

# the Westerly

FREE monthly community magazine for Massey to Hobsonville Point



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

Laser Whenuapai provides school road safety patrols with rain gear

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](mailto:jbw51red@googlemail.com)

July 2024





## Greetings

It is unfortunate, but agriculture is still the greatest cause of habitat destruction, the main cause of wildlife loss and has caused roughly 80% of the deforestation in this century. About 30% of the weight of birds on Earth are wild species. The rest are poultry. Just 4% of mammals, by weight, are wild, 36% is accounted for by humans, and farmed animals make up the remaining 60%. We all need food, but agriculture is among the world's foremost causes of climate breakdown, of water and air pollution, and it's the leading cause of land use. Even so, millions still go hungry. New Zealanders eat about 75kg of meat annually, compared with 124 kg in the USA and 4kg in India.

George Monbiot's 15 minute TED talk on YouTube "Can we feed ourselves without devouring the planet?" is thought-provoking, and his book "Regenesi" from Auckland Libraries is worth reading for more detail. Monbiot has a vision for a new future for food and humanity suggesting that by having a plant-based diet instead of eating meat, and creating food from bacteria (which we already eat in yoghurt and some cheeses) we could restore the Earth's living systems and replace the age of extinction with an age of regenesi.

Welcome to the July issue of the magazine, which includes many topics of interest to the local community. Look at the many changes happening to the property market from this month. See how important it is to choose the right real estate agent for your property. So many activities rely on volunteers and there are plenty of opportunities and events where this applies in the community. It's not an issue we might want to think about, but so many Kiwis haven't made a will, creating difficulties for those left behind, and this is the month to create one. Read the review of Dr Ritchie's encouraging book on why things are getting better for the planet despite the many problems we face, and she also has a TED talk, but note the reviewer's observation that we all need to take action to counter the inertia of those in power.

If you are involved in a local activity or enterprise please consider sharing this with the local community by making contact with the Westerly and contributing an article. As you can see, a large range of topics is covered by the magazine.

Best wishes for July.

John, Editor



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COVER PHOTO: Pupils of Taupaki School and Laser Plumbing Whenuapai

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# People & Places

## Laser Whenuapai provides school road safety patrols with rain gear



Laser Plumbing Whenuapai is more than just a service provider in Auckland—it's a cornerstone of community support and excellence in plumbing, drainage, and roofing solutions. With a strong commitment to both their customers and the local community, Laser Plumbing Whenuapai has established itself as a trusted name synonymous with quality and reliability.

Central to Laser Plumbing Whenuapai's philosophy is their active engagement in supporting local schools. Recognising the importance of safety and comfort for students, the company has taken proactive steps to assist schools in ensuring their student patrols are well-equipped. Last year, Laser Plumbing Whenuapai donated essential wet weather gear to Marina View School and Whenuapai School, enabling student volunteers to perform their duties effectively even in adverse weather conditions. This year, they have continued their support by providing Royal Road School and Taupaki School with new sets of wet weather gear, further demonstrating their dedication to community welfare and safety.

"We are immensely proud to support our community schools," remarked Solomon from Laser Plumbing Whenuapai. "Ensuring the safety of students as they travel to and from school is a priority for

us, and we are grateful for the opportunity to contribute in such a meaningful way."

In addition to their community involvement, Laser Plumbing Whenuapai offers a comprehensive range of plumbing, drainage, and roofing services tailored to meet the diverse needs of Auckland residents and businesses. Whether it's a minor repair such as fixing a leaky tap or a major project like re-piping an entire property, their team of skilled professionals delivers efficient and effective solutions. They are also equipped to handle complex tasks such as re-roofing projects, drainage installations, and gas system maintenance with precision and expertise.

"Quality craftsmanship and customer satisfaction are at the heart of everything we do," said Solomon. "No job is too big or too small for us—we're dedicated to providing the highest standard of service to every client."

Operating five days a week from their conveniently located office at Unit 4, 3 Northside Drive, Westgate, Laser Plumbing Whenuapai ensures accessibility and reliability for their customers. Their office hours are from 7:30 am to 4:30 pm, allowing for flexible scheduling to accommodate varying customer needs and emergencies.

For those seeking reliable plumbing, drainage, or roofing services in Auckland, Laser Plumbing Whenuapai invites inquiries through their contact number at 09 417 0110 or via email at [whenuapai@laserplumbing.co.nz](mailto:whenuapai@laserplumbing.co.nz). More information about their services, including testimonials and community initiatives, can be found on their website at [www.whenuapai.laserplumbing.co.nz](http://www.whenuapai.laserplumbing.co.nz).



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# Community News

## Discoverers

The Treaty of Waitangi in 1840 affirmed the right of Māori to govern their own affairs and promised that their treasures of land, forest and sea would be protected. The Treaty also affirmed the right of migrants from Britain to settle in Aotearoa. Those settlers brought with them their religion, culture and traditions. As the settler population grew to substantially outnumber Māori, their religion, culture and traditions became dominant.

However, Māori, the indigenous people of Aotearoa, had their own religion, culture and traditions which gave them identity and a rounded perspective of life. Taiwi (later arrivals) are beginning to discover that indigenous Māori values, spirituality, and traditions are of immense importance too.

At 3-30pm on Sunday 28th July, in the Baffin lounge, Headquarters building 214 Buckley Terrace Hobsonville Point, Discoverers informal church will explore Māori spiritual and cultural insights that can help Taiwi on their journey through life. For further information please contact Barry Jones.

Phone 022 068 3873 Email: [beejaynz05@gmail.com](mailto:beejaynz05@gmail.com) Facebook "Discoverers Hobsonville Point."



## Greypower

Greypower Northern Region representatives met with Desley Simpson, deputy mayor of Auckland council on 10 June. Topics discussed included the Council Budget and its impact on the



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senior community, including concessions for travel cards, rates and charges, and social housing support; Council operated Own-Your-Own units and Haumaruru Housing communities for older people; transport issues affecting Seniors; and public toilet issues.

Waitakere Greypower Association held an informal AGM on 12 June. Two lady undertakers from State of Grace Funerals in New Lynn gave a lively and spirited speech about all aspects of the funeral business.

We couldn't proceed further to the Election of the Committee because only 15 financial members were present on the attendance sheet and the quorum is 20 financial members. We are holding the AGM proper on Thursday 11th July at 12.30 pm in our Office in the Te Atatu South Community Centre. The Election of Officers will take place.

The Auditor, Lindsay Atchison, has already been approved for 2024/25 financial year. There will be an Agenda and a Report of the Greypower Federation Annual General Meeting held from 18th to 20th June 2024 in Wellington. All members and friends are invited to attend. A quorum of four members of Waitakere Greypower Association Committee is all that is required at this re-scheduled AGM according to our current Constitution.

Written by Mate Marinovich, President Waitakere Greypower Association, 22 Carter Rd, Oratia 0604 Auckland.

## Do you like fish?

It is an excellent source of protein as well as micro-nutrients and many communities throughout the world rely on it as an important source of nutrition. But in the not-too-distant past many oceans were being over-fished, threatening the survival of individual species, and 15 years ago a third of the world's fish stocks were over-exploited.



However, in the last 30 years, seafood production has more than doubled. Regulation has enabled endangered fish stocks to recover, and the remaining demand for fish has been supplied by "aquaculture" or "fish farming", currently 100 million tonnes of seafood world-wide a year. Regulation includes monitoring of fish stocks, implementation of strict fishing quotas, reduction of unwanted fish in the catch, curbing of bottom trawling, and an increase in marine protected areas. Consumers who want to choose sustainable options can google "Best Fish Guide New Zealand" and review the Forest & Bird 2017 guide. Don't choose orange roughy or black cardinal fish.



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**Don't miss out, call Carolyn or Rosalind on 09 416 0750 for more information.**

[rymanhealthcare.co.nz](http://rymanhealthcare.co.nz)

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# In Brief Updates

## Clothing Swap and Shop for fashion and fun

Ladies, mark your calendars for an event that promises to refresh your wardrobe, uplift your spirits, and support a worthy cause! Our upcoming Kumeu Clothing Swap and Shop is not just another shopping spree; it's a celebration of sustainability, community empowerment, and the spirit of giving back.



10am-4pm, Sunday 22nd September 2024 at Kumeu Showgrounds

Why you should attend

1. Supporting young families in need: By participating in our Clothing Swap, you're not just scoring new outfits—you're making a difference in our community. All proceeds from this event will go directly to Parent Aid North West, a wonderful organisation dedicated to supporting young families facing challenges. Your contribution will help provide practical in-home help, ensuring that every family gets the support they deserve. Check out [www.parentaidnorthwest.org.nz](http://www.parentaidnorthwest.org.nz) for more information.

2. Sustainable fashion, stylish savings: In today's world, sustainability is key, and our Clothing Swap is all about reducing waste and redefining fashion. Instead of buying new, swap your gently used clothing items for something fresh and exciting. It's a guilt-free way to update your wardrobe while reducing the creation of textile waste and minimising your carbon footprint. Plus, who doesn't love discovering hidden gems and unique pieces?

3. Be smart about your budget: In today's economy, every penny counts. The Swap allows you to update your wardrobe affordably

while supporting a great cause. Instead of spending on new clothes, save money by exchanging items you no longer wear for something new-to-you and exciting. It's a win-win situation that benefits both your closet and your wallet.

4. Girl power and community spirit: At our event, you'll experience the power of women coming together to uplift and empower each other. It's more than just swapping clothes; it's about building connections, sharing stories, and celebrating our collective strength. Whether you come alone or with friends, you'll be welcomed into a supportive and inclusive atmosphere where everyone's contribution matters.

How to participate - Participation is easy and fun:

- Clean out your wardrobe and bring your gently used women's clothing, shoes, and accessories to one of our drop-off days (19th, 20th and 21st September at the Kumeu Showgrounds).

- Pay your entry fee and grab your event wristband - which will have your number of donated items on it.

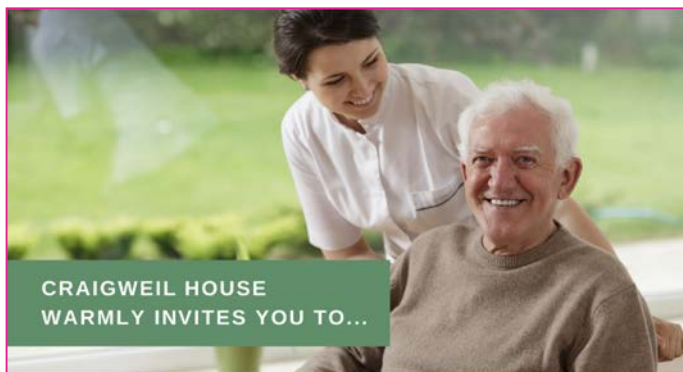
- Come along on the event day (22nd September) and swap 'til you drop at our one-day-only pop up shop.

- Use your wrist band to 'buy' your new-to-you items. If you want more than your quota, it's just \$5 per additional item on check out.

Spread the word - Don't keep this fabulous event to yourself—invite your friends, family, colleagues, and neighbours to join in the fun. The more, the merrier, and the greater the impact we can make together. Save the date, gather your items, and get ready to swap, shop, and support. We can't wait to see you there.

Check out our Facebook Group (Kumeu Clothing Swap & Shop) and Instagram (@kumeuclothingswapandshop) for more information and event updates.

If you would like to be part of our volunteer team, or are interested in sponsoring our event, please email Bex at [bex.holland@outlook.com](mailto:bex.holland@outlook.com).



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## Flip for fun & for health

Did you know....?

Having beaten the worst of the nasty Covid 19, health issues are present in our collective minds. To remain free from illness and infections we know it is important to stay healthy and fit.



Did you know, amongst many other benefits of trampolining, bouncing (which is like pumping the body) improves the functioning of the immune system. The lymphatic system is a vital part of the

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# In Brief Updates

immune system.

It is a defence mechanism against viruses, bacteria, diseases and infection and helps to get rid of the body toxins, waste and other unwanted materials in the body. So, bouncing helps slow the aging process too - bonus!

Regular bouncing helps tone the body, especially the stomach, back, and legs. Core stability muscles are consistently engaged to help enhance balance. This type of training helps boost your metabolic rate and the ability to burn calories and remain healthy.

To find out more be sure to check [www.flippinfun.co.nz/info/health-benefits/](http://www.flippinfun.co.nz/info/health-benefits/) or call us on 09 833 6880.

Also follow our Facebook page.

## Don't sit on your symptoms

Bowel cancer is the second highest cause of cancer death in New Zealand and is more common in those aged over 50, but it affects people of all ages, even young people. It is treatable and beatable if detected early enough.

Dr Cameron Schauer, Gastroenterologist at Waitemata Endoscopy explains why gut health is so important, things you can do improve it and symptoms that shouldn't be ignored that might mean you need a Colonoscopy.



Why is gut health important?

- The gut absorbs all of the nutrients in the foods that you eat and diffuses them out into the body
- Manages the waste and filters and eliminates toxins from the body
- It's crucial to your immune system

How to improve your gut health

- Natural prebiotics - fermentable foods that feed your own natural bacteria, like brown rice, brown bread, grains, legumes and beans that optimise your gut health
- Foods with natural probiotics such as sauerkraut, kombucha, kimchi and yoghurts
- Managing a healthy weight and regular exercise has been shown to change your gut health

The gut is the engine of the body. When the gut is working well, the body is working well. Implementing these changes, you'll see changes to your physical and mental wellbeing.

Symptoms to look out for

- Change in bowel habit
- Bleeding from the bowel
- Know your family history

What is a Colonoscopy?

