

# the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

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



House of Travel Hobsonville

Circulation is 10,000 print copies.

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

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September 2024



## Greetings

Have you felt the vibrations when a heavy lorry drives past? You both hear and feel the low frequency vibrations. If you touch the speaker when music is playing through it, you feel a wider range of vibrations. Your ears translate the vibrations into electrical signals for your brain to translate into sound, while vibrations can travel through your body as a touch sensation. Dame Evelyn Glennie is one of the world's finest virtuoso percussionists. She is a Scottish musician who is profoundly deaf after losing her hearing as a child, but learned to detect vibrations by feeling the sensations passing through the classroom walls while her teacher played drums and other forms of tympani. You can hear her playing on YouTube, and talking about the distinction between hearing and listening.

Glennie is passionate about her role as a musician, and although her deafness is a background issue, it is the communication that music brings to its audience that is important. To listen you must be present, and if your hearing is impaired, listening includes taking note of someone's expressions and lip-reading. Her short essay on hearing, deafness and music at [evelyn.co.uk/hearing-essay/](http://evelyn.co.uk/hearing-essay/) is well-worth reading.

This month's Westerly communicates what's happening in our area during September. The range is wide, from the highly-experienced team at the House of Travel to learning about resin art; from raising money for community groups through op shop clothing sales to planning a meal out. Serious issues must be faced, from crime prevention and guiding children about using Snapchat safely, to an awareness of the increase in rectal cancer in young people, or the need for funding for screening for prostate cancer. See what other activities are happening locally, an initiative to support mental health in West Auckland schools, and a programme to focus on the needs of teenage parents. Now is also a good time to check your smoke alarms.

News of future developments include improved public transport from West Auckland to the city centre, and the use of AI to monitor the risk of flooding across Auckland. As ever, the magazine includes an analysis of the property market, with a guide for mature movers. For landlords there is advice about strategies following significant shifts in rentals. Your local community magazine covers issues for everyone.

Best wishes for September.

John, Editor



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# People & Places

## House of Travel Hobsonville: Crafting unforgettable journeys

Planning a memorable trip begins with assembling the right team and, at House of Travel Hobsonville, we have just that. Our multi award winning travel agency has seven experienced travel consultants boasting over 100 years of combined expertise, ensuring that your ideas, coupled with our knowledge, create the perfect travel experience. We are local Kiwi owned and operated.



Working with a professional travel agent is far from a transactional experience. Our goal is to build lasting relationships with our clients, who return time and again to plan their next adventure. We believe in the power of human connection to craft the best holidays. Our team is:

Mike (Buzz) Thomson - Owner Operator

With over 28 years of experience in the Travel Industry, both here and abroad, I use this knowledge every day to help my team create unforgettable journeys for our clients. We'd love to hear what your plans are, and together we'll create a well-organised, creative and memorable trip.

Talita Toomata - Travel Consultant - talita.toomata@hot.co.nz

I have been in travel for 19 years. Over the years I have organised some wonderful, exceptional holidays, creating memorable and unforgettable experiences for those clients I have assisted.

Ellie Gallagher - Travel Consultant - ellie.g@hot.co.nz

Working within the Travel industry was always my dream, I'm passionate about experiencing different cultures and immersing ourselves in history; it broadens the mind. I look forward to connecting with you, and being a part of your next adventure.

Deepti Mehta - deepti.mehta@hot.co.nz

Extremely enthusiastic and knowledgeable. Deepti already has a loyal following of happy clients. As a seasoned travel agent, I understand that the key to a truly unforgettable journey lies in the details. From meticulously curated itineraries to personalised recommendations, my dedication to my craft is evident in every travel plan I create.

Sam Pritchard - Travel Consultant - Sam.pritchard@hot.co.nz

With 19 years' experience working in the travel industry and having travelled widely myself, I have the knowledge and enthusiasm to ensure that I can deliver you your dream holiday. Be it discovering the temples of South East Asia, taking the family to the Gold Coast or exploring our amazing Aotearoa. Let's work together to make that dream come true.

