Team at House of Travel Hobsonville, 225 Hobsonville Point Road (Cnr Hobsonville Point Rd and De Havilland Rd)

## RSA Hobsonville

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

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- Contact Manager for further information & costs**

THE SMALL RSA WITH THE BIG HEART

# In Brief Updates

Hobsonville. Hobsonville@hotmail.co.nz 09 416 0700.

## Scouts

Last month Kereru Massey Scout Group joined the Walking for a Better Tomorrow fundraiser organised by the Waitakere Volunteer Fire Brigade. This was to raise funds for the I AM HOPE charity. The I AM HOPE charity started by Mike King aims to raise awareness around mental health, and to promote positive attitudinal societal change with our youth.

Scouts being primarily a youth organisation, the mental health of our youth is also very important to us. Scouts New Zealand provides their own dedicated support systems for our youth as well as access to counselling services.

A special thank you to the Waitakere Fire Brigade for giving up their time to support organisations such as I AM HOPE, and put on events like the Walking for a Better Tomorrow fundraiser.

This is one of the many parts of my role that I enjoy seeing; the support from the communities in the North/West Auckland region. We have many volunteer organisations doing their part to make the area such a wonderful place to live in, whether it be St John's, volunteer Fire Brigades, Lions, Guides, Starjam, food banks... it's a huge list and this really does make our community feel supported and a great place to live.

Scouts do play an important role in the community too, ranging from community breakfasts, supporting events being run in the region, firewood deliveries, tree planting, clean ups etc.

But like most volunteer organisations, we can't do it without the support from the community. We need more leaders and adult



helpers so we can help you, our community. We all know teaching youth important life skills is key to their development, and teaching them to respect our communities is one of the best things we can do.

If you can help us in any way, please get in touch by either sending me an email, or contacting your local group. We have leaders from 18 to over 80, so you're never too old and you don't need to have youth in Scouts to help us. Being a Leader in Scouts, is like being a kid again, as we get to do all the cool fun stuff that the kids do and a bit more at times. If you want to know more about Scouting, please email me at: [zl.waitoru@zone.scouts.nz](mailto:zl.waitoru@zone.scouts.nz) or visit [www.scouts.nz](http://www.scouts.nz). Craig Paltridge. Waitoru Zone Leader.

## Single-use plastic produce bags on the way out

Single-use plastic produce bags on the way out - Countdown runs a pilot that to remove the bags from 20 stores.

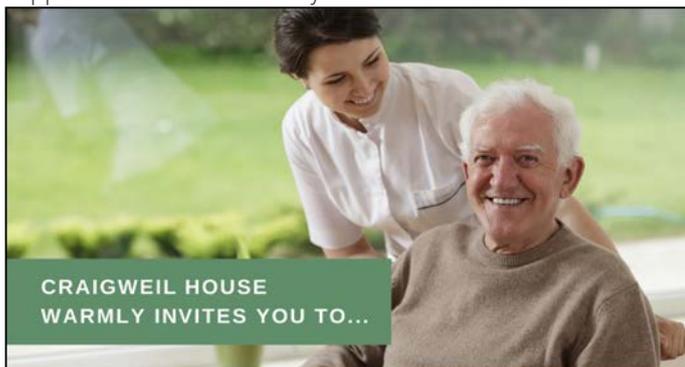
It's the beginning of the end for single-use plastic produce bags, with Countdown removing them from 20 stores from late July, including the Metro Herne Bay store which opened without single-use plastic produce bags in June.

A pilot is running in stores located throughout Aotearoa and will help Countdown understand how to make the transition to being single-use plastic produce bag free as easy as possible for customers.

Countdown's Commercial Director of Fresh, Pieter De Wet, says that the pilot is an exciting shift in focus, after the last two years where keeping team and customers safe has understandably been the priority.

"We get a lot of feedback from our customers about single-use plastic produce bags being unnecessary and, in fact, a growing number of our customers are already forgoing these in our stores. For those customers this change will be easy to make, but we want to make sure we bring all our customers on the journey with us - our pilot will help us do that. Currently, our customers use around 50 million single-use plastic produce bags each year.

"We were the first supermarket to phase-out single-use plastic bags at the checkout in all of our stores and well ahead of the Government ban, and we're determined to do the same again with plastic produce bags."



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9a Weza Lane, Kumeu, Auckland 0810

# Safer Communities



Recently, the Kumeu Volunteer Fire Brigade was delighted to have a special visit from the Spottiswoode family. The Spottiswoodes came to thank the crew for their rescue efforts a few months previously and it was an opportunity for the brigade to hear their amazing survival story.

It was a hot summer evening and rain was finally on the forecast. Richard Spottiswoode and his 16-year-old son Hugh had just gotten home and the decision was made to clean their 20,000 litre tank before rain arrived. In a hurry, Richard decided to put the pump in the tank and, knowing the danger of placing a petrol pump in a confined space, even calculated how much time he thought he could safely stay inside the tank.

It wasn't until Richard was inside the tank with the pump running that he realised that, due to the concave nature of the tank floor, there was more water to pump than initially thought. Realising the danger, Richard told Hugh to get out of the tank before he collapsed. Hugh, witnessing his father falling, immediately rushed back in to assist his father - only to collapse too with the carbon dioxide fumes. Richard's wife Selena tried to pull Richard and Hugh out of the tank with a rope, while daughter

Daisy and youngest son Louis called emergency services and neighbours for help.

Down the road, the Kumeu Volunteer Fire Brigade was doing a site familiarisation as part of their regular Monday night training when the call came through. Arriving within minutes of the call, crews in breathing apparatus pulled Richard and Hugh from the tank. Both Richard and Hugh were rushed to hospital, where Hugh stayed in ICU overnight and they both spent two days in and out of decompression chambers before being released. In her efforts to get Richard and Hugh out of the tank, Selena had also been exposed to the toxic fumes and had to receive treatment in the decompression chamber as well.

Six months on from the incident, the Spottiswoodes cannot find the words to express their gratitude for the help they received from the Kumeu volunteer firefighters that night. For Selena, every time she hears the fire siren, she hopes another family will be as lucky as hers "thanks to the efforts of the wonderful volunteers".

As Selena explains, the family has been processing the incident in different ways - daughter Daisy has written a song about

her experience of the incident, while Richard is committed to telling their story in the hope other families avoid the same mistakes. Richard wants people to be mindful of hazards that come with tank cleaning and the speed in which toxic vapour and fumes can hit.

His key message for other families? "Just don't rush, don't gamble on chance - make sure it's safe and that everyone gets to come home at the end of the day. Superheroes exist next door to you - these guys and girls are real, every day people".

Pictured is the Spottiswoode family and some of the crew who attended that day.



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# Best of Aged Care

## ClearStone Legal

ClearStone Legal are a full service law Firm who are able to assist with residential conveyancing (sale, purchase and refinancing of property), advise on occupation licences and Retirement Villages Act 2003 and estate planning (Wills and Enduring Powers of Attorney).

Occupation Licence - often the first step is deciding on and securing a unit in your village of choice. We will complete a full review and advise you on the terms of the occupation licence (sometimes called an Occupation Right Agreement). Your initial agreement might need to be subject to the sale of your home.

Sale of your residential property - once you have a buyer in front of you, your agent will negotiate and put in place a sale and purchase agreement. From this point we will work with you and the purchaser's solicitor to reach unconditional status, and then work towards settlement. We will prepare the documentation to transfer title to the purchaser, and if needed obtain a discharge of mortgage from you bank. We will apply the proceeds of sale to pay the purchase price for the occupation licence for you on settlement date.

Estate planning - one of the requirements of entry to a retirement village is to have up-to-date Enduring Powers of Attorney and Wills



in place. We will take your instructions, advise you, guide you and draft the appropriate documentation to complete the requirements.

## The changing face of retirement living

Once, the very mention of retirement homes quickly conjured up visions of seniors with rugs on their knees listening to a visiting school choir while the smell of boiled cabbage hung in the air.

These days that couldn't be further from the truth and Metlifecare leads the way in new-age retirement living with its stylish and modern establishments where amenities are plentiful, and a holiday resort vibe pervades, catering for today's retirees, who believe that age is only a number.

Metlifecare's philosophy involves providing opportunities for residents to expand their lives, make new friends and develop a true sense of belonging and connection within the community.

Gulf Rise on the Hibiscus Coast, north of Auckland, is one of Metlifecare's 33 villages - an award-winning property with a strong sense of community based around a bustling village centre.



## PREMIUM VILLAS AVAILABLE NOW FROM \$1,100,000



### Final stage of homes selling now

These premium homes are the the final stage of the village, so if you are looking to secure a place in our lively and well established community, this could be your last chance.

Each villa comes equipped with a contemporary kitchen, large bathroom and laundry, spacious outdoor living area, single garage with internal access and much more.

Fore more information, visit us today or get in touch with our Sales Manager, Nicola Redmond on 09 951 8922.

**Summerset at Monterey Park**  
1 Squadron Drive, Hobsonville



# Best of Aged Care

Stage two has 1, 2 & 3-bedroom apartments on offer, and will soon see its stunning facilities open - including a swimming pool and spa, café and bar, a library, hair and beauty salon and more.

"There is nothing cookie cutter here. Gulf Rise is completely bespoke and uniquely designed for the residents who live here. They decide how the spaces will be used and can view the amenities as an extension of their homes," says Metlifecare's General Manager Sales and Marketing, David Martin.

## Summerset at Monterey Park

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

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

Villas - These brand-new spacious homes come equipped with a



contemporary kitchen, large bathroom and laundry, outdoor living area single garage with internal access garage and much more.

Clark Coastal Villas - Our premium offering here at the village, these incredible three-bedroom, two storey homes are nestled on the northern boundary of Summerset at Monterey Park. Each architecturally designed home is orientated for fantastic sun and views been finished to the highest of standards with contemporary finished and features throughout.

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

## Radius Taupaki Gables

Radius Taupaki Gables provides residents with hospital-level medical care from the comfort of their own bed, in a family friendly environment. Offering 48 hospital beds and 12 rest home beds, Radius Taupaki Gables provides a range services, including respite, palliative, and young and disabled care. The care home's core value is to ensure that families feel good about their loved ones being in care. Laurel and her team take a holistic approach, ensuring that resident's medical care is furthered by supporting therapies, social activity and



## GULF RISE

### Show home now open

The Gulf Rise community is proud to call this tranquil corner of Red Beach home. Set on the sparkling Hibiscus Coast, Gulf Rise has everything you'll need to retire. Book your appointment today to view our brand new show home and come explore for yourself!

**Call Adelina on 0800 005 877**

- **For the life you want to live**  
call Adelina on 0800 005 877  
adelinad@metlifecare.co.nz  
89 Symes Drive, Red Beach  
gulfrise.co.nz



metlifecare

#### FURTHER FACILITIES COMING SEPTEMBER 2022

Wellness centre with swimming pool, spa, gym, hair and beauty salon

Library, lounge, activities & billiard rooms

Café, bar and covered outdoor terrace

#### COMING IN 2023

Care home



Gulf Rise's stunning 1, 2 and 3-bedroom apartments offer plenty of sunshine and space to enjoy your retirement.

**Move-in ready today!**

Note: Visitors must be feeling well and wear a mask while on-site. For your safety, our staff also receive daily testing. For full Metlifecare COVID-19 guidelines, please refer to our website [www.metlifecare.co.nz](http://www.metlifecare.co.nz)

# Best of Aged Care

engagement with the community – and even animal visits.

A leader in the aged care sector, Laurel Winwood brings a wealth of knowledge from her extensive background in nursing. She merges medical care and wider care into one, so residents can feel at home while they recover from injury or illness. Laurel explores innovative ways to engage with residents to keep them active, including working with an Auckland University study into reducing falls.

