

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

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



Auckland
Transport 

Auckland Transport operating
with impunity and disregard

Circulation is 10,000 print copies.

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

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

August 2024



Greetings

There are apparently 1.5 billion English speakers worldwide, ahead of the numbers who speak Mandarin, Hindi and Spanish. There are 160 Englishes around the world, because there are so many English speakers, with diverse cultural and societal influences impacting their language use, and more varieties of English are developing. It is the language of the air, Aviation English, and the sea, Seaspeak, as well as business and diplomacy (historically replacing Latin, and subsequently French). 138 countries require English to be taught as part of the core curriculum. American English became especially popular because of the influence of TV, music, food and cinema. There is no set standard to govern English correctness, so all varieties are proper authentic Englishes, evolving progressively. No one language is better than any other. They frequently absorb vocabulary from local languages, often because English lacks words that express local cultural concepts. In the past few years there has been a clear increase in Māori words in mainstream New Zealand English. If you are unsure how to pronounce a word (in many languages) go to forvo.com. For entertainment, you might enjoy Dr Erica Brozovsky's recent interview with Jim Mora on RNZ National.

Please enjoy the wide range of topics covered in the August issue of the Westerly. Have you ever visited a CAB? They can give advice on many everyday problems faced within communities, and now our local office in Massey has an employment lawyer and a counsellor as part of the team, to add to their JP and budgeting clinics. Read how UWEN works on the environment in the area - perhaps you might like to volunteer? While the weather remains cold, heaters and electric blankets can keep us warm, but the Fire Officer has invaluable safety guidance on the risks of old appliances. Keep a metre from the heater. Scammers have become a risky intrusion into our computerised lives, but Netsafe is now using AI to tackle them, as well as providing support if you may have been scammed. Check out our play review if you might like to go to the theatre.

There is plenty of advice for homeowners and Graham's column spells out the changing patterns in the current property market. The Local Board has a number of plans to improve our community facilities, and as usual our area columnists provide a spectrum of ideas and opinions.

All the best for August.

John, Editor



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People & Places

Auckland Transport operating with impunity and disregard

In May, Fiáin d'Leafy, from Bike Auckland, presented to the Auckland Transport (AT) Board.

It was a timely opportunity to remind Auckland Transport of their obligations to the community, safety upgrades and environmental impacts. Fiáin's presentation was complemented that day by a presentation from parents at Newton Central School, who shared some confronting stories of near misses and injuries to children on Great North Road, and their hopes for a swift, safe solution after years and years of promises.

However Auckland Transport claims of budget cuts and a shrinking pool of fuel tax meant a cut and tuck to an agreed plan.

Fiáin said "This is an out-of-the-blue proposal that, as far as we know, hasn't been run past any of AT's stakeholders, let alone consulted with the public. Worse, this cheap and nasty option only saves a small amount of money in the short term - which will inevitably be spent on the required monitoring programme and mitigating fixes to address any safety failings"

Western Bays Community Group and the Automobile Association share her concerns about Auckland Transport (AT), with the AA's Auckland transport spokesperson labelling the organisation's culture "unhealthy".

They and Auckland Council's transport chair, Mike Lee, also criticise AT for excessive secrecy in dealing with matters that affect the public. The issue has emphasised uncertainty over who is responsible for local streets, and the dividing lines between AT and the Government's NZTA. Western Bays Community Group chair Geoff Houtman backs a committee strategy because he agrees AT isn't listening to locals and operates by stealth.

"Auckland Transport went with what a minority of people wanted and ignored the majority. They have a culture of 'we know best' and act like they get given 50 per cent of the city's rates and they're the boss."

He says Mr Lee, who sits on the AT board, is all for transparency and



accountability, but it appears he is the only one. "The whole CCO thing is a joke. Council doesn't control Auckland Transport at all. If Mike Lee is having trouble dealing with them, what chance do the rest of us have?" Simon Lambourne, the AA's Auckland transport spokesperson, says his organisation has been unhappy with both transport agencies' lack of consultation.

Auckland Transport isn't considering the impact on the local roading networks or local motorists," he says. Mr Lambourne's main concern is AT's culture at senior level. He says it's "unhealthy" and the agency "dropped the ball from day one" in dealing with the public. Mr Lambourne says AT's attitude reflects its poor communication. In its first six months the agency didn't publish agendas or reports in advance for the public to see, which went against best practice for a council organisation.



Residents' Association chairman Ruben Penning is concerned that motorists will choose shortcuts through local streets to avoid speed bumps.

Auckland Transport has contracted out the construction of over 700 speed bumps/tables over the last 4 years. Each speed bump is valued at \$500k "speed bumps" - or, as some call them, raised pedestrian crossings - maybe on everyone's mind with budget cuts and community consultation in mind however in a recent article by NZ Herald, Auckland Transport is continuing its program of work despite Community condemnation. The organisation has spent an eye watering \$350,000,000 on humping Auckland without consultation and no cost benefit analysis.

This continues to highlight the culture within Auckland Transport, an organisation that is out of control, has no clear community mandate, and is operating with impunity and disregard.

As public we need to ask for better from Auckland Transport and Auckland Council, feedback to: Mayor.Wayne.Brown@aucklandcouncil.govt.nz ; Dean.Kimpton@at.govt.nz ; Simeon.Brown@parliament.govt.nz

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Community News

Discoverers

Disinformation is false information that is deliberately created and shared to deceive and mislead others. It is a calculated effort to influence public opinion by distorting the truth. Both the Jewish and Christian scriptures have explicit injunctions about truth telling. In the Jewish

Scriptures, the ninth commandment states, "Do not lie." [Exodus 20: 16]. In the Christian Scriptures St Paul exhorts members of the church in Ephesus to "speak the truth in love." [Ephesians 4: 15]

At the Discoverers informal church gathering on the 25th August, identifying and countering disinformation will be the focus. Discoverers informal church meets in the Baffin lounge, Headquarters building 214 Buckley Terrace, Hobsonville Point from 3-30pm to 4-30pm. For further information contact Barry Jones. Phone: 0220683873 Email: beejaynz05@gmail.com Facebook "Discoverers Hobsonville Point."



Waitakere Greypower Association

Waitakere Greypower Association held our re-convened AGM on 12th July. Four new Committee members were needed. Our sincere thanks to Jill Harvey for six years' service as former Secretary and a total of 8 years on the Committee. Our thanks to Judy Remacha our former Committee member and Newsletter Editor for many years. Judy Remacha was made a life member in



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We welcome all Members and guests of reciprocal rights clubs.
New members welcome to join at any time.
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- Camper Vans welcome to stay (bookings essential)
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THE SMALL RSA WITH THE BIG HEART

April 2024. Our past Vice President, Steven Mc Donald and Denise McDonald who have been on the Committee for five years stepped down in April 2024. Steven attended all Waitakere Ranges Local Board, Whau Local Board and Henderson Massey Local Board meetings and acted as President on three occasions. Vincent Naidu and Anne Pala our Secretary were our delegates at the Greypower Federation AGM in Wellington. Our remit on Prostate screening for men up to 80 years of age was passed unanimously at the Greypower Federation AGM and the Board will lobby the Minister of Health, Shane Reti and Whatu Ora, Health New Zealand, for Prostate screening every second year. Gayle Chambers has been elected as National President. We are all deeply saddened by the sudden passing away of our beloved colleague Karina Bellman on 21st June 2024. Our June Guest speaker was Casey Costello, Minister for Seniors and Associate Minister of Health, a former Police Sergeant in South Auckland. We have had an increase of 110 new members and have an informative colour newsletter, published three times a year. We welcome new members. Written by Mate Marinovich, President Waitakere Greypower Association, Office in the Te Atatu South Community Centre, 247 Edmonton Rd, Te Atatu South, open 9.00 am to 12.00pm for all membership and general advocacy enquiries.

C'mon Hobby, let's eat

C'mon Hobby let's eat! Connected Neighbourhoods Trust (formerly Hobsonville Community Trust) is organising another community meal on Friday 30 August at Sunderland Lounge, Cinema Road, Hobsonville from 6 PM to 7:15 PM. There's nothing quite like eating together and making new friends or chatting



with existing ones. So come along and enjoy a range of yummy food and share some good company. The Trust will provide the venue and rice and they just need you to bring a mains dish to share, such as a curry, stir-fry or similar (or if you're coming alone, you can bring some bread or a side dish if you prefer). Dietary Restrictions: Please bring a mains dish that you can eat if you have restrictions as we won't be providing anything specific, just rice. All ages are welcome and it's free but you do need to RSVP before Wednesday 28 August at hobsonville.org.nz/eat as there is limited space available. Open to anyone living within the Hobsonville area. Contact details for any questions: community@hobsonville.org.nz



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It could be lunch in the cafe with friends or family, a morning swim or complimentary happy hour hosted in the village lounge and bar. Our brand new village centre will boast a fantastic array of amenities, including a café, swimming pool and spa, hair and beauty salon, library, bowling green and more.

Also opening late August, is our village care centre which will offer rest home, hospital and dementia care.



Artist's impression

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Community News

Scott Point School Matariki performance for Ryman residents

Scott Point School Kapa Haka and Ukelele groups recently wowed their Ryman neighbours from the Keith Park Retirement Village with an outstanding performance of songs, music and dance items to celebrate the month of Matariki together. The two hundred members from the school ranged in age from 5- to 12-year-olds and had been practising for the performance throughout the term. During the ukulele performance, they were joined by a staff member and a resident from Ryman.



The gathering was concluded with group members joining the residents for afternoon tea and sharing stories. Scott Point School and the residents of Keith Park Retirement Village have been building a great relationship with residents supporting the school crossing at the busy Clark Road entrance to the park, listening to children reading every week, sharing in their annual ANZAC Remembrance event and sharing stories from the past. They hope to share more events to continue the relationship and help build a strong new community at Scott Point in Hobsonville.

BeOne

As we hit the mid-year mark this is the perfect time to refocus your intentions, create some healthier habits while you continue your wellness journey for 2024.

If you are a busy mum who needs some 'me' time or retired with some extra time on your hands, yoga is a great way to bring some additional balance into your day. Our yoga classes are now well underway.

Doing yoga regularly is proven to build strength, increase flexibility, improve posture, encourage better sleep and uplift your mood. Who knows maybe just making a conscious decision could set you up for improvement with healthier habits and more balance ... Who



doesn't want that?

These are just some of the amazing benefits to reap from a regular practice:

Kathy is a well-respected Yoga teacher in Auckland, with well over 25 years' experience in practice of all forms of Yoga. Also, being a mother of two children, Kathy knows what it means to live in the real world and deal with daily pressures we all experience. With concession cards available, and all levels welcome - it's worth your while and wellbeing.

Our classes are:

Wednesday mornings - 9.30am: Greenhithe Church Hall - behind the St Michaels Church, 12 Greenhithe Road

Friday mornings - 9.30am: Whenuapai Hall - 41 Waimarie Road, Whenuapai

Saturday mornings - 9.00am: Rifle Range, Amphitheatre Catalina Bay Drive, Hobsonville Point

We would love to have you along at any of our locations indoors and out in nature. No need to book in, just show up for you! Spare mats are provided.

I so look forward to seeing you in action on the mat.

For details visit www.beone.nz, BeOne on Facebook or

Contact kathy@beone.nz or 021 335 422.

New services at CAB Massey

We have new services at the CAB Massey in Te Manawa. We have an employment lawyer available on a Wednesday afternoon for 30 minute consultations. In the current economic climate this advice is very valuable to our clients. While our lawyer cannot dispense formal legal advice during the clinics, or act for our clients, he can offer guidance to people struggling to find their way in a legal system they do not understand or cannot afford to engage with.

Many of our clients cannot afford to engage with legal professionals, which results in an access to justice crisis. Our Employment lawyer complements our regular legal service also on a Wednesday - but for shorter appointments - where these lawyers once again can offer guidance about where to go next.

We also have a counsellor available for one hour appointments three mornings per week. Counselling can be very expensive, and many people find with the expenses of day-to-day costs it is simply out of reach. Our counsellor is a graduate student who needs hours to formally qualify, and these hours benefit our community. It's a win-win situation.



These clinics work in with the JP and Budgeting clinics we have long had available. And of course we have the Citizens Advice Service where we can help you solve problems large and small.

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Community News

If you'd like access these services or to help people in your community solve these and other problems, you may wish to be a volunteer at CAB Massey. Volunteering is incredibly rewarding and no session at Citizens Advice is the same as any other. For more information contact Barbara 09 833 5775 massey@cab.org.nz or call in and see us at Level 2, Te Manawa, Kohuhu Lane, Westgate. It's right beside the North West Shopping Centre.

The Hobsonville Laundromat

The Hobsonville Laundromat is at 120A Hobsonville Road. Our laundromat is set up to serve all nearby communities. For high density suburbs such as Hobsonville Point where residents may not have perfect clothes line facilities or limited spaces for washers and dryers, a laundromat plays an important role. Our services include domestic laundry services such as washing and drying, folding, drop and pick up, home delivery and dry cleaning. We also offer similar services to commercial customers. Self-service and attended services are available. There is also a machine for your pet's bedding. We have three sizes of machines to accommodate the size of your load. We are open all week from 7am - 9pm, with attended services Monday to Friday, 8am - 6pm. Contact us on 09 218 9176 or 022 596 0700, hobsonvillelaundromat2021@gmail.com, hobsonvillelaundromat.co.nz and Facebook. We work with Maxwells Dry Cleaning for our dry cleaning services.



The funeral director with a fresh approach

Manning Funeral Cottage, 129 Main Highway, Ellerslie

When Martha-Louise Asmus was living on a kibbutz in Israel milking cows, it would never have occurred to her that one day she would open her own funeral home. An avid traveller who is passionate about animals and caring for people (every morning you will see her walking the coastal trail with her three black dogs) -Martha-Louise, is not



your stereotypical funeral director. Her mother died when Martha-Louise was only eight, exposing her to the emotional trauma that can accompany death. It is perhaps this innate understanding that attracted her to work as a funeral director in the male-dominated industry almost 25 years ago.

Having spent many years in the NZ funeral industry, which is now almost completely owned by overseas corporations, Martha-Louise believes the role of a funeral director is a true privilege. As she explains, "being part of such an intimate and fragile time in people's lives is incredibly humbling. For me it is about connecting with people from such different backgrounds, making them feel at ease, explaining all the options and costs and ensuring their wishes are honoured. Being an independent funeral director, enables me to connect with people in a far more personal way; funerals are not just a number to me. Having had cancer three times, all which required surgery and subsequent treatment, I feel this, along with my many life experiences, gives me the ability to empathise with families from all walks of life".