- It involves flushing and cleansing the bowel of all the stool so we can see what's inside the colon
- A day stay procedure which only takes about 30-40 minutes and you'll go home on the same day

# WE

have reduced wait times for  
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& Gastroscopy

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Appointments are available within **7 working days** for most standard Gastroscopy & Colonoscopy procedures by matching patients with the availability of our Specialists.\*

If you need an appointment, talk to your GP about a referral to the Waitemata Endoscopy Group, or you can self-refer at [www.waitemataendoscopy.co.nz/referrals](http://www.waitemataendoscopy.co.nz/referrals)



Scan the QR code to view our video on gut health



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WE West – 53 Lincoln Rd, Henderson  
WE North – 212 Wairau Rd, Wairau Valley

\*Terms and conditions apply  
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# In Brief Updates

- One of the massive benefits of a Colonoscopy is the ability to detect and remove polyps, the precursors to bowel cancer

To view Dr Schauer's full video and to learn more about gut health, please scan the QR code below or visit [www.waitemataendoscopy.co.nz/medical-conditions](http://www.waitemataendoscopy.co.nz/medical-conditions).

## Social coffee group in Hobsonville Point

If you're free on a Wednesday from 10am to 11am, why not pop on down to the Headquarters Building, 214 Buckley Avenue, Hobsonville 0616, for a free coffee or hot chocolate where you can meet other locals and learn about other opportunities to connect. This group also has an outing once a month, Mahjong and knitting afternoons, a quiz night team and more. Hobsonville Community Trust 022 541 1476 [info@hobsonville.org.nz](mailto:info@hobsonville.org.nz).



## Heritage Listed Settlers' Church

The historic Heritage Listed 1875 Hobsonville Church & Settlers' Cemetery is at 1 Scott Road, Hobsonville.

The Church building and graveyard are maintained by descendants of the early Hobsonville settler families, who are volunteers. The grounds are lovingly cared for and remain an active burial ground.



You are very welcome to hire our 1875 Heritage Listed Settlers' Church for your Wedding or Civil Union (hire fee \$500), Baby Naming, Baptism or other. Venue booking (hire fee on enquiry). There are no rules around which Celebrant, religious or non-religious, you provide for Wedding or Civil Union bookings.

Our lovely Church has seating from say 6 people to up to a maximum of 100 guests, seated on our original pews.

Rice Owen Clark (1816-1896), one of the first European settlers in

Hobsonville, and all five of the original trustees of the land in 1877 are buried in the graveyard, Joshua Carder (1816-1895), R O Clark Jnr (1854-1905), Joshua Ockleston (1836-1896), Thomas Scott (1827-1892) and William Sinton (1837-1880), along with members of other Hobsonville settler families, including Anderson, Boyd, Luckens, Midgley, Williams and Wiseley.

A walk through the graveyard reflects the strong connection Hobsonville had to the brick and pottery making industry, with the graveyard monuments commemorating significant ceramic manufacturers, including Clark, Carder and Vazey, and other Hobsonville potters including Cater, Holland and Ockleston.

We don't know who was buried in a number of the graves. We also did not know the location in the graveyard where some individuals are known to have been buried. In April 2024 Dr Hans-Dieter Bader, an archaeologist from Archaeology Solutions Ltd, surveyed part of the graveyard, walking areas of possible unmarked graves using ground-penetrating radar and found 9 grave plots that we didn't know about. It is likely that a couple of these newly-found grave plots were for children. We have marked the grave sites of these unknown people with plaques. We are yet to survey the remaining half of the graveyard, including the Scott Road side of the Churchyard, for more unknown gravesites.

For more information about hiring the Church please have a look at our website: [Hobsonville Church & Settlers' Cemetery](http://Hobsonville Church & Settlers' Cemetery). We are also on Facebook [Hobsonville Church & Settlers' Cemetery | Auckland | Facebook](https://www.facebook.com/Hobsonville Church & Settlers' Cemetery | Auckland | Facebook).

## Gently Loved Markets

Gently Loved Markets is back in Hobsonville Point for Gently Loved Markets Just Kids! on Saturday 27th July from 10am until 1pm at The Sunderland Lounge - Te Rere. Free entry.

With stalls selling preloved baby to kids' 0 - 10 years clothes, toys, accessories, nursery items and more.

There will be a wide range of prices at the market so it's great for everyone's budget. Grab cash, a bite to eat from William the Baker (who is fundraising for rugby gear), a coffee from Luna's Traveling Cottage, your favourite fabric bag and come have a preloved treasure hunt with us. All stalls are within the hall so the event will go ahead no matter the weather.

This market day is fully booked for stall holders, to go on the waitlist or to be notified about upcoming market days contact Donna on [gentlylovedmarkets@gmail.com](mailto:gentlylovedmarkets@gmail.com)



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# In Brief Updates

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

## Meet Stacey Milne: Your trusted real estate expert

Stacey was born and raised in the North West area, where she has spent time connecting and forming local relationships with the community and area, gaining local knowledge.

With 10 years' experience behind the scene as a licensed PA, she has packed together her knowledge and experience and is now ready to sell your home or help you purchase your new home.

Stacey Milne is not just a real estate agent; she's a dedicated professional who has become an integral part of the Kumeu community's journey to finding their dream homes.

Stacey's journey in the world of real estate began with a deep appreciation for the beauty and potential of the Kumeu region. Her



in-depth knowledge of the local market trends, neighborhoods, and hidden gems is unmatched.

She combines this local expertise with a global perspective, ensuring her clients receive the best of both worlds when it comes to buying or selling property in Kumeu.

Stacey's approach to real estate is rooted in her belief that each client's journey is unique. S

he takes the time to understand their goals, preferences, and aspirations, ensuring that every real estate transaction is a tailored experience.

Her professionalism, attention to detail, and dedication to client satisfaction have resulted in numerous successful real estate transactions and satisfied homeowners.

Stacey understands that finding the perfect home is about more than just bricks and mortar; it's about finding the right place to build your life.

Whether you're a first-time buyer, a seasoned investor, or looking to sell your property in Kumeu, Stacey Milne is the trusted partner you need by your side. Her passion for real estate, local expertise, commitment to personalised service, and strong ties to the community make her the ideal choice for all your real estate needs in Kumeu. Discover the difference of working with Stacey Milne and embark on a real estate journey like no other.

Call Stacey today on 021 058 5692 or email [stacey.milne@mikepero.com](mailto:stacey.milne@mikepero.com), scan the QR code below.

## Thinking of **selling**?

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# In Brief Updates

## Budget delivered on our promises

Budget 2024 delivered on the Government's key commitments, ensuring Kiwis will keep more of what they earn.

We are shifting resources out of the back office of government into the front line. We are also delivering record capital investment for much-needed infrastructure.

We are investing in healthcare, schools and police.

Personal income tax thresholds will rise from 31 July - ensuring tax relief for the first time in 14 years. It will put \$3.7 billion a year back into the pockets of New Zealanders and is fully funded from savings and revenue initiatives.

Thresholds will rise from \$14,000 to \$15,600; from \$48,000 to \$53,500; and from \$70,000 to \$78,100. This reduces income tax for anyone earning over \$14,000. To see how these changes benefit you, visit the tax calculator at [www.budget.govt.nz/taxcalculator](http://www.budget.govt.nz/taxcalculator)

The average income household in Auckland will get \$2,085 in tax relief annually.

Families with young children will also benefit from the new FamilyBoost childcare payment. From 1 July, parents and caregivers can get back up to 25 per cent of their early childhood education fees, to a maximum fortnightly amount of \$150.

The Government is committed to cracking down on crime and keeping communities safe - with some alarming events in West Auckland just recently. We remain committed to 500 additional police in the next two years.

Our approach means New Zealanders can look forward with confidence, knowing this Government backs them and is laser focused on getting New Zealand back on track.

Authorised by C Brewer, Parliament Buildings, Wellington.



## Hobsonville Newcomers Evening

Are you a new resident to Hobsonville / Hobsonville Point / Scott Point?

If so, the Newcomers Evening on Friday 26th July is for you. Every year the Hobsonville Community Trust invites new residents to come together for a free social evening where you will be introduced to neighbours, fellow residents, and community leaders, all over some yummy nibbles and refreshments.

Hosted in the beautiful Sunderland Lounge, 27 Hudson Bay Road, Hobsonville Point, this evening is not to be missed. The evening is strictly limited by (free) ticketed entry to 100 guests (adults only) and the whole evening is facilitated so that you will meet a wide range of people across the evening and know much more about what is happening in your community that you can join in or be aware of. Registration is required at [hobsonville.org.nz/newcomers/](http://hobsonville.org.nz/newcomers/)



## Do you believe in fairies?

We do.

Invite the fey folk into your home and reconnect with the nostalgia of childhood play with a miniature fairy garden. This whimsical trend has become popular for children and adults alike as, in a world that is increasingly fast-paced and technologically-driven, fairy gardens have become a stress-free sanctuary - both for us, and the fairies.



Fairy gardens may be tiny, but believe me when I say that it's absolutely possible for even a grown person to get lost in one! By

# Cameron Brewer MP for Upper Harbour

(09) 416 3249

UpperHarbourOffice@parliament.govt.nz

102c Hobsonville Rd

CameronBrewerMP



Authorised by Cameron Brewer, Parliament Buildings, Wgtn.



# House of Travel Hobsonville



## National Travel Industry Award Winner 2024

"The Award for Resilience and Entrepreneurial Spirit, goes goes to Buzz Thomson, House of Travel Hobsonville" TAANZ\*

## Super Star Deepti Mehta is joining us!!



*-The Travel Maestro Crafting Unforgettable Journeys-*

From the vibrant streets of Europe to the sun-kissed shores of the Hawaii and Bali, I have traversed the globe, each destination adding a new dimension to my expertise. My passport tells the story of a wanderer with an insatiable curiosity and strong desire to uncover the hidden gems of the world.

But my passion for travel extends far beyond just exploration; it permeates every aspect of my professional life. As a seasoned travel agent, I understand that the key to a truly unforgettable journey lies in the details. From meticulously curated itineraries to personalized recommendations, my dedication to my craft is evident in every travel plan I create.

Whether my clients seek adventure, relaxation, or cultural immersion, I craft tailor-made itineraries that cater to their every desire. Perhaps what sets me apart is my unwavering commitment to exceptional service. With extensive industry and travel experience, my journey from avid explorer to esteemed travel agent has been full of exciting adventures and learning opportunities. To me, each client is more than just a name on a booking; they are fellow travelers embarking on a journey of discovery. From the moment they reach out to me, I go above and beyond to ensure that their travel experience is nothing short of extraordinary.

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immersing yourself in the tranquil development of a fairy garden, you allow yourself to take time out from the real world. You become lost in the moment; reconnecting with your creative self and calming your mind so that you can stop worrying about doing doing doing, and just focus on being.

Likewise, in an age where "screen time" has become a regular part of life for many children, fairy gardens are a great way for them to unwind, refocus the mind and tap back into their own creativity. That's the true magic of a fairy garden! 021 058 7010. info@gardenfairycreations.co.nz.

## Pukenga Nui internship

Building confidence and connection for rangatahi in West Auckland, the initiation of the Pukenga Nui internship in November 2023 was a promising addition to the Active Whakapapa kaupapa.

With backing from the Waitākere Ranges Local Board, this paid internship programme embarked on a dual mission; to explore avenues for rangatahi (youth) economic empowerment and to support the iwi Te Kawerau a Maki to deliver the Active Whakapapa hīkoi (walks).

The overarching goal that emerged, was to test a career pathway for interns that would transition into roles as Active Whakapapa tour guides. To support this endeavour, Healthy Families Waitākere worked alongside the interns to co-design a programme that would focus on equipping them with the appropriate skills to lead an Active Whakapapa hīkoi and to strengthen their connections to whakapapa (genealogy) and taiao (natural environment). Field training, led by partners Te Kawerau a Maki and Adventure Works, was an integral part of the internship programme. Sessions with Te Kawerau a Maki encompassed crafting pepeha, delivering mihi and karakia, and delving into local mana whenua history through pūrakau.

Reflecting on her experience, graduating intern Tamera Wharewaka explains. "One of the highlights was spending time with Tyler from Te Kawerau a Maki. We learned more about the iwi and even got to go on a walk that might one day get developed into an Active Whakapapa hīkoi."

Adventure Works, who run outdoor education courses and qualifications, were enlisted to oversee the outdoor education component of the programme. Their primary focus was to teach health and safety protocols, leadership skills, and foster proficiency in leading outdoor expeditions. To align to the needs of the Active Whakapapa hīkoi, Adventure Works modified their Level 3



Certificate in Assistant Outdoor Leadership to include a portion dedicated to iwi knowledge and whakapapa.

"Our collaboration with Te Kawerau a Maki and Adventure Works sparked some thought-provoking conversations around being responsive to the needs of Māori. It was a positive experience which led to Adventure Works developing a tailored certification for the interns" explains Healthy Families Systems Innovator Rea Kenkel.

In March 2024, the Pukenga Nui internship culminated with the interns demonstrating their knowledge and skills by leading a group through the Orangihina Harbourview hīkoi, which Wharewaka says provided an enriching experience.

"This experience has shown me a lot. By observing outdoor leadership in practice and immersing in outdoor activities, we can enrich our understanding of the land and cultivate invaluable leadership skills."

In April, the Active Whakapapa kaupapa was handed over to Te Kawerau a Maki. With this transition, the iwi is now equipped to lead and refine Active Whakapapa, and by extension, oversee Pukenga Nui on an as-needed basis. [www.healthyfamilieswaitakere.org.nz](http://www.healthyfamilieswaitakere.org.nz).

## 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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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.