## Appreciation for great design

Today's retirees appreciate great style and design and, after almost three decades in the business of building and operating premium retirement villages, Metlifecare takes a unique approach to creating its bespoke villages and amenities.



Metlifecare ensures its villages fit perfectly into local environments and communities and the process starts by considering potential customers and determining their needs and expectations.

"We know our future residents are accustomed to high-end architecture, they appreciate outstanding urban design, and they want to be proud to show their children and grandchildren where they live," says head of development, Matt Wickham.

"We look for outstanding sites with strong links to the local community and desirable lifestyle features and use award-winning architects and landscape designers to bring to life bespoke villages that residents can be proud of."

Those sites can be coastal, urban or rural, and each Metlifecare village is completely unique, with its own individual theme. One of the company's latest developments, Orion Point, currently under way in Hobsonville, and due to open to its first residents in 2023, has been designed with an urban coastal sanctuary focus.

Metlifecare has considered the area's rich history, taking great care to honour it, building a premium retirement village with independent villas and apartments, a care centre and stylish modern amenities, all sitting comfortably within a stunning coastal location.

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

## Thinking about the move to retirement living?

The Best of Aged Care Seminar and chat is on 29th September 2022, 10am to 12.30pm, at St Chads Church, 7 Matua Road, Huapai, Auckland. The Best of Aged Care Seminar will deliver a number of the very best accommodation and health care options available to you today from reputable and proven suppliers that really care about you, and your journey, to retirement living, making your next stage of life, comfortable, easy, simple and enjoyable.

## ORION POINT

## Point of perfection

Orion Point is a premium retirement community nestled on the stunning peninsula between Hobsonville and Scott Points. Offering world-class amenities, exceptional homes and a sparkling community spirit, stage one apartments are selling now.

**Call us to discuss your options**

- **For the life you want to live**  
Call 0800 123 880  
[orionpoint@metlifecare.co.nz](mailto:orionpoint@metlifecare.co.nz)  
62 Tahingamanu Road, Hobsonville  
[orionpoint.co.nz](http://orionpoint.co.nz)



### FACILITIES COMING LATE 2023

Village clubhouse and green with bistro-style café and bar

Swimming pool, spa, activities room, hair & beauty salon, resident workshop

Coastal walkway extension

### COMING EARLY 2023

Coastal pavilion



Orion Point's first release of brand new two and three-bedroom apartments will be ready for move in from early 2023.

Note: Visitors must be feeling well and wear a mask while on-site. For your safety, our staff also receive daily testing. For full Metlifecare COVID-19 guidelines, please refer to our website [www.metlifecare.co.nz](http://www.metlifecare.co.nz). All images are artist's impressions.

# Best of Aged Care

You can bring a friend or family member with you to this independent seminar and chat with a range of professional support providers to help you. Our speakers include:

Nicola Redmond - Sales Manager at Monterey Park - Hobsonville will be presenting a slide show at the event showing the Village and all it has to offer. Set on the water's edge with 270-degree views over the water, Summerset at Monterey Park offers the experience of luxury living, offering a range of villas, apartments, serviced apartments and our premium waterside Clark Coastal Villas.

Kitty Rothschild has been involved in villages and development spanning 27 years and her role at Metlifecare as Head of Development Sales & Marketing has her overseeing all new Metlifecare villages. Kitty is closely aligned with the needs of our residents ensuring each home offers the ultimate in premium liveability and beautiful design. Her marketing team tailors each village to its location and sales teams enable you to reimagine retirement living in a beautiful new village.

Graham McIntyre, Brand and Territory Owner of Mike Pero Real Estate, Kumeu and Hobsonville will be sharing a number of stories and highlight experiences within his 17 years helping mature clients transition well from the family home to a retirement village. His journey with the aged care includes his own close family members that have initially resisted the move to retirement village living but took the plunge and are loving it.

Adelina Dantas has been with Metlifecare as a top salesperson for 14 years, and in that time she has welcomed over 900 residents into their new homes. Adelina always delivers a well-informed overview of the village options that align with a buyer's needs both now

and in the years ahead and is well versed on the significance of the decision-making process. In many instances Adelina has been dealing with future residents for a number of years before they call one of our villages - home, truly valuing every relationship as a long term connection.

Laurel Winwood - Facility Manager at Radius Taupaki Gables. Laurel began her nursing career in 1985 at Northland Polytechnic graduating in 1987 and has worked in aged care since 1990. She started at Radius Taupaki Gables in 2005 as a Clinical Manager and today oversees the 60-bed care home as Facility Manager.

Debra Barron is a Barrister and Solicitor of the High Court of New Zealand and Principal of ClearStone Legal. ClearStone Legal have offices in Te Atatu Peninsula and Huapai/Kumeu. Debra will walk you through the legal process to complete a sale of residential property, purchase of an occupation licence and the estate planning elements.

Consider how your needs may change, and ensure that there is additional care if you need it. Talk to your family and involve them in these decisions. Before you move, make sure you have not just the next few years in mind. There is a lot to think about but take one small step at a time, talk to our experts and engage with people that have taken the journey and you'll feel right at home.

Morning tea is provided, however as seats are very limited we need you to reserve your seats early to avoid disappointment. Call 0800 900 700 or email [editorial@thewesterly.co.nz](mailto:editorial@thewesterly.co.nz) with your name, contact details and seats you would like reserved. Multiple seats will require names and contact details.

## CLEARSTONE LEGAL

"Debra and her team at Clearstone Legal helped everything run like clockwork when I moved out of my home of 35 years.

The timing could not have been worse as Auckland was in lockdown throughout the whole process of marketing, selling and moving but they managed to find a way for me to sign all the documents and have virtual meetings when necessary. They kept stress levels minimised and I would recommend them to others needing assistance going through the move to a retirement village." Susan K



**Debra Barron**, Principal | **Emma McGrath**, Senior Solicitor  
**Elyse Crowther**, Registered Legal Executive | **Tina White**, Legal Executive



Debra



Elyse



Tina

**1A Tapu Road, Huapai, Kumeu**

**1/547 Te Atatu Road, Te Atatu Peninsula**

**09 973 5102 - [www.cslegal.co.nz](http://www.cslegal.co.nz)**

# Property

## Property market report

Considered buyers are making the most of great value.

There is great buying available today in the streets of Auckland, but it will not last as Vendors reach a point that housing stock will go into the rental pool.

It also remains a mystery why so many media commentators shout-on about a correction in house prices and how disastrous it is. A recent statement from CoreLogic in August suggested a landslide of property owners were selling at a loss however the percentage change that was calculated affected less than one percent of sales in the June Quarter. It does border on irresponsible reporting because the professionals within the property sector stated repeatedly that the increases through 2020 and 2021 were unsustainable and that the market would correct.

Similar to the managed funds and other investments, the market rolls through a series of peaks and troughs and you ride through these times with a view to sell, buy or hold based on all the things that are important to you and what is happening in your life. If you have purchased pre 2020, you most-likely will sell today and make a profit. If you are selling and buying in the same market you should be in a comparable position.

Restrictions being felt in the property market today are not a true reflection of demand and supply but are the artificial manipulation of bank lending due to the CCCFA (Responsible lending act) and the Reserve Banks tightening of loan to deposit and loan to income restrictions imposed on banks. The increase in interest rates may dampen enthusiasm but in all honesty we have had high interest rates before.

Many buyers are finding alternative funding streams through non-bank-lenders which are very competitive in rates and very professional in servicing borrowers. Further information should be sought through your Mortgage Broker or you may contact Mike Pero Mortgages on 0800 500 123 for more options.

the  
rentshop

**Mike  
James**

Managing Director

☎ 021 413 660

✉ mike.james@therentshop.co.nz

The Rent Shop Hobsonville Ltd  
PO Box 317118  
Hobsonville  
Auckland 0664

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



Scan me to view our listings & apply online.

So, before you buy into the doom of national media, take a look at the sales concluded over the last month, which will give you some reality of the current market:

Herald Island	\$1,100,000
Hobsonville	\$625,000 to \$1,800,000
Massey	\$602,000 to \$1,850,000
Swanson	\$1,150,000 to \$2,140,000
Waitakere	\$1,602,000
West Harbour	\$970,000 to \$1,675,000
Westgate	\$825,000 to \$1,398,000
Whenuapai	\$895,000 to \$1,480,000

Give me a call today on 0800 900 700 for more information. After 17 years of making people my priority in real estate, you will benefit from unparalleled experience, care and commitment. It costs no more to use a more experienced customer focused agent that puts you, front and centre. Graham McIntyre phone 027 632 0421 email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) - Mike Pero Real Estate Ltd Licensed REAA (2008).

## Beware of cowboys

In my role working within different areas of the business a large proportion of my role is working with Property Managers and constantly upskilling and training. There's no debate that the property rental industry has seen a lot of changes in the past few years, particularly around legislation and landlord responsibilities. We have found that a lot of new owners buying their first investment property are now automatically heading straight to a property manager, as the experts in the field. Once an owner signs on with us at The Rent Shop Hobsonville, they appreciate the professionalism, industry knowledge and expertise our Property Managers can offer.

- Less stress - you won't have to deal with late-night emergencies, organising contractors, chasing down rent and water payments, raising the rent.
- More freedom - you can holiday anywhere you want without having to worry about your tenants, routine inspections. You can live anywhere in the world you like.
- More free time - For a property investor, time is money, you want to be working on your business, not in your business, that's our job.

Finding a good property management company is critical. This isn't an area that you want to choose to skimp on fees. Unfortunately, you pay for what you get. Lower fees often mean lower wages and less training for the staff that work there. This generally leads to a higher turnover rate, which means that your investment property will not benefit from the stability and quality a strong property management team can offer.

**Graham McIntyre**

LICENSED SALESPERSON  
BRAND & TERRITORY OWNER

**Mike Pero**  
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Mike Pero Real Estate Ltd. Licensed REAA (2008)  
327 Main Road, Kumeu, Auckland  
2 Clark Road, Hobsonville, Auckland

# Property

A key difference we have is a team of credit controllers that work with our Property Managers to action rent arrears daily that enable missed or late payments to be followed up with greater efficiency. This dedicated focus on rent and invoice collection is backed by our experience and use of proven systems. It's important that the appropriate action and process is followed if required. If not, it may result in you losing in tribunal.

It's important to remember when you go on a flight you don't jump in the pilot seat and learn to fly on the spot. You are wanting a pilot who is highly experienced and has flown many times before and keeps you safe. This is the same when choosing a property management company.

Beware of the cowboys. Research, research, research- look at google reviews, look at their website and look at their values. Make sure they operate in the area your investment is located. It's no good having a company that doesn't know the good from the bad areas, or promising a rent that is not achievable in that area.

Ask for references from current owners - give your property to the manager that you felt a connection with, the one that listened to your needs and understood you, the one that took the time to appraise the property correctly and give you informed and accurate information and possibly made suggestions of any works that need to be carried out before it is rented.

If you're wanting to experience the difference, give us a call. Mike James 021 413 660 or email [mike.james@therentshop.co.nz](mailto:mike.james@therentshop.co.nz).

## Helping you make decisions when you are unable to

An Enduring Power of Attorney (EPA) allows you to appoint someone to act as your attorney in certain circumstances and endures beyond any loss of mental capacity. There are two sorts of EPAs under New Zealand law. One for Health (dealing with matters relating to your general care and welfare) and another for Property (dealing with your property affairs). In each case, it is essential that you give your EPA to a person you trust completely to uphold your financial or health interests.