If you would like to talk to Martha-Louise about how she can help you arrange a funeral now, or plan one in the future, she is available 24 hours a day, seven days a week, or if it is a memorial service you are planning, Martha-Louise is also a funeral celebrant. Martha-Louise can be contacted on 09 377 9790, email mla@manningfunerals.net.nz or view her website www.manningfunerals.net.nz.

\$100 = Exposure for a month

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

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If you would like to discuss your funeral options in an open and relaxed manner, with no obligation,



please phone Martha-Louise on 09 377 9790 or email her on mla@manningfunerals.net.nz.

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In Brief Updates

Hospice West Auckland opens Rongoā Garden

Hospice West Auckland, in partnership with CHT St Margaret's, have developed a Rongoā Garden at Hospice House in Te Atatū for patients, whānau and the wider West Auckland community. The garden contains a wide range of New Zealand native flora, herbs and other edibles, and a cleansing water feature. It is a space where people from all walks of life can come to rest and reflect, reconnect with Papatūānuku and feel culturally, physically, spiritually and emotionally strengthened.

Rongoā Māori - traditional Māori healing - is one of the many holistic support services that Hospice West Auckland offers to patients and whānau. The garden will provide opportunities for education about Te Ao Māori and Rongoā Māori practices, as well as the ability for Hospice's Rongoā Māori Practitioner to grow and harvest rongoā rākau (native plants).

The garden has been in planning and development for over a year and was officially opened to the public during the Matariki period on Wednesday 3rd July at 52 Beach Road, Te Atatū Peninsula. It was made possible thanks to the generosity of many sponsors, supporters and volunteers.



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With the security of a physical store, seven very experienced consultants with over a 100 years of combined experience, 100% Kiwi business owner operated, TAANZ bonded and local, who better to be your travel agent wingman? Your ideas + our knowledge = better holidays. Please keep us in mind when planning and booking your next trip.

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Sam is excellent at her job...nothing too much trouble.

Ellie was very efficient and friendly. My dealings with Ellie were straightforward and pleasant.

We use Talita whenever we can as in the past, she has organised two



world trips for which lasted 2 and 3 months with no mistakes, She is always helpful with good advice to make our trips as stress less as possible.

Namrata made it super easy and found the perfect place for my family to stay at for my 50th. I can't wait to get there. She made everything super easy, I have nothing to complain about, I just wish I could get there sooner :)

Sunny was incredibly patient because we weren't sure if we would do a trip to Port Douglas or Molooaba, she helped us make the decisions with plenty of options.

Deepti Was very patient, I changed my mind a lot and asked a lot of questions. Deepti was very helpful and professional. It made the experience easy.

Buzz was knowledgeable, took the time to understand our requirements and efficiently sorted out our trip.

Buzz and the Team at House of Travel Hobsonville, 225 Hobsonville Point Road (Cnr Hobsonville Point Rd and De Havilland Rd) Hobsonville. Hobsonville@hotmail.co.nz 09 416 0700.

Kip McGrath Education

Recent changes in NCEA mean that, in mathematics education, students are now required 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 methods are required. They not only have to find the answers to problems but also demonstrate their thinking in the process and show this in their written answers. 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



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In Brief Updates

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.

Feel a bit low? Maybe it's time to check your iron levels

Iron deficiency silently lurks, affecting many New Zealanders, yet often goes unnoticed until symptoms become severe. This condition, characterized by low iron levels results in insufficient red blood cell production (anaemia) and can have profound consequences on an individuals' health and well-being.



To better understand this condition, we have to look at how it develops. Simply put, it can be thought of as either insufficient iron supply through reduced intake or absorption, or, increased demand through blood loss and iron consumption. It can be the first sign of a serious condition.

The signs and symptoms of iron deficiency anaemia extend well beyond mere fatigue and weakness and can include:

- Impaired cognitive and physical performance
- Compromised immune function
- Tongue pain
- Abnormalities in hair and nail growth
- Pale complexion

It can be easily detected through a community blood test (complete blood count and iron studies) arranged by your family doctor. Once detected however, a cause needs to be established.

Causes of iron deficiency with or without anaemia include:

- Reduced dietary intake
- Reduced absorption including coeliac disease and other inflammatory conditions of the small bowel
- Heavy menstrual blood loss
- Gastrointestinal blood loss including malignancy (cancer)

Whilst iron deficiency can be treated with dietary modification, oral supplementation or infusions, we strongly recommend investigations for all cases of iron deficiency in men and post-menopausal women. In pre-menopausal women, a thorough history, examination and discussion is required to determine if investigations are required.

The most common investigations you will require include gastroscopy (a flexible camera assessment of the stomach and first part of the small bowel) and colonoscopy (a flexible camera assessment of the large bowel or colon).

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In Brief Updates

health is easy. If you or your family doctor are concerned about iron deficiency, with or without anaemia, we accept GP, specialist and self-referrals via our website. Our experienced team will put you at ease when it comes to your endoscopy. Take a virtual tour of the patient journey and our clinic for an insight of what to expect at www.waitemataendoscopy.co.nz/locations

Dr Sam Seleq, Gastroenterologist & Endoscopist, MBChB 2014, FRACP 2021.

Prevent caregiver burnout this winter

By Laurel Winwood, Facility Manager, Radius Taupaki Gables

As winter sets in, the challenges faced by caregivers in New Zealand become even more pronounced. Cold weather brings an increased risk of illness and the need for extra support for both carers and those they care for. This is where respite care steps in as a crucial service, providing much-needed relief and support.



Respite care is a temporary solution designed to give primary caregivers a break, allowing them to rest and recharge, helping them maintain their resilience and positivity. Our service ensures your loved ones receive medical and personal attention in a warm, family-friendly environment.

Caring for a loved one is a demanding task that requires physical and emotional stamina. The constant responsibility can lead to stress, anxiety, and even depression. Without sufficient breaks, caregivers are vulnerable to burnout. Respite care provides caregivers with the opportunity to take a break, knowing their loved one is in safe and capable hands.

What respite care entails - Respite care offers a change of environment for the cared-for individual, which can be refreshing and beneficial. It also allows families to experience residential care temporarily before making long-term decisions, so that the chosen care setting is the best fit for their loved one.

Typically, respite care includes:

- Short-term stays: For those recovering from an illness or hospital stay.
- Carer support: Partially funded support allowing carers to take up to 28 days off annually.

- Fully funded respite: Provided by the District Health Board (DHB) for caregivers needing substantial breaks.

- Primary options for acute care (POAC): Short stays in private hospitals for patients not requiring public hospital admission.

- Day stays: Offering daytime care, including participation in activities and meals, allowing caregivers to attend to personal tasks or relax.

If your family member isn't currently receiving supports at home, start by consulting your GP to initiate a needs assessment. While entering residential care can be done independently, receiving disability support from your DHB requires this assessment. A family member qualifies for long-term care if they have high or very high needs, their condition is irreversible, or they cannot be safely supported within the community.

Making informed decisions

When making a decision on behalf of a family member, make an appointment to speak to the Facility Manager, who is there to help answer all your questions. Before you visit, it's best to write down any questions or concerns you may have.

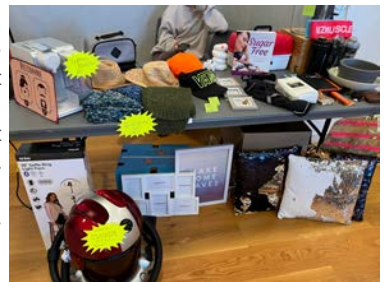
When you're visiting a care home, be aware of how you are received and shown around the facility. Is the exterior well maintained? Are the staff members friendly, helpful, and well-dressed? Are the residents engaged and treated with dignity? Is the Facility Manager welcoming and interested in discussing your loved one's circumstances?

Deciding to go into care is a hard decision and can be stressful for all involved. Respite is a good way for families to become used to residential care - and even try a few facilities - before making the decision to enter permanent care.

Radius Taupaki Gables offers 48 hospital beds and 12 rest home care beds, supporting a wide range of needs from palliative care to young person disabled care. For more information on how Radius Taupaki Gables can support your family during these winter months, please get in touch on 09 412 6800.

Gently Loved Markets

The Gently Loved Markets Flea Market returns to Hobsonville Point this August. Flea Market is an indoor garage sale filled with preloved treasures at significantly reduced prices. Explore stalls selling preloved clothing, accessories, books, games, plants, home grown produce, homewares and more.



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In Brief Updates

Gently Loved Markets Flea Market will be held on Saturday 31st August from 10am until 1pm at The Sunderland Lounge - Te Rere, Hobsonville Point. Free entry. Come have a preloved treasure hunt with us. Don't forget your fabric bag on the day.

Time to declutter around the house? Come sell with us. Contact Donna Buchanan on gentlylovedmarkets@gmail.com to inquire about a stall.

Gently Loved Markets hold different of styles of market days - from curated preloved, Curvy (size 16+ / XL+), Teens (8-16 year olds), Flea Market and Just Kids! Keep an eye on their Facebook and Instagram for the market day announcements @gentlylovedmarketsnz.

Message from Anna Atkinson, Chair of the Upper Harbour Local Board

It's a cold and crisp school holiday morning as I write this, I hope that everyone enjoyed the holidays. I have so far, and I have enjoyed going to some new places and doing new walks e.g. the Orion Point Walkway, it's absolutely beautiful.

The local board recently adopted our 24/25 work programme. It's difficult to distil many pages of programmes into a few key items but I have tried. Below are a few highlights of newer items that impact the West Harbour, Hobsonville and Whenuapai communities. These

are in addition to continuing to support existing programmes.

- We have increased funding to environmental programmes. This includes increasing funding to the restoration of the Waiarohia stream, extending the industrial prevention pollution programme to Hobsonville and a project for habitat restoration at Inanga spawning sites including at the Waipareira Wetland. We are increasing funding to the ecological volunteers and environmental programme and increasing funding to our Ngahere Strategy (urban forest). We are also continuing to fund the Enviroschools project which works with five schools in Upper Harbour, and we continue fund a project aimed at litter compliance around building sites with a focus on the Hobsonville area.

- Luckens Reserve is in line for improvements. There are plans over the next few years to fix the potholed driveway, to renew the walkways and for slip prevention and remediation.

- We are implementing our engagement strategy with the community which will result in stronger and enhanced engagement with our various communities.

- We have increased the funding to a play advocacy project which will improve play options and we are investigating shade options at some playgrounds.

- We are purchasing a portable pump track to move around our different neighbourhoods.

- In Whenuapai we are installing a public toilet in the Whenuapai Town Park with implementation aimed for 25/26 and we are investigating how to make council owned land in Whenuapai more accessible. This includes land on the corner of Trig and Spedding and the Brigham Esplanade (end of Dale Road).

29 schools and organisations
have received their share of
\$250,000
from the **Your West
Innovation
Fund**



Scan to find out who they are!
thetrusts.co.nz  The Trusts

the trusts
Keeping it local

In Brief Updates

On the transport front, the Local Board receive a small amount of funding from Auckland Transport every three years for spending on capital items. We are currently receiving advice on many items including options for pedestrian improvements on Picasso Drive, Launch Road and Clark Road. The sad reality is we just don't have enough funds to do all the projects requested by the community and we will have to make hard decisions. We are currently considering alternatives on the above.

The views here are my own and not the Local Board. If you have any questions or comments, please don't hesitate to reach out; Anna Atkinson email: anna.atkinson@aucklandcouncil.govt.nz.

Kaipātiki Project's Engine Bay Nursery refresh

Engine Bay Nursery is thrilled about its ongoing refresh to enhance the nursery's border along a popular coastal walkway.

Established over 12 years ago, the nursery has operated with limited facilities, but that hasn't deterred our dedicated volunteers who come weekly, rain or shine, to tend the Teaching Garden, manage the CommunityCompost Hub, and nurture native plants.

Run by the environmental organisation Kaipātiki Project, the nursery grows 10,000 native plants annually for local coastal restoration. Our volunteers' commitment to enhancing local biodiversity and promoting sustainable living practices earned the Upper Harbour Volunteer Environment Award in 2021.

Located along a busy coastal walkway, the nursery attracts the curiosity of hundreds of passersby daily. Our unique DIY fence, repurposed from a demolished tennis court using old steel posts and concrete foundations, is a testament to our green revival efforts.

Over time, we planted choko, passionfruit & boysenberry along the path, and are excited to announce that new signs have been installed to highlight our mission and activities. These signs will spread the word about our efforts in cultivating knowledge about chemical-free food and native plant growth, improving soil fertility, and collecting seeds from local forests, all through hands-on education for our volunteers.

Join us in celebrating this new chapter for the Engine Bay Native Plant Nursery and continue supporting our mission to foster a sustainable future for people and nature. To volunteer or get



involved in a community compost hub, visit kaipatiki.org.nz.

Massey Birdwood Settlers Hall

Activity takes place every day of the week at the Massey Birdwood Settlers Hall.

On Sundays, two churches use the hall, one in the morning and one in the afternoon.

The signage on the Don Buck Road side of the hall provides contact details for those who using the hall. It should be noted that the Association does not run the events; that is left up to the hall tenant.

The Association likes to provide a home for those who use the hall; many of the users have been using the hall for well over ten years.

For example, the kindergarten has been using the hall since 1990, Housie since 1980, Kung Fu for 22 years, and one of the churches for 20 years.

Every activity can have a sign and be advertised on the electronic sign that overlooks the car park at the front of the hall.

In turn, the Association promotes each user's activity on Facebook and uses Westerly to promote the hall.

The hall provides not only space, chairs, and tables form part of the hire, but Wi-Fi is also available, and for those who use the "Den" on the Redhills Road side of the hall, an inactive T.V. is also available.

A contract for use outlining the dos and don'ts of hiring the facility is required to be signed. If you want to use the hall or the Den, contact John Riddell, email masseybirdwood@gmail.com, or check out www.masseybirdwood.org.



Period product partnership

Photo: Representatives from Visionwest, Fair Food, The Salvation Army, South Auckland Christian Food Bank and The Period Place packing boxes of period products at NZFN.

Thanks to a special partnership local trust Visionwest is able to supply free period products through their food support service, Whai Manaaki Kai.

The Period Place has teamed up with the New Zealand Food Network (NZFN) to provide millions of donated period products nationwide. As one of NZFN's partnering food hubs, this means Visionwest will



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In Brief Updates

be able to help West Auckland whānau who are finding things financially tough right now.