## Why volunteering is good for you

Volunteers play a crucial role in supporting Hospice West Auckland - we simply couldn't function without them. We currently have over 300 active volunteers contributing their skills and time in everything from retail to driving, companionship to crafting, fundraising to facilitating group sessions and so much more.



The good news is that volunteering not only helps the organisation, it also offers lots of personal benefits. Studies show that people who volunteer are happier than those who don't. It can boost self-esteem and confidence while providing a sense of achievement as you try out new skills and build new social connections. Volunteering makes you appreciate what you have, shifts your focus away from personal issues, and connects you with like-minded people working towards

the same cause - all of which contribute to greater happiness. And if you feel like your life is just far too busy or stressful to fit in volunteer work, it might be worth reconsidering. Donating your time activates the caregiving system in our brain, allowing us to see the world with more balance, calmness and composure.

If you would like to learn more about volunteering at Hospice West Auckland, we'd love to hear from you! Please email [volunteerservices@hwa.org.nz](mailto:volunteerservices@hwa.org.nz) or visit our website [www.hwa.org.nz/volunteers](http://www.hwa.org.nz/volunteers).

## Oceania retirees raise thousands to support Kiwi kids

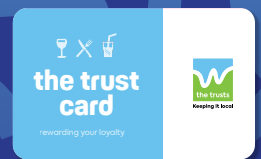
On Saturday 25th May residents at Oceania's Waterford Retirement Village in Hobsonville Point opened their doors to the community, hosting their annual 'Crafts for a Cause' market day.



Hobsonville locals came together in support of the residents, who raised over \$5400. This money will fund supporting efforts for Littlemore and Waitākere Hospital Maternity Unit, vital organisations that support Kiwi kids in need. Spearheaded

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by residents Liz Davis and Gail Johns, the village's craft group have a long-standing relationship with Littlemore. Social Workers at Littlemore distribute these items to those families who are in desperate need. They also deliver items to all the hospitals in the Auckland area, as the need is great. Liz also adds that "gift bags, containing baby clothing, handmade soft toys and other donated articles from the craft group are put together by one of the ladies from our group, who regularly visits the Waitākere Maternity Hospital."

Family, friends and members of the community were able to purchase these handmade items during the market day, amongst other stalls filled with baked goods, homewares, preserves and plants that were hand-made or grown by Waterford residents. The whole village got behind the initiative, with residents and staff pitching in to ensure the market day was a success.

## Connecting creativity: ArtPoint

Are you a creative living in or around Hobsonville Point? Do you revel in the arts, from painting to creative writing? If so, ArtPoint is for you.

ArtPoint is on a mission to foster creativity and connection among local artists and creatives, and all supporters of the arts, in the vibrant community of Hobsonville Point. Led by a team of passionate arts professionals including Mike Weston, Abby Storey, Dr. Billie Lythberg, Yueh Luo, and Roberta Queiroga, ArtPoint is dedicated to enriching and showcasing the cultural landscape of our community.

In 2023, ArtPoint made waves with its inaugural arts trail, showcasing 34 creatives across 25 venues. This exciting event, which included a children's workshop, drew over 400 visitors and garnered more than 2100 unique visits to our website.

Building on this success, ArtPoint is calling for submissions for the return of its flagship arts trail in November 2024. Culminating in a full-day art trail, the week-long event will feature exhibitions, workshops, open studios, and more. From photographers and painters to ceramicists, woodworkers, sculptors, musicians, and writers, ArtPoint 2024 promises a diverse array of talents that truly reflect the rich tapestry of creativity in Hobsonville Point.

But the journey doesn't begin or end there. Supporting the main event, ArtPoint is hosting monthly Salons, offering engaging artist talks and discussions to further ignite the spark of creativity in our community.

ArtPoint is not just for artists; it's for everyone who appreciates and



wants to engage with local arts. Whether you're an artist eager to showcase your work or a community member eager to connect with creatives, ArtPoint welcomes you with open arms.

Join us in shaping the creative landscape of Hobsonville Point. Register your interest in ArtPoint as a creative or participant today at [artpoint.co.nz/](http://artpoint.co.nz/)

## The ReCreators Green Space

The ReCreators, Green Space, located on Chamberlain Rd in Massey, is now open and processing/ selling reclaimed timber, breathing new life into discarded wood through community-driven woodworking and furniture restoration classes. This initiative not only promotes sustainable practices but also empowers individuals with valuable skills.

A significant milestone for The ReCreators came in February this year when Makerspace, a company that distributes laser and CNC machines, offered a 2-tonne CNC machine to our



Green Space. This generous donation came via Concretex, based in the Bombay Hills, who were upgrading their equipment and eager to see their massive machine go to a deserving school or charity. Recognising the potential of this opportunity, we eagerly accepted the challenge.

The journey to accommodate the CNC machine was no small feat. Our space needed substantial preparations, including ensuring the availability of three-phase electrics and modifying the physical layout to fit the machine. The CNC is particularly wide, necessitating the removal of a door and precise crane and dolly positioning. After much effort, the CNC machine was successfully crane-lifted into our facility in mid-June.

Now, The ReCreators are focused on securing funding to complete the machine's implementation and train a technician to operate it effectively. But what exactly is a CNC machine? CNC stands for computer numerical control, a technology that uses computer software to manage the movement and operation of machines. These machines can cut, carve, or engrave various materials with high precision. With this advanced equipment, we aim to enhance our ability to design and utilise reclaimed timber, pushing the boundaries of what can be achieved in upcycling.

Our expanded capabilities at The ReCreators Green Space will allow us to offer even more to the community. By combining traditional woodworking skills with modern technology, we provide a unique learning environment that encourages creativity, sustainability, and practical skill development. The integration of the CNC machine



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# In Brief Updates

represents a significant step forward in our mission to optimise the use of reclaimed materials.

We invite anyone interested in our work, whether to support, participate, or learn more, to reach out. Your involvement helps us continue our efforts in teaching upcycling, reducing waste, and learning how to live a sustainable future.

For more information or to get involved, please email [help@therecreators.co.nz](mailto:help@therecreators.co.nz). Together, we can make a difference through creativity, education, and sustainability.

## Massey and Northwest Schools Art Exhibition

Scott Point School was one of the many schools from Massey and the North West that recently exhibited art work at the Northwest Shopping Centre. The theme for 2024 was MATARIKI with the proverb "Whakaritea te ara i te pae tawhiti, kia tūtuki ai ngā moemoeā." The translation being, "Prepare the path to the distant horizon, so dreams may be achieved".



The art work from all the schools celebrated the theme in many different ways and showcased the Year 1-8 talent of the artists from each school. The variety and quality of art was exceptional and Scott Point School artists were very proud that they could share their artwork with the community.

## Rodger and Hammerstein's Cinderella is coming to The Playhouse in July

Get ready to be captivated by the enchanting performance of Rodgers and Hammerstein's Cinderella at the Glen Eden Playhouse Theatre this July school holidays.

The magical and romantic Rodgers and Hammerstein's rendition of this classic tale brings to life the timeless elements of glass slippers, a magical pumpkin, and a stunning ballgown in the heartwarming story of a young



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girl finding her prince with all the well-known characters including Cinderella, her Fairy Godmother, and her unkind Stepmother and comical Stepsisters.

Rodgers and Hammerstein's Cinderella, originally created for television, features iconic songs, including "In My Own Little Corner," "Impossible/It's Possible," "Ten Minutes Ago," and "Do I Love You Because You're Beautiful?"

The talented cast of 40 local youth performers, all aged 18 years and under, will bring this magical story to life, with Amelia Stace portraying Cinderella, Ella Fletcher as the Godmother, Lexie Fisher as Stepmother, Brooke Lane as Portia, Megan Evans as Joy, and Sushant Kaushal as the Prince. Led by a creative team experienced in delivering PTI Youth Shows, the production will be directed by Matt Billington, with Mackenzie Wills as musical consultant, and Heidi Schuler as choreographer and vocal coach. Given the immense popularity of PTI's July school holiday youth productions, tickets are expected to sell out quickly. Don't miss this opportunity to witness the magic firsthand.

Tickets to the Tael Solutions Ltd season of Rodgers and Hammerstein's Cinderella are available at Eventfinda.

## NOWBIZ is back

Northwest Auckland Business Network aka NOWBIZ was successfully re-launched at Little Creatures on Friday 14 June among leaders & members of the local business community.

The theme for the evening was "Government in Business" where guest speaker, Cameron Brewer, our local Upper Harbour MP, updated the audience on Budget 2024, government policies & master plans - relevant to local businesses, and how he can advocate for them.

Formed in 2020, NOWBIZ supports local businesses from Westgate/West Harbour, Massey to Hobsonville including Whenuapai. The network was built on the back of the hyper-local growth in the Northwest Auckland region.

Team NOWBIZ - Christine Glover, John Loau, Dee and Amar Trivedi. If you're a local business entrepreneur keen to reach out, connect with and grow, follow NOWBIZ.

Calling all local businesses - make sure you attend NOWBIZ business networking events. In keeping with their mission to "Shine the Light



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on Local Business Stars", NOWBIZ organises monthly meetups inviting local business stars to share their story and insights on their area of expertise. Save the date. Next event is on Friday 26 July, Midpoint Cafe. Facebook - [www.facebook.com/Nowbiz](https://www.facebook.com/Nowbiz).

## Your will is a powerful tool

When Stephanie\* picked up her beloved new kitten from an animal rescue charity, it became one of her happiest memories.

Fast forward several years when she was writing her will, and this particular charity was top of mind for Stephanie. She was thinking about ways she could give back in her will, by including a charitable gift.

"This animal rescue charity does such amazing work and helps re-home hundreds of animals every year," Stephanie explained.

"I wanted to be able to give back to them after I'm gone, as a way to say thank you for my special pet and to enable them to keep doing their important work in the community."

Stephanie encourages others to leave a gift in their will to a charity that's important to them. "My gift isn't large, but every dollar can help make a difference".

Your will can be a powerful tool like Stephanie's. This Wills Week (15 to 21 July), Public Trust is encouraging Kiwis to create - or update - their will, and letting people know about the option to include charitable gifts in their will.

A will is a legal document that outlines your wishes for what you'd like to happen to your assets when you die. If you're one of the 50% of adult Kiwi over 18 without a will, now is a great time to create one so your wishes are clear to your loved ones.

Your will can not only help whānau and friends, but also a charity or cause you care about. More Kiwi are leaving a gift in a will, but it's not something that's widely known. It means there is a big opportunity to make a positive impact. A lot of people think you need to leave a large amount of money to make a gift in your will. In fact, any amount will make a difference to a cause close to your heart.

If a charity has touched your life, like Stephanie's has, or the life of someone close, leaving a gift in your will, after taking care of family and friends, could be the perfect way to say thank you. Start making your will today and help ensure the things that matter go to the people that matter.

Book an appointment with our Public Trust NorthWest Customer Centre team by phoning 0800 371 471. The location is 48 Maki Street, Massey North, Auckland 0614. You can also create your will online at [publictrust.co.nz](https://publictrust.co.nz) \*name changed due to privacy



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# Safer Communities



Fire extinguishers: Safeguarding lives and property

Fire extinguishers play a crucial role in safeguarding lives and property during emergencies.

Understanding the importance and difference in extinguishers and what to use and when is fundamental in ensuring the safety of your family and home.

Consideration for your extinguisher should include where to keep it.

- They should be visible and easily accessible.

- In or near the kitchen, (but not too close to the stove)

- In the garage

- Secured in your vehicle (Securing them is important to ensure these do not become a projectile in case of an accident.)

Most extinguishers come with a mounting bracket for ease of installation.

What type of extinguisher should I have?

Not all fires are the same so there are several types of fire extinguishers. The table below outlines our recommendation about which extinguishers are suitable for different fire types.

How to use an extinguisher?

Follow the 'PTASS' technique:

- Pull the safety pin or remove the clip.

- Test squirt the extinguisher to ensure it works.

- Aim the nozzle at the fire's base from a safe distance (usually 2-3 meters).

- Squeeze the handles.

- Sweep the extinguisher side to side while aiming at the fire's base.



Be familiar with the extinguisher and how to remove it from its location before you need to use it.

Fire extinguishers should only be used when it is safe to do so, e.g. the fire is no larger than a wastepaper basket or pot on a stove. Always have a safe path of escape if you are attempting to extinguish a fire and ensure Fire and Emergency has been called.



Jamie Shaw

Deputy Chief Fire Officer

Waitakere Volunteer Fire Brigade

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**Signal  
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**Survive by  
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# Property

## Property market report

July is the month of change for the property market. It is a change because many rules and restrictions change to remove red tape and restriction. Let's take a peek:



1/ The Labour Governments Capital Gains Tax (Alias the 10 year brightline test) is being thrown in the fire and replaced with a more modest and relaxed 2 year speculation tax, which makes sense for those wanting to buy and profit from improvements or changes in a property on-sold under 24 months.

2/ The interest deductibility on rental property comes back into effect, allowing landlords to seek tax rebates on the interest paid on rental properties. Thus making it more affordable to own and operate in the rental space which may increase the number of rental properties available to the market. Based on demand and supply this may slow rent increases or at best give tenants more choice. It's fair to say that investors have been selling down portfolios rather than increasing them under the past government.

3/ The CCCFA is in for a shake down which covers a number of areas which make it easier for banks to comply with the "reasonable inquiries" section dealing with expenses and credit summary. Reform sees the act move from the Commerce Commission to the Financial Markets Authority indicating the willingness to make it simpler and easier to get money. In a statement from Chris Bishop, "Today's changes will still require lenders to act responsibly and ensure lending will not cause hardship, but lenders will not have to follow a prescriptive, one-size-fits-all process."