Your EPA must be given before you have lost capacity to understand and appreciate your own property or health interests. It is possible for someone to apply to the court to be appointed as your property manager or welfare guardian if you lose capacity without granting an EPA. However, that process can take very long and involves significant costs. The court order will also need to be extended every 3 years.

We recommend that you make your EPAs while you enjoy good health rather than assume you will have early warning about losing capacity. For further advice and assistance in preparing



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

your EPAs feel free to contact Kemp Barristers & Solicitors at [info@kempsolicitors.co.nz](mailto:info@kempsolicitors.co.nz) or 09 412 6000.

## GR Finance

Struggling financially at the moment? RBNZ Chief Economist Paul Conway doesn't think you are and was recently quoted speaking to the Herald in June of this year saying "...household balance sheets are in good shape; people saved money over lockdown." I think this is both a disgraceful and embarrassing



comment and clearly shows how a privileged few see our world. I would love to meet one of these Kiwis who have managed to save money in the past 24+ months. With hyperinflation at an all-time high and the RBNZ determined to cool inflation by hiking the OCR, we are now seeing the real economic sting in Covid-19's tail and a perfect storm crushing the average Kiwi household. Most are struggling to make ends meet, this includes paying for the basics i.e., roof over your head, food in your stomach, power & water, transport, education and lastly health. Sadly, we will see another shrink in the ever-decreasing middle class and the onslaught of mortgagee sales as those new interest rates start to bite.

GR Finance was started as an online finance application portal to allow people to obtain finance in a fast and easy way for the things they want today. What I have seen in the last quarter is a shift from buying things, to refinancing and debt consolidation. Of the finance contracts we have settled over the quarter well over 85% have been refinancing and debt consolidation. Fortunately, we have been able to help our clients obtain a more competitive interest rate and loan repayment conditions to provide some breathing space.

What some people don't realise when refinancing or consolidating debt is you often have a cashed-up asset available, be it a car, boat, caravan, or something else which has a true value. This asset can be used to provide a very competitive interest rate and loan term. If your credit history is pretty good, you will likely have a credit score which our lenders are happy to work with. Responsible lending is paramount today and if you are accepted for a loan, it is because our team and the lender have evaluated and accepted the risk and your ability to repay the loan. High risk borrowing will come with high interest rates and strict lending terms, or you may be turned down altogether.

We currently specialise in car, marine, personal, refinancing and debt consolidation lending, both secured and unsecured, with a team of finance application specialists with access to over a dozen forward

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# Property

thinking lenders. We work with you and the lending institutes to help structure your loan to suit your personal needs with highly competitive finance rates based on your credit criteria and ability to service the loan.

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

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

## Know any would-be first home buyers?

It's no secret that it has been a tough time for first home buyers, but there are some new (and some improved) initiatives that have recently come out of Kāinga Ora, that first home buyers should know about. They just might make getting into a first home a whole lot more achievable.

**First Home Grant** - a gift to help you into your first home

The First Home Grant (previously known as the Homestart Grant) is a gift of up to \$10,000 per person towards the purchase of your first home. If you are purchasing an existing home you may be eligible for up to \$5,000 and if you are purchasing a new home or land (and have a building contract to build) you may be eligible for up to \$10,000.

The good news is that Kāinga Ora has just increased the limits on the value of the property you can purchase using the First Home Grant. The limit for Auckland is now \$875,000 for both new and existing properties, and for other places such as Whangarei is now \$600,000 for existing properties and \$800,000 for new properties.

The annual income caps have also been increased.

**First Home Partner** - a co-ownership model to help you into a home

First Home Partner is a new offering from Kāinga Ora, and is likely to make a big difference to eligible first home buyers of new builds.

It involves Kāinga Ora providing up to 25% (to a maximum of \$200,000) towards the purchase of your home, and then holding that same percentage of the home as a co-owner until you buy them out (expected to be over 15-25 years).

This could be a game changer for first home buyers - the example given on the website shows that if you have saved up 10% of the purchase price, and you have approval from a participating bank to lend you 75% of the value, Kāinga Ora may provide the last 15% needed to get you into that home.

Like the other schemes, you have to live in the home as your main home, and because you are co-owners, there are some additional steps around making improvements or selling, and ensuring you are moving towards your goal of buying KO out. The sale and purchase agreement will need tweaking to buy with First Home Partner, so you should get legal help before you sign the agreement.

You can use this scheme with First Home Grants, and may be able to use Kiwisaver towards your deposit too.

**First Home Loan** - support to buy before you have a big deposit

This new initiative from Kāinga Ora means that you may be able to get into your first home even if you only have a 5% deposit. "First Home Loans" are loans provided by a bank but underwritten by Kāinga Ora, which allows lenders to provide loans that would sit outside their usual lending requirements e.g. for a 20% deposit. The criteria require you to meet the required income caps (which at present are the same as those for a grant).

As you would expect (because the lender takes a bigger risk including of dips in property values when there is less equity) there are some differences from a standard home loan. The First Home Loan is only available through certain lending institutions (see the Kāinga Ora website for a list), and the lender can charge a 1% Lenders Mortgage Insurance (LMI), and may charge an application fee. It is always worth comparing interest rates and application fees. You still have to meet the bank's other lending criteria to be granted a loan.

Check out eligibility and criteria here [www.kaingaora.govt.nz/home-ownership/first-home-loan/check-you-are-eligible-for-first-home-loan/](http://www.kaingaora.govt.nz/home-ownership/first-home-loan/check-you-are-eligible-for-first-home-loan/).

**Kāinga Whenua Loan** - loans enabling you to build on Māori whenua

This is a new scheme set up to allow a home to be built on Māori whenua that is owned by multiple people. Historically it has been hard to get finance to build on Māori whenua due to the different way land is held, and because of the issue of a bank exercising a power of sale. This new initiative sees whānau able to borrow to build because Kiwibank will instead take security over the house

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# Property

itself rather than the land. Like the First Home Grant and the First Home Loan you will need to live full-time in the house. Kiwibank will lend up to \$500,000 towards the cost of the build.

Before you sign on any dotted lines, go to Kainga Ōra's website and check out eligibility and conditions: [kaingaora.govt.nz/home-ownership](http://kaingaora.govt.nz/home-ownership).

If you need advice on purchasing a property have a chat with one of our property experts Shelley, Pierre, Amie and Sandra at Henderson Reeves Lawyers 09 281 3723, or pop in to see our new offices just off the offramp at Rosebank and Patiki Roads.

## They said I couldn't get a home loan because....

Lending is tough at the moment, but good applications are still getting through, and with the dip in the housing market I've had clients get into great homes they couldn't previously afford.

Given how tough it can be to get an approval, I thought it might be useful to share a few scenarios where clients were first told 'No' by their bank - but there was a way to make it work.

They said I couldn't get a home loan because....

I'm self-employed - Lots of Banks require two years full financials for self-employed clients, but there is at least one that is currently accepting only one year's financials. There are also some great alternative options with finance companies.

I'm too old - This can be a tough one, the banks can be hesitant to offer lending that would go beyond retirement age. But they can't actually discriminate directly on age - so if the lending isn't reliant on your salary, or there is a plan to repay it before you retire - then often we can make a deal work.

I don't have a big enough deposit - A 20% deposit is the standard requirement for your own home, and 40% for an investment property. But there are options outside of this if you are a first home buyer or buying a brand-new house. You can also look to have someone guarantee the loan instead, and the guarantee doesn't generally need to be for the whole loan.

I've missed some payments in the past - The banks can be quite strict on what they call 'account conduct', but at the same time they realise that life is complicated, and things happen. A few banks offer what they call 'second chance loans', and there are some really good finance companies that specialise in this area. These loans will generally charge an interest rate that's a bit higher, but they can be a great option to get back on your feet, and after a couple of years good account conduct, you can look to move to a cheaper product (or back to a main bank).

My income comes from overseas, or I'm relying on government

assistance.

Each bank has quite different policies on overseas income & government assistance. Just because one said no doesn't mean another won't say yes.

If you'd like help putting together a strong application, I'm available free of charge; and if you want to meet in person the coffee is on me.

Scott Wombwell, Managing Director & Financial Advisor, Better Borrowing 020 4009 8944 | [www.betterborrowing.co.nz](http://www.betterborrowing.co.nz).

## Flat plans - what should I look at when buying a property?

By ClearStone Legal (Elyse Crowther, Registered Legal Executive)

Cross-leases are a common form of title in New Zealand, they involve an underlying fee simple title and each owner has a lease for their home or "flat" and often an exclusive use area. The flat, any common areas and exclusive use areas are shown on the Flat Plan which is attached to the title.

When you own a cross lease property you are not able to make any changes without the other cross lease owner(s)

consent, for example adding a deck, and if the works are more significant e.g building a roofed deck or adding a garage attached to the dwelling then the flat plan also needs to be updated to reflect this. When this is not done the title becomes defective.

When you are looking at a cross lease property to purchase it is important to compare the flat plan to the actual dwelling and look for any inconsistencies, viewing a satellite image of the property can also help. A defective title must be disclosed to your lender, failure to do so can result in the lender being unwilling to advance the funds required to complete the purchase so making sure you have these discussions early on is important.

Correcting a flat plan can be a time consuming and costly process, you need to engage a surveyor who will draw up the new plan and then this needs to be lodged with Land Information New Zealand by your solicitors so that it can be registered against the title.

If you're considering buying a property and need some guidance, or if you have a cross-lease property which is defective and need some help, give ClearStone Legal a call on 09 973 5102. We would be happy to assist you.



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# Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HOBSONVILLE	1,200,000	189M2	158M2	1,235,000		830,000	508M2	95M2	602,300
	1,475,000	325M2	201M2	1,550,000		820,000	359M2	91M2	850,000
	1,075,000	131M2	120M2	1,100,000		850,000	491M2	80M2	744,494
	885,000	97M2	87M2	890,000		880,000	182M2	92M2	1,048,000
	1,390,000	229M2	164M2	1,401,000		1,090,000	603m2	139m2	1,050,000
	1,410,000	229M2	187M2	1,443,000		990,000	486M2	153M2	870,000
	1,145,000	210M2	166M2	1,140,000		1,075,000	679M2	80M2	858,000
	1,185,000	147M2	167M2	1,300,000		1,000,000	223M2	120M2	940,000
	630,000	0M2	53M2	625,000		1,130,000	651M2	90M2	1,030,000
	1,400,000	270M2	226M2	1,580,000		1,000,000	611M2	100M2	870,000
	1,620,000	335M2	205M2	1,568,000		760,000	0M2	110M2	820,000
	1,160,000	219M2	145M2	1,216,000		1,150,000	574M2	183M2	1,040,000
	1,180,000	197M2	160M2	1,220,000	SWANSON	1,155,000	477M2	171M2	1,150,000
	1,155,000	236M2	160M2	1,189,000		1,195,000	391M2	170M2	1,315,000
	1,200,000	189M2	159M2	1,280,000		1,725,000	4.06HA	173M2	1,825,000
	1,210,000	205M2	204M2	1,275,000	WEST HARBOUR	910,000	0M2	90M2	970,000
	1,775,000	332M2	263M2	1,800,000		1,255,000	627M2	210M2	1,455,000
	810,000	0M2	70M2	780,000		1,250,000	501M2	197M2	1,126,000
MASSEY	1,000,000	607M2	120M2	919,000		1,375,000	711M2	140M2	1,320,000
	990,000	579M2	91M2	960,000		1,625,000	0M2	260M2	1,030,000
	1,725,000	722M2	275M2	1,850,000		1,960,000	667M2	320M2	1,930,000
	800,000	430M2	83M2	767,500		1,500,000	671M2	220M2	1,495,000
	1,050,000	943M2	160M2	1,265,000		1,350,000	738M2	80M2	1,128,000
	1,350,000	847M2	270M2	1,005,000		1,050,000	553M2	150M2	1,080,000
	1,150,000	609M2	90M2	1,180,000		1,235,000	373M2	213M2	1,215,000
	1,050,000	1055M2	110M2	1,020,000		1,590,000	754M2	224M2	1,675,000
	810,000	0M2	80M2	758,000	WESTGATE	1,230,000	227M2	191M2	1,255,000
	840,000	453M2	80M2	810,000		1,225,000	527M2	147M2	1,330,000
	1,100,000	634M2	93M2	838,500		1,100,000	596M2	171M2	1,050,000
	1,000,000	506M2	170M2	990,000		820,000	136M2	81M2	825,000

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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tiling, security system through to professional irrigation system this house has it all.