The statistics relating to period product poverty are quite confronting. Findings from the Youth19 Survey found 12% of Year 9 to 13 students reported difficulty getting access to products due to cost. Research from the University of Otago found that 94,788 girls aged 9 to 18 from the country's poorest households may be unable to afford to buy products and could be missing school when they have their period. This figure is thought to be increasing significantly year by year.

This latest partnership will bring some help to West Aucklanders who are struggling. Renee, Visionwest's Kai Security Manager, said, "It's invaluable to be able to offer these amazing products to any female that comes through our services. Pretty much every family that comes through every day - mothers, aunties, daughters, granddaughters - are requesting period products. There's a desperate need."

Providing free period products helps reduce barriers to school attendance and sports involvement, improves child and youth wellbeing and reduces strain on families and whānau.

If you or your whānau is affected, contact Visionwest's Whānau Centre, phone 0800 990 026.

Cameron Brewer MP

Most in Upper Harbour tell me they desperately want our Government to restore law and order, so here's just some of what we are doing:

We are delivering 500 more frontline Police by the end of 2025, to reduce crime and improve public safety. Police are also establishing Community Beat Teams, with Auckland receiving 63 additional officers on our streets.

We're changing sentencing laws, including capping discounts judges can apply at 40 percent. We believe if you do the crime and it's serious enough, you should also do the time inside - not at home. We've also stopped state funding for cultural reports.



We're passing legislation to ban all gang insignia in public places, and we're giving Police the power to issue dispersal notices. Courts will be able to issue non-consorting orders, stopping specified gang offenders from associating or communicating with one another for up to three years. We are toughing up on Firearm Prohibition Orders against gangs and we're making warrantless searches of their premises easier.

We are cracking down on youth offending with a new Young Serious Offender (YSO) category. YSOs could be sent to a new military-style academy, which we're now piloting, or they could become subject to increased electronic and judicial monitoring.

The public has had enough and sent us a very clear message at the last election. This Government is determined to restore law and order, and get New Zealand back on track.

We now have a Police Minister who's out in the community every week, listening and responding. Hon Mark Mitchell is coming to Greenhithe in early September, with all the details below. We hope to see you there.

Authorised by Cameron Brewer MP, Parliament Buildings, Wellington.

Scenes from a Climate Era

Image credit: Auckland Theatre Company We are living through an extraordinary time of planetary transformation, but most of us are just getting on with our lives. The Auckland Theatre Company's latest offering may help us to start thinking and talking about what these changes mean for each of us. Scenes from a Climate Era is on at Q theatre until August 24th. <https://www.qtheatre.co.nz/shows/scenes-climate-era>



Australian playwright David Finnigan grew up with a dad who is a climate scientist. He is a climate activist and works advising global NGOs on climate and disaster readiness. He has had a lot of conversations about climate change over the years, including many with climate deniers, and these form the basis of his play.

LAW AND ORDER

PUBLIC MEETING

Hon Mark Mitchell, Minister for Police & Corrections
Hosted by Cameron Brewer MP for Upper Harbour

Tuesday 3 September, 6.30pm
Greenhithe Community Hall, 7 Greenhithe Road

RSVP: UpperHarbourOffice@parliament.govt.nz or (09) 416 3249

Authorised by C Brewer, Parliament Buildings, Wgtn.



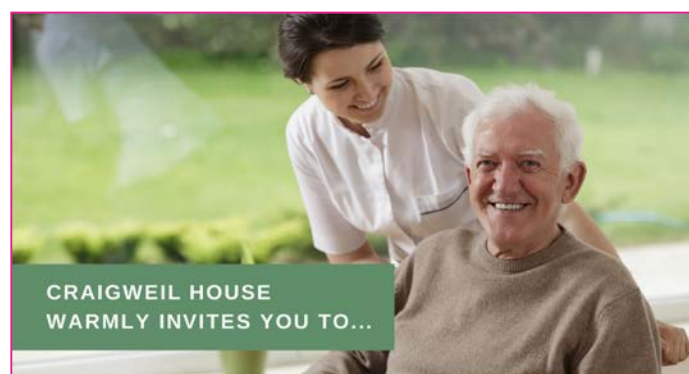
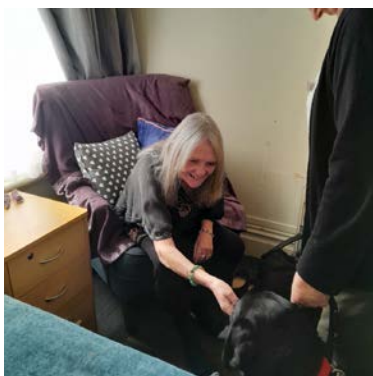
In Brief Updates

The play opens with a scene of a couple discussing whether it is still ethical to have a child. In the 24 short scenes that follow, the audience is taken through deeply personal conversations and scenes ranging from extreme turbulence on a plane ride, to extinction of animal species, to bio-engineering new coral reefs.

Called "An intelligent, affecting and deeply human play on the most urgently all-impacting issue of our time." by Time Out magazine, the play has been adapted to suit the New Zealand context by Finnigan and the Auckland Theatre Company. Directed by Jason Te Kare, Scenes from a Climate Era is hard-hitting, laugh-out-loud funny in places, rage-inducing, and also hopeful. It's designed to get us talking. As Finnigan says: "I was raised to live in a world that was a certain way. That world no longer exists. Now we're starting to take stock of the world we actually live in, and it means rethinking everything."

Canine visits for residents at Craigweil House

The power of companionship can significantly enhance the lives of elderly residents in rest homes. One of the most delightful programmes we offer is our regular canine visits. These visits bring more than just wagging tails and cheerful barks; they bring a multitude of benefits that significantly improve the well-being of our residents at Craigweil House Home and Hospital.



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Canine visits encourage social interaction among residents. For those who may feel isolated, these visits offer a wonderful opportunity to engage with others. Interacting with dogs can also have physical health benefits. Simple activities such as petting, walking, or playing with the dogs can help improve motor skills, increase physical activity levels, and even lower blood pressure

Come visit Craigweil House Home and Hospital, where we offer exceptional care and a vibrant community for our residents. Our dedicated staff, comfortable living spaces, and engaging activities ensure that every resident feels right at home. Schedule a tour today and see why Craigweil House is the perfect place for your family. 09 420 827.

Juggling debt? A quick guide to debt consolidation

Managing multiple debt repayments can be challenging and stressful. Debt consolidation offers a potential solution to this problem. Let's explore what it is, and how it works.

Debt consolidation involves combining all or most of your credit facilities into a single loan with one repayment.

There are several benefits to consider:

1. **Simplified Finances:** Debt consolidation streamlines your finances by merging smaller payments into one easily manageable amount.
2. **Potential Savings:** It can save you money if you use it to consolidate multiple high-interest payments into a single low-interest monthly payment. Additionally, keeping the loan term as short as possible is crucial.
3. **Faster Debt Repayment:** Debt consolidation can help you become debt-free faster and reduce overall interest costs if you secure a lower interest rate and maintain your current monthly payment.

However, there are downsides to be aware of. If you extend your loan term significantly compared to your current loans, you may end up paying more in interest charges in the long run. It's essential to compare the total cost of various options before making a decision.

To determine if debt consolidation is right for you, ask yourself these key questions: Do you know your current outstanding debt? How much interest will you be paying? Have you created a budget? Are you likely to accumulate additional debt while repaying your consolidation loan?



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P O Box 45 Waimauku 0842, Auckland, New Zealand

In Brief Updates

To learn more about debt consolidation, contact the team at GR Finance via info@grfinance.co.nz, www.grfinance.co.nz, or call 021 669 430.

Who is UWEN?

U-who? UWEN - the Upper Waitematā Ecology Network is a name that you might have heard talked about so we thought it was worth a quick introduction. UWEN is an umbrella organisation that was created when a number of local groups doing environmental protection and restoration work (including Hobsonville Point) came together and decided that collaboration and sharing knowledge would be beneficial to everyone. Habitat Hobsonville is a member of this group, along with groups from Whenuapai, Herald Island, Greenhithe, Albany and Paremoremo. It is through its connection to this network of similar environmental groups that our Hobsonville group has grown, and is now part funded by UWEN's connection to the Upper Harbour Local Board. Today the organisation is growing with the appointment of Louis as Pest Coordinator and Rachael as Network Manager.

The community groups and key individuals meet monthly to share their news, their learnings and just connect and support each other. By working together, the groups can start seeing impacts on a much larger scale and one of these projects is the Rail Trail, a group of trappers focusing their effort on the coastal habitats where Banded Rail (Mohu Pererū) can be found. Also in March of this year a collaboration of all the groups brought about the "Coastal Clean-up" which will be now be an annual event. This attracted nearly 200 volunteers on the day and 20m3 of rubbish was collected from the shoreline of the Upper Waitematā.

UWEN also works to raise the profile of all of the groups, have a stronger voice in advocacy work and works collaboratively with Auckland Council staff and the Local Board to secure funding and support for the benefit of all of the groups.



If you want to find out more then get in touch with Rachael at uwen.manager@gmail.com. The Team Habitat Hobsonville.

Prioritising health and wellbeing within Pasifika

For Pasifika whānau, churches are the heart of the community delivering far more than spirituality. Alongside religious worship, they provide valuable social interaction, sport and recreational activities, and valuable health and education services.



Recognising the integral role of the church in Pasifika communities, Healthy Families Waitākere has been supporting church leaders to help influence health and wellbeing across Pasifika congregations in West Auckland.

Pasifika churches provide a place to connect, nurture, support and care for each other, explains Ruta Tonumaivao, Pacific Systems Innovator for Healthy Families Waitākere.

Healthy Families Waitākere has been working alongside leaders from a number of West Auckland churches, including the Independent Samoan AOG Church NZ, with a congregation of more than 200 worshippers.

The journey started with valuable talanoa (discussion) with Pastor Charles Fruean to establish vā fealoai, learn about the vision of the church, values, and whakaaro about the connections of faaleagaga (spiritual) and mea tau soifua maloloina le faaletino (physical health).

This included seeking permission to gather insights from congregation members about their current health conditions. With Pastor Fruean's blessing, Healthy Families Waitākere supported leaders of Sunday School, the worship team, Mafutaga Tina (women's group) and Mafutaga Tama (men's group) to co-design a church activity to capture insights from the church community.

Findings from the insights gathering, which utilised the Hautu Waka approach (a navigational framework rooted in mātauranga

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Māori), led to formation of a Health Komiti (committee). With a representative from each generation, expertise within the komiti includes indigenous food systems practitioners, weavers, musicians, Gagana Samoa and Aganu'u (language and customs) experts, digital creators, educators, and Samoan movement experts covering siva (dance) and fa'amalosi tino (exercise).

The Health Komiti subsequently co-designed two key health initiatives, around minoi (movement) and food systems practice - with both informed by insights gathered from the wider church community.

Through the food systems practices, elders are sharing indigenous Samoan practices of fai faatoaga (whakatipu kai - growing kai). This encompasses Samoan practices of harvesting food including creating storage and transportation (lalaga/weave baskets), and Samoan practices of preparing and cooking food in an umu, as well as the elders sharing cultural protocols for meals.

The process of evolving health strategies for the various congregations is ongoing, with the focus set to move to shaping further co-design with other churches, building on the success to date with the Independent Samoa Assembly of God.

Healthy Families Waitākere will continue to support this process, helping to establish the essential supports for Pacific church leaders to navigate the development of a health strategy within the spiritual realm, and ultimately improving health outcomes within their wider communities.

The Dance Haven

Join the latest dance fitness craze! FitSteps is a brand new Dance program for NZ! It is already all across Australia, America and the UK as well as Europe!

It was born from Stars who featured on the BBC show Strictly Come Dancing. The ballroom dance fitness class, is delivered without a partner. It is based around twelve of the most popular Latin and Ballroom dances. The classes are facilitated through dance with an emphasis on helping people towards fitness; they're structured to deliver real, measurable, fitness results. Steps are delivered in varying degrees of intensity, adjusting the level of effort needed to accommodate the varying levels of fitness that can be found in any mixed ability class. Classes are suitable and achievable for everyone, no matter what age, gender or previous experience.



Communities around the North Shore are currently soaking up the sessions which also help specifically on maintaining cognition and keeping active so if you are in the upper age bracket come along to stay healthy across all areas and dance yourself happy too!

Your instructor Helen McMaster is well qualified as she grew up in the ballroom dancing scene in the UK. As an already qualified fitness instructor she gained gold status on completing the FitSteps Instructors Training. The classes are both relaxed and welcoming with an emphasis on fun and laughter! Classes are held on Tuesdays at Hobsonville Public Hall, 397 Hobsonville Road, 9.30am - 10.30am. 022 093 2623 or 022 09 DANCE info@dancehaven.nz Register now to book your space.

Introducing Doodlewear's Decorative Artist Tea Towels!

Discover a new way to showcase art in your home with Doodlewear's Decorative Tea Towel Collection.

Elevate your kitchen decor with our stunning 100% cotton decorative tea towels featuring the works of amazing New Zealand artists. Each towel is a masterpiece in itself, like the Lemon Honey Crown Lynn Swan tea towel by Anna Mollekin, meticulously created to bring artistry into your everyday life.

Printed on demand with care and love in New Zealand, our towels offer more than just functionality; they're a statement of style and sophistication. Embrace sustainability by using them as creative gift-wrap alternatives, infusing your presents with a unique touch. They are great for lining your serving trays, covering food on your table, wrapping your baking, or simply displaying them on your oven door, as well as drying dishes.

Shop now and transform your kitchen into a gallery of culinary inspiration with Doodlewear's beautiful collection. Explore our online shop today at www.doodlewear.co.nz and connect with us on Facebook at www.facebook.com/doodlewear.nz to discover the perfect blend of artistry and functionality for your home.



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Safer Communities



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Fire safety is crucial when it comes to using electric blankets and space heaters

Electric blankets and heaters are a cozy addition to chilly nights, but like any heated appliance, they require attention to safety.

If you have a new electric blanket, the risk of fires or burns is minimal. Newer models come equipped with safety features like controls that regulate temperature and reduce hazards. However, older blankets—especially those over a decade old—may lack these safety mechanisms. Columbia

University reports that a whopping 99% of electric blanket fires occur in blankets that are a decade or more old.

Avoid Second hand Blankets: Opt for new ones to ensure safety features.