4/ New LVR rates for investors and home buyers comes into effect allowing home owners to borrow 6x annual income and investors 7x annual income. It may not be a game changer but at least property buyers understand the rules.

A look to the interest rates in play and you'll see ASB and Westpac have moved their 3 year mortgage rate to 6.39% and although the variable floating rate still sits at 8.64% it is a welcome sign that interest rates are coming down, albeit slower than most people wish.

So..... What all this means is this, if you've been sitting on your hands and waiting for change, the tide may certainly be turning, property numbers on market are reducing and spring is literally months away. It makes it the best time to go shopping, negotiate well, and pick up a home that is a starter and affordable, as interest rates come down it will be easier to spend that extra money on renovations, debt consolidation or some treats.

Let's look at the sales:

Herald Island	\$1,285,000
Hobsonville	\$615,000 to \$1,775,000
Massey	\$678,000 to \$1,200,000
Swanson	\$750,000 to \$1,645,000
Waitakere	\$1,200,000 to \$1,800,000
West Harbour	\$760,000 to \$1,415,000
Westgate	\$690,000
Whenuapai	\$750,000 to \$1,250,000

If you are looking to achieve a great result for the sale of your property please contact me today for a free pre-sale property checklist and appraisal that will provide a starting point in your decision-making. After 18 years working with buyers and sellers, I have a depth of knowledge and experience to share with you. No cost, no obligation, just some honest feedback. Call me, Graham McIntyre AREINZ directly at 0800 900 700, via text at 027 632 0421, or through email at [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com). Mike Pero Real Estate Kumeu/ Hobsonville. Licensed REAA2008.

## Protect yourself from fraudulent rental listings

As the rental market becomes increasingly competitive, scammers have found new ways to exploit unsuspecting individuals. We want to ensure that you're fully aware of the potential risks and can identify and avoid rental scams.



Recently, there has been a surge in fraudulent activity on platforms such as Facebook Marketplace and group pages like "West Auckland Properties for Rent."

Scammers are replicating our genuine listings and advertising them on these sites, attempting to deceive potential renters. To safeguard yourself, it's crucial to know how to identify authentic Rent Shop listings. Genuine Rent Shop properties are only advertised on trusted platforms, specifically Trade Me and Realestate.co.nz. We do not use Facebook Marketplace or Facebook Messenger for communication regarding rental properties. If you see a listing on Facebook, it is likely a scam.

Always check the platform to ensure that the listing is on Trade Me or Realestate.co.nz. If it's on Facebook Marketplace or any Facebook group, it is not a genuine Rent Shop listing. The Rent Shop Hobsonville employees will never communicate with you via Facebook Messenger. Any such communication should be

### Graham McIntyre

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# Property

considered suspicious. Use the 'Apply Now' button to apply for a property on Trade Me and is a secure way to submit your application.

Our application process is powered by a platform called "Renti." When you apply, you should see "renti.co" at the beginning of the web address. This ensures that you're on a secure and verified site. Be cautious of any other application processes or forms that do not follow this protocol. Before making any payments for bond or move-in costs, it is essential to confirm the details to avoid falling victim to scams.

Look up the property and the rental agency to ensure they are legitimate. Cross-reference the information on multiple trusted platforms. Whenever possible, view the property in person before making any payments. Scammers often use photos from real listings to deceive potential renters. Scammers will often create a sense of urgency to rush you into making a payment without proper verification. Take your time to confirm all details. If you encounter a suspected scam, report it to the platform where you found the listing and to local authorities. This helps protect others from falling victim.

Your safety and security is our top priority. We want to ensure that you have all the necessary information to protect yourself from rental scams. Always use trusted platforms, verify communication channels, and confirm payment details before proceeding with any transactions. By staying vigilant and following these guidelines, you can help prevent scams and secure a legitimate rental property.

If you would like to work with a company that values our owners and tenants, please feel free to contact us: 021RENT4U mike.james@therentshop.co.nz.

## Rural subdivision: potential profits?

Do you own rural land that feels underutilised? Perhaps you've heard about changes to land use regulations? Subdividing your rural property can be a great way to capitalise on these shifts and unlock options for you. Read on and discover if subdividing could be your way forward.



Why do people subdivide their rural property?

- Sell the subdivided land to fund another housing project.
- Help your children get on the property ladder.
- Build and sell new houses on the subdivided land.

- Help fund your retirement.
- Your section is too large for your needs.
- Your property has been re-zoned to include subdivision.

Is Subdivision an Option for Me?

Thomas Consultants Managing Director, Richard Thomas recommends talking to his planning team to understand what your options are. "We talk to landowners who don't fully understand their lands potential eg: expect 3 lots and we unlock 4 lots via Transferable Rural Titles. While others doubt feasibility", says Thomas.

What's a Transferable Rural Subdivision (TRS)?

Let's say your rural property includes a nice chunk of native bush or wetland. The TRS allows you to create new titles and sell them off while still protecting the natural area. This plan allows you to create value, protect nature, allows buyers to purchase a rural site.

Seize the Day - There is talk of TRS rules changes, but if or when this happens is uncertain. Now's the time to consult with a rural subdivision expert so you can take advantage of the options available under the current plan.

"For over 20 years, our team of planners, ecologists, and specialists has helped West Aucklanders navigate land development, including subdivision. We understand your questions, and we have the expertise to answer them clearly. Plus, our strong connections with Transferable Title Rights experts give 'whole picture' results for our customers", says Thomas.

Start your land conversation and talk to Thomas Consultants by calling 09 836 1804 or email [info@tcec.co.nz](mailto:info@tcec.co.nz). They'll arrive with their gumboots and your coffee in hand!

## A cautionary tale for property owners

Recently, I had a conversation with a property owner deeply concerned about the sale of a neighboring property for \$100,000 below market value. This sale has raised significant worries about how such a transaction could impact the sale of her own house. The situation sheds light on a crucial issue: the broader effects of selling properties below market value and the role of real estate agents in these outcomes. Another property owner I spoke with listed her property with the same real estate agent who had facilitated a low-price sale next door. This decision brought to the forefront a pressing question: do property owners realise that by choosing agents who habitually sell properties for less than their market value, they are encouraging a behaviour that can negatively impact their own investments?

The Ripple Effect of Below-Market Sales

When a property is sold for significantly less than its market value,



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# Property

the repercussions extend beyond the immediate transaction. Here's how it unfolds:

- 1. Direct Impact on the Seller:** The most obvious impact is on the seller, who receives less than what their property is worth. This can be particularly devastating if the seller was relying on the expected market value for future plans, such as purchasing a new home, funding education, or investing.
- 2. Neighbourhood Value Depreciation:** The sale of one property at a low price sets a new benchmark for the neighborhood. Appraisers and potential buyers look at recent sales to determine the value of other properties in the area. Consequently, a low sale price can pull down the perceived value of surrounding homes, making it difficult for other owners to sell their properties at fair market value.
- 3. Extended Market Effects:** Like a stone causing ripples in a pond, a poor sale price can have a prolonged impact on the local real estate market. It creates a perception of declining property values, which can deter potential buyers and investors from considering the area, further depressing prices.

## The Role of Real Estate Agents

Real estate agents play a pivotal role in property transactions. Their expertise, negotiation skills, and market knowledge can significantly influence the sale price of a property. However, when agents consistently sell properties below market value, it raises questions about their motivations and practices.

- **Inadequate Market Knowledge:** An agent who lacks a deep understanding of the local market may misprice properties, leading to below-market sales.
- **Quick Sales Over Value:** Some agents might prioritise quick sales to earn their commission faster, rather than holding out for a better price that aligns with the property's true market value.
- **Incentive Structures:** Commission structures might incentivise agents to close deals quickly at lower prices, rather than working harder to achieve higher prices.

## What Property Owners Should Consider

Before listing your property, it is essential to thoroughly evaluate

the real estate agent you choose to work with. Here are key considerations:

- 1. Track Record:** Examine the agent's history of sales. Do they consistently achieve prices at or above market value, or is there a pattern of under-market sales?
- 2. Sales Process:** Understand the agent's sales process. How do they determine the listing price? What strategies do they use to attract buyers and negotiate offers?
- 3. Market Knowledge:** Assess the agent's knowledge of the local market. A well-informed agent should provide a comprehensive market analysis and justify their pricing strategy based on comparable sales and current market conditions.
- 4. Agent Reputation:** Speak with past clients and read reviews. A reputable agent should have positive feedback and a strong professional reputation.

Selling a property below market value has far-reaching consequences, not only for the individual seller but also for the entire neighborhood. Property owners must be vigilant when selecting a real estate agent, ensuring they choose someone who prioritises achieving fair market value. By doing so, they protect their own investments and contribute to the overall health of the local real estate market.

Ultimately, rewarding agents who consistently sell properties below market value is detrimental. Instead, property owners should support agents who demonstrate a commitment to maximising property values. This proactive approach will help maintain and enhance property values, benefiting both individual owners and the broader community.

Concerned Resident

## Titles and land covenants

Most land agents will tell you to get legal advice before you sign an agreement. This is good advice because it gives you and your lawyer a chance to look at a title to see if there are things that limit your future use and enjoyment of the property that are validly on your title. Failing that, we always recommend that you only sign an agreement with a due diligence clause which allows you to withdraw from the agreement if you are not satisfied about the title (or some other matters relating to the property).

Title issues include that the land covenants are too vague for you to be sure that the vendor has complied with them. This is especially so where the style of building or materials used is something must be approved by the developer. It often cannot be known whether the developer ever approved these things or whether it can lead to expensive remedial work after you are committed to the purchase. Consequently, it is important for any purchaser to consider closely the nature of any covenants on a title.

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# Property

If you are looking to buy or sell a property and are wanting more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at [info@kempsolicitors.co.nz](mailto:info@kempsolicitors.co.nz) or 09 412 6000.

## Things you need to know before refinancing

Before considering a refinance, it's important to evaluate your current mortgage to determine whether it's still meeting your needs:

**Interest rate** - Check if you're still paying a competitive interest rate on your mortgage. The best place to start is by reaching out to your Mortgage Adviser who will have all the latest information when it comes to interest rates and what's currently happening in the market.

**Loan term** - Is the length of your mortgage term appropriate for your financial situation, or would you benefit from extending or shortening the term? You need to be careful here, as when you refinance you could be going into a longer loan term than what you are currently on, which means you may end up paying more interest in the long run.

**Repayment flexibility** - Does your current mortgage allow for extra repayments, lump sum payments, or other flexible repayment options that suit your financial goals? Not all banks are created equal when it comes to flexibility around repayments, so a quick chat with your Mortgage Adviser will help determine the best option for you.

**Costs Associated with Switching Lenders**

This one can catch you out if you haven't done your homework.

While refinancing can lead to significant savings, it's important to consider the associated costs, which may include:

**Break fees**

Breaking a fixed-rate mortgage early, can result in early repayment fees (AKA break fees), or penalties which the Lender may charge in order to compensate for lost interest revenue.

**Legal fees**

When you refinance your mortgage there will most likely be legal fees involved. You'll need to work with a lawyer to handle the necessary documentation and registration, but there are a couple of banks that can handle this in house for you which will save you money. Again, have a chat with your Mortgage Adviser to see which option is going to be right for you.



**Valuation fees**

Some lenders may require a current registered valuation of your property, which can cost anywhere in the range of \$500 to over \$1000 depending on your property and it's location.

**Repayment of incentives**

If your original mortgage included incentives, such as a cash contribution, you may need to repay this if you refinance before the specified loyalty period ends. Even though you may get a cash contribution with your new lender, this will need to be factored into the calculations to make sure the move is worthwhile.

Working with a Mortgage Adviser to refinance your mortgage will open up the door to a wide range of loan products enabling you to secure the best terms for your needs. I can quickly do the calculations for you to make sure a refinance is the best thing to do. As part of this service, I communicate with the bank on your behalf to get a quote for any potential break fees plus handle the negotiations with lenders on your behalf.

For obligation free support call Stephen Massey - Loan Market 021 711 444 or check out my website [loanmarket.co.nz/stephen-massey](http://loanmarket.co.nz/stephen-massey)

## Mature Movers – Free Guide


With over 18 years of experience, knowledge and history, Graham McIntyre has created a step-by-step guide to the progress of selling when you are a mature seller wanting to fully understand the process and the decisions that accompany this change.

A range of handy links, proven suppliers and helpful checklists are all available for you today, without cost and without obligation. "I feel that mature sellers are wanting to read more, understand the process and gather information to gain confidence in the steps and the agent they wish to work with" says Graham. "

After 18 years in real estate and 22 years involved in Fire and Emergency responding to people in their golden years with trips, falls and breathing issues, I understand the need to slow down, take time, be gentle, and kind.

It gets the very best out of all of us". For your free step by step guide text 027 632 0421 or email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

Mike Pero Real Estate Kumeu/ Hobsonville. Licensed REAA2008.



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# Area Property Stats

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

To receive the full summary simply email the word "full statistics" to [hobsonville@mikepero.com](mailto:hobsonville@mikepero.com).