This seldom listed corner site delivers fewer neighbours, more sunshine and open aspect, so you feel you have space and an ambience that is hard to match.

A beautifully presented four room brick and weatherboard blend with robust coloured steel roofing, while the layout provides excellent separation between the master bedroom and the family rooms. Two bathrooms and a guest w/c while the entertainer's kitchen integrates seamlessly with lounge, dining area and alfresco decking and yard.

# Hot Property



Manicured lawns and hedging to provide the best bare-foot grass walking experience and all day sunshine.

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

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## POTENTIAL, POSITION AND PROFIT

3 1 1

By Negotiation

### 26 Makora Road, Massey By Negotiation

If you are looking for a home with prospects for a bright and rewarding future this is certainly on the top of your list. A fully revamped 1970's bungalow with new kitchen, led lighting throughout and beautiful native wood flooring at its best. Large bedrooms, all off a central corridor and potential to add value through decking and prospecting within this Mixed Housing Urban Zone. Set on a good sized 756 (more or less) square meters of land and close to Royal Road Primary School, Motorway access and Convenience shopping. So much to enjoy, so much reward. The CV on this property is \$1,100,000. 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](mailto:graham.mcintyre@mikepero.com).

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### 27 Strid Road, Te Atatu South By Negotiation

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[www.mikepero.com/RX3382040](http://www.mikepero.com/RX3382040)



**Graham McIntyre**  
027 632 0421

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# Helping you make the right move

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

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- ✔ Incredible market knowledge and a strong network of buyers
- ✔ Extensive sales and marketing background to best showcase your home

## Exceptional customer experience

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

## Personalised marketing

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

## Commission promise

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

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

Angie 



Kumeu/Hobsonville

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# Home & Garden

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pipes, the dreaded blocked toilets, or gas work, our maintenance plumbers are here to help - 24 hours a day.

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Roofing - We find and fix roof leaks. We also offer all roofing services...from repairs and gutter cleans right through to full re-roofs.

Project Plumbing -We are specialists in new home plumbing, design and installation as well as home renovations. We also have extensive knowledge and experience in commercial plumbing. Contact us today and we will help manage your project.

Laser Whenuapai has been trading since 1985 - so choosing us means choosing a solid, reliable and experienced company that you can depend on. Not only can we offer you total solutions for all your plumbing, drainage or roofing needs, we stand by all our jobs by offering warranties...and always use quality New Zealand made products.

Get in touch with us today on 09 417 0110 or [whenuapai@laserplumbing.co.nz](mailto:whenuapai@laserplumbing.co.nz). We are open five days a week from 7:30am-4:30pm and are conveniently located at Unit 4, 3 Northside Drive, Whenuapai.

## Potted and indoor plants workshop

Saturday 24th September (9.30am to 11.30am). Plants in pots or containers can be used to brighten up any living space whether indoors or outside. However, growing plants in pots can be difficult, especially if you are growing plants in pots outdoors.

There is a huge array of different plant options available to choose from, and a knowledge of appropriate growing environments and how to care for your plants is essential for success.

This 2-hour interactive and fun workshop presented by horticulturist David Bayly, will offer much of the information you will need to assist in growing plants in pots.



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# Home & Garden

If you have a plant in a pot that needs repotting or help, you are welcome to bring it along, and we can take a look at any issues it may be having, repot it if needed, and see if we can encourage new life into it.

Topics to be discussed will include: Plant selection to meet your requirements, how to keep your potted plants alive and looking good over many years, how and when to repot.

These events are generally very popular so booking is advised as spaces are limited (see below for booking details).

We also have our cute little coffee shop on site plus of course the Plant Centre for you to browse through.

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

Please note: Workshop cost price includes potting mix & fertiliser if you bring a plant along.

1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa

Tickets: \$20 per person

To Book email: [info@kaiparacoast.co.nz](mailto:info@kaiparacoast.co.nz).

## Aquatic weeds

Spring has arrived and anyone with a farm pond or wetland will see the aquatic weeds start to take off again. Open water can become overgrown with duck weed or azolla, blocking light to the rest of the pond and blocking pump intakes. Large amounts of aquatic weeds can also reduce the volume of the water in your pond, leaving you with less water for summer. Weeds from ponds can overflow in winter into nearby streams and drains and cause ongoing headaches. Clearing weeds from waterways requires a fully trained specialist with the correct techniques to make sure that no damage to the environment occurs. New Zealand Biosecurity Services has the people, plant and equipment to keep



your ponds clear and looking their best. Give us a call now on 09 447 1998.

## Attracting birds to your garden

Many gardeners are nature lovers as well, and one of life's pleasures is seeing your garden provide food and shelter for native wildlife all year round. Birds, skinks, geckos, butterflies, bees, wetas, the list goes on.



Whether you have a large garden or small, there are plenty of plants to attract and feed the birds especially during winter and spring when the tui and our native wood pigeon will travel long distances in search of food. Food sources are scarce during the winter, so by planting a couple of different varieties of plants now, and your neighbour planted a couple more, soon you will have birds visiting throughout the year.

Awa Nursery has a range of plants to help you on your way to creating a food haven for the birds. Kowhai, titoki, karaka, flax, corokia, cabbage trees, Fushia procumbens, putaputaweta, lacebark, Muehlenbeckia, and pohutukawa are just some popular natives to encourage the birds, providing nectar, fruit or seeds. There are many more, and we also have plenty of exotics you can consider. Encouraging insects for birds to feed can be done by providing a good layer of mulch or leaf litter on your garden. The skinks will also benefit from this. Be sure to provide fresh and clean water in a safe location away from cats.

Now is the time to plant, and large or small, there is bound to be something at Awa Nursery that will fit in your garden to help feed the local wildlife.

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# Home & Garden

## Extra water storage

Don't get caught out this summer. With summer just around the corner and wet weather upon us, there is no better time to install that extra water storage. We have a variety of colours to choose from and sizes ranging from 5,000L to 31,000L. Reduce water and waste charges. Use free rainwater - garden, car, boat, home washing, W/C and hose taps. Give us a call today for a free quote for water tank supply and installs. KPL 09 412 9108 - 156 Main Road Kumeu. Big Blue Building [www.kumeuplumbing.co.nz](http://www.kumeuplumbing.co.nz) or send us an email [info@kpl.co.nz](mailto:info@kpl.co.nz).



KPL, a well-established plumbing business, owned and operated for over 48 years servicing Auckland North to South, East to West. Pop in and see one of our friendly team members at our showroom based in the heart of Kumeu for all your plumbing, drainage, roofing, water pumps, water filtration, woodfires and pool & spa needs.

## Tile and grout cleaning and recolouring

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?



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

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

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

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

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

I've been a franchisee of The Pro Group for 7+ years and we're well established with proven results. Contact me for a free quote: Mark Bowers 027 477 2231 - Email [mark.b@theprogroup.co.nz](mailto:mark.b@theprogroup.co.nz).

## Dealing with a soggy lawn

In my experience (from 2005), since July it's been one of the soggiest winters, with the soggiest ground. Many lawns couldn't even be walked on let alone mown.

It's not the just the amount of rain - if it all fell in one day it would flow and drain away, and the lawns would quickly dry out - but it's the way it has fallen. Lots of rain day after day, which means the lawns don't get a chance to drain and after about three days of saturation they lose strength and turn to 'Mush'. Some lawns are so soft I'm thinking of buying some snowshoes to strap onto my mowing boots. So how can you help your lawn cope better with next winter?

1 - Keep your car off the grass. Even when conditions are ok, a car compacts the soil, squeezing out the airspaces and sealing it up, this affects the lawn in winter by preventing the water draining. In winter when the lawn is soft any cars on lawns will make a huge mess.

2 - Stop cutting the grass so low. We seem to have a tradition in NZ of wanting really, really short lawns, and it's not good for the lawn. There is roughly the same amount of plant material above and below ground, so long lush grass will have long, large roots below the ground. This helps keep the soil together when it is soft, more importantly it aids good soil structure & air spaces and gives a pathway for drainage. And in summer the lawn will tolerate drought better as the roots go deeper to find the moisture lower down.

3 -Aerate the soil - if a small lawn maybe use a screwdriver or garden fork, stab it in and lever back & forth to make air holes, or for a larger lawn hire an aerating machine. Gets air, water and nutrients further into the soil and the soil can breathe and drain. It results in healthier

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# Home & Garden

grass and a better draining soil.

4 - If its heavy clay, you may want to add sand and compost as this breaks up the clay, it also helps microbes and earthworms to do their thing and get that soil structure back.

Further possible steps beyond this can get a bit expensive like adding drains, or redoing the slope or creating gentle swales to redirect the water and stop it pooling over your lawn where the soil stays wet for long periods. As I said above, it's the multiple days of saturation that cause the sogginess, if you can get the water away reasonably quickly you can reduce the chance of the soil turning to mush.

While we can't do much about the rain, we can prepare our lawn for next winter, we can treat it better and get it into the best possible shape for coping better and making a quick recovery.

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

## Western ITM

Spring has sprung at Western ITM and you'll find a great range of products to suit the season on sale at your local Western ITM store including:

- Pine, treated garden stakes are in hot demand and on sale now - available in 1.2, 1.5 and 1.8mtr now have a whopping 30% off
- Our range of McGregors weed spray and sprayers (knapsack, 5L and 2L) now have 20% off
- 5L 30 Seconds RTU & Walk Away are just \$37.90 incl GST

- 100x25 H3.2 rough sawn timber 2.4mtr lengths just \$5ea incl GST. Ex Whenuapai only... this product is ideal for framing up pet runs, or making chicken coops, bird aviaries, playhouses etc.

If you have a bigger project in mind like building a retaining wall or extending your deck in time for summer, then contact our experienced team today.

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e: info@westernitm.co.nz

www.westernitm.co.nz.

## Kumeu Community Garden

Kumeu Community Garden is flourishing in its sunny spot on fertile soil on Oraha Rd, Kumeu. We've got plenty of organic seasonal greens available.

At the moment, that's spring onions, cauli, coriander, kale, rhubarb, spinach and silverbeet, and more. We invite you to sign up for regular \$20 vege packs to get some of those goodies for yourself. This is the 'community supported agriculture' model; fresh vege sales reflecting seasonal abundance, where the proceeds go directly into sustaining the garden enterprise. Message us on fb to sign up for your veges today.



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156G Main Road Kumeu / BIG BLUE BUILDING

# Home & Garden

We'd also welcome your help and support to meet some of the costs that we incur as a grass-roots organisation operating on the smell of an oily rag. Those costs seem disproportionate - we are currently fundraising to meet public liability insurance costs of almost \$700. If you can help support us with a donation, please do. Our account number is 02-0139-0144121-000 and no donation is too small - or too large, to help us keep growing.