Check for Damage: Don't use blankets with frayed cords or displaced heating wires.

Turn Off When Not in Use: It's essential to switch off your electric blanket when you're not snuggled up.

No Piling Up: Avoid placing heavy items on top of the blanket.

Heaters.

Space heaters can be lifesavers during cold spells, but they also pose risks. Here's how to use them safely:

Placement Matters: Keep your space heater on a hard, non-flammable surface. It's meant for the floor, not your table.

Clear the area: Create a safe space (at least 1 metre from the heater) between the heater and furniture, curtains, bedding etc.

When leaving the room or going to bed, switch off the heater.



Check the Cord: Regularly inspect the cord for damage.

No Overloading: Don't plug other devices or extension cords into the same outlet as the heater.

Smoke Alarms: Install and test smoke alarms throughout your home to alert your family in case of an unforeseen fire.



Jamie Shaw

Deputy Chief Fire Officer

Waitakere Volunteer Fire Brigade

Phone 09 810 9251

Know what to do if you're ever in trouble in the water. Remember:

Float, breathe, signal, survive.



Float first

- Lie back with your ears underwater, chin up
- Move your hands to help you float
- It's okay if your feet sink
- Ignore your instinct to swim

Breathe normally

- Relax
- Slow your breathing to help calm down
- Breathing will get easier

Signal for help

- Raise your arm
- Shout for help

Survive by swimming or floating

- Swim to safety if you can
- Float when it's not safe to swim
- Hold onto anything that helps you float
- Keep clothes on to stay warmer



Learn how to Float first
dpanz.org.nz/float-first

Property

Property market report

It's a market of two halves

Half is the reducing volume of houses on market.

Half is the increasing confidence of buyers in the market.

Let's face it, confidence has been sucked out of this market quicker than blood in a donor centre. It has been the perfect storm of, over-zealous Government regulation, Reserve Bank noose tightening, and the naivety in Wellington that you can buy a cheap house in Auckland, truth is "You can't". Most buyers I have engaged with over the last two years highlight the near impossibility of borrowing money, extending overdrafts or making financial changes. The good news is that some levers have been pulled to loosen the noose. These include:

- Tax deductibility on Interest charged on rental property
- Brightline test reversed to 2 years (not the 10 years Labour had in place)
- CCCFA (The Responsible Lending Act) having a cut and tuck
- Transparent LVR ratios formulated to gross income

In addition interest rates are stable across the main banks with most offering a three year term of 6.39% and Kiwibank having a one year rate at 6.99%. This can only be good for certainty of borrowing.

Let's look at the sales:

Herald Island	\$1,115,000
Hobsonville	\$600,000 to \$2,350,000
Massey	\$659,000 to \$1,147,500
Waitakere	\$1,200,000 to \$1,800,000
West Harbour	\$849,000 to \$2,500,000
Westgate	\$750,000 to \$865,550
Whenuapai	\$710,000 to \$1,270,000

House prices have taken a thumping since December 2021, averaging 25% lower than at the peak of the market, but still up on pre-Covid pricing of 2018/19. What we have seen plenty of over the last three months is a willingness by property owners to test the market, understand value, and withdraw from sale, therefore protecting their perceived value in their asset, while they move to rent or invest in renovations. Over 35% of property brought to market has been withdrawn from sale over the last quarter. This is a time for cautious planning, careful moves and a willingness to



understand market demand. Ensure you list with an agent that is a good communicator, appreciates the value you see in your asset and has an excellent plan. Give me a call Graham McIntyre on 0800 900 700 or 027 632 0421 and let's talk. Mike Pero Real Estate Kumeu/ Hobsonville. Licensed REAA2008.

Life of a property manager

A day in the life of a Property Manager at The Rent Shop Hobsonville is filled with multitasking, communication, problem-solving, and maintaining calm under pressure. These professionals are the unsung heroes who ensure peace of mind for both landlords and tenants.



The day begins with a vital ritual: a large coffee. The property manager dives into the email inbox, sorting through the overnight messages to prioritise urgent matters. Emergencies are tackled first, often involving a series of calls to contractors to check their availability and arrange access. Cold weather often brings heating issues and leaks from recent storms, making this part of the day particularly hectic.

After addressing the immediate emergencies, the property manager revisits the inbox to deal with any unresolved issues from previous days. When tenants report maintenance items, we organise contractors for quotes, sending these to landlords for approval, and coordinating the actual work. This involves juggling the schedules of busy landlords, tenants, and contractors while keeping everyone informed and reassured.

If rent payments are late, the property manager follows up with calls or emails, keeping property owners updated on any issues. Weekly tasks include booking necessary healthy homes work, managing upcoming renewals and rent reviews, and processing paperwork for tenants moving out. This involves arranging move-out inspections and preparing properties for advertising to minimise vacancy days.

After a quick bite to eat, it's time for routine inspections. Each managed property is visited four times a year, with keys and inspection cards ready. These cards either thank tenants for taking good care of the property or note areas needing attention. Tenants are encouraged to report maintenance issues immediately, ensuring a quick and efficient resolutions.

Building strong relationships with tenants is vital, and many prefer to be home during inspections. The property manager works hard to foster respect and trust, making tenants feel comfortable with them in their homes. During winter, this also involves educating tenants on ventilation and mould prevention.

Back at the office, inspection reports are finalised with photos

Graham McIntyre

Franchise Owner | Kumeu & Hobsonville

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Property

and sent to landlords. Necessary actions are communicated to tenants, and contractors are instructed if needed. These reports are meticulously uploaded onto the CRM database for future reference.

The afternoon often involves overseeing renovations, checking in with contractors, and updating landlords on progress. This might also include preparing properties for photos and reviewing rental rates. Then it's off to property viewings, an enjoyable part of the job where potential new tenants are met, and the best fit for the properties is sought. Processing applications and checking references are critical steps in the tenant selection process.

As the day winds down, the property manager checks any missed calls for urgent issues, prepares for possible mediation or tenancy tribunal, and handles last-minute tenant reports. Fridays can be especially hectic, as tenants rush to resolve problems before the weekend.

Despite the challenges, there's a sense of accomplishment at the end of the day. Property managers love their jobs and thrive on the dynamic nature of property management. They are true peace-of-mind superheroes. If you would like a superhero managing your property, get in touch! 021 RENT4U mike.james@therentshop.co.nz.

First home buyers – the time is right!

There is nothing more satisfying than helping people move into their first home.

The role I play as a Mortgage Advisor for first home buyers is very broad and can include planning, assisting with budgets, property consultant, KiwiSaver assistance, bank negotiator, and of course support. This is all with just one goal in mind, getting my clients into their first home.



Right now, we are seeing a number of the Banks offering home loans to first home buyers with 10% deposit and often this can be a Pre-approval. If you have 10% deposit it's a great time to take that next step.

Regardless of what stage you may be at in your planning a good Mortgage Advisor can really help. I work alongside First Home buyers every day and have access to over a dozen lenders who may be able to assist. There are several good reasons why now is a good time to make it happen - firstly, property prices are better than they have been for several years and secondly there is good support and other initiatives available right now to specifically help first home



Loan Market

Stephen Massey
Mortgage Adviser
stephen.massey@loanmarket.co.nz
021 711 444
[Let's chat.](#)

buyers get into a home. My role is to share all this information with you and provide support and guidance, it's what I love to do.

So, if you are just thinking about it, looking for some support to take the next step or ready to buy let's talk. I am available for an obligation free chat.

Stephen Massey - Mortgage Advisor and First Home Specialist, Call 021 711 444, or check out my website loanmarket.co.nz/stephen-massey

Residents' Association vs Body Corporate – what's the difference?

By Elyse Crowther, Registered Legal Executive, ClearStone Legal

Most people would have heard of a Body Corporate. These are generally used where there is a development of units or an apartment building. As an owner, you become a member and the Body Corporate manages the property and you pay a levy to them for your share. What people are less familiar with, but what we are seeing more often is Residents' Associations. Like Body Corporates, they manage common property, you must become a member and pay a levy.

The main difference between the two is the underlying land. Body Corporates apply to Unit Titles and are used when you own an apartment or unit, but you co-own the underlying land and common areas. With a Residents' Association you generally own your home and the underlying land, but co-own the common areas with your neighbours, for example shared driveways, carpark areas, green areas etc. If you're looking at purchasing a property, if there is a Body Corporate or Residents' Association, there will be a notation on the property's record of title. A Body Corporate is likely to be on a Unit Title, however a Residents' Association can apply to any type of title and the interest is registered by way of what's called an encumbrance on the title.

The levies you pay under each arrangement will be different, depending on what the Body Corporate or Residents' Association is

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managing. Generally, the fee is lower with a Residents' Association, as you manage the maintenance of your own building. However, there are properties which have both a Body Corporate and a Residents' Association; and depending on the development, we also see properties which have more than one Residents' Association. If you are looking at a property with either, or both of these, make sure you enquire as to what the levies are, as you will need to factor in these annual costs.

We also advise you get copies of the rules which apply to the Body Corporate or Residents' Association as it's important to understand how these will impact you. The Body Corporate rules are registered on the title but the Residents' Association will have theirs lodged as an Incorporated Society and can be obtained by searching the Incorporated Societies Register.

There can be a lot to think about when purchasing a property - and even more if you're buying a unit or apartment. We are experts at navigating these complexities and happy to help you through the process. For further information, give us a call on 973 5102 or check out our website at www.cslegal.co.nz.

Trust us with your trust

Anyone who has a family trust already knows the following are universally true: There is a lot of paper work, and They are getting more complex to deal with.

There are new developments in the way trusts are treated by courts, government, and the IRD. Trustees must keep up to date with changes in law and policy, and the circumstances of beneficiaries and assets, to correctly administer the trust.

Why is this important?

i. Family trusts are not registered. To prove their existence and compliance with the rules and regulations, the paperwork must be right. This helps protect the trust from being a 'sham'.

ii. There is no 'standard' trust, each is unique with its own complexities.

It is important for trustees to understand and regularly review the terms of the trust to ensure compliance.

iii. There are potential issues for trusts if any beneficiaries or settlors live overseas. This may result in the trust being classified as overseas entity, and being classified as an overseas trust which can present tax and land ownership issues.

iv. Some older trusts have set vesting dates (the date the trust comes to an end). If the vesting date occurs without anyone realising it, this may trigger a tax liability.

We can act as independent trustee for trusts. Our role includes handling administrative tasks and ensuring everything is in order, which allows you to go out and enjoy life.

As an independent trustee we organise the annual AGM. These are an invaluable opportunity to meet with us and discuss any updates to your trust and for us to advise you on any developments in law or policy that may affect your trust.

If you need a trust, then it needs to be run properly. We can help. Contact Shelley Funnell or Siobhan McDonald at Henderson Reeves Lawyers just off the Patiki Road offramp, on Rosebank Road or phone 09 281 3723.

Using KiwiSaver to purchase your first home

Using your KiwiSaver funds to buy a property can be a great way to achieve your goal of owning a home in New Zealand. KiwiSaver allows members to withdraw their savings for a first home purchase, under certain conditions.

One big perk is that you can use not just your own contributions, but also those made by your employer, plus any government contributions you have earned. This combined sum can make a significant dent in your deposit, which means you might need to borrow less money from the bank and potentially save on mortgage costs.

However, there are rules to follow. You need to have been a KiwiSaver member for at least three years, plan to live in the property, and it must be your first home.

Applying for the withdrawal involves a process, so it is important to understand the steps to avoid any delays or penalties.

Also, if your KiwiSaver funds have been paid out and the deal falls through for any reason, you will need to repay the KiwiSaver funds back to your KiwiSaver provider. It is therefore recommended that if you are using your KiwiSaver funds to pay for the deposit, your agreement should provide that the deposit can only be released to the vendor on the settlement date.

For any assistance with purchasing your first home using your

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09 412 6000

25 Oraha Road, Kumeu



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ivan@vlaw.co.nz 09 412 8000
4a Shamrock Drive Kumeu, Auckland

Property

KiwiSaver or for any other legal issues you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

Unlock your home's potential - sell smart with Stacey Milne

Listing your house with a real estate salesperson like Stacey Milne in the wider NorthWest community can offer several advantages and strategies to help you sell your property effectively. Here are some tips and tricks:



Local Market Expertise - Stacey Milne has extensive knowledge of the North West area, including recent sales trends, buyer preferences, and neighborhood dynamics. This expertise can help you price your home competitively and attract the right buyers.

Networking and Connections - Experienced real estate agents often have a network of potential buyers, other agents, and industry professionals. Stacey Milne can leverage these connections to market your property widely, increasing its visibility and chances of a quick sale.

Marketing Strategies - A skilled real estate agent will have effective

marketing strategies tailored to the local market. This could include professional photography, virtual tours, staging advice, and online listings on popular real estate platforms. Stacey Milne can ensure your property stands out among potential buyers.

Personalised Guidance - Selling a home can be emotional and stressful. Stacey Milne can provide valuable support and guidance throughout the process, from listing to closing, offering insights and advice to make informed decisions.

Market Insights - Stacey Milne can provide you with regular updates on market conditions, including changes in pricing, demand, and competition. This information is crucial for making informed decisions about timing and pricing your property.

Local Presence and Reputation - Agents like Stacey Milne who are well-known and respected in the community can enhance the credibility and visibility of your listing. This can attract serious buyers who trust their recommendations.

Streamlined Process - Ultimately, working with a competent real estate agent can streamline the selling process, saving you time and effort while maximising your property's market potential.

Choosing to list your house with Stacey Milne in the North West community means tapping into her expertise, network, and resources to achieve a successful sale. Her local knowledge and professional skills can significantly benefit you throughout the selling journey.

Call Stacey today on 021 058 5692 or email stacey.milne@mikepero.com, scan the QR code below. Licensed REAA2008.

Thinking of **selling**?

Try a fresh but experienced perspective.

I'm leveraging 10 years of behind the scene real estate experience to help you sell your home.



Get in the *know* with
Stacey Milne

Kumeu | Hobsonville Licensed Salesperson



021 058 5692

stacey.milne@mikepero.com

Area Property Stats

Every month Mike Pero Real Estate Hobsonville assembles a comprehensive spreadsheet of all the recent sales in the area that reviews the full range of Residential transactions that have occurred.