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HERALD ISLAND	1,220,000	946M2	146M2	1,285,000		1,200,000	695M2	165M2	933,000
HOBSONVILLE	610,000	187M2	176M2	1,325,000		1,050,000	657M2	82M2	800,000
	935,000	132M2	104M2	869,000		920,000	509M2	110M2	750,000
	1,065,000	207M2	102M2	930,000		750,000	162M2	68M2	678,000
	1,390,000	276M2	187M2	1,270,000		1,450,000	350M2	220M2	1,165,000
	1,050,000	175M2	131M2	980,000		1,125,000	236M2	199M2	1,045,000
	1,495,000	273M2	212M2	1,245,000		1,225,000	736M2	150M2	905,000
	1,250,000	170M2	130M2	1,060,000		1,050,000	1007M2	80M2	905,000
	750,000	0M2	76M2	650,000		1,300,000	518M2	168M2	1,125,000
	910,000	98M2	92M2	805,000		860,000	191M2	85M2	850,000
	1,240,000	232M2	163M2	1,199,000		985,000	143M2	153M2	850,000
	845,000	69M2	95M2	810,000		1,000,000	253M2	101M2	835,000
	1,160,000	212M2	150M2	1,060,000		880,000	109M2	124M2	780,000
	905,000	164M2	82M2	910,000		1,125,000	602M2	153M2	990,000
	1,015,000	123M2	110M2	965,000		1,000,000	168M2	141M2	946,500
	925,000	136M2	92M2	868,000		1,150,000	478M2	157M2	925,000
	1,195,000	200M2	171M2	1,180,000		950,000	500M2	133M2	820,000
	1,025,000	132M2	127M2	975,000		1,025,000	455M2	120M2	910,000
	1,265,000	211M2	201M2	1,210,000		890,000	209M2	97M2	920,000
	930,000	127M2	83M2	840,000		1,175,000	708M2	90M2	1,050,000
	1,775,000	379M2	288M2	1,775,000		1,300,000	600M2	252M2	1,200,000
	800,000	93M2	74M2	790,000		1,000,000	854M2	103M2	925,000
	920,000	118M2	103M2	880,000		780,000	90M2	77M2	769,000
MASSEY	920,000	577M2	120M2	855,000		950,000	569M2	164M2	868,000
	930,000	968M2	110M2	706,000		1,425,000	1050M2	220M2	1,300,000
	1,030,000	646M2	81M2	714,000	WEST HARBOUR	1,600,000	609M2	150M2	1,200,000
	1,585,000	1057M2	194M2	1,175,000		850,000	434M2	76M2	760,000
	960,000	121M2	136M2	930,000		1,340,000	350M2	193M2	1,240,000
	1,125,000	495M2	170M2	1,130,000		1,370,000	581M2	180M2	1,185,000
	1,150,000	607M2	100M2	920,000		1,575,000	738M2	260M2	1,025,000

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

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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](mailto:graham.mcintyre@mikepero.com).



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[www.mikepero.com/RX4066522](http://www.mikepero.com/RX4066522)



# Hot Property



## Cavity, Sun filled, 2 level – Marina View School

West Harbour is an idyllic community, born around 1990's with a view to enjoy upper harbour living with extensive views, planned infrastructure and close to harbour and motorway access to the South and East. This delightful Signature home is 2019 construction and enjoys excellent thermal properties and is a short walk to Marina and Bus Stop. A fabulously crafted and meticulously cared plaster on

cladding board with cavity, set in a cul de sac road, with established plantings, clever 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

# Hot Property



transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

For more information on this property call Graham McIntyre on 027 632 0421 or [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) - Mike Pero Real Estate Ltd Licensed REAA (2008).





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.



**Graham McIntyre**  
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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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# Home & Garden

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## Home generators

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

- 1. Power essential appliances:** A generator ensures that your refrigerator, heating and cooling systems, lighting, and other critical appliances continue to function during a power outage.
- 2. Home security:** A generator powers your home security system, remote gates, and garage doors, providing peace of mind and ensuring your home remains secure.
- 3. Work and school:** With a generator, you can continue to work from



home, charge your devices, and keep up with school deadlines, even during a power outage.

- 4. Electric vehicle charging:** If you own an electric vehicle, a generator allows you to charge it up and stay mobile during an extended power outage.
- 5. Efficiency:** Generators provide power quickly and easily after an outage, making them a reliable solution for emergency situations.
- 6. Food preservation:** By powering your refrigerator and freezer, a generator prevents food spoilage, which is especially important in areas with frequent power outages.
- 7. Valuable investment:** Although the initial purchase of a generator may seem costly, its long-term benefits can outweigh the cost, especially in areas with frequent power outages.

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

If you're looking for a quote for a generator change-over switch to run your generator or wanting recommendations for generator purchases get in touch with Blackout Electric and we'll be able to talk you through your options.

## Taking pride in a vanity

Some bathrooms have pedestal sinks. Some bathrooms have wall hung basins. And others showcase a basin with a wall-hung or full standing cabinet for storage underneath - and these are classically referred to as 'vanities'. A vanity unit thus provides a stylish, yet functional, space for all your grooming and personal care activities.



At Natural Timber Creations, we take pride in our customised vanity units, which are designed and made to your specifications and thus able to reflect your very personal taste and personality. Remember, we do more than just 'white'. Functionality and practicality, combined with flair, creativity and even luxury enable a vanity to complete the bathroom and allows it to be a pleasurable and pampering place to be in.

Features such as a granite, porcelain or even a beautiful timber top will add luxury to an otherwise functional piece of furniture. And the cabinet will, at Natural Timber Creations, be designed to maximise storage solutions to house all your grooming and personal care products, using of course, HPL plywood to the interior, helping to eliminate issues with damp bathroom areas. The cabinet exteriors, made from either solid timber or plywood, are finished in a clear



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or coloured lacquer, to suit your personal taste and to complement that beautiful top.

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## Avoid paying the hike in water rates

No better time than right now to start thinking about money saving ideas with small water storage for summer - these smaller tanks are ideal for topping up the pool, watering the garden, washing the car or the boat.

Tanks range in size from 300 litres to 31,000 litres with a variety of colours - see us today for your perfect water storage options to suit your needs.

Rates will be going up, avoid paying water rates with FREE rainwater.

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pumps, water filtration, woodfires and pool & spa needs.

## 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

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# Home & Garden

gas systems.

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

## July 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 seasons 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.

Sprouted potatoes can go in the ground in warm climates or prepare the ground for planting 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

## STIHL SHOP Westgate - Cut Above the West

The team at STIHL SHOP Westgate know all too well that running a small business can have its challenges, so recently they launched the "STIHL SHOP Westgate 'Cut Above the West' Competition" as their way to recognise and reward local West Auckland garden maintenance companies who are stand-outs in the industry.

The competition was run as a Facebook-based campaign, with nominations received over a two-month period. All nominees and finalists were invited to attend the 'Cut Above the West Awards Night' held in-store at STIHL SHOP Westgate on 5 June. The Awards night doubled as a meet and greet, networking event attended by an enthusiastic group of garden maintenance companies from across West Auckland. Prior to the awards announcement, the guests were treated to a BBQ and refreshments, as well as live demonstrations from STIHL NZ of their latest and greatest new equipment.

The STIHL SHOP Westgate team loved the opportunity to have such a great bunch of operators in-store and enjoyed being part of the networking. Since the event a few companies have even collaborated on some large projects, which has made the evening even more worthwhile for its organisers.

The star of the evening was the recipient of the inaugural "STIHL SHOP Westgate Cut Above the West Award" - TSD Lawnmowing, a family-run business who received a significant number of nominations from customers West Auckland-wide, who were all



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impressed by their service and reliability. TSD Lawnmowing's prize pack included a selection of treats, STIHL merchandise, kids merchandise, safety gear, a STIHL chainsaw, in-store credit and, of course, the Cut Above the West trophy.

Special mention was also made to the competition runners-up, Bubble Broz, Garden Visions NZ, Cobra Lawnmowing and Ladies Who Lawn, who also received a significant number of nominations and praise from their happy customers.

The team at STIHL SHOP Westgate were really grateful for the support received for their awards concept and look forward to repeating the event next year, hopefully on a larger scale to bring even more recognition and rewards to their commercial customers. STIHL SHOP Westgate is open Mon-Fr 8.30-5, Sat 9-3, Sun 10 - 3.

## Power of birdsong to encourage native plantings

Think kowhai and tui.

They go together like gin and tonic or Barbie and Ken.

Native plants and birds are made for each other, which is why Auckland Council is using the power of native birdsong in a radio campaign that launched this week to urge urban homeowners to plant natives in their gardens.

The goal of the campaign is to enlist Aucklanders' help to increase the region's canopy cover to 30 per cent - currently, the city only has 18 per cent urban canopy cover. Increasing canopy cover across the city brings with it cultural, social, economic, and environmental benefits, like improved water and air quality, greater biodiversity, shade and a reduction of carbon dioxide through carbon sequestration.

When it comes to attracting birds into backyards, Auckland Council's Head of Natural Environment Design Sam Hill says birdsong has a relaxing, calming effect on people.

"Birdsong is known to have a positive impact on health; it helps improve mental wellbeing, and when we plant natives in our gardens, we entice those native birds back.

"The bird-plant relationship is connected; you can attract specific birds to your yard by planting the right plants which in turn helps support the region's biodiversity."

A diverse range of native plants and shrubs in the back garden is the best way to attract native birds. The plants host seasonal fruit and nectar, and serve up insects that native birds have shaped their



entire life cycles around. This creates a safe environment for them; a place to shelter, a place to nest.

"Any garden can be made more attractive to the human eye and a bird's eye, even if it is only small," says Sam.

"Select a range of native plants that provide food all-year-round, and that native backyard birds depend on. Make sure your backyard is a safe place for native birds to visit. If you don't have enough food sources in your garden, it may not be filled with birdsong," adds Sam.

Auckland Council can help recommend natives that thrive in specific areas of the region. To find out more visit [our.aucklandcouncil.govt.nz](http://our.aucklandcouncil.govt.nz)

To help reach its urban canopy target, Auckland Council is implementing a winter planting programme, the Ngahere Street Tree Project, which will see the council plant 11,000 trees on street verges in Auckland over the next ten years. The 2024 planting season starts soon with the planting of 2,002 new trees on road corridors across 15 areas of the Auckland region.

The 2024 planting schedule is:

- May - July: Papakura (141 trees); Manurewa (271 trees)
- June - July: Ōtara-Papatoetoe (294 trees); Whau (72 trees); Henderson-Massey (100 trees); Rodney (19 trees); Kaipātiki (33 trees); Ōrākei (26 trees); Waitemata (42 trees); Albert-Eden (6 trees); Puketāpapa (30 trees); Howick (123 trees)
- July - September: Franklin (55 trees); Māngere-Ōtāhuhu (554 trees); Maungakiekie-Tāmaki (236 trees).

Aucklanders can play their part in increasing Auckland's forest canopy by planting natives as they potter in the garden this autumn, and when listening to their favourite radio station throughout the day over the next month, they'll hear sounds of common native birds found in Auckland, and hopefully see them in backyards soon.

Read more at [aucklandcouncil.govt.nz](http://aucklandcouncil.govt.nz) and search "Ngahere (Forest) Strategy"

Photo credit: Andrea Lightfoot

## Whenuapai Floral & Garden Circle

Winter is upon us and you may not feel much like gardening at present, however now may be a good time to plan what you would like to grow next season. We have "spring" flowers out already and their fragrance is quite something, especially when the sun bothers to shine. Paperwhites are a close relative of daffodils and will bloom for a week or two before fading. Once the flowers appear, the blooms will last longer if you move the pot out of direct sunlight to a cool spot with indirect or diffused light. For continuous blooms,



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# Home & Garden

plant pots every two weeks in the late autumn and early winter. If growing in the ground then you can bring cut flowers inside to enjoy their perfume. Or, if you prefer to leave them outside, once the blooms are spent, you can cut the stalks down at the base of the plant and leave the foliage. Maintain your paperwhite greens like you would a houseplant until the foliage dies back, usually around mid-July.

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

## Safe H2O: Water Tank Cleaning and Filtration Experts

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# Home & Garden

## West Auckland Landscaping & Palms

West Auckland Landscaping & Palms is a locally run business based at 68 Trig Road, Whenuapai. We cater to your specific needs, and can work to your budget whether small or large - accommodation is our creed. We have our own nursery of plants which is stocked with a diverse assortment of palms, bromeliads, succulents, ground cover plants and pots, and we can also source plants for your garden from our various other nursery contacts. If you are in two minds of the type of look and layout for your garden, we provide a free consultation with no obligation.



Current trends revolve around a low maintenance requirement fulfilling the needs of busy families who cherish limited time together. Services also include ready lawn, planting, raised bed gardens, mulching, fertilising, weed control and garden waste removal.

West Auckland Landscaping and Palms can also assist with pre-sale and post-purchase makeovers - a fresh layer of mulch does wonders for any garden. Visit our website [www.westaucklandpalms.co.nz](http://www.westaucklandpalms.co.nz) or phone Alistair on 021 040 4010 to discuss your garden.

## Gardening and healthy eating

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



The Triangle Park Community Teaching Garden started as a simple shared community garden and now flourishes as somewhere people

come to connect, share knowledge, and to grow and harvest food.

We grow fruits, vegetables, herbs and flowers using organic principles. You can help at the garden whatever your skills are - we share the produce between the participants after a session. Maybe your children want to be involved, they sure love all the bugs and bees around. Come along, grow food and have fun.

Workshops: 10am-12pm Wednesdays & Saturdays Triangle Park Community Teaching Garden 385 Don Buck Road, Massey (next to the Massey Community Hub). Please email [triangleparkgarden@gmail.com](mailto:triangleparkgarden@gmail.com) with any queries.

## SJB Window Cleaning

Established just over two years ago by Simon Ballantyne, SJB Window Cleaning is a locally owned business that is available to take care of all your window cleaning needs, both commercial and residential. Using eco-friendly cleaning products, we offer a range of services to keep the glass in and around your property sparkling.

We offer the option to have both the interior and exterior of the windows on your property cleaned, or just one if you prefer, along with the cleaning of the following: Pool Glass, Interior Mirrors, Shower Glass, Glass Balustrades and Balcony Balustrades.