Our head gardener is at the garden every Sunday (afternoon), and we have workshops and community planting and harvesting on the first Sunday of the month too. Give what you can, take what you need. See you there. [www.facebook.com/kumeucommunitygarden](http://www.facebook.com/kumeucommunitygarden)

## West Haven tide chart

Date	High	Low	High	Low	High
Thu 01 Sep	-	04:21	10:42	16:36	23:00
Fri 02 Sep	-	05:04	11:26	17:22	23:45
Sat 03 Sep	-	05:49	12:14	18:13	-
Sun 04 Sep	00:34	06:39	13:09	19:12	-
Mon 05 Sep	01:29	07:37	14:12	20:16	-
Tue 06 Sep	02:30	08:43	15:20	21:23	-
Wed 07 Sep	03:37	09:52	16:27	22:28	-
Thu 08 Sep	04:45	10:57	17:28	23:28	-
Fri 09 Sep	05:50	11:57	18:24	-	-

Sat 10 Sep	-	00:25	06:48	12:51	19:16
Sun 11 Sep	-	01:18	07:42	13:41	20:06
Mon 12 Sep	-	02:08	08:32	14:29	20:54
Tue 13 Sep	-	02:56	09:18	15:15	21:41
Wed 14 Sep	-	03:42	10:03	15:59	22:26
Thu 15 Sep	-	04:25	10:47	16:44	23:11
Fri 16 Sep	-	05:09	11:30	17:30	23:56
Sat 17 Sep	-	05:52	12:16	18:20	-
Sun 18 Sep	00:42	06:39	13:06	19:14	-
Mon 19 Sep	01:31	07:31	14:02	20:13	-
Tue 20 Sep	02:25	08:29	15:03	21:14	-
Wed 21 Sep	03:24	09:32	16:02	22:11	-
Thu 22 Sep	04:23	10:31	16:56	23:02	-
Fri 23 Sep	05:19	11:22	17:44	23:48	-
Sat 24 Sep	06:09	12:07	18:27	-	-
Sun 25 Sep	-	00:31	07:54	13:48	20:07
Mon 26 Sep	-	02:12	08:35	14:28	20:47
Tue 27 Sep	-	02:52	09:16	15:08	21:28
Wed 28 Sep	-	03:32	09:56	15:48	22:09
Thu 29 Sep	-	04:13	10:37	16:30	22:52
Fri 30 Sep	-	04:56	11:20	17:15	23:38

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

## Maximise the value of your land



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

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



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

Showroom/Office: 80 Main Road, Kumeu, Auckland.

Open: Mon-Fri 9am-5pm



# Your brand + your message = your success

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

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

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

In response to advertiser demand we offer the following options:

## **Business Card Advertising:**

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

## **Display Advertising:**

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

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

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

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

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

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the Westerly

Property market report  
Community Facilities

People & places  
Home & garden  
Community activities  
Food & beverage

Catalina Bay Farmers Market

# Food & Beverages

## Peko Peko

We turned 3 years old last month. Thank you so much for your ongoing support, it has been a wild ride through this pandemic times. We are the only Japanese-owned Japanese restaurant in the neighbourhood so please come try the authentic Japanese dishes. We only use rice bran oil, free range chicken and eggs, homemade sauces and we pride ourselves on serving fresh and honest food, vegan friendly too. We have an online takeaway order from our website and you can also book your table through the same page. Located on 102c Hobsonville Rd, check our FB and Instagram @pekopekonz or visit our website [www.pekopekojapanese.nz](http://www.pekopekojapanese.nz) Fully licensed with Asahi tap beer, Japanese Sake and Soljans wines. Phone 09 416 1197.



## An eye-healthy tasty treat

Carrots are an amazing source of beta-carotene, so adding carrots to your meals regularly means that the cells of your eyes will be well guarded. Apart from using them to make delicious cakes, you can also include carrots when making salads and soups.

You will need: 3 eggs, 2 cups Chelsea Soft Brown Sugar, 1 cup Olivani Olive Oil Pure, 3 cups grated carrots, 2 1/4 cups Edmonds Standard Grade Flour, 1/2 cup Meadow Fresh Original Milk (warmed), 1 tsp salt, 2 tsp cinnamon, 2 tsp Edmonds Baking Soda, 1/2 cup walnuts. Cream Cheese Icing: 50g Tatarua Butter, softened 1/2 cup cream cheese, 2 cups Chelsea Icing Sugar, 1 tsp vanilla, 2-3 Tbsp Meadow Fresh Milk Method:



-Preheat oven to 160°C bake.

-Line a 23cm cake tin with baking paper and grease the sides and bottom.

-Beat eggs and Chelsea Soft Brown Sugar together. Add oil then all other ingredients - mix well. Pour into cake tin.

-Bake for 45 - 55 minutes, until a skewer inserted comes out clean. Stand in the tin for 20 mins then turn out and cool on a cake rack.

Spread with cream cheese icing when cold. For the icing:

-Beat butter and cream cheese together. Add Chelsea Icing Sugar, vanilla and sufficient milk to make a light fluffy icing consistency. Spread over cake and decorate with chopped nuts if desired. Enjoy

! For more information on your eye health, or to make an appointment contact the friendly team at Westgate Optometrists. Phone: 09 831 0202 Website: [www.westopt.nz](http://www.westopt.nz) Facebook: [www.facebook.com/westgateoptometrists](http://www.facebook.com/westgateoptometrists).

## We're celebrating our 85th vintage

Join us on a culinary experience to celebrate our 85th vintage and enjoy a 5-course degustation inspired by the five generations of Soljan family members.

Designed by our talented head chef, this feast will encompass the family's Croatian roots, accompanied by a stunning range of our wines to match.

This event will take place on Friday 23rd September, tickets can be purchased on our website for \$89pp with wine pairings available for \$45pp, you won't want to miss it.

[www.soljans.co.nz](http://www.soljans.co.nz) for more information.



## Westbrook

August was a busy month behind the scenes for our vineyard manager Michael and his team. Westbrook resolves itself around as caretakers of the land, always adapting to the environment as it ever changes, season to season.

It's a beautiful slow dance of many parts coming together.

From pruning and positioning the fruiting canes on the wire, to the mulching of the organic matter back into the soil, as we await bud




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# Food & Beverages

burst in the next month or two.

The Cellar Door team is enjoying welcoming more of our Aussie cousins and returning Kiwis as the travel restrictions are slowly lifted.

As more locals discover this 'hidden gem', a lot of our weekend bookings are for family groups re-connecting after many months of lockdowns.

We love seeing the smiles on their faces. Our gourmet pizzas and tasty platters are as popular as ever and we now also have soups and desserts, which change weekly.

The wine list features all of the Westbrook 'classic hits' with the addition of our new-release Syrah (Waiheke Island). Haven't been to see us for a while?

Come on over... we are 'just up the road' at 215 Ararimu Valley Road, Waimauku.

Bookings are highly recommended for weekends and public holidays. Book online at [www.westbrook.co.nz/book-now](http://www.westbrook.co.nz/book-now) or call the friendly Cellar Door team on 09 411 9924 for assistance.

## Homemade Blue Butterfly Pea Curacao Syrup

This is a homemade non-alcoholic version of blue curacao using blue butterfly pea flowers to create the vibrant blue-purple colour. It is lightly-spiced and delicious. Use the syrup to create interesting alcoholic or non-alcoholic beverages.



As the syrup is heavier than most other beverages, it will sink to the bottom of the glass when added to juice or carbonated beverages. It is best to add the syrup to the glass first, then add ice, and slowly add your other beverage on top to create a layered effect.

Ingredients: 1/4 teaspoon coriander seeds, 1/4 teaspoon cinnamon pieces (finely cut), 4 whole cloves, Dried zest of 4 small oranges (you can oven-dry the peels), 1 cup sugar, 1 cup water, 2 heaped tablespoons blue butterfly pea flowers.

Method: Add all ingredients to a small saucepan and bring to a simmer. Simmer for approximately 5-10 minutes (the longer it simmers, the thicker the syrup will become). Remove from heat and allow to cool. Strain and pour into a sterilised bottle. Store in the

refrigerator for up to one week.

Blue butterfly pea flowers along with other herbs can be purchased via our online store: [www.NewZealandHerbalBrew.co.nz](http://www.NewZealandHerbalBrew.co.nz).

## Father's Day at Soljans

Father's Day on September 4 will be commemorated at Soljans Estate Winery.

"Some pretty special fathers are working in our business presently, and in the years gone by," says Tyler Soljan.

"We have named our most exclusive and luxurious port after our original founding father Bartul. He is the Grandmaster of Soljan winemaking and the head of the family all those years ago. This is a very special fine old tawny port, dating back to selected old barrels starting with a barrel put aside in 1968 for fourth generation member Tonia Soljan."



Going back to the Soljan family's Croatian roots, a big family lunch has always been an important part of any special occasion.

"So, we have prepared a stunning two or three course lunch menu for you and your family to celebrate Father's Day," says Tyler.

"With a great choice of top-quality dishes, everyone will be happy."

Book online to secure your table, perhaps treating dad to a special bottle of port on the way out.

Visit [soljans.co.nz](http://soljans.co.nz) for more information.



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# Health & Beauty

## Winter warmth

Wrap yourself up in a gorgeous wool, silk, and cotton mix scarf and team it with some gloves. We are the scarf queens and have a very large selection of every weight, colour and pattern.

We also have door stops to keep the wind out in a very sweet range of animal doorstops and wind stops (cats, dogs - long or short) and traditional velvet doorstops as well.

And don't forget Fathers' Day gifts and cards.

Hobsonville Optometrists - Glasses and Gifts

413A Hobsonville Road- open every day except Sunday.



## How much do braces cost?

Many parents/caregivers notice alignment issues with their child's teeth at an early age and are aware that they should get an orthodontic consultation. Without a consult it is almost impossible to determine what treatment is right for your child and how much it will cost.

Generally, most orthodontic treatments cost between \$5,000 - \$6,000 on average for a year of treatment. The fees vary because of things like:

- The type of braces (traditional wire brackets versus clear brackets)



versus Invisalign clear aligners)

- How long the treatment takes to complete
- If additional orthodontic appliances or growth modification is necessary
- If they keep good oral hygiene habits at home, and attend their required regular appointments

One of the most effective ways to save money on braces is to schedule an orthodontic consultation sooner rather than later - even from 7 years old. Early assessments help us take advantage of functional appliances or interceptive aids that can reduce the extent of orthodontic treatment in later years (as well as unnecessary tooth extractions).

Fraser Dental also offers OrthoPlan, the orthodontic payment plan that allows you to spread the cost over the course of your child's treatment at 0% interest.

Contact the friendly Fraser Dental team at 1 Wiseley Road, Hobsonville on 09 416 5050 or email [info@fraserdental.co.nz](mailto:info@fraserdental.co.nz) to schedule an orthodontic consultation today.

## Painless periods: Just imagine that

Menstruation is dreaded by many women because of the associated pain and mood disturbances. It is estimated that 50 to 90% of women will experience muscle tension and discomfort in the pelvis and lower back during their monthly period. But it doesn't need to be that way.

Our modern diet puts us at risk of having inflammation, which increases the risk for painful periods. So, the first step in trying to make periods pain-free is to eat a diet rich in good nutrients (lots of vegetables, unrefined grains and good fats) and low in highly processed carbohydrates and some of the omega-6 containing fats. Eating a low-inflammatory diet can make a world of difference.

Helpful Supplements: Supplements can also be beneficial. Essential fats like EPA in fish oil and GLA in evening primrose oil help to reduce pain and inflammation associated with periods. They also nourish the brain.

Minerals like magnesium can be helpful to relax muscle tension and calm the mind. For many women, a magnesium supplement can help make menstruation (and health in general) much better.