To receive the full summary simply email the word "full statistics" to hobsonville@mikepero.com.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HERALD ISLAND	1,155,000	811M2	120M2	1,115,000		1,375,000	816M2	111M2	975,000
HOBSONVILLE	1,235,000	163M2	170M2	1,190,000		720,000	83M2	69M2	659,000
	1,400,000	249M2	189M2	1,255,000		1,050,000	620M2	120M2	780,000
	1,175,000	156M2	182M2	1,400,000		900,000	208M2	97M2	885,000
	1,375,000	206M2	232M2	1,270,000		970,000	581M2	80M2	876,000
	1,105,000	191M2	140M2	1,065,000		1,125,000	251M2	175M2	1,088,000
	1,500,000	220M2	212M2	1,244,000		1,175,000	524M2	165M2	960,000
	1,175,000	149M2	152M2	1,148,000		1,125,000	441M2	314M2	1,147,500
	695,000	0M2	83M2	600,000		880,000	182M2	92M2	855,000
	1,095,000	159M2	121M2	935,000		870,000	404M2	124M2	742,000
	1,080,000	152M	144M2	1,069,000		1,150,000	675M2	220M2	972,000
	1,220,000	184M2	163M2	1,300,000		1,375,000	629M2	198M2	1,144,000
	1,445,000	319M2	204M2	1,335,000		1,000,000	709M2	200M2	850,000
	935,000	132M2	97M2	877,500		760,000	252M2	65M2	715,000
	2,350,000	402M2	234M2	2,350,000		930,000	456M2	152M2	920,000
	1,025,000	112M2	142M2	990,000	WEST HARBOUR	1,150,000	622M2	100M2	1,080,000
	1,150,000	189M2	155M2	1,060,000		1,270,000	686M2	230M2	1,238,000
	1,525,000	302M2	218M2	1,380,000		2,350,000	1327M2	196M2	2,500,000
	600,000	198M2	0M2	575,000		1,155,000	386M2		1,018,000
	1,025,000	131M2	127M2	975,000		1,200,000	251M2	175M2	1,136,000
	1,200,000	161M2	178M2	1,000,000		1,200,000	152M2	162M2	1,150,000
	890,000	77M2	100M2	715,000		1,350,000	755M2	110M2	849,000
	860,000	132M2	102M2	845,000		1,275,000	684M2	119M2	1,061,000
MASSEY	1,470,000	360M2	216M2	1,180,000		1,585,000	887M2	270M2	1,385,000
	1,175,000	600M2	180M2	1,032,000		1,415,000	611M2	150M2	1,238,500
	1,050,000	516M2	132M2	872,000		1,260,000	352M2	210M2	1,090,000
	800,000	300M2	65M2	755,000	WESTGATE	860,000	117M2	101M2	750,000
	880,000	61M2	113M2	690,000		1,040,000	203M2	102M2	865,550
	1,225,000	1354M2	92M2	836,000		940,000	192M2	83M2	810,000
	1,180,000	610M2	110M2	875,000		900,000	156M2	97M2	800,000

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

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

2.95% up to \$490,000

(Not 4% that others may charge!)

1.95% on the balance

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



Graham McIntyre
Brand & Territory Owner
027 632 0421

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HENDERSON



VERY QUIET, SUNNY, WEST HARBOUR - MARINA VIEW SCHOOL 4  1  2  2  **By Negotiation**

3 Bluefin Way, West Harbour

By Negotiation
Viewing by appointment

A fabulously crafted and meticulously cared plaster on cladding board with cavity, set in a cul de sac road, with established plantings, cleaver gardens and enjoying all day sunshine. An open plan kitchen, dining with alfresco to patio and outdoor entertaining area. Significant storage, large garaging and guest w/c. Upstairs enjoy three bedrooms, plus large lounge/media, or additional bedroom and two bathrooms with excellent connectivity, a peek of the inner harbour and alfresco champagne decking. There is so much to love within this modern family home. Owners are heading South so don't delay. 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.



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www.mikepero.com/RX4117164



AMAZING FAMILY FUN - MARINA VIEW ZONE

4 1 2 2

By Negotiation

20 Matisse Drive, West Harbour

By Negotiation
Viewing by appointment

Welcome to a safe family haven a short stroll from Marina View School, parks and convenience shopping. In a quiet street surrounded by similar homes, the property has a fully fenced back yard with pool, playhouse, climbing frame and easy care plantings. Come inside to a warm and modern layout, with multiple zones for Kitchen-dining and Lounge dining through to North facing alfresco decking. A central corridor makes way to office/ study, bathroom, garage, four bedrooms, including master ensuite and walk in wardrobe. Abundant sunshine, closed wood-burner, heat-transfer/ HRV and central heat pump, this is a warm home, perfect for winter. So much to see in this beautifully presented home, so close to shops, school, motorway access, parks, the list goes on.



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mikepero.com

www.mikepero.com/RX4066519



NEAR NEW, LOCK UP AND LEAVE WITH WATER VIEW

2 1 1 1

By Negotiation

6 Wharara Lane, Massey

By Negotiation
Viewing by appointment

This near new GJ Gardner build with Master Build Warranty provides an excellent opportunity to jump on the property ladder with lock-up and leave options, public transport at the gate and convenience shopping a short stroll away. A beautifully presented two bedroom home with bathroom and guest toilet, alfresco to patio and small grassed lawn. An outstanding option for a discerning buyer looking for pedigree and performance. Earthy colours and upgrades, this home is one that will be on top of your watch list. Don't dilly-dally, great homes like this don't last. Financing options available via Mike Pero Mortgages.



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ELEVATED AND SUNNY PLUS 3 CAR GARAGING

3 1 2 1

By Negotiation

22 Zingaro Place, Massey

By Negotiation
Viewing by appointment

Set on 979sqm (approx) this is a big section with a big home. Offering extensive garaging and off street parking with storage options galore, work from home, or develop an additional guest wing. Upstairs enjoys extensive gated lawn and gardens with mixed alfresco settings to enjoy sunshine or shade with easy access to kitchen, dining and lounge areas. All the bedrooms and bathroom off a central hall, this is a home that will deliver peace and ambience upstairs and hobby, work and workshop downstairs, certainly a ying and a yang for all buyers. The CV on this property is \$975,000. 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.



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AFFORDABLE IN GLEN EDEN, WIDE VIEWS, NTH FACING

3 1 2 1

By Negotiation

20 Terra Nova Street, Glen Eden

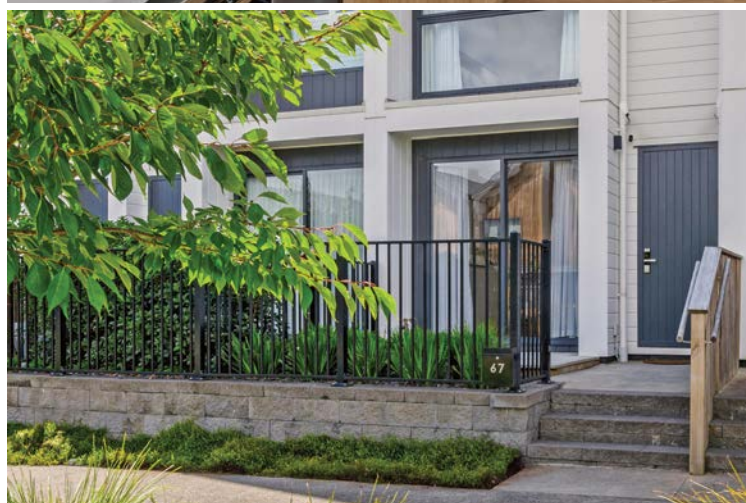
By Negotiation
Viewing by appointment

Set on a large 700sqm footprint, a short walk from shops and transport hub. On offer is a traditional 1970's bungalow with standalone garage enjoying gentle sloping north facing land. Generous sunshine through the open plan kitchen, dining, lounge onto North West decking looking over to Henderson and the Waitakere Ranges. Three bedrooms and bathroom off the central hallway and a separate laundry by the back door. This is a great no-nonsense starter that will give you years of enjoyment, adding your own style and planting your orchard. Don't delay, they don't stay on market for long. For additional documents and viewing contact me today.



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www.mikepero.com/RX3792484



BEAUTIFULLY APPOINTED - MOTIVATED OWNERS RELOCATING

2  1  1 

By Negotiation

67 Tarapuka Road, Westgate

By Negotiation
Viewing by appointment

An elegant and tranquil suburban living environment, off a quiet road and laneway, offering the very best of modern, lock-and-leave living over two levels. A delightful and simple entertainers kitchen, dining and living environment with laundry, guest w/c tucked away. Alfresco access to fully fenced patio and all weather turf area. All bedrooms and bathroom upstairs ensuring a quiet zone for sleeping. Beautifully presented and ready for its new owners. Dedicated off street parking, patio, peace and quiet all on offer here and so close to North West Mall, Transport Hub, Schools and walking reserves. Make 2024 your year and get into this spectacular entry level real estate offering.



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Home & Garden

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Laser Whenuapai and Roofing Whenuapai Ltd

Our community is important to us, so we are always looking for ways to get involved. Last year we provided Marina View School and Whenuapai School with wet weather gear for the awesome kids that patrol the pedestrian crossings.

This year we wanted to jump back on board with our community schools, so have proudly provided Royal Road School and Taupaki School with new wet weather gear to stay warm and dry while doing the amazing job of helping get our families to and from school safely.



A massive thank you to those schools for letting us support you by being Safe & Seen on the roads. We are enormously proud to be able to support our community schools.

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

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

Blackout Electric

Blackout Electric is a local family owned and operated business, run by Sebastian Weaver, a registered electrician with over 17 years' experience in the industry.

After completing his apprenticeship and spending a number of years working for



electrical companies, learning the ins and outs of the industry, Seb decided it was time to go out on his own and build his own business from the ground up - since then, he hasn't looked back.

Nearly 3years on we have four staff including a new apprentice who we just had start at the beginning of 2023. Aligning with supporting local, two of our staff are out of Kaipara College, which Blackout supports via their Gateway Programme. Seb is incredibly passionate about passing on his knowledge to others who want to be in the trade, and really enjoys seeing them succeed and become successful electricians themselves.

Since starting Blackout Electric, the support and loyalty we have experienced from locals is second to none. Customers who not only continue to use our service, but refer and recommend us to their own family and friends. This is a testament to the service we provide, and the reason we continue to grow as a business. Seb is highly experienced in delivering cost-effective, high quality workmanship - offering solutions, not problems. At Blackout Electric, we pride ourselves on exceeding client's expectations. We build a relationship with our customers that begins on the first day of contact, and only ends once they're fully satisfied with our work.

We specialise in all forms of residential and commercial electrical work. Including new builds and renovations, alarm systems, CCTV and AV, and general maintenance - From something as simple as



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Home & Garden

a new power point, to an entire house rewire, Blackout Electric is happy to help.

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

Building your dream home starts with Signature Homes

Turn your dream home vision into reality with Signature Homes. Our Huapai Showhome is your one-stop shop for inspiration and guidance. Visit us and let our in-house team of experts guide you through your new home journey.



Step Inside and See the Difference - Experience firsthand the quality construction, light-filled spaces, and thoughtful layout. Imagine the possibilities. This showhome is your blank canvas, sparking inspiration for you to personalise your dream home. See how different layouts and features can be adapted to create your perfect living space

Spark Your Creativity - Explore a variety of design ideas, whether your style is modern, timeless, or something else entirely. See how

open floorplans, well-designed kitchens, and stylish bathrooms can function beautifully.

Quality You Can Trust - Feel the solidity of the build and appreciate the smooth finishes. This showhome showcases the quality and craftsmanship you can expect in your own Signature Home.

Expert Guidance Throughout - Our knowledgeable staff is here to answer your questions and guide you through every step of the building process. Let them turn your inspiration into a personalised plan for your dream home.

Visit our Huapai Showhome today and start building your dream. Located at 190 Matua Road, Huapai, and open daily from 12pm to 4pm.

Whenuapai Floral and Garden Circle

Winter is here so hope you are keeping warm and dry. Perhaps time to take special care of indoor plants which may dry out because of our indoor heating systems. Hanging plants especially may be neglected as they still need regular watering, not heaps but



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YOUR HOME. YOUR WAY.

Visit our Huapai Showhome

Searching for new home inspiration? Why not visit Signature Homes latest Huapai Showhome to experience the difference.

190 Matua Road, Huapai
Open Daily, 12pm - 4pm



Home & Garden

enough to put moisture in for the roots, so once a week should do nicely. Cyclamens and Peace Lilies seem the most popular choices for indoor plants. Peace lilies are quite hardy while cyclamen need a little more care.

When grown as an indoor plant, Cyclamen prefer an area of high light, but away from heat sources like fires or heaters. You can pop your plant outside for a few days every week to help develop a stronger, sturdier plant and promote flowering. Overwatering kills more Cyclamen than any other cause.

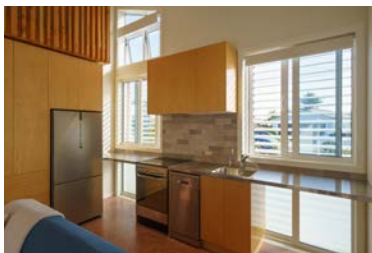
If you would like to know more about our Club, and wish to join us, please phone Judy Garrity on 09 833 5592. Meetings are held at 1 p.m. at 41 Waimarie Road, Whenuapai Village, on the second Thursday of the month with trips usually on the fourth Thursday. Entry fee is \$4 with another dollar per raffle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

Until next time, Happy Gardening from Mary Anne Clark

Natural by name...natural by nature

If you take a look at corporate bio's these days, a reference is often made to their commitment to the climate. Buzzwords such as 'sustainable'; 'eco-friendly'; 'green' are used - and we are no different.

Many products used today may harm the environment in many different ways. So how do we minimise this impact? Natural Timber Creations often utilises products and materials that minimise our



impact upon the environment - throughout all our projects, we are mindful about sustainability and, where possible, use only products with low or formaldehyde-free boards, low VOC (volatile organic compounds) oils or water-based finishes and Euro HPL plywood, rather than MDF.

It is possible to incorporate a green element to your kitchen and we can help you achieve this, should this be your philosophy. Natural Timber Creations has proudly crafted kitchen cabinetry used in a Homestar Certified House, where stringent requirements had to be met for the certification.

Additionally, due to the longevity and nature of our kitchens and furniture, crafting a product with a long life span also minimises our environmental footprint - unlike cheaper, and inferior materials often used in current kitchens which have a shorter lifespan and end up in landfills sooner.

If this is you - then call us. With over 30 years' experience we have a wealth of knowledge in this area. Natural by name and natural by trade, before it was even a buzzword - take a look at our website: www.naturaltimbercreations.co.nz or contact Paul Marley on 021 111 9637.