Since we began, we have established a strong client database with our competitive pricing and friendly, reliable service and are trusted and recommended by local real estate and letting agents. We operate Auckland wide, and can provide a free, no obligation quote for you so get in touch and we'll be happy to help. You can contact via email on [info@sjbwindows.co.nz](mailto:info@sjbwindows.co.nz) or call 027 502 6200.



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# Pets

## 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](http://www.thenzcatfoundation.org.nz). You can also email - volunteers: [volunteer@thenzcatfoundation.org.nz](mailto:volunteer@thenzcatfoundation.org.nz) donations: [info@thenzcatfoundation.org.nz](mailto:info@thenzcatfoundation.org.nz).

## Senior dogs: Providing optimal support

As our furry companions age, they may require extra love and care to ensure their golden years are comfortable and fulfilling. Here are some tips on how you can best support senior dogs:

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Firstly, prioritise regular veterinary check-ups to monitor their health closely. Catching any potential issues early can significantly improve their quality of life.

Adjust their diet to meet their changing nutritional needs. Senior dogs often require diets with fewer calories and more joint-supporting nutrients. Adding in supplements can also be a great addition to your senior's diet.

Provide a comfortable living environment, with soft bedding and easy access to food, water, and outdoor areas. Gentle exercise tailored to their abilities can help maintain muscle tone and joint flexibility.

Be mindful of their mental well-being; spend quality time with them, engage in activities they enjoy, and offer plenty of affection.

Finally, be patient and understanding. Senior dogs may need more time and assistance with daily activities. Your love and support can make all the difference in their twilight years.

Email: [accounts@petpatch.co.nz](mailto:accounts@petpatch.co.nz)

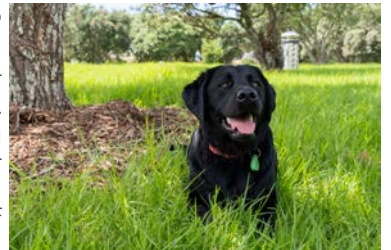
Website: [www.petpatch.co.nz](http://www.petpatch.co.nz)

Socials: [Pet\\_Patch\\_nz](#)

## Don't drag the chain with your dog registration

Are you a dog owner? Want to save money?

Then act now and register your dog before 1 August 2024. Auckland Council is reminding dog owners to show love for their dog by registering them early and taking advantage of the early-bird fee.



You can renew online using your dog reference number. You will receive a reminder email or text from us with your details around mid-June. New blue dog tags will be sent out by post within 10 working days of payment.

Use our online portal on myAUCKLAND to renew your registrations and update yours or your dog(s) information. With myAUCKLAND you can: update your personal details, update your dog's details, change your dog's ownership, view your dog's registration fees and status, renew your dog's registration.

For more information search "MyAUCKLAND" at [aucklandcouncil.govt.nz](http://aucklandcouncil.govt.nz)

Registering your dog is an important part of being a responsible dog owner. It provides safety for your dog and helps us reunite lost dogs with their owners should your dog stray or be lost.

With this year's dog registration, for every dog registered, \$1 will go towards a targeted de-sexing programme to reduce unwanted litters of puppies across Tāmaki Makaurau.

Dog owners must also microchip their dogs within two months of registration. Ultimately, all of Auckland's 130,000 dogs should be microchipped

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# Pets

To register your dog visit [aucklandcouncil.govt.nz](http://aucklandcouncil.govt.nz)  
Photo credit Auckland Council.

## Auckland Animal Chiropractic

At AAC, I'm on a mission to save animal lives. There are often solutions for common dog and horse health problems, but due to an uncertain economy, owners are having to face tough choices when it comes to choosing a course of care. Working closely with vets, I often hear the heartbreaking reality when financial constraints force owners to put their animals down.



My vision is a city where animal chiropractic care is the norm. It's a natural form of healthcare that can prevent the progression of musculoskeletal diseases and help with many other conditions. It's also an incredibly effective pain reliever.

Whether your dog, horse, or cat is a companion or an athlete, they deserve to be healthy. Having an animal chiropractor on their team is a great start. Our animals bring us joy and are a beautiful responsibility. I love working with owners because we all share the same goal: keeping our animals happy and thriving.

I am currently mobile for horses, and see small animals (dog/cat/rabbit etc) at several locations across Auckland. Message me on facebook or Instagram to schedule a time and place to get your animal happy and healthy. Dr Savannah Mahoney, DC, IVCA

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# Food & Beverages

## High Tea at Soljans Estate Winery

Warm up the winter months with High Tea at Soljans Estate Winery, available every Friday in July and August.

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.

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

For more information or to secure your spot visit [www.soljans.co.nz](http://www.soljans.co.nz)

For tables of 8 or more, give us a call on 09 412 5858.



## Allely Estate

Red carpet, drum roll ...

Nearly a year ago, the enchanting grounds of Allely Estate served as the backdrop for captivating film "Give Me Babies", part of the TVNZ Motherhood Anthology, and it was an amazing night seeing it all come to life on the big screen when it premiered in May. This is shot right here in Kumeu.



Cloaked in secrecy and wrapped from the public eye, filming took place in the marquee and production set themselves up in the Villa with actors practising their acting form amongst the lush gardens - Allely Estate provided the perfect setting for this cinematic masterpiece.

As the story unfolded at the premiere, Allely Estate were filled with pride knowing that our venue and our team from Kumeu & surrounds played a part in bringing this vision to fruition.

Stay tuned for exclusive behind-the-scenes glimpses and highlights from the premiere as we celebrate this milestone moment. Get ready to be swept away by the magic of 'Give Me Babies'.

Now available on TVNZ demand.

Allely Estate continues to bring different opportunities to the community. From the Muriwai Fundraiser, Augustine Wonderland

and the NorthWest Country Business Awards, along with weddings, birthdays, special occasions and more.

We caught up with them to see what they were up to with winter approaching and they said 'boring' wasn't in their vocabulary. In fact, they have an amazing line up of events over winter filled with delicious dining and captivating variety shows.

Their villa doors will open over the winter season for unforgettable dining evenings Thursday to Saturday filled with warmth, laughter, and some with entertainment.

This winter they have put together an array of events to make some of our wintry nights' worth getting dressed up for:-

- 5 July 2024 - Fawlty Towers Adaptation by Stage 51: A Hilariously Chaotic Evening at Allely Estate
- 20 July 2024 - That 70's Show - with adapter singers: Cher, Austin & the ABBA GALS
- 17 August 2024 - Back to the 80's Show - with adapter singers: Neil, Austin and Tina Turner - rollin'

[Private functions are still available and as a business you can own anyone of the above events if you meet the number required]

Grab your staff, friends, family, and colleagues for a fun night. Afterpay is also available.

Visit the link below for more details and book your seat for magical nights to remember.

Link: [www.allelyestate.co.nz/winter-dining-at-allely-estate/](http://www.allelyestate.co.nz/winter-dining-at-allely-estate/)

Photos Credit for food photos: Geoff Salisbury Photography - Photos attached.

## Foodtogether

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

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

We offer a selection of seasonal, fresh produce to suit your needs. We provide produce rejected by supermarkets for looks, not quality,





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# Food & Beverages

so we can offer a generous amount of fresh produce each week at a fixed low cost of \$15, so we are reducing waste by selling not-quite-perfect produce.

See what is available on our Facebook page (Foodtogether Pop-Up Massey) order and pay online at [foodtogether.co.nz](http://foodtogether.co.nz) before midday on Tuesday, then collect from our volunteers between 3 and 6 on Friday afternoon. If ordering isn't suitable, you can choose your own produce, though produce runs out quickly, so please do not leave it too late to pop in. Orders are made up first. If an order is not picked up by 6pm we donate to the community.

## Taste of the Farm - Saturday 27th of July

Join us at the school for our next Taste of the Farm class, perfect for those who want a full taste of what we do here on the farm... in half the time. With a recipe packed demo, led by Mike and an in depth tour of our beautiful kitchen gardens with Adrienne - you'll get to grips with the farms favourite recipes and vegetables of the season. Really getting a feel for how we do things out here and how you can bring a little bit of our farm lifestyle to your home.

And the best bit is, you get to sit back, take it all in... and enjoy!

Our next Taste of the Farm class still has spaces available - so come along and join us for an inspiring morning out.

<https://www.goodfromscratch.co.nz/taste/>



## What's on at The Riverhead

There's plenty going on at The Riverhead in July.

Our famous Sunday Roast Night has returned, every Sunday from 5pm - check our social media pages for the weekly roast offer. You might also like to enjoy it with a glass of mulled wine.

If you're doing Dry July we have a fantastic range of non-alcoholic options and



mocktails available.

Quiz Night is every Wednesday from 7pm in the Portage Bar, entry is free so just gather your team (big or small) and book your table.

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

See you soon.

## Want to try honey in its natural form?

Don Buck Honey has available comb honey from the Hawke's Bay. This has been harvested from hives placed on agricultural land - this is largely from nectar out of clover and squash (like pumpkin) flowers. The honey is a dark color and has a rich treacle-like flavor to it. Honey has some crystals in it but it is mainly runny.

Comb honey real novelty for many people - this is the natural form of honey, just as the bees make it. Honeybees build comb cells out of wax to store honey in, covering it over with more wax once the honey is ready. The wax is safe to eat but it does get stuck in your teeth - so many people spit that out. \$15 each. Usual discounts apply as per potted honey. Special discount of 4x comb honeys for \$50. These weigh between 300-340g each.

Order online or get in touch with me. Pickups are from Massey, or orders can be couriered to you. [www.DonBuckHoney.co.nz](http://www.DonBuckHoney.co.nz) || [DonBuckHoney@gmail.com](mailto:DonBuckHoney@gmail.com).



## \$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](mailto:editorial@thewesterly.co.nz).

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# Health & Beauty

## Ask Dr Heather

What is the best skincare regime?

Anon, Whenuapai.

Skincare is complex. There is a lot of noise in the market with zero regulation. Most of us start (and often continue) a very basic regime inspired by supermarket shelves, television adverts and people we know. I myself have been victim of using all the no-no things including face cloths, soap and the dreaded St Ives Apricot Scrub.



A good regime consists of a few basics. Firstly, a pH balanced cleanser should be used to gently cleanse the skin without compromising the naturally acidic skin barrier. It doesn't really matter what product you use if the pH is balanced, however be wary of marketing ploys such as foam (foam does not equal better cleaning) and addition of ingredients such as hyaluronic acid as they are washed away during the cleansing process.

After cleansing, application of an antioxidant serum is a great idea. Vitamin C is a fantastic option for daytime as it is great for environmental protection, minimising pigmentation and encouraging collagen production. A good alternative for day (or nighttime) is Vitamin B, which helps minimise wrinkles, improve skin tone and also acts to enhance collagen production.

Another great serum for nighttime is the famous Vitamin A, AKA, retinol. The hero ingredient to any skincare regime, this powerful micro-nutrient speeds up skin cell turnover, minimises pigmentation, reduces acne, stimulates collagen production and diminishes wrinkles. Care must be taken when starting retinol however as it can cause skin irritation, so staggering its use initially and slowly building to nightly application is recommended. Many products on

the market claim to contain retinol, however shop around as some instead contain very weak retinoid esters (retinyl palmitate, retinyl acetate and retinyl linoleate), that take many years of consistent use to have effect.

On top of serums, one should then apply a quality moisturiser that suits your skin type. Dry skin needs thicker moisturisers, whereas oily skin prefers oil-free concoctions. Choose something that smells and feels good and be sure to also apply it on the neck and backs of the hands as these areas are often neglected and eventually become telltale signs of a person's true age (you'll start noticing those celebrity close-ups now).

Finally, during the day don't forget SPF! Super important to minimise ageing as the harsh ultraviolet rays from the sun (on cloudy and clear days) will undo all the good work you do with your skincare regime. Just be sure to pick a product that you like that doesn't make you look and feel like a greaseball.

Everyone can benefit from a good skincare regime; the key is to understand the basics and resist marketing tactics by big brands. A good rule of thumb is if it's advertised in mainstream media, it probably isn't worth your time (and money) as quality products don't need big advertisements to demonstrate their worth.

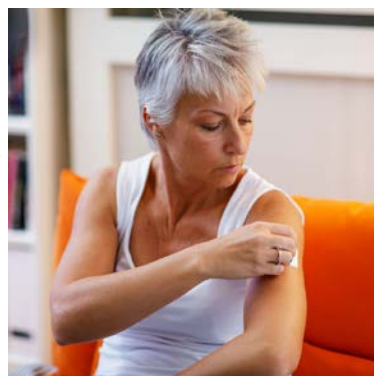
Dr Heather Anderson is a Cosmetic Medicine and Urgent Care/Emergency Doctor who practises in her own clinic at ALLOR Cosmetic Medicine in Whenuapai. If you have a question for Dr Heather you'd like answered anonymously in the magazine, please email [askdrheather@allor.co.nz](mailto:askdrheather@allor.co.nz).

## Menopause

NZ has a shortage of oestrogen patches. You may have seen this headline and the conversations that have gone on...you may be one of the women affected or you may have wondered what all the fuss is about.

Whilst for some menopause is a natural transition with few symptoms this is not the case for all. For some menopause comes early (sometimes in the thirties) as a result of medical or even surgical reasons. For some menopause brings symptoms so severe it impacts not just health but relationships and work and can ruin lives.

Menopause Hormone Therapy is a highly effective treatment for a lot of women. The form that has the best safety record is through patches and gels (known as transdermal) unlike the tablet form.



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# Health & Beauty

Some research has also shown that transdermal oestrogen may reduce the risk of several chronic diseases known to affect post-menopausal women.