B Vitamins are known to make periods more comfortable. All the B-vitamins are helpful, but vitamin B6 has lots of research. The dose of B6 for period comfort is quite high (100mg every 2 hours).

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# Health & Beauty

Vitamins D and E are also beneficial.

New Product: Clinicians Period Comfort

There is a new product that combines some great herbs into one product to give a fast and natural support for menstrual comfort. Clinicians Period Comfort contains cinnamon, cramp bark and ginger to reduce cramping in uterine areas, improve healthy blood flow and calm the digestive tract. This product is suitable for anyone over the age of 18 and is best taken for a few days starting a day or two before menstruation.

My personal recommendation is to also take fish oils for the first two weeks of the cycle and GLA combined with vitamin B6 for the last two weeks of the cycle. If you are still getting pain, then add in Clinicians Period Comfort. And of course, we always recommend eating a low inflammatory diet.

Martin Harris, Massey Unichem Pharmacy, 396 Don Buck Road, Massey. martin@martinharris.co.nz 09 833 7235.

## Investing in your health

We work so hard every day to earn more money so we can squirrel it into investments to build a nest egg so that one day we can stop working and kick back and enjoy the fruits of our long hours.

If only we worked as hard or as long investing in our health as well as our wealth.

Investing in our health is exactly the same as putting money away

- 1) Do something every day - watch that extra soft drink, walk the ramp instead of taking the lifts, get on your exercise bike at home for 5-10 minutes
- 2) Check regularly - get regular blood tests, watch the blood pressure and weight
- 3) Have an annual review - see your doctor for a checkup at least annually
- 4) Get rid of bad investments - stop high fat, high sugar foods, alcohol and smoking
- 5) Look for great returns - eat more green leafy vegetables and fruits, choose whole grains and low fat / vegan milk alternatives

If you work as hard at your health as you do on your wealth, you'll be pleasantly surprised that when you actually retire, you'll have good



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## Luxury skin treatments – Hobsonville Point

It been a very busy winter here at SKINMED NZ. Not only have I been busy in clinic, but we were also asked to participate in Rymans Health Week at Keith Park Village in Hobsonville Point. It was nothing short of a roaring success working with the Rymans team and the village residents. I had the privileged opportunity to educate the residents on skin health and provide my signature Genosys hydration treatment to over a dozen lovely ladies.



Winter also saw a big up take with our BePure Immune Kits. These were a wonderful complement to our skin health offering by supporting inner health and wellness.

Now as spring approaches we start to think about the summer and visits to the beach, preparing yourself for summer and protecting yourself from the sun. For Westerly readers I am providing a special offer to new clients and the chance to try my services. If you are interested in a fee skin consultation, please reach out to make an appointment. The first 10 new clients who sign up for any skin treatment will receive a \$50 SKINMED NZ voucher to use toward the purchase of cosmeceutical skincare products from Genosys or

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# Health & Beauty

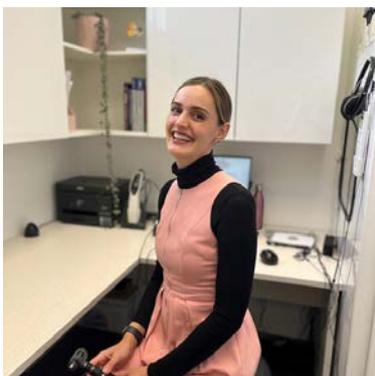
Mesoesthetic range.

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If you would like to know more about the services I offer and our product range, please visit [www.skinmednz.co.nz](http://www.skinmednz.co.nz) or contact me directly to book a consultation at [contact@skinmednz.co.nz](mailto:contact@skinmednz.co.nz) or 021 825 464.

## Hobsonville Hearing

Hobsonville Hearing is the first permanent audiology practice in the Hobsonville area and is locally owned and operated by audiologist Abby Johnson. We share our premises with several other allied health professionals on level one inside the Hobson Centre. At Hobsonville Hearing, we take great pride in providing our community with high quality, professional and patient-centred care.



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testing and custom ear plugs. We are an independent audiology clinic, meaning we can service and fit ALL leading brands of hearing aids and our prices are fair and transparent.

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## Exploring your past lives

Some people in our lives touch our hearts from the moment we first met them. It maybe their energy, their personality, but it is something that makes you gravitate to them, it's like you have known them but just don't know from where. It's like the saying "A brother from another mother" or "A sister from another mother". It's that immediate bond, a lifelong bond. Personally, I met a dear friend of mine while doing a healing course in Las Vegas many years ago, she was hosting it and picked me up at the airport, we were both strangers but from the moment we met, we became very close and with her family, it really was "a sister from another mother". The connection we have, is like we have known each other from the past. Have you had a similar experience and met someone



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

# Health & Beauty

and felt you have met them before?

When we travel to a special place or have a desire to visit a new place or country, have you ever felt you've been there? Have you watched something on tv or read something in a book or magazine and it seems familiar? Maybe you have been there before, but in another life time.

Have you ever said to yourself, why has this happened to me? Why did this person do this to me? Maybe it is past karma. Are you curious to learn more? Maybe a trip down memory lane is in order, so you can go back into your past.

It is possible to go back in time under hypnosis. You can go back to another time and place through a Past Life Regression. Not only can you go back in time under hypnosis, you are given the opportunity to heal various aspects of that time, that may be affecting your current life in order for your future to be healed.

Astramana™ Healing Services, Past Life Regression Facilitator Jason Mackenzie has conducted various Past Life Regression sessions over the years, taking people on journeys to different times and places such as a soldier in the army, a small village in Asia, royalty in Europe. Your journey into your past is unique to you, are you ready to go down Memory Lane, with a Past Life Regression session? Don't delay, book your Past Life Regression session now with Jason.

Visit our website: [www.astramana.com](http://www.astramana.com) or email us at [astramana@gmail.com](mailto:astramana@gmail.com) or call us on 021 0277 0836 with any questions or to book yourself a journey back in time! We are available for tarot readings, Reiki and other classes.

## Club Physical Te Atatu

Club Physical Te Atatu Manager - Brahm Richards drew the under 65kg British Champ, Ross Connelly in the recent Commonwealth Games. They managed to complete their bout before a huge speaker box dramatically pelted to the floor and closed the exhibition Centre down for the next two hours.



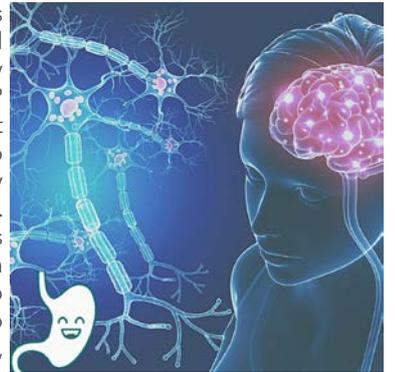
In his next match, Connelly was beaten by the Canadian Champ - Lachlan McNeil. This meant that Brahm would have no further bouts. If Connelly had won, Brahm like others on the TEN strong New Zealand Team would have had more opportunities. As 'Australasians' we were proud that in the overall total Games events Australia took first place in total medal count while New Zealand was fifth out of

72 Countries.

Brahm is one of the Coaches for Club Physical Wrestling along with the renowned 'Amir' along with Chris Numia for boxing adding to the variety 'included in your (Athletes and Winners memberships) at Club Physical Te Atatu.

## Is your gut getting on your nerves?

Did you know that our nervous system and brain are linked and when we are chronically stressed it affects our digestion? We won't produce the amount of saliva or enzymes needed to break our food down into tiny bits that then get absorbed. The movement that pushes food through our gut (known as peristalsis) is inhibited so we are much more likely to experience reflux, indigestion, bloating and constipation. If we aren't absorbing our nutrients then that will have a knock on effect on our general health, affecting all of our bodily systems including our immune system, mental health and hormones.



One of the most important nerves that link our gut to our brain is called the vagus nerve. It connects the brain to all our major organs and is active when the parasympathetic nervous system is activated (this is our 'rest, digest, feed and breed system' because it is so important for relation, digestion and reproduction. When we are stressed we are activating the opposite system known as the

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sympathetic nervous system (aka fight, flight or freeze).

The vagus nerve is responsible for stimulating the production of stomach acid, other digestive enzymes and bile, churning food in our stomach, stimulating muscles in our gut to push food through and down. It is also an important communication bridge between our brain and our microbiota.

As food moves through our gut, it causes stretching and this stimulates the conversation between our gut and brain through nerves. Sometimes the communication between the brain and the gut doesn't function properly. It is not clear currently why this is, other than the nerves in the gut can become overly sensitive and tells the brain to respond differently by triggering pain, bloating, diarrhoea, constipation even from a small amount of food or gas.

Emotions, stress, inflammation appear to play a role in this. This is why for some people hypnotherapy can be just as beneficial as changing diet for those diagnosed with IBS.

In summary - Stress will stop you digesting food properly and chronic stress can create digestive symptoms and gut disorders. Finding ways to stimulate the parasympathetic nervous system and the vagus nerve is really important.

My Top Tips - Eat mindfully and slowly, chew your food. Slow, deep breathing will activate the vagus nerve and stimulate the "relaxation response" otherwise known as the "rest and digest" mode. Remember, digestion can only happen in this state. Most people take 10-15 breaths per minute. How many are you taking? Slow down and take 6 breaths per minute. Move your body. Exercise and yoga have both been shown to help stimulate the vagal nerve and thus digestion and can be a beneficial tool for managing chronic stress. Try hypnotherapy. Many studies have shown that gut specific hypnotherapy can reduce IBS symptoms in some people, especially if a fodmap diet hasn't worked and stress and nerve function is behind the gut symptoms rather than food intolerances.

If you are interested in finding out more then read my blog on this topic at [www.sarah-brenchley.com/](http://www.sarah-brenchley.com/) or find me on Facebook: [www.facebook.com/sarah.brenchley.5/](http://www.facebook.com/sarah.brenchley.5/).

I'll be running a free 10 day well woman series of guest speakers at the end of August. More information on this will be on Facebook.

## Feeling blocked? Not achieving the success you desire?

Many people come to me feeling blocked and not able to achieve the success they desire. What we find is that in childhood they have taken on beliefs which are now holding them back. Beliefs such as: I am not good, smart, or talented enough. No-one ever recognised my talents or skills



as a child so I mustn't have any. Mediocrity is safe and I can't get hurt here. I'm different so don't belong. I can't do this, it's too hard. When I excelled people were jealous & so it is easier to play small to fit in.

Most of us have picked up some ideas and beliefs like these that aren't useful for us. Our minds are like computers, and they can be reprogrammed for success. Start by telling yourself every day I AM enough and I deserve success. Look yourself in the eye in the MIRROR and say it. Our mind learns through repetition so say it more than once every day until you start to really feel it and see shifts in your life.

If you need help becoming successful. Get in touch. Lorraine Maguire - Rapid Transformational Therapist [www.lorainemaguire.com](http://www.lorainemaguire.com).

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# VICTORIA SHORT

FOR  
ALBANY WARD COUNCILLOR 2022



Having called the North Shore home all my life, I now have the privilege of bringing up my two daughters in this beautiful part of the world. I am of Kiribati descent and am a first generation New Zealander.

In my current elected role as Deputy Chair of the Hibiscus and Bays Local Board, I have been extremely outspoken about the poor value for money ratepayers are receiving. In the last few years, rates have dramatically increased while services have decreased. I have been critical of Watercare's poor performance, however I am not convinced that the Central Government's Three Waters reform will deliver meaningful value for Auckland, and I oppose the proposal.