Four wood-look flooring options

The right flooring can transform the look and feel of your home and we have an extensive range of solutions to suit every lifestyle, space and budget.

Our timber, bamboo, laminate and vinyl ranges all provide a natural wood-look look sure to add warmth to any space.

Here's a quick outline of the four main options for wood-look flooring at Mitre 10 MEGA.

Vinyl flooring

Vinyl flooring is a multi-layered composite designed to resemble hardwood flooring that is easy to install, clean and comes in a variety of patterns. It's suitable for wet areas and is exceptionally wear resistant.

Vinyl comes in two styles: click-lock or glue down.

Click vinyl flooring: NovoCore provides you and your family with the real wood look on a waterproof product. It is kid- and pet-friendly and can extend from your kitchen to your living room and beyond - without transition strips. The easy click system allows you to save a great deal time, and money, on installation costs.

Glue down vinyl flooring: NovoCore Gluedown combines the best colours with a reliable waterproof installation. Engineered to be



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left behind?



No mess, no dodgy products &
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Cub Cadet

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Are you a drinking water supplier?

We are reaching out to you to ensure that you are aware and well informed around the responsibilities of the Water Services Act 2021 and your responsibility being a water supplier.

If you own or operate a water supply for a business or a property that supplies more than one home (that you know, or ought reasonably to know) which is being used as drinking water by people outside of your own home, you are a drinking water supplier and will have responsibilities under the Water Services Act 2021

The meaning of drinking water in the Act, means A) water that is used for:

i. Human consumption

ii. Oral hygiene

iii. Preparing food, drink, or other products for human consumption

iv. Washing utensils that are used for eating and drinking, or for preparing, serving, or storing food or drink for human consumption but

B) Does not include:

v. Bottled water that is prepared or manufactured by a food business, and is regulated, under the Food Act 2014; and vi. Water, if its use is regulated under the Food Act 2014, the Animal Products Act 1999, or the Wine Act 2003.

Whether you are a water supplier from roof water or bore water, it is your responsibility to ensure the water is safe to use for washing utensils that are used for eating and drinking, preparing, serving, or storing food or drink for human consumption.

Not sure? We are happy to investigate your requirements and supply a quote to supply and install a validated water treatment system which will comply with these Water Drinking Standard. Get in touch today.

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Hi. I'm Robbie, a local Plumber working for Mr.Walker Electrical, Plumbing and Gas. It's a great company and having both trades can be very handy. I live in Hobsonville so there is less travel time and I can react fast. From small to big maintenance jobs, storm water retention tank service, electrical faults/ installations or renovations, please call.

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Food & Beverages

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Bookings are essential, doors open at 6pm with entrees served at 6:30pm - perfect for an afterwork mid-week treat. Tickets are \$89pp, visit our what's on page for upcoming dates and to book.

www.goodfromscratch.co.nz



Beat winter at The Hunting Lodge

The Hunting Lodge, perched on the hillside of the beverage hub Brix and Co, is waiting for you. Located just 3 minutes from Waimauku township.

A change in season brings the opportunity to find new ways to stay warm and entertained this winter, closer to home. The team at The Hunting Lodge want to ensure your winter is more enjoyable than ever and love working with locals to create fun experiences at your doorstep.

The Restaurant has introduced a shared menu format that emphasises family and togetherness, providing diners with diverse options at accessible prices. This change reflects their ongoing effort to create a warm family atmosphere. What's even better, The Lawn Bar is dog friendly so you can take your pups along for an outing too.

Coming back from a Mid-Year Shutdown period after a busy first half of the year, the team are excited to have customers back on site as we head towards the summer season.

"We're passionate about ensuring that not only are our wine and site looked after, but our customers too. We're heading into the final half of the year with some exciting events to look forward to this August, and in later months".



From past experiences, the team knows how to pull together an exciting array of splendid events.

This August, they have the local favourite 'Cocktail and Tapas' event on August 2nd, where you can move to groovy tunes, enjoy a cocktail other award-winning wine, local beers and taste delicious tapas style bites. On August 24th, the European summer sets down at The Hunting Lodge, with a 'Mediterranean Mingle' where all you can eat pizza, carafes of wine and live music will have you boogying.

The later months see the return of the George FM Wine Down series, Hound Hangouts, awesome concerts and more in the pipeline for the rest of this year and into 2025.

Keep your eyes peeled on their socials as there are plenty more fun things coming.

Follow the Hunting Lodge on Instagram @the_hunting_lodge or Facebook and check out the 'What's On' page on their website through www.thehuntinglodge.com/whatson, or go to www.thehuntinglodge.com for more information.

Bay of Islands Pohutukawa honey from Don Buck Honey

A special batch of Pohutukawa honey from islands in the Bay of Islands in the Far North of New Zealand.

The hives that this honey came from can only be accessed by boat. This honey was harvested between some fishing and diving and then brought back to the mainland on the boat. Pohutukawa honey is collected from the flowers of the Pohutukawa tree - fondly known as the 'New Zealand Christmas tree', since they decorate themselves with masses of red flowers every summer before Christmas. I'm selling this in 370g pots for \$14 or four for \$50.

Also available in a Far North Six pot variety pack (\$70). Pickups are from Massey, or orders can be couriered to you with Post Haste.

Go to my website to place an order or get in touch.

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Food & Beverages

High Tea at Soljans Estate Winery this winter

Warm up the winter months with High Tea at Soljans Estate Winery, available every Friday in August, at 366 State Highway 16, Kumeu.

For \$49 enjoy a pot of your favourite tea, complemented by a specially crafted menu made entirely in-house.

For \$59 elevate your experience with a glass of our méthode traditionnelle sparkling wine.

Spaces are available from 10am to 2pm and bookings are essential.

Visit www.soljans.co.nz for more information or to secure your spot.

For tables of eight or more call Soljans Estate Winery on (09) 412-5858.

We look forward to seeing you.



Quiz Night at The Riv

Every Wednesday we host Quiz Night in the Portage Bar, entry is free so gather your team (big or small) and book a table.

The quiz kicks off at 7pm, our bar menu is available throughout the evening which includes sharing platters, pizzas, burgers, salads and more.

We'll also be screening the All Blacks games live in the Portage Bar throughout August and September.



We're open every day from 11am-Late, located at 33 York Terrace, Riverhead.

For more information or to book your team give us a call: 09 412 8902.

Hallertau Riverhead

7pm - Wednesday 14th August.

Crack Up Quiz is a quiz with a difference. Hosted by comic Alan McElroy expect questions on the unexpected, bizarre and borderline inappropriate.

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Health & Beauty

Ask Dr Heather

Are there any differences between different brands of Botox®?

Anon, Huapai.

Botulinum toxin comes in many forms, manufactured differently by different brands. "Botox®" was a clever name coined by the company Allergan and is still readily available today. Other players on the New Zealand market include Xeomin® by Merz and Dysport® by Galderma. Multiple other brands exist worldwide, however in Aotearoa MedSafe approval only exists for these three players, meaning only they can be used legally in New Zealand.



Every brand will tell you theirs is best, for the simple reason they want people to use their product. Interestingly, all research around individual brands usually come to the same conclusion: the higher the dose used, the longer the effects last. So the more frozen you are to start with, the longer it will take for full muscle strength to return.

Xeomin® is formulated without complexing proteins, so is considered purer than the other brands. Injectors may prefer this option as it theoretically minimises risk of neutralising antibodies developing over time and hence less risk of resistance to repeated treatments. Other brands argue this effect is negligible as complexing proteins are released when the product is injected into and metabolised by muscles.

Dysport® is formulated and concentrated differently to Botox® and Xeomin®. Less volume of Dysport® is therefore needed to achieve the same effect, so injections may be less painful. This is a subjective advantage however, as many do not notice a difference, especially

if certain saline preparations are used to take away the stinging sensation. Some argue Dysport® is more spready in its effect, so is advantageous for larger treatment areas, however other companies argue against this, claiming all brands spread equally from their respective injection sites.

So there are many ways to skin a cat. So long as injectors are aware of the properties, advantages, and disadvantages of the products they use, then it probably doesn't make much difference at the end of the day. The most important considerations for injectors are to ensure the products they use are made by legitimate manufacturers (i.e. not counterfeit), are stored and reconstituted correctly, and are used before they expire. It always pays to ask your injector what they use and why, to ensure you have confidence they understand what they are using, so you receive the best possible care you deserve.

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

Transforming trauma: A journey to emotional freedom

Awareness of trauma and its impact is on the rise, with more people recognising that trauma isn't just about major events but also about smaller, subjective experiences. Trauma refers to unprocessed emotional distress stored in the nervous system, retriggered by seemingly unrelated events, causing stress responses as if reliving the original situation. This can be as impactful from a childhood insult as from a significant traumatic event. It can originate from our own childhood experiences but it can also be inherited.

Generational trauma indicates that the trauma experienced by previous generations can affect descendants through genetic markers and learned behaviours. This means the emotional and psychological impacts of trauma can be passed down, influencing future generations' responses to stress and adversity.

Many people can therefore be unaware of trauma responses in their bodies because they are not consciously aware of them at a thinking level—they originate from past generations or early development. For instance, a young child internalises the emotional unavailability



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Health & Beauty

of stressed parents as shame or unworthiness, even if they were not subjected to overt abuse or neglect.

As adults, we may experience anxiety, depression, and/or strong emotional responses in relationships without understanding why, especially if we perceive our lives as "normal" and believe we should feel grateful nothing bad happened to us and just get over it.

This is why therapeutic methods, like somatic therapy, that access the unconscious origins of emotional distress and use techniques to release it from the body are beneficial. This therapy isn't about reclaiming memories or changing thoughts or beliefs about how we feel but looking at the sensations that lie underneath our feelings. In this way we can release tension, process stored trauma, and develop a greater awareness of our bodily experiences, leading to improved emotional regulation and healing.

If you're interested in exploring the origins of your unease and seeking somatic healing, then I welcome you to contact me. Erica is a Root Cause Therapy Practitioner offering sessions both online and in Hobsonville, find out more at www.ericenergyweaver.co.nz.

Insights into tendons: Fascinating facts you didn't know

Tendons are ubiquitous in the body, and while you may have some familiarity with them, here are a few surprising facts:

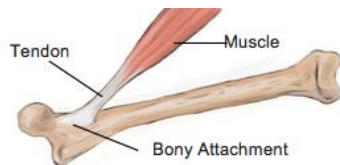
Connection Points: Tendons are found at the ends of muscles. They are fibrous connective tissues that link muscles to bones, facilitating joint movement when muscles contract.

Diverse Shapes and Sizes: Tendons vary widely in appearance. Apart from the long, thin types like the Achilles tendon, they can be flat and thin or exceptionally thick, depending on the muscle and bone structure. A thin, flat tendon is also known as an aponeurosis.

Elastic Properties: Tendons can stretch and recoil like elastic bands. However, excessive force can cause them to stretch or tear. Unlike elastic bands, tendons are living tissues influenced by factors such as hormonal fluctuations, autoimmune conditions, and nutrition.

Versatile Attachments: Tendons don't only connect muscles to bones; they can also attach to other structures, such as the eyeball.

Injuries and Healing: Tendon injuries often result from overuse rather than tearing outright. Healing can be slow due to the limited blood supply compared to muscles.



Collagen Composition: Tendons are primarily composed of organised collagen fibres. Areas of tendon degeneration show disorganised collagen fibres, which reduces strength and elasticity.

Strongest Tendon: The Achilles tendon, connecting the calf muscles to the heel, is the body's strongest tendon. It is named after the Greek mythological character Achilles, whose heel was his only vulnerable point.

Smallest Tendon: The smallest tendon in the body is found in the inner ear, attaching to the tiniest muscle.

Collaboration with Muscles: Tendons and muscles collaborate as contractile units to move joints effectively.

Contact our Hobsonville or Riverhead clinic to schedule an appointment. Call us at 09 416 4455 (Hobsonville) or 027 313 6036 (Riverhead), or book online now. Let us help you find freedom in your movement.

Graceful Beauty - where relaxation meets results

Graceful Beauty, a tranquil home-based studio specialising in personalised beauty treatments, welcomes you.

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Founded by Bernadette Immink, an internationally-acclaimed therapist with over 25 years of experience, Bernadette's journey has taken her across clinics, spas, and salons, both locally and internationally. This diverse background equips her to understand your individual needs and concerns. More than just a therapist, she brings a genuine passion to the table, fueled by a desire to see her clients achieve their aesthetic goals.

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Health & Beauty

a personalised journey to achieve your unique vision of beauty. Whether you seek to revitalise your skin with a signature treatment, address specific concerns with advanced options, enhance your natural beauty with expert lash & brow artistry, or simply unwind with a soothing massage, Graceful Beauty has something for everyone.

More Than Just a Treatment: The experience at Graceful Beauty goes beyond the treatment itself, Bernadette fosters a warm and welcoming environment where you can relax, be yourself, and truly indulge. Witnessing the transformative power of self-care through personalised treatments is what truly motivates Bernadette. Her goal is to guide you on a lifelong journey of healthy skin and beauty habits, empowering you to feel confident and radiant in your own skin.

Graceful Beauty welcomes you! Visit the website at www.gracefulbeautynz.com for easy online booking. Conveniently located in West Harbour with ample parking. Gift Vouchers available. Phone 022 6022 137.

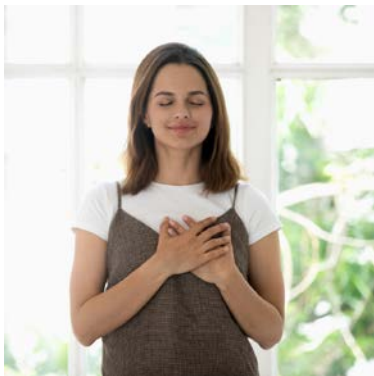
Gratitude - a simple habit with massive benefits for menopausal wellbeing

I recently ran a 5 day challenge on menopause and one of the topics we discussed was gratitude. It's hard to be grateful when life is challenging, symptoms are debilitating, money is tight and relationships are struggling and yet a simple gratitude practice can do wonders.

There is a growing body of evidence that shows gratitude has measurable benefits in just about every part of our life contributing to mental health, physical health and our social connection.

Some of the symptoms that were common in the menopausal ladies in my challenge - headaches, pain, anxiety, insomnia, fatigue, frustrating relationships all have been improved through a gratitude practice.