In NZ, only one brand of patches is fully funded. Many other countries have other forms of oestrogen in gels and creams. For some reason, they are not funded in NZ. Having these gels funded would mean women who NEED oestrogen have another option during the patch shortage. It also offers an alternative for some women who cannot absorb oestrogen from the patches and who have an allergy to the patches.

This shortage is cruel and creates a huge amount of anxiety in women who are already vulnerable. Last year Pharmac agreed to start the process of funding however the last time Pharmac started the process of funding progesterone - it took 10 years. A petition urging Pharmac to expedite the funding process has been created with currently over 13,000 signatures. The goal is 15,000.

Please sign: <https://www.change.org/p/fund-more-options-for-the-safest-form-of-estrogen>

In the meantime, please contact me if you would like help and ideas on how you can manage this shortage by looking at more holistic forms of support then please reach out [admin@sarah-brenchley.com](mailto:admin@sarah-brenchley.com). Changing diet and lifestyle, managing stress, reducing chemicals in your environment and looking at nutrients and herbs may help to get you through.

## Graceful Beauty - where relaxation meets results

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

Offering an escape where relaxation seamlessly blends with transformative results.

Founded by Bernadette Imminck, 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, fuelled by a desire to see her clients achieve their aesthetic goals.

A Menu Tailored to You: At Graceful Beauty, Bernadette will create



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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](http://www.gracefulbeautynz.com) for easy online booking. Conveniently located in West Harbour with ample parking. Gift Vouchers available. Phone 022 6022 137.

## Life change

Many people lament how life in NZ has changed. Some blame it on the COVID pandemic which took a lot out of all of us, both personally and collectively as a nation. Few however understand how to really effect meaningful and sustainable life changes.



Crisis is often the reason why people see their world differently. Be it a personal health scare, a relative or a friend diagnosed with something really tragic or, as above, COVID infection, some form of crisis triggers thoughts of our own morbidity and mortality.

Be it the potential or real loss of health, wealth, freedom of movement or daily happiness, these ideas of loss, to any rational, thoughtful person should translate into an impetus for change, a raison d'être that hope can be regained, that life can be lived better.

To start off on change, we need first to change our thoughts. It is perhaps time to banish any previous notions of seeming immortality,



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that you can drink like a fish, smoke like a chimney and eat like a glutton, and somehow, magically, escape the ravages of chronic diseases like diabetes, hypertension, high cholesterol, cancer and the sure-to-follow consequences of heart attacks, strokes and worse still, premature demise.

Then we tackle our habits by looking within our own patterns of health-destroying behaviour. Stop eating too much fatty and fried foods. Cut out soft drinks from your diet. Reduce your portion size. Don't eat snacks, desserts or fruits 2 hours before or after a meal, to reduce the post meal sugar surge. Slow down on the caffeine-containing beverages. Stop vaping.

Lastly you have to change your lifestyle. Buy a reclining bike and switch your inactive Netflix time to active time. Include more green leafy vegetables in your diet. Switch to whole grains whenever possible. Drink more water.

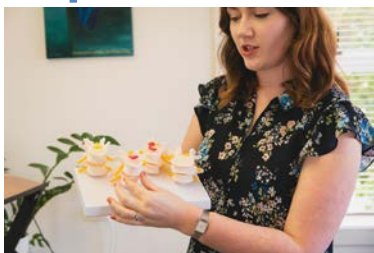
Changing thoughts, changing habits, changing lifestyle. Repeat.

And soon you will be on your way to a healthier, happier you.

Eat well, Live well, Be well. Dr Frederick Goh [www.rhdoctors.nz](http://www.rhdoctors.nz)

## Hobsonville Chiropractic

Do you experience jaw fatigue while eating chewy foods or notice a clicking sound when you yawn? Our chiropractors evaluate the function of your upper neck and jaw to determine if an adjustment could alleviate your jaw issues. Here are a few compelling reasons to consider having your jaw checked by a chiropractor:



- Stiffness in the jaw
- Jaw pain or fatigue when biting or chewing

- Difficulty opening, closing, side to side movement of your jaw
- Popping or clicking noises when opening jaw/yawning,
- If you have noticed a change in the way your bottom teeth line up with your top teeth.
- Sometimes neck tension, headaches, or migraines can come from jaw dysfunction.

Give us a call if you would like to book in! Hobsonville Chiropractic Centre, 295 Hobsonville Road, Phone 09 416-7589. Open late nights and Saturday mornings.

Website: [hobbycc.co.nz](http://hobbycc.co.nz) Facebook: Hobsonville Chiropractic Centre

Instagram: [@hobsonville\\_chiropractic](https://www.instagram.com/hobsonville_chiropractic)

## Calming the farm

A calm mind can be a very productive and creative mind.

On the flip side, times of high stress can lead to bad decisions, or even the inability to make any decisions like a possum in the headlights.

Daily practices to cultivate calmness and mindfulness

can stand us in good stead for when we encounter high levels of stress. Consider a daily practice as training the mind. Most of us understand the concept of training the body. If you want to be a marathon runner, you start off running short distances and gradually increase your stamina and ability to run over longer distances. Eventually you will likely be able to run 42km. While being able to run a marathon may amaze people, it won't come as any surprise to those that know how much training you've done. Training the mind should be similar and involve daily practices that gradually help you to build up resilience to life's challenges.



A Helping Hand

Sometimes life throws stressful events at you before you have had time to train for them. There are a couple of great supplements that I wanted to highlight that can help support you to a calm and effective mind during such times.

L-Theanine

Theanine is a relatively uncommon amino acid that blocks excitatory nervous system receptors such as AMPA, Kainate and NMDA receptors, while boosting the calming GABA receptors. The result is reduced anxiety, depression and stress, yet increased attention, alertness and ability to learn. Studies have also shown an ability to alleviate premenstrual syndrome (PMS) symptoms.

Theanine does not cause drowsiness (but by reducing stress can improve your ability to sleep) or addiction (has been shown to

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reduce withdrawal effects from morphine).

Theanine works quite quickly with peak plasma levels occurring about 30 minutes after taking an oral dose. However, the effects do wear off within a few hours. For this reason, I like to recommend lower doses (about 50 to 150mg) which can be repeated regularly as needed. Some supplements are packed with high doses (400mg) which seems unnecessary as it is no more effective and will also wear off in a few hours.

## Chamomile for Kids

One very much overlooked supplement is chamomile for overactive kids or kids who struggle to get to sleep. The reason it is overlooked may be that unlike theanine, chamomile doesn't work instantly but needs to build up before it works. With Chamomile, you need to take it four times a day for a few days before you see some improvement in sleep. If you have kids that have difficulty sleeping, I recommend using chamomile four times a day for a few days and watching the results. It's life-changing when you get your young ones to sleep.

Pop into Massey Unichem Pharmacy to chat about stress and sleep support. Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.

## 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](http://www.skinmednz.co.nz) or book a consultation at [contact@skinmednz.co.nz](mailto: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.

## Where is your pain actually coming from?

Have you ever visited a physiotherapist for pain in one area, only to have them focus on a completely different spot? It can be a puzzling experience, made even more bewildering when the treatment works. But why does this happen? Shouldn't pain be addressed where it's felt?



When pain is sensed in a location different from its source, it's termed "referred pain" and it's more common than you might think. The exact mechanisms behind referred pain are

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complex, and there's still much we don't understand about how pain is processed.

Typically, pain arises when damage occurs, sending electrical signals to the brain. The brain interprets these signals, associating them with specific body parts and types of pain. However, when the brain perceives pain in a different area than the actual source, referred pain occurs.

Some instances of referred pain are straightforward, such as when nerve damage causes pain to radiate along its path. However, there are more mysterious cases, like phantom limb pain experienced by amputees.

Muscular trigger points are another cause of referred pain, where tight muscle bands lead to pain patterns throughout the body. Additionally, various tissues, including spinal discs and internal organs, can generate pain felt in unexpected places, sometimes mimicking unrelated conditions.

Understanding referred pain is crucial for managing symptoms. If you're experiencing puzzling pain patterns, consulting with a physiotherapist can provide clarity and guidance. Remember, this newsletter is not a substitute for professional medical advice.

Contact our Hobsonville or Riverhead clinic to schedule an appointment. Let us help you achieve better balance and prevent ankle sprains. 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!

## Why do I feel so bad?

Many of us feel 'bad' due to events such as the loss of a parent, friend, animal or relationship. We see things on the news, very real events, and we feel bad. This is normal and a part of life.

Others feel bad most of the time. They have underlying feelings of anxiety, sadness, guilt, embarrassment, awkwardness, shame and other uncomfortable feelings. They don't understand they may be

creating these feelings due to their thoughts.

The way we feel is down to the words we say to ourselves and the images we create in our minds. If you think you are fat and ugly and no one likes you then you will feel down about yourself, believe you are not good enough, and will feel anxious around people as you expect they think you are fat and ugly too.

Change the thoughts and pictures to I am likeable no matter how I look, people like me, I am more than my looks and my body, I deserve love.

When responding to words & pictures, the more vivid the picture the more powerful the response. Picture yourself surrounded by people who like and love you. Make your words really positive and the pictures you create really empowering.

Lorraine Maguire - Rapid Transformational Therapist  
www.lorrainemaguire.com.

## NorthWest Physio Plus

Cancer rehabilitation is a crucial step in the recovery journey, and NorthWest Physio Plus in Kumeu offers the exceptional PINC programme to support this vital process.



Led by the experienced physio Sonia Mitchell, this programme provides tailored care to help women with cancer regain their strength and improve their quality of life.

PINC Programme: Designed specifically for women diagnosed with any type of cancer, the PINC programme offers a comprehensive range of services. From physical rehabilitation and exercise therapy to manual therapy and lymphoedema management, each aspect is tailored to address the unique challenges faced by women undergoing cancer treatment. The programme also includes fatigue management strategies and educational support, ensuring a holistic approach to recovery.

Sonia Mitchell ensures that each patient receives individualised care in a supportive and understanding environment. The goal is not just to rehabilitate but to empower women, helping them reclaim their lives during and after cancer treatment.

Benefits of the PINC Programme:

- Personalised Rehabilitation: Tailored to individual needs and specific cancer types.
- Supportive Environment: Professional guidance in a compassionate community setting.
- Comprehensive Care: Addressing physical, emotional, and educational aspects of recovery.

Choosing NorthWest Physio Plus for your cancer rehabilitation

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# Health & Beauty

means entrusting your recovery to a dedicated team committed to enhancing your quality of life. Contact them today to learn how Sonia Mitchell and the PINC programme can help you or a loved one on the path to recovery.

## Scarf season is here

Our new range of silk, fine wool and modal scarves are in stock now. Whether you want subtle or bright, heavy weight or light - patterned or

plain...

Gloves, hats and beanies to match.

Come in to browse at Hobsonville Optometrists - Glasses and Gifts (opposite the Unichem Pharmacy) 413 Hobsonville Rd Monday to Saturday inclusive

## Dry eye July

A report by Molly Whittington from For Eyes Optometrists in the Kumeu Shopping Village.

Do you have dry eyes? Winter's indoor heating and outdoor wind can wreak havoc and many people with dry eyes find discomfort worsens over the winter months. Sometimes their eyes get so dry it triggers watering, causing the eyes to stream outdoors.



Dry eyes are caused by a tear-film imbalance. The tear film has a base mucous layer, a middle liquid layer, and a surface oil layer to prevent evaporation.

One of the most common causes of dry eye syndrome is a poor-quality oil layer. The Meibomian glands, which are located along the eyelid margins, produce this oil. You can improve the oil production by applying heat to the eyelids, followed by a gentle massage of the closed eyelids, especially along the lash-line. A microwaveable heat mask is available from For Eyes, or you can use hot water and a face cloth. Apply the heat for at least 5 minutes, to really soften the oil in the glands, prior to massaging. Another trick: blinking more often (and more firmly) helps express more oil onto the tear film surface.

Artificial tears do not cure the condition but can provide immediate relief and are available without a prescription. If you need to use eye drops more than three times a day, you should use preservative-free drops. I recommend NovaTears Plus or Hyloforte 2%.

I do dry eye assessments and can refer you to a specialist clinic if need be. Phone 09 412 8172 or use [www.for-eyes-optometrists-nz.au1.cliniko.com/bookings](http://www.for-eyes-optometrists-nz.au1.cliniko.com/bookings).

## Pregnancy & your Pelvis: Free Webinar

Dr. Aimee Strickett, Chiropractor & owner of Live Chiropractic has bottled her wealth of knowledge and passion for women going through pregnancy into a webinar packed full of information and practical tips to support the pelvis and spine through pregnancy.



This content has been recorded from the amazing "pregnancy & your pelvis" event that was held at Live Chiropractic in April. The recording has now been made freely available and Dr. Aimee would love to share this content with all those on their pregnancy journey as well as health providers such as midwives. If you or someone you know is pregnant and you would like the link to this recording please send an email to [reception@livechiropractic.co.nz](mailto:reception@livechiropractic.co.nz).

Live Chiropractic is a family focused practice based in Huapai providing Chiropractic care from newborns to the elderly and everyone in between! To find out more or to book appointments online checkout their website [www.livechiropractic.co.nz](http://www.livechiropractic.co.nz).

## Pure Allies

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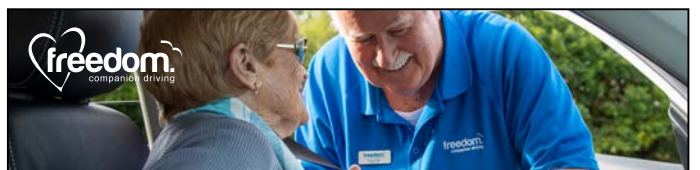


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# Area Columnists

## Grief- you can work through it

Some people in our lives touch our hearts from the moment we first met them. Other times, it could be someone who has been in our lives from the day we were born or they may be a well-known person such as a member of the Royal Family, a celebrity, or another famous person.