I led the review of the Parks Management Plan and aim to preserve and protect our green spaces, opposing any sale of such spaces to safeguard them for the enjoyment of our future generations. I am also active with our local environmental and restoration groups who, not only save the council money through their volunteer hours, but also educate our residents on pest control, transform and restore our native bush and provide a safe-haven for indigenous species to thrive.

I am also an executive committee member of a local business association and a strong advocate for supporting effective and efficient business development and operational frameworks within Auckland

I will bring the needs of our community to the forefront of every council debate, discussion and negotiation. Our residents should always come first, and I intend to champion our community requirements in Town Hall.

**I need your vote and support to bring the spotlight back to our community needs and affect active change.**

### A vote for Victoria Short ensures:

- A laser focus on council expenditure with an emphasis on value for money
- Decision making that considers long term future implications
- A focus on core council business
- Stricter accountability and oversight of Auckland Transport, Auckland Unlimited, Watercare, Panuku
- An emphasis on community needs rather than personal politics
- Complete transparency in decision making with no conflicts of interest
- A collaborative approach with the Mayor, other elected Councillors and Local Boards for the direct benefit of residents within our community
- An accessible, approachable, and available Councillor who is always willing to listen and engage



# VICTORIA SHORT

FOR  
ALBANY WARD COUNCILLOR  
2022



# Area Columnists

## Call for west fruit tree owners to pick surplus for charity

A new boost to a charitable initiative will provide food for 5,000 vulnerable families, delivering 75,000 meals during winter.

A social enterprise which is supporting the initiative has also called for Kiwis with citrus fruit trees on their property to pick surplus fruit to donate to those in need.

West Auckland Food rescue charity Fair Food which supplies over 50 community local groups with over 2.4 million meals per year has also opened a 'Conscious Kitchen' to teach community members the principles of upcycling food.

Around a third of all food produced globally is wasted, however staff at Fair Food receive and hand-sort around a tonne of discarded food each day - which is provided by supermarkets, growers and manufacturers.

The surplus produce would otherwise be destined for landfill, generating an estimated 540 tonnes of greenhouse gases annually.

Deborah Mclaughlin, chief financial officer at Fair Food, says the poverty gap is widening, with pandemic-driven food shortages, inflation and winter heating costs all impacting already vulnerable families.

She says around 40% of Kiwi households experience food insecurity and 19% of our tamariki live in homes where consistency of food



supply is a concern.

"I know one woman recently had to stop her children's sporting activities over the weekend because it became a choice between paying for the petrol to get them there, or buying groceries. I have heard of others having to go without heat. No one should have to be in this position," she says.

Allan Pollard, CEO of The Trusts, a local social enterprise which has provided financial support for the distribution of the meals, says winter, along with Christmas and back to school, are the months with the highest levels of need.

"Thousands of whānau in our communities are facing the perfect storm of seasonal cost pressures for thousands of members of our community.

"It is critical that organisations like Fair Food be given the support of corporates to allow them to continue their work during peak seasons of need.

"We also want to encourage those who have surplus fruit growing on their trees to pick and donate this to a local food charity - rather than let it go to waste rotting on the ground," he says.

Pollard says currently citrus fruits such as oranges, grapefruit, lemons and mandarins are in season and food rescue charities like Fair Food can often collect the produce from those willing to pick it.

## Christine Glover

I'm Christine Glover and am excited to announce that along with 15 other candidates I'm standing for the Upper Harbour Local Board.

What do I stand for?

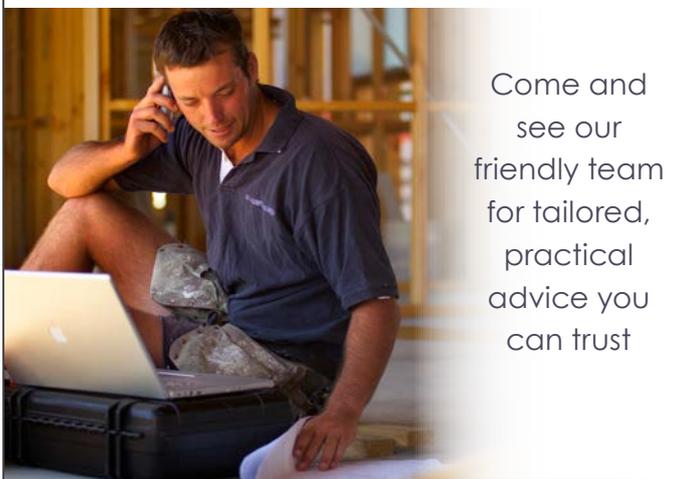
My vision is to empower all voices to be heard. By connecting diverse communities in Upper Harbour we can create safe communities, whereby we all strive to know our neighbours, to reduce crime and take better care of each other. It's also important for me to be a beacon for two way communication so we are better informed. In a nutshell, safer, connected, communities.

I'll listen and build relationships with stakeholders like Auckland Transport, Waka Kohati, Auckland Council, and the Emergency Services. Fortunately I've existing relationships with stakeholders from my time working on behalf of the Upper Harbour MP on constitutional issues from Greenhithe to Unsworth Heights, through to West Harbour. The mahi formed the basis for work that I want to



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# Area Columnists

continue to do for our community because I care.

It's about time, as I've served the Upper Harbour community since 2013. Initially at Albany House as a community coordinator funded by the Upper Harbour Local Board. Based at Albany House I managed the community activities and budgets for newcomers, seniors and young mums. My favourites were the Albany Christmas Parade outside Westfield, Big Teddy Thursdays, and the Aged Care events that happened weekly.

My husband John is a local and grew up in Albany. He tells me of a time when chickens roamed freely and orchids were sprinkled everywhere in Upper Harbour. We started in Paremoremo with chickens and a dog and spent many weekends planting trees at Sanders Reserve with our first son.

When we moved onto the property ladder four years ago we stepped into trendy Hobsonville Point, downsized to an affordable sustainable apartment, brought bicycles in lockdown and embraced the cycleways, markets, and our new friends.

Immediately I became involved with the local community and became the Community Liaison person for Hobsonville Point on behalf of Hobsonville Point Residents Society. Whilst the role had its challenges during COVID Lockdown it was an honour to serve the community and get things sorted like the shade sails, ensure safety of our kids for the bird slide working with Kianga Ora, and the highlights being Sparkle Parade, Waitangi on the Point and the jazz festival at Chichester Cottage.

Generally I ask lots of questions to understand a problem, consider all perspectives first. I consult with stakeholders to ask tough questions on behalf of constituents to learn the facts. Once I understand the gaps I provide solutions with a vision, and importantly communicate the plan back to the community.

The democratic process fascinates me so in 2020 I became the Returning Officer of Upper Harbour for the Elections 2020, I managed the election budget and had the pleasure of working with community houses, Upper Harbour schools, and churches to employ over 400 staff to deliver the elections.

I also have a business interest and co-founded NOWBIZ during a Level 4 lockdown. Our network strives to support the local business community by promotion and advocacy. Interestingly my colleagues John Loau and Amar Trivedi have decided to put their hat in the ring for Upper Harbour Local Board too.

Basically, after several years gaining community experience, governance I have the tools now to understand the process, the difference between Local Body vs Central Government.

I'm passionate about the Upper Harbour people and want to protect our beautiful parks and assets.

To the outgoing members Margaret Miles, Lisa Whyte and Brian

Neeson I'm grateful. Together the team achieved the Northern Corridor, Sanders Reserve, North Harbour Stadium, Albany Swimming Pool and the Hockey Stadium. These wonderful people have pathed the way to make the 2022 elected board an easy path to follow.

There are many projects in the pipeline and new issues yet to pop up. I'm keen to work as a team to make these happen to provide a Connected, Safer Community.

Elections start from 16 September and run through to 8 October. So please vote.

Authorised by Christine Glover, 81 Mapou Road, Hobsonville Point, Auckland, 021 963 421.

## Make your distance family feel comfortable

Do you have an adult child (or two), and perhaps some grandchildren living a flight or three away? How do you make your Distance Family feel comfortable and included when they're living overseas?

First, are you accepting of their move? For you, it might be a 'two steps forward, and one step back' process, and that's okay. Our adult children want to know we wish them well.

Second, do you know that the strongest emotion most of them grapple with is the guilt of the left-behind family? It never leaves them, and most don't share these feelings.

So, with the hard stuff out of the way, what can you do to help your scattered family?

1. Be upfront about communication routine works that best for you. For example, is your family calling most days - an obligation they could well do without? If you're content, or at least accepting, of a decent once-a-week catch-up, suggest this alternative.

2. Are they posting you gifts? Does this feel like an unnecessary extravagance? Thank them sincerely and indicate gift vouchers are fine, or a card means more than a present.



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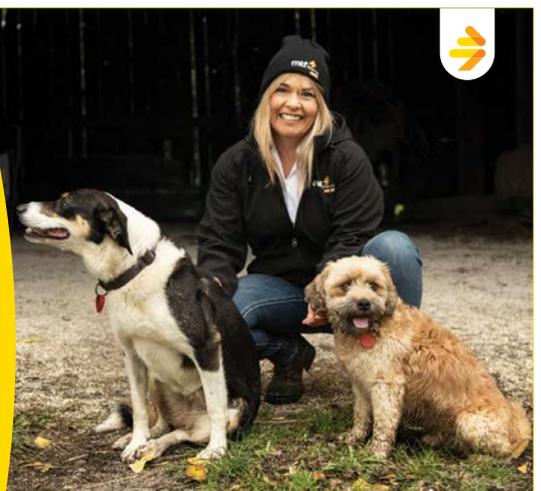
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# Area Columnists

3. Is there a special occasion happening at home? Think carefully before settling on the time. How could you make it feasible for your distance family to attend virtually?

4. If you struggle to know what to chat with your grandchildren about, ask their parents what's hot and what's not at their end. What are they studying at school? Is there a project they're working on you could support from afar?

5. Are there inventive ways you could remotely babysit grandkids for five or ten minutes here and there? Enquire what books your grandchildren adore and borrow the same titles from the library if you can.

6. When distance family visit home few friends and family enquire about their global life. Most conversations focus on topics of local interest. Perhaps you can steer the odd conversation, so your family don't feel they have left their worlds at the airport's Arrival Hall.

7. Many parents and grandparents wish their visiting family would spend all their time with them... and that's understandable, as you've missed them. However, asking your family, "Who else do you want to catch up with?" is music to their ears. They are apprehensive about sharing these plans for fear of upsetting you.

The common theme here is working to understand 'how it is' for our distance family. All generations struggle at times with the realities of our globally separated lives, however, empathy goes a long way to keeping distance family feeling comfortable and included when they're living overseas?

Extract from a version first published on GrownUps.co.nz.

Hobsonville Point resident Helen Ellis, M.A., is a researcher, author, anthropologist, veteran of Distance Grandparenting and Founder of DistanceFamilies.com. She is the author of Being a Distance Grandparent and her latest release, Being a Distance Son or Daughter. Her books are available online and at selected bookstores. Also available at the Hobsonville Point Pharmacy.

## Key person risk in business

Covid has finally caught up with me this month. It has taken me fully away from work for one week, and rescheduling any face-to-face meetings for a second week. While I am lucky that I can take much of my work online and can easily reschedule, it has still been disruptive.

For many businesses the disruption of Covid and staff absences is more severe. Pressure is put on the remaining staff to ensure that the level of customer service does not slip. Worst case scenario is losing out on immediate sales, damage to your business reputation, or long term business harm.

One thing to consider is who is the key person (or people) that are critical to business operations? This could be the business owner, or a key staff member. What happens when this person is not available, either through illness, injury, or worse?

Do you have systems and processes documented so that anyone can pick up the tasks of that person? Do you have a system where at least two people know how to do every job in the business? Is important business information accessible, or is it only on one person's computer? Are you still able to pay your suppliers on time?