Gratitude correlates with wellbeing. Studies clearly show it boosts happiness by 25%, improves self-esteem and self-confidence, deepens our resilience. Other studies have shown that physical symptoms such as headaches, poor sleep, anxiety, painful joints,



respiratory and digestive issues all improve when gratitude starts to be implemented.

This seems to be because gratitude activates a part of our nervous system that is all about resting, it calms our stress response so our body can focus not on surviving but thriving. Many menopause symptoms are exacerbated by stress and so this can be a simple practice to implement that is free and effective. Other studies have also shown that grateful people report better physical health because they tend to engage in healthy activities such as focusing on nutrition.

One of my favourite gratitude practices comes from Vishen Lakhiani, author of the Code of the Extraordinary Mind and creator of the 6 Phase Meditation. I have been practising this specific technique myself over this year and I can feel the difference already.

First you think of 3 things to be grateful for that are to do with your personal life - your family, your home, that cup of coffee, the sun on your face....

Second you think of 3 things you are grateful for in your work or career - the people, the opportunities, the income, the environment - doesn't matter how small or big... then

Thirdly (and this is the toughest one) you think of 3 things that you are grateful about yourself - your smile, your health

You can write these down in the morning or last thing at night or you can meditate on it and visualise those things. Feel each thing you are grateful for and see if it makes you smile.

Let me know how you get on. Feel free to contact me at admin@sarah-brenchley.com or come and join my group The Women's Wellbeing Circle on Facebook. I offer 1:1 consultations and group programmes for anyone experiencing perimenopause and beyond.


Chronic Kidney Disease

It's common, it's harmful, it's treatable, and It's overlooked

Let's start with some scary facts: Chronic Kidney Disease (CKD) is twice as common as diabetes. It affects 1 in 3 people over the age of 65. You can lose up to 90% of your kidney function before you develop symptoms. Despite being harmful and common, CKD is treatable.

What Causes Kidney Function to Decline: Traditionally, we have thought that high blood pressure, diabetes, obesity, smoking and increasing age cause reduced kidney function. Iron overload, and sleep apnoea are also causes we can add to the list. But this doesn't explain why there has been a significant increase in CKD in one generation. There has to be an environmental factor.

The modern diet is a very likely cause of CKD. Our modern diet tends to be high in sodium, low in potassium, and cause our bodies to become acidic. Deficiency of calcium (and vitamins D and K2) increase the risk of hyperparathyroidism and therefore CKD.



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Many drugs increase the risk of CKD. This includes anti-inflammatory pain medicines like ibuprofen, and proton pump inhibitors used to protect the stomach like omeprazole. The risks of kidney problems increases with the dose and duration of these medicines. Interestingly, these two medicines are often prescribed together, especially if you need the anti-inflammatories for long term (double whammy).

The gut microbiome is critically important to kidney health and vice versa. The kidneys and the gut work to support each other to remove urea from the body to maintain wellness. I've mentioned anti-inflammatory drugs directly harm kidneys, but they also harm the gut, which can in turn put pressure on kidney function.

Conditions like Coeliac disease and Inflammatory Bowel Disease can be a primary cause of CKD, which confirms the link between the gut and kidneys. In patients with IgA nephropathy (a form of kidney disease), which are half of all nephropathies in NZ, excluding gluten from the diet can improve kidney function.

What can we do to improve kidney function?

My recommendations to improve kidney function include eating a diet that reduces acidity in the body, excludes gluten, incorporates plenty of fibre, and has a high diversity of colourful foods and polyphenols. The earlier you start the better, but it's never too late.

Sporebiotics have been shown to improve the integrity of the lining of the intestines, including the mucous barrier and the enterocyte cells that line the gut.

If you would like more information on a kidney-friendly diet, or the best form of Sporebiotics, call in and speak to the health coaches at Massey Unichem Pharmacy. Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.

The connection between neuromuscular therapy and stress reduction

Nicky Spence is a Neuromuscular Therapist from Northwest Physio +, who has completed a bachelor's degree in Soft Tissue Therapy. Neuromuscular therapy (NMT) is an effective treatment modality for addressing muscle pain, dysfunction, and imbalances. However, its benefits extend beyond a physical level, contributing significantly to stress reduction and overall emotional wellness. In this post, we



will explore the connection between neuromuscular therapy and stress reduction.

What is Neuromuscular Therapy? Neuromuscular Therapy targets muscular and nervous system imbalances, trigger points, and dysfunctional movement patterns. It employs various techniques such as deep tissue massage, myofascial release, and trigger point therapy to provide targeted pain relief and rehabilitation.

The Connection Between Neuromuscular Therapy and Stress Reduction:

Decreases Muscle Tension: One of the most noticeable effects of neuromuscular therapy is the release of muscle tension. Overworked muscle fibres are more susceptible to chronic pain, irritation and tissue damage. Nicky utilises techniques to release muscle tension through a collaborative process with the client. As tension is reduced, stress levels drop as a result. By reducing muscle tension, they contribute to a greater sense of relaxation, more profound sleep and overall reduction in anxiety levels.

Helps Release Endorphins: Endorphins are natural painkillers and mood enhancers produced by the body. Neuromuscular therapy liberates endorphins, contributing significantly to stress reduction and improved mood. Through NMT techniques, endorphin release amplifies the positive impact the treatment has on both mental and physical wellness.

Improves Circulation: Poor circulation can exacerbate physical tension and worsen stress levels in the body. By incorporating techniques such as massage, Nicky helps promote blood circulation, improving nutrient and oxygen delivery to all parts of the body. This increased circulation also helps to remove toxins and waste products that can contribute to muscle pain and stress.

Restores Mind-Body Connection: Chronic stress can disrupt the body's natural balance, negatively impacting physical and emotional well-being. Neuromuscular therapy addresses this disconnection, with a focus on restoring the mind-body connection, through addressing muscle and nervous system imbalances.

Promotes Relaxation Response: Neuromuscular therapy promotes

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Health & Beauty

the relaxation response. During treatment, the parasympathetic nervous system is activated, promoting deep relaxation, and calming the fight or flight response.

Neuromuscular therapy has a profound impact on both physical and emotional wellness, reducing muscle tension, promoting endorphins and improving blood circulation. If you're experiencing stress or muscle tension, consider exploring neuromuscular therapy with Nicky at NorthWest Physio +. Call 09 412 2945 or visit www.northwestphysioplus.co.nz.

Achieve radiant skin with Cosmelan®

Are you struggling with stubborn dark spots, melasma, or acne scars? Look no further than Cosmelan®, a groundbreaking treatment designed to target and reduce hyperpigmentation effectively. By inhibiting melanin production, Cosmelan® helps to reveal a clearer, more even complexion.

Cosmelan® offers a range of benefits, including the reduction of hyperpigmentation, decreased acne scarring, and balanced oil production. This treatment is suitable for all skin types and can be administered at any time of the year. With minimal discomfort and quick results, Cosmelan® is a preferred choice for those seeking a brighter, more radiant complexion.

Cosmelan® is a two-phase intensive treatment programme that begins with the application of a potent de-pigmenting mask in a



clinic. This mask is washed off at home after 8-10 hours. The second phase involves the use of at-home maintenance creams, applied 2-3 times daily for up to six months. This home care routine is crucial in enhancing and prolonging the mask's effects.

A few days post-treatment, you'll notice your skin beginning to flake and peel, a process that can last up to two weeks. Initially, your skin may feel tight, itchy, and slightly red. However, within a week, you'll start to see your blemishes fade, and after a couple of weeks, your skin will glow with a healthier appearance. Clinical results show a 90% improvement for most individuals, with benefits continuing to develop over the following months.

The Cosmelan® treatment programme is priced at \$1850, which includes the in-clinic mask and all necessary skincare for three months. For optimal results, a second pot of Cosmelan® 2 home maintenance cream is recommended to purchase after three months to complete a full six-month programme.

While Cosmelan® is suitable for all skin types, it is not recommended for those who have used Roaccutane in the last 12 months, or those with cystic acne, open wounds, infections, rosacea, psoriasis, or dermatitis in the treatment area. It is also advised to avoid this treatment during pregnancy or breastfeeding and to wait two weeks before or after receiving a Covid-19 vaccination.

A special offer to all Westerly readers, show me a copy of this edition and I will add a free Dermal Cover Brush, head band and 5% discount off a Cosmelan® treatment.

SKINMED NZ is the only 5-Star Google Reviewed Skin Therapist in Hobsonville Point. Come and meet Rachel to find out why. If you would like to know more about the services and skin care, please visit www.skinmednz.co.nz or book a consultation at contact@skinmednz.co.nz or 021 825 464.

Experience the epitome of luxury skin therapy with Rachel at SKINMED NZ and let us help you achieve radiant, rejuvenated, and healthy skin.

What's in it for me?

When I was a young man learning how to give a speech, I was taught to be mindful to listen to the station WII FM or "What's in it for me?". For a speech, the audience will tune out if you do not pitch your ideas to address the needs of whoever is listening. This phrase also understands the self-serving nature of human beings, the need to know if there is any benefit to spend precious time listening to what's being said.



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Health & Beauty

As I read about patients getting into trouble with their healthcare providers with missed diagnoses, long wait times for consults and the advent of telehealth, I cannot help but think about the above phrase or "What's in it for me?".

My belief is that in health, as in all things in life, we need to always ask ourselves the above question. What indeed is in it for YOU as a patient? What are YOU trying to achieve going to see a health professional?

If you are very well and just want a repeat of your allergy meds, or if you simply want a medical certificate done, then by all means book a phone consultation.

If you are unwell and you think you need to be seen in person, please try your best to book a face to face consultation with your GP as the basic tenets of any clinical encounter is history, then examination, then investigation and finally a plan to help you get better. A phone consult will be an obvious second choice only if you really live too far away to get to see a health professional in person as no examination is ever possible over a phone.

If you are really very unwell and can't see your GP in person, go to the nearest Accident and Medical clinic or to the Emergency Department of your nearby hospital. I don't think they are doing any telehealth consults as yet.

If you are too sick to move, call an ambulance at 111.

And if you have already seen someone and you are feeling worse despite the medication and treatment, get back to them and go in to see them again. And again. Till you are better.

Don't sit on your health problems. Better to check and find nothing than to ignore and miss something big, bad or potentially life threatening.

Because what's in it for you is better health, hopefully, not worse.

Dr Frederick Goh - www.rhdoctors.nz.

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Welcome to Balanced Wellness, nestled in the heart of Waimauku.

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Why Choose Balanced Wellness? At Balanced Wellness, we foster genuine connections and celebrate your individuality. As a registered naturopath and medicinal herbalist, I appreciate the uniqueness of each person. What you can expect:

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Vitality Boost: From nutrition tweaks to stress reduction, let's reignite your spark.

Your Journey Starts Here: Visit our website at www.balancedwellness.co.nz to learn more. When you step into our clinic, know that you're embarking on a partnership for lasting well-being. Let's unlock your potential, one wellness step at a time.

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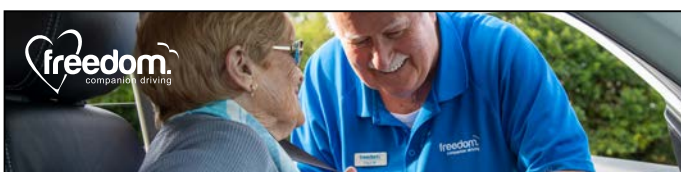
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Area Columnists

Distance families webinar: Do you know what a TCK, CCK and ATCK are?

Auckland is one of the most diverse cities in the world with the fourth highest foreign-born population at 39%. It is filled to the brim with Third Culture Kids (TCKs), Cross Culture Kids (CCKs) and Adult Third Culture Kids (ATCKs).

When families move overseas, or children are born overseas, it doesn't take long before the parents realise their children have an altered identity from their own. Yes, the children's home or passport country is a part of them (culture number one) plus they are part of the country they are currently living in (culture number two).

Additionally, these children are becoming global citizens: the world of globalisation and mobility is their third culture.

TCKs are children of parents who move globally with their work. Think of the children of diplomats, missionaries, digital nomads, military and continuously, on the move corporates. The children are most at home in in their third culture - a global world crammed jammed full of diverse peoples and places. Being a TCK is to not belong 100% to any culture, but to be a part of many cultures.

Cross Culture Kids have a more permanent home location. They aren't so much 'on the move' like TCKs. Instead, they are children of cross-cultural marriages or children who are brought up in say a Korean home but have always lived in New Zealand and hold NZ passports. Every morning and every evening they move between cultures, something that can be very stressful for them.

An ATCK is an adult who grew up as a TCK navigating their world having had a different upbringing from those around them.

Two Hobsonville Point experts will be discussing these identities on Thursday 22 August at 1pm in a webinar titled, Navigating Cultures for Long Term, Permanent Families & Third Culture Kids and Cross-Cultural Kids. You are welcome.

Helen Ellis is the co-Chair of the Australia/New Zealand Affiliate of Families in Global Transition (figt.org) She is also the Founder of DistanceFamilies.com and author of the Distance Families book series.

Helen will introduce Miki Brooks who affectionately refers to herself as a "global girl," a title that may seem odd considering her significant time spent in New Zealand as an adult. However, her life's



narrative didn't start in Kiwi territory. At the tender age of 7, Miki embarked on her journey as a Third Culture Kid (TCK) when her family relocated from Midwest America to South Africa. This marked the beginning of her cross-cultural odyssey, one that has been marked by a multitude of experiences, challenges, and triumphs. As a natural problem solver, Miki has embraced the complexities in her cross-cultural upbringing which has propelled her into various roles - as a teacher, speaker, coach, mentor, and passionate advocate for TCKs across diverse global landscapes. Having raised three boys amidst the cross-cultural tapestry herself, Miki's insights have been more than just theoretical; they've been lived and applied in the most authentic way.

In this webinar they explore the overlooked challenges faced by TCKs, CCKs, ATCKs and their families while living in New Zealand. Miki will share her journey, wisdom, and practical advice into the dynamic world of families living long term between cultures.

Whether you are a migrant, expat, member of a distance family, teacher, employer or simply interested in global mobility - you are welcome.

For more information please visit: www.distancefamilies.com/events

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

Stop judging ourselves!

We are in a world where there is a lot of judgement, I am sure we are all guilty of pointing our fingers towards others and judging others. But, have you noticed that we can be the biggest offenders of judging ourselves?