Recently I had a friend call me to let me know that her father had died; as sad as it is, what made it harder, was that it happened so quickly. Even when we know or are expecting a loved one or a friend is going to die, it still does not make it easy and often comes with a mixed bag of emotions along with the unknown.

Can we really prepare ourselves for when someone is passing? Not really as we do not know how we are going to feel or react to that loss. One thing for certain is that we will be introduced to the emotion, Grief.

What is grief? Best way to describe it is with an example: When we lose someone such as a family member, friend or even a pet, the sadness and loss we feel is called grief. According the Mayo Clinic, "Grief is the natural reaction to loss. It is both a personal and universal experience."

When someone we love or know passes, how should we feel? Is there a correct way to feel? There is no right answer to this question, everyone feels loss in a different manner. It may also depend upon your belief system. Most will feel a sense of loss, sadness, sorrow, a deep pain or even a sense of relief. Whatever you feel, is completely normal and is right for you.

Some things you can do to help you with grief:

1. Surround yourself with family and friends who can support you.
2. Allow your feelings to come out, if you need to cry, then cry
3. Don't be hard on yourself. Be kind to yourself
4. Keep a journal/diary to record your feelings and thoughts
5. Try to keep to a regular routine: meal times, exercising etc
6. If you need to seek help, do so, speak to your family doctor or another professional
7. Speak to others who have been through similar grief, know you are not alone

Astramana™ Healing Services is available to help you through your grief period. We can teach you various healing techniques 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](http://www.astramana.com) or email us at [astramana@gmail.com](mailto:astramana@gmail.com) or call us on 021 0277 0836 with any questions or to book yourself an appointment.

## Workplace personal phone use policy

Most of us have a personal mobile phone and keep it with us all the time. Some surveys suggest that we reach for our mobile phone up to 58 times a day, spending on average at least 3 hours a day on our phones.

So what amount of use is acceptable in the workplace?

This does vary depending on the industry and type of job, so how do you make it clear to your employees and contractors what is acceptable?

Personal phone use policies that are read and agreed to by all staff ensure consistency and fairness, and gives a basis for enforcement when company policies are referenced in employment or contractor agreements.

Here are some tips on what to include:

- The scope of the policy, eg employees, contractors and temporary staff while performing work related duties
- What are the restrictions, eg personal use only during designated breaks, or no personal use when customer facing, in a production environment, or around heavy machinery?
- Safety considerations, eg must be hands free while driving
- Phone call etiquette. Eg keeping your phone on silent/vibrate, stepping out to take your call so not to interrupt others
- Security considerations, eg making sure phones are regularly updated and have password protection if also used for work purposes
- Exceptions to the policy, eg on call, family emergencies
- What actions will be taken if there is a breach of the policy, eg disciplinary action

Once you have documented your policy, it is important to get all staff affected to agree to the policy and to acknowledge their understanding. Get the team involved with writing the policy if you think you will get some resistance. Ask them to suggest what a fair policy looks like.

This policy then forms part of your company policy and procedures manual that should be reviewed at least annually and discussed with your staff as a gentle reminder of what they agreed to.

Having a fair policy in place can eliminate complaints on how much

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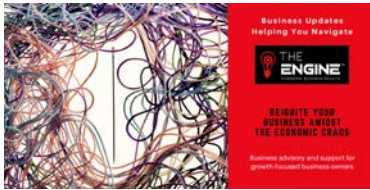
# Area Columnists

another employee is spending on their phone, increase productivity and improve safety standards.

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](mailto:ann@oxygen8.co.nz) or 021 682 014.

## The Engine

Each week we have businesses queuing to discuss the downturn in sales and stress of keeping the wolves at bay. If this does not resonate with you then we'd say you either are very lucky or you won, the lottery. The majority of businesses are in chaos, and they turn to us, sometimes too late.



At The Engine, our advisors, along with our specialist provider community, we focus on the action and ROI. We reignite your business and achieve business success - such is our track record. In these challenging times, there are three essential things your business needs right now, along with one crucial action that can save you & your staff money and provide your staff value.

1. Cash is paramount - It's crucial to review your business and personal expenditures & lean up, make tough decisions about retaining team members, and strategise to replace lost sales revenue. Seeking help to strategise and possibly restructure is key, and our previous newsletters on addressing tough realities struck a chord with many of our readers.

2. Visibility is vital - Despite the temptation to cut marketing to reduce costs, it's important to consider whether all team members are required. Neglecting marketing can lead to your business becoming the best-kept secret, while competitors gain ground. Yes, it's tough to lean up and cut, but without proven key strategies you may be staring at a different barrel. No sales, no visibility = no business.

3. Experience - If you're serious about surviving this economic downturn, having experienced advisors is essential. At The Engine, we bring a proven track record of working with businesses from various industries. Our Advisors have been in your shoes (still are), actively involved, and have successfully built and grown companies similar to your aspirations numerous times. Success & survival depend on the expertise you have with you, and our specialist community has the strategic guidance needed for your business and our approach brings about accountability, ensuring that your plans are executed with precision and effectiveness. \*Your business may be eligible for capability funding too.

Lastly, join the many businesses with The Engine's Business Membership - the most sought-after membership in this economic crisis. There is no other business membership that provides cost savings to you and your team.

With significant financial pressures facing businesses, our membership offers valuable savings for businesses of all sizes, as well as could be the value you need to keep your team when you can't afford pay increases. Each membership includes a 2-hour coaching session to assess your needs and provide tailored suggestions.

A taxable expense you can even pay monthly.

Book your 30 min Free Triage & Funding with one of our Advisors. Call 09 869 3990 or email [businessadvice@theengine.biz](mailto:businessadvice@theengine.biz) to get started.

Catherine Cooke - Leading Business Advisor.

## Not the end of the world

By Hannah Ritchie - Review

Did you know it's more environmentally friendly to use a single paper towel in the public toilets, rather than using the hand dryer? If you are going to use two, though, it's better to use the dryer.

Dr Hannah Ritchie, a data scientist with the University of Oxford, crunched the numbers to find that out. She's also studied the data in thousands of research papers from around the world and found that, generally, things are getting better, not worse. It's not fashionable to be an optimist in a world full of bad news, she says, but the numbers prove that we can be.



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# Area Columnists

According to the data, we are healthier, richer, and living longer than ever before, although this has come at the expense of the planet. Ritchie explores seven huge problems facing humanity today: the climate crisis, plastic pollution, air pollution, over-fishing, broken food systems, biodiversity loss, and deforestation.

Using data, she traces the evolution of each problem, then explores the solutions we already have that, if scaled up, would give us the opportunity to solve them. At the end of each chapter, she suggests things we can all do (e.g. eating less meat and dairy), and "things to stress less about" (things that her data shows don't really make a difference, like eating locally grown, organic food).

While full of data, graphs and charts (with a website if you want more <https://www.nottheendoftheworld.co.uk/explore-data>), the book is easy and fun to read, and peppered with anecdotes, funny stories from her own life about how understanding the big picture has changed her beliefs. It may change yours.

I loved this 'shot in the arm' of positivity, but I couldn't help feeling she avoids discussing the biggest roadblock in the way of these solutions - governments around the world that aren't taking the action needed, and in some cases are taking us backwards. The average citizen isn't able to build solar farms or change world food systems. We can vote, write letters, sign petitions and protest, and it seems Ritchie misses a real opportunity to motivate readers to do the things that may really give us a chance to avoid the end of the world.

Image of Hannah Ritchie credit Angela Catlin

## Anna Atkinson, Chair of the Upper Harbour Local Board

Thank you to everyone who submitted on the Auckland Council Long Term Plan (LTP), we are currently analysing the data. In May the Local Board will give feedback to the Governing Body who will debate and discuss the LTP. They will make changes and adopt a final version in June. This LTP sets out the budget and direction for the next 10 years. Meanwhile, the Upper Harbour Local Board members are busy working out next years' work programmes (which involves balancing tight budgets while also achieving the objectives we have in our Local Board Plan) and reviewing projects underway already.



By the time this goes to print the refreshed playground at Starlight

Park in Hobsonville will be open, hopefully everyone who goes there is enjoying it. We are planning on other projects in the West Harbour and Hobsonville Communities, I'll share more details in a future update.

There are many community events coming up. Stay up to date with the latest news in our area and any consultations that need your feedback; sign up for our monthly newsletter via the QR code and follow us at [facebook.com/upperharbour](https://facebook.com/upperharbour).

At the local board we are always doing our best to promote and develop our region, but it takes a community, not just six people. Everyone is very welcome to come to any Upper Harbour Local Board business meeting. Meetings are held at the council offices (6-8 Munroe Lane) in Albany on the fourth Thursday morning of the month. Members of the public can speak for three minutes, or if you notify us in advance and are granted a deputation you can speak for ten minutes. We would love to see you there, and really appreciate your views. Please don't hesitate to reach out; Anna Atkinson email: [anna.atkinson@aucklandcouncil.govt.nz](mailto:anna.atkinson@aucklandcouncil.govt.nz)

Image: Tamiro Road Reserve, Whenuapai.

## Conservation secures future for New Zealand's rarest whitebait

A conservation project to create a secure future for New Zealand's rarest whitebait species, the shortjaw kōkopu, is getting a helping hand to increase the fish presence in the wild.



Auckland is home to just a handful of populations of shortjaw kōkopu (*Galaxias postvectis*) and all but two are found in the Waitākere Ranges.

The Huia catchment is about to become home to up to 800 fingerlings (baby kōkopu). Bred in captivity, the fish will be released into streams feeding the Upper Huia Reservoir. Developmental impacts have degraded kōkopu habitat. Establishing more wild populations is an important step in the conservation of this species, and acts as an insurance policy for their ongoing survival.

In preparation for the species' return to the wild, the fingerlings have - in a world first - been bred from scratch by Manāki Whitebait, using parent stock from the Waitākere Ranges. They were transported to the dam site in a fish tanker before being transferred by boat, then

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# Area Columnists

carried upstream to the release sites by staff.

The project will be monitored for several years to assess how well the species take to their new home and whether the fish are reproducing above the reservoir.

This project is a great example of collaborative conservation work between Auckland Council, Manāki Whitebait, Watercare, Te Kawerau ā Maki and NIWA. For more detail search "whitebait" at [ourauckland.aucklandcouncil.govt.nz](http://ourauckland.aucklandcouncil.govt.nz)

Photo credit: Shaun Lee

## Health and Safety at Work (Adventure Activities)

Earlier last year the previous Labour government quietly passed into law significant changes to the Health and Safety at Work Act - 2015 and associated regulations. In this second part of changes, we examine the recently introduced Health and Safety at Work (Adventure Activities) Amendment Regulations - 2023.

Following the Whakaari/White Island eruption on 9 December 2019, the Minister for Workplace Relations and Safety directed the Ministry of Business Innovation and Employment (MBIE) to undertake a targeted review of the adventure activities regulatory regime.

The work considered whether weaknesses exist in the adventure activities regime when adventure activities take place in "naturally hazardous" environments.

Adventure activities are activities which are paid for and involve the participant being guided or taught; They are designed to deliberately expose the participant to serious risk, and in which failure of the provider's management systems is likely to result in serious risk to the participant's health and safety, and the participant is deliberately exposed to dangerous terrain or waters.

The changes focus on 4 areas:

1. Introducing specific requirements for how adventure activity operators must assess and manage natural hazard risks
2. Strengthening requirements for operators to communicate risks to activity participants
3. Stronger operator registration and notification requirements
4. Reviewing and updating adventure activity safety guidance.

The Regulation now requires stronger operator registration and notification requirements, and the changes are:

- A duty under the Regulations for adventure activity operators to take all reasonable steps to inform persons seeking to participate in adventure activities of any serious risks they may be exposed to by participating in the activity.

- Adventure activity operators must obtain a safety audit by an accredited safety auditor and be registered by WorkSafe as an adventure activities operator in order to offer their activities.

- The Regulations make it an offence for operators to provide or offer to provide an adventure activity unless registered.

- Expanding the circumstances under which WorkSafe can refuse, suspend, cancel or add conditions to operator registrations, where serious safety concerns arise.

- Providing WorkSafe the power to temporarily suspend an operator's registration while the operator is under investigation.

- Reviewing and updating adventure activity safety guidance

- Introducing sector specific notifiable incidents, requiring operators to report incidents associated with hazards in the sector to WorkSafe.

JAS-ANZ - The Joint Accreditation System of Australia and New Zealand - has developed a specific certification scheme in association with WorkSafe NZ and the adventure activities industry. WorkSafe NZ is the scheme owner.

The New Zealand Adventure Activities Certification Scheme has its own Safety Audit Standard that is accepted by the Regulator/Registrar - WorkSafe NZ.

Two Certification Bodies in New Zealand have been accredited by JAS-ANZ to provide these certified audits to date.

Further information is available from the JAS-ANZ and WorkSafe NZ websites at [www.jasanz.org](http://www.jasanz.org) and [www.worksafe.govt.nz](http://www.worksafe.govt.nz)

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. Given the tragic events that occurred on Whakaari/White Island, this is one part of the legislation that probably won't be changed.

If you have any concerns around this topic or other Health & Safety matters, contact John Riddell, [securo4@securo.co.nz](mailto:securo4@securo.co.nz) or check out the website [www.securo.co.nz](http://www.securo.co.nz). Securo can also advise on hazard management and provide access to specialist health professionals who offer 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](http://www.worksafe.govt.nz) and parts of the Health and Safety At Work Act - 2015.

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