If a business owes all or a large proportion of income directly to one or two people, key person insurance can be a way to reduce the impact of that person passing away or being incapacitated - this of it as life insurance in a business context.

Key person risk should be managed like any other risk of being in business. Identification of the risk is the first step, then identification and implementation of strategies to either reduce the risk, or mitigate the effect. Simply having the conversation with your team can be a great starting point.

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

## Testing and Tagging

Testing and attaching a test record tag on all electrical equipment is a good idea, a prudent step in ensuring that all electrical equipment in use in your organisation is safe, effective, and suitable for use.

It is not however, prescribed by legislation and/or indeed required by government regulation. What is legally required is that equipment is electrically safe and maintained in a safe condition.

There are many test & tag companies operating in New Zealand that will tell you it is absolutely essential and that the National Standard AS/NZS 3760 requires it.

As below:

AS/NZS 3760 Standard - Table 4 - In the joint Australian New Zealand Standard AS/NZS 3760, it specifies that the amount of time between using a PAT tester is based upon the type of environment that appliance is located in.

It's also important to remember that some businesses undertake their own risk assessment. This means they might have a different test and tag frequency which is more frequent than what's specified. This is of course absolutely fine, whereas testing less frequently is not acceptable.

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[petesinton@townplanner.co.nz](mailto:petesinton@townplanner.co.nz)

# Area Columnists

Summary of Minimum Requirements. Ask your Electrician for details.

Test & Tag at least every:

- Building or construction site and other hostile environments: 3 months
- Workshops, factories, place of work and clean equipment: 6 months
- Environments where the appliance or cord may be flexed or damaged: 12 months
- Bedroom areas of rest homes, hotels, motels, and hostels: 2 years
- Environments where the appliance or cord will not be flexed or damaged: 5 years

If an appliance is relocated, then the new environment test requirements apply.

What they won't tell you is that Standards even National and International ones are voluntary.

Testing and tagging electrical appliances is not mandatory, it is one useful way to check electrical equipment is safe when it is tested but it doesn't guarantee future electrical safety. It is just a snapshot of how safe and effective the electrical item is at the time of testing.

The PCBU has the primary duty of care to ensure that all equipment is safe and to decide to test and tag in-house with a trained person ( it does not have to be a registered electrician ) or contract a company to conduct regular checks.

Another area of contention is frequency of testing. Hostile

environments such as construction sites, foundries etc. - where equipment can be in damp and rough conditions and where there is far greater chance of damage and electrical items becoming unsafe, then testing every 3 months may be desirable. In these circumstance, electrical equipment also needs to be RCD-protected.

In office environments where the equipment is secure and relatively untouched a much longer period between tests can be acceptable.

What is important is that electrical appliances, extension leads and plugs are regularly checked for damage. All workers can play a part in this, by organisations encouraging staff to look at their equipment and report all areas of concern so that they can be checked and repaired/replaced if necessary.

The following related resources are listed below:

Electricity (Safety) Regulations - Apply to appliances, leads, and handheld tools connected to electricity. [www.legislation.govt.nz/regulation/public/2010/0036/latest/DLM2763501.html](http://www.legislation.govt.nz/regulation/public/2010/0036/latest/DLM2763501.html)

- AS/NZS 3760 Standard - Is an option for PCBU's to demonstrate compliance testing and tagging. [www.standards.govt.nz/shop/ASNZS-37602010](http://www.standards.govt.nz/shop/ASNZS-37602010)

- AS/NZS 3012 Standard - Provides guidance for the safe use of electricity on construction and demolition sites. [www.standards.govt.nz/shop/asnz-30122019/](http://www.standards.govt.nz/shop/asnz-30122019/)

- WorkSafe NZ guide for ensuring electrical safety on small construction. [www.worksafe.govt.nz/topic-and-industry/electricity/electrical-safety-on-construction-sites/](http://www.worksafe.govt.nz/topic-and-industry/electricity/electrical-safety-on-construction-sites/)

## Testimonial

“ **Positive and Professional!**

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

**Marcia & Brian** - Verified by RateMyAgent

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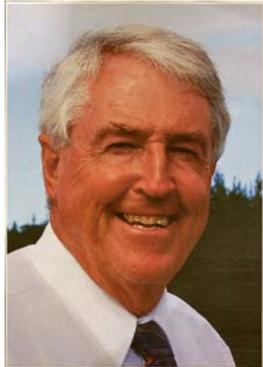
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# Area Columnists

If you have concerns around this topic or other H&S matters, please contact John Riddell Securo Health and Safety consultant is available to help and assist you, so please email them [securo4@securo.co.nz](mailto:securo4@securo.co.nz) or check out the Securo website [www.securo.co.nz](http://www.securo.co.nz).

## Warren Flaunty

Warren is a retired Pharmacist and has been a Massey Businessman for 55yrs. He is a past Rugby Referee 25yrs, and is Patron and a member of both the Hobsonville Bowling Club and the Massey Rugby Club.



Warren has a wealth of intellectual knowledge in Local Government for 40yrs. He has been a Trustee of the Waitakere Licensing Trust for 36yrs. His knowledge is critical to ensuring the Trust continues to be well represented, making informed, sensible and disciplined decisions on behalf of the community. He believes he has the trust, drive, experience and enthusiasm to continue to be an effective Trustee.

Warren is committed to maintaining the high level of donations made by TICF and WLT to his community. He was a past president for 6yrs and believes the Trust and TICF can continue to distribute further donations of \$50 million over the next 10yrs, the Trusts Stadium is an example of this funding. These donations provide the difference between success and failure for the hundreds of non-profit organisations that form the backbone of our community.

Warren is adamant that the Trust model for the sale and purchase of alcohol is critical in preventing the proliferation of off premise licences, witnessed in most parts of the country.

Warren received a QSM for public service in 2004, is a past Local Board Member of Rodney 6yrs, Upper Harbour 3yrs, and Henderson-Massey 9yrs, prior to government legislation preventing members representing more than one board.

Warren was a Massey Community Board Member for 15yrs before becoming a Waitakere City Councillor for 9yrs. He has been a member of the Massey-Birdwood Ratepayers Association for 54 years, a JP for 35yrs and was a Trustee of West Auckland Hospice for 18yrs. He was an elected member of the Waitemata DHB for 21yrs until DHBs were dissolved a few months ago. He is also Chairman of the TICF Charitable Company.

He owned and operated Massey Pharmacy for 35yrs, Westgate Pharmacy for 17yrs and Life Northwest for 5yrs.

## Auckland Blues Festival

An inaugural Auckland Blues Festival is planned at a South Head farm on Saturday, November 12.



The Midge Marsden Band, Ash Grunwald, Fiona Boyes and the Fortune Tellers, Jeff Lang, Nathan Cavaleri, Paul Urbana Jones, The Flaming Mudcats, Kokomo and a whole heap more artists are set to perform at the one day/night event on the Aum New Year's Festival site.

"I have wanted to create a unique, bespoke blues festival in Auckland for many years, designed with a quality experience in mind and with respect to the genre and its long time New Zealand fans," says festival creator Paul Moss.

"After such a strange couple of years, now felt like the right time to give the blues community something truly special to enjoy together," he says.

"We've put together two live stages of what we think is a stunning, pure blues line-up of artists which covers some of the very best heavy hitters and newcomers of the New Zealand and Australian blues music scene.

"Being a long-time fan of the blues, I wanted to ensure we billed an inclusive range of artists to really showcase the current depth of the genre, with a tip of the hat to some scene legends such as our own Midge Marsden who will be bringing his full band, as well as Australians Ash Grunwald, Fiona Boyes, Jeff Lang and Nathan Cavaleri for our inaugural show."

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# Area Columnists

Paul says the stages will have the highest standard of sound systems available in the country.

"We take production very seriously and you can expect a quality production throughout, including a delicious and thought through selection of food and beverages to suit discerning tastes.

"One thing I have noticed over the years is that no one has been producing blues events of the calibre some of its most loyal fans deserve. Auckland Blues Festival aims to re-set the bar in blues show expectations."

The festival is planned on a 162-hectare deer farm on the South Head peninsula where the Aum New Year's Festival has been held for the past seven years.

Tickets are limited and the event is touted as a family focused boutique and bespoke blues festival designed for discerning tastes.

Visit [www.bluesfestival.co.nz](http://www.bluesfestival.co.nz) for more information.

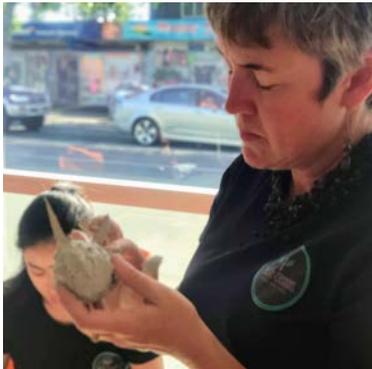
## Clear clutter and find your focus

Do you ever look around your cluttered surroundings and think how did we accumulate all of this stuff? Has it made me you happier? Clutter can affect your anxiety levels, sleep, and productivity.

Not only can clutter affect your mental health but it's also has an impact on your pocket. At The ReCreators, we recommend people thinking about buying less as a form of climate action but one that has multiple positive aspects for your life. If you need something, why not learn to make it yourself.

We are told that consumerism is the answer to when we are feeling down. We certainly know the feeling of buying something when we feel a little low. But it's just a short-term fix. Marketing has insidiously wheedled its way into every part of our lives and its quite the challenge to think in a non-consumerist way. Once upon a time we lived without fancy phones, disposable coffee cups and slower fashion and we can again.

To be truly happy in life is to get back to basics. Clear space to make room for the activities that make you happy. Drawing, gardening,



painting, getting outside, as well as upcycling and repairing. These skills have made humankind happy for millennia. And we find that in our classes - every human no matter what age, race, gender - relates and relaxes to making things by hand.

Buying more stuff we think we need and not caring for them or needing them, is not only hoarding but an actual disorder. And the stress hormone cortisol is found to be higher in mothers whose home environment was cluttered.

Why not try a few months of buying no clothes, gadgets or other stuff? Try doing without and if you can't, then have a look for a second hand option.

So find your focus! It will help increase cognitive overload and your working memory, as disorganisation drains our cognitive resources, and our ability to focus. If you are interested in more info - contact [ger@therecreators.co.nz](mailto:ger@therecreators.co.nz).

## New trust rules may put your assets at risk

New trust rules mean that beneficiaries can automatically become settlors if there's more than \$25,000 in their beneficiary current account with the Trust, potentially putting assets at risk.

The roles within a trust are:

- The settlor sets up the trust or moves assets into the trust for the benefit of others (beneficiaries); there can be more than one settlor.
- The beneficiaries receive benefits from the trust/assets it holds.
- The trustees are appointed to manage the trust.

Trusts can and often make income distributions to beneficiaries without actually paying that money out to the beneficiaries.

The money sits in a beneficiary account, recorded as money owed to the beneficiary by the trust.

In the past this hasn't been a problem, but now if a beneficiary account has more than \$25,000 in it which is owed by the trust, the beneficiary will automatically become a settlor of the trust in the eyes of IRD.

E.g., if your child is a settlor and gets into trouble with their own property, the trust could be 'tainted' by the associated persons rules, possibly putting the trust assets at risk.

There could also be bright line test tax issues, and settlors with foreign residence can change the way trusts are taxed.

If you have a trust, contact us to talk about your options and any potential pitfalls. UHY Haines Norton Kumeu: 329a Main Road, Kumeu, phone 09 412 9853, email [kumeu@uhyhn.co.nz](mailto:kumeu@uhyhn.co.nz).



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