Do you find yourself comparing yourself to other people? It's an easy habit to get into. Sometimes it could be as little as seeing something on tv or reading an article in the newspaper or a magazine and then you start thinking "why doesn't that happen to me?" or you may have a friend who has brought a new car or house, dress, or a trip away, and say "why can't I have that?," "what am I doing wrong?". Why are you comparing yourself to others?



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Have you looked in the mirror and see something about yourself that you are not comfortable with or you just do not like? Maybe, you may have grown up or been exposed to an environment where you have been judged by others and that has made you more self-conscious of things, that cause you to start questioning yourself or judging yourself.

Do you find yourself overthinking? You maybe typing up an assignment for school, working on a project for work, but then you start doubting yourself or your ability. These things can lead us to become self-judging. We are punishing ourselves by doing this, we are been our own critic. Is this healthy? No, it's not. We are causing ourselves unnecessary stress; we are pointing the finger at ourselves and we should not. We do not deserve to do this. We do not need to Judge ourselves. We should always want to be at our best, but we should look for the good and positive things we do for ourselves rather than the negative.

Astramana™ Healing Services has many different tools to help you with looking for the good in yourself and to help you stop judging yourself. Some tools we offer are:

Reiki Healing Classes - During the first level of Reiki, you will learn how to do self-healing. This will help you work on yourself and give you the ability to do a healing session without judgement on yourself and even to work through the various issues you may have that has caused you to self-judge.

Hypnosis - If there is something holding you back from loving yourself, maybe a hypnosis session will help you with removing the negativity and stripping back the past so you can move forward without self-judgement and see yourself in a positive, non-judgemental light.

Past Life Regression - A journey back in time will allow your soul to take you on a journey to the past that may have affected your current lifetime. A Past Life Regression session can help heal past issues and provide answers as to why you have certain feelings and maybe see why you judge yourself.

Astramana™ Healing Services is available to help you through your grief period. We can teach you various healing technique to help you with the grieving process, we also can help you through hypnosis. Astramana™ Healing Services founder Jason Mackenzie is an internationally trained healer and hypnotist, a clairvoyant, tarot reader. Jason has taught healing classes internationally.

Visit our website: www.astramana.com or email us at astramana@gmail.com or call us on 021 0277 0836 with any questions or to book yourself an appointment.

Solve, don't sell

A regular conversation I have with clients who struggle with sales is that they are not there to sell, they are there to solve a customer's/

client's problem.

This is even more important right now with the economy in a slump and less money to go around.

Those businesses that truly understand what problem a customer is trying to solve will continue to sell, no matter what the economy is doing.

Understand their hopes - What does the customer want to achieve by making the buying decision?

If they are looking to join a gym it might be because they want to lose weight, but that might be because they can't keep up with their kids, or because they have a reach a certain weight before they can have an operation, or their doctor has advised them that their weight is affecting their health. It might be because they have got a wedding coming up or have planned a beach holiday.

Their reason might be more focused on fitness. Perhaps they have an event they want to train for, or just want to be able to walk up a hill without puffing. Or maybe exercise is used as an outlet to improve their mental health - both the physical stimulation and sense of community in a group setting contributing.

Understand their fears - The fear of making the wrong decision can stop people from making a decision at all. Is this the right gym for me? What if the classes are too hard? What if I am so unfit I can't keep up? What if I can't keep committing to a 6am class? What if I don't like the instructors? How will other people there judge me? Where is a safe place to park?

Build hopes and alleviate fears - Now that you understand your customer more, how can you get them excited about achieving their hopes, but at the same time how can you put aside those fears so that buying becomes an easy decision.

This needs to be built in to both your marketing (bringing a potential customer to you), and in your sales process (turning them into an actual customer and completing the sale).

What messages are you giving, and how are you delivering them? Is it best to be done online, on the telephone, or face to face? What is it about your product or service that fits their requirements so

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perfectly that the final decision to buy is not a difficult one?

Make sure you are consistent with your message - Is one person responsible for selling, or are other members of the team part of the selling process? In our gym example the trainers during a trial class are part of the process. For trades businesses the tradies visiting the customer are part of the process, either doing the initial quote or finding upsell opportunities. In a retail business the people providing customer service are part of the process.

It is important that all staff understand the company values and standards, and what make you the best choice in your industry, as well as understanding your target customer. That way the whole team can be consistent with their messaging.

Through understanding your customer and focusing on solving their problems, you will find that sales are easier to come by.

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

Navigating decision paralysis

The role of effective governance in business success

"Like an ostrich with its head in the sand, avoiding challenges may offer temporary solace, but it won't propel you forward. In fact, the only direction burying your head in the sand leads is backward, where problems fester and potential remains untapped."

When numerous directors are involved in decision-making processes, decision paralysis can often set in, hindering progress and creating inefficiencies. At times, real-life examples of businesses



we have worked with here at The Engine Limited illustrates the need for streamlining decision-making for the long-term success of a business:

1. The Engine had to take action by separating two directors over a period of 2-3 months who harboured mutual animosity for six years. Their personal conflict impeded productive decision-making and impeded the company's growth potential. What a waste of 6 years.
2. It became necessary for family members with a conflict of interest at the board table to step down and make way for unbiased decision-making. Their continued presence was undermining the business's strategic direction and overall success. Results - damage & a broken family.
3. In some cases, directors may have differing exit strategy expectations, leading to conflicting decisions and confusion about the company's future direction. Aligning these expectations is crucial for maintaining a cohesive and purposeful business strategy. Litigation resulted to recover losses for stakeholders who had been hamstrung with business growth.

4. Businesses can face challenges when directors operate more as managers, lacking clear leadership and strategic vision. This can result in a lack of guidance, decision paralysis, and difficulty in driving the company towards its goals effectively. The ship was rudderless.

In times of turbulence or disruption, having experienced leadership and a clear decision-making framework is essential for navigating uncertainties and challenges. A well-defined governance structure, clear roles and responsibilities, effective communication, and a focus on strategic direction are all key components that can help businesses overcome decision paralysis and drive sustainable growth. Making informed decisions, fostering collaboration, and prioritising the company's interests above personal agendas are crucial steps towards ensuring the long-term success and prosperity of the business.

Health and Safety

Earlier last year the previous Labour government quietly passed into law significant changes to: Part 3 - Worker engagement, participation, and representation of the Health and Safety at Work Act - 2015 and introduced amendments to the Health and Safety at Work (Adventure Activities) Amendment Regulations 2023.

For small to medium sized NZ companies these could have a significant impact on the way they run their businesses.

The Health and Safety at Work (Health and Safety Representatives and Committees) Amendment Act 2023 ("Amendment") was passed and came into effect in June 2023. In this newsletter we



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examine the changes imposed by the Amendment and the possible implications for PCBUs.

Part 3 - Worker engagement changes:

The Health and Safety at Work (Health and Safety Representatives and Committees) Amendment Act 2023 has now passed into law, bringing changes aimed at increasing access to worker engagement, participation, and representation. The changes update the regulations and remove previous thresholds that limited this access.

Before Amendment

Before the Amendment was passed, organisations ("PCBUs") were able to decline a request from workers to initiate an election for health and safety representative(s), if it had fewer than 20 workers and it was not in a designated high-risk sector or industry.

Further, PCBUs were also able to decline a request to establish a health and safety committee:

- if it was not in a designated high-risk sector or industry and had fewer than 20 workers, or
- if it was satisfied that their existing worker participation practices at the workplace sufficiently meet the legal requirements.

After Amendment

This Amendment now requires all PCBUs:

- to initiate elections for health and safety representative(s), if requested by any worker who carries out work for the PCBU; and
- to establish a health and safety committee at a workplace, if requested by a health and safety representative, or by 5 or more workers at the workplace.

The Amendment also introduces a timeframe for establishing a health and safety committee as soon as practicable after receiving the request.

1. Who can make a request for a Health & Safety Committee (HSC)?

Health and safety committees Section 66 (1). The following people can request that a PCBU establish an HSC for part or all of the business or undertaking:

- o a Health and Safety Representative (HSR) for a work group at that workplace, or
- o Five or more workers at that workplace.

2. When must PCBUs establish an HSC?

Health and safety committees Section 66 (2). A PCBU must establish an HSC as soon as practicable after receiving a request as described in Section 9.1 of these guidelines. The HSC can be for part or all of the workplace.

3. A PCBU can decide to set up an HSC Health and safety committees Section 66 (3)

A PCBU can set up an HSC before receiving a request. The HSC can be for part or all of the workplace.

This Bill mostly affects small businesses (those with fewer than 20 workers) that are not in a designated high-risk sector or industry, as the Amendment will limit their choices on how they manage the health and safety participation practices in their organisation. Further, the Amendment could add to the compliance and training costs that they incur.

If a PCBU does not comply with their obligation to initiate the election of health and safety representative(s) or to establish a health and safety committee, they could be liable to a fine not exceeding \$5,000.00 for an individual and up to \$25,000 for an organisation upon conviction.

The new Coalition Government has indicated that it will review the Health and Safety At Work Act - 2015 to make employees as well as employers (PCBU'S) accountable and fairer for everyone. We will wait and see!

In our next issue we will cover the Health and Safety at Work (Adventure Activities) Amendment Regulations 2023.

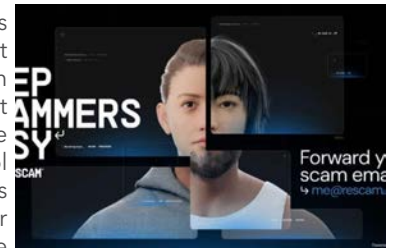
If you have any concerns around this topic or other Health & Safety matters, contact John Riddell Securo Health and Safety Consultant email securo4@securo.co.nz or check out www.securo.co.nz. We can also advise on hazard management and provide access to specialist health professionals who provide health monitoring services.

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

Taking action against scammers

Netsafe is New Zealand's independent, non-profit online safety organisation. In continued efforts to disrupt the scammer network, Netsafe has a cutting-edge AI tool designed to waste scammers time so they can't target their next victims. This innovative technology leverages the latest artificial intelligence measures to disrupt potential scams. It also educates users on the tactics used by cybercriminals in email scams.

By forwarding your suspicious emails to me@rescam.org, the system identifies scams and begins a never-ending conversation, wasting scammers' time. With multiple personalities and an ever-growing vocabulary, there's no way for scammers to know they're talking to



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Netsafe's specialist scam baiting intelligence system. Re:Scam was first developed back in 2017, when the game of cat and mouse sent more than a million emails to scammers, wasting a total of more than 5 years of their time.

Scams are a growing problem in New Zealand and costs to the economy are estimated to be NZD\$2 billion annually, equating to 0.85% of NZ's GDP in 2023. New Zealand's response to scams lags behind other OECD regions and there are government-backed calls on the banks to invest in technological upgrades. Crucially, there is no government funding for incident response and victim remediation. Unsurprisingly, only a fraction of scams and fraud are reported to law enforcement and police resources are too stretched to prioritise cybercrime unless it occurs within the context of syndicated organised crime. To watch a short video on how Re:Scam works, go to netsafe.org.nz and search "Re:scam"

How to keep your dog active during winter

Winter can be challenging for dog owners, but keeping your dog active doesn't always mean braving the cold.

Here are some strategies to keep your doggo entertained and exercised during the chilly months.



Indoor Activities

1. Training Sessions - Conduct short, interactive indoor training sessions to mentally stimulate your dog and reinforce positive behaviours. This can include practising obedience commands or teaching new tricks.
2. Indoor Agility Course - Create a makeshift agility course using household items like chairs, broomsticks, and cushions. Guide your dog through tunnels, over hurdles, and around obstacles for physical exercise.
3. Treasure Hunt - Hide treats and toys around your home to engage your dog's senses and instincts. Start with easy hiding spots and increase the difficulty as your dog improves.
4. Hide-and-Seek - Hide in different locations around the house and call your dog to find you. This game provides physical exercise and strengthens your bond with your dog.
5. Dog Yoga (Doga) - Practice yoga with your dog to improve strength, flexibility, and reduce stress. Follow instructional videos or find local classes for guidance.
6. Classic Games - Play tug-of-war or fetch using soft toys to ensure

safety indoors. These timeless games are perfect for keeping your dog active.

Outdoor Activities - While indoor activities are great, it's still important to take your dog outside daily. The frequency and length of walks depend on your dog's breed, size, and coat. If it's very cold, shorten the walks and monitor your dog's comfort. Investing in warm clothing for your dog can make outdoor adventures more enjoyable during winter.

So, in conclusion, even if winter makes outdoor activities less appealing, these indoor exercises can keep your furry friend active and happy. Remember to balance indoor fun with daily outdoor walks to maintain your doggo's overall health and wellbeing. Embrace the winter season by staying warm and enjoying the special moments it brings with your furry friend.

Much love from all the team at K9 Heaven - Helping build better, happier, healthier dogs. www.k9heaven.co.nz

August kitchen garden

With wetter weather around it is harder to get out in the garden, a good time to do some planning with a cup of tea in hand. Frosts and snow will be about in some areas, when in doubt cover and protect all your hard work.



Continue to plant garlic and shallots, it's not too late. July is the perfect time to plant new season's deciduous fruit trees and citrus and don't forget - protect tender plants from frost. Strawberries can also be planted from now through to October.

Protect all seedlings from slugs and snails, they love tender seedlings and the wet weather. Also leave the soil alone when it is wet, working with wet soil will compact the structure making it clump.

Dig in any green crops that are ready, roughly turn in the soil and leave to rot into the soil before cultivation takes place.

Sow seeds of broccoli, cabbage, broad beans, cauliflower, peas, lettuce, onions, radish, spinach, silverbeet, swede and turnips. In warmer districts sow carrots, parsnips, and beetroot. Protect from the cold, transplant to the garden as the weather warms and when they are showing at least two sets of true leaves.

Broad beans can be planted directly into the soil, stagger sowing for a continuous harvest. If you have plants already underway pinch out the first flowers to improve cropping.

Plant seedlings: Cabbage, broccoli, cauliflower, lettuce, onions, silverbeet. Don't forget to keep them protected from the cold especially when they are young.



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Sprouted potatoes can go in the ground in warm climates or prepare the ground for plating in the cooler regions.

Garlic and shallots can still be planted, give them plenty of that winter sun and plant strawberries in prepared beds. Feed with blood and bone as you plant.

Planting of new fruit trees can still be done - stake them well. All fruit tree pruning should be finished now.

Feed all vegetables with a liquid general fertiliser.

Mitre 10 MEGA Westgate & Henderson.

Cat lovers we need your help

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



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

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

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