Namrata Patel - Travel Consultant - Namrata.Patel@hot.co.nz

Uncovering your unique story & helping you bridge the gap from where you want to go to getting you there in a thorough & holistic approach that adds value to your journey is the most rewarding part of my work as a travel consultant and has been for over 13 years

Sunisa Chanthavong - Travel Consultant - Sunny@hot.co.nz

Sunny has been in the industry for several years. Since completing her agent qualifications Sunny has spent many months exploring the globe. She can't wait to use her knowledge and enthusiasm to help create your next adventure or family get away.

At House of Travel Hobsonville, we live, breathe, and dream travel. Whether your next destination is on your must-visit list or a spontaneous choice, you can trust that at least one of our team members has either been there or sent someone there. We understand that planning a trip now requires a greater pool of knowledge, experience, and time to ensure the best outcome, and we are with you every step of the way.

We know your downtime is precious, and everyone deserves the best holiday possible. That's why we promise to handle any curveballs that come your way, allowing you to relax and enjoy your holiday.

When it comes to making travel plans, nothing beats speaking with your personal travel advisor face-to-face. If you're ready to discuss your plans and dreams, give us a call to make an in-store appointment. This way, we can guarantee you uninterrupted time with one of our experienced travel gurus.

We also recognise that meeting in person isn't always possible. If you can't make it to the store, we can meet virtually via video appointment, or you can contact us by email or phone. At House of Travel Hobsonville, we're committed to making your travel dreams come true, no matter how we connect.

National Award Winning Travel Agency.

At the National Travel Industry Awards, Buzz was honoured with the award for Resilience and Entrepreneurial Spirit. This recognition was a delightful surprise and a tremendous honour. We are incredibly proud to be part of the Hobsonville and West Auckland community



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# Community News

## Discoverers Hobsonville Point

Following six years of intense work the largest commission of inquiry in New Zealand, The Royal Commission of Inquiry into Historical Abuse in State Care and in the Care of Faith-based Institutions report was publicly released on 24 July. As stated in the executive summary;

"It is a national disgrace that hundreds of thousands of children, young people and adults were abused and neglected in the care of the State and faith-based institutions. These gross violations occurred at the same time as Aotearoa New Zealand was promoting itself, internationally and domestically, as a bastion of human rights and as a safe, fair country in which to grow up as a child in a loving family. If this injustice is not addressed, it will remain as a stain on our national character forever."

On Sunday 22nd September, Discoverers informal church will reflect on the culture of abuse that happened in State and Church run organisations and what learnings have emerged from the Commission of Inquiry.

Discoverers informal church meets in the Baffin lounge, Headquarters building 214 Buckley Terrace, Hobsonville Point from 3-30pm to 4-30pm.

For further information contact Barry Jones. Phone: 022 0683 873, Email: [beejaynz05@gmail.com](mailto:beejaynz05@gmail.com) Facebook "Discoverers Hobsonville Point."

## Waitakere Greypower Association

Waitakere Greypower Association is having a General Members Meeting on Friday 27th September 2024 at the Te Atatu South



114 Hobsonville Road, Hobsonville, Auckland  
Phone 09 416 7227 • Email [manager@hobsonvillersa.org.nz](mailto:manager@hobsonvillersa.org.nz)

We welcome all Members and guests of reciprocal rights clubs.  
New members welcome to join at any time.  
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OPEN Wed - Sun 3pm to close.  
Dining Room open Wed - Sun 5pm to 8pm, group bookings welcome, lunch group bookings for 20 plus by arrangement

- Camper Vans welcome to stay (bookings essential)
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- Contact Manager for further information & costs**

THE SMALL RSA WITH THE BIG HEART

Community Centre, 247 Edmonton Rd, Te Atatu South at 12.30 pm. Our Guest speaker is Sue Atkin from SPCA in Hobsonville talking about re-housing pets, when people pass away or move into rest homes and retirement villages. KidsCan Chief Executive Julie Campbell operates Pet Rescue to re-house animals in broken relationships. We extend a warm welcome to all members and friends. Light refreshments will be served at the conclusion of the meeting. We are holding a Spring Lunch at the Hobsonville RSA on Thursday 19th September 2024 at 1.30pm at a cost of \$35.00 a head. Please book for the lunch and call our Office Manager, Peter Harvey, on 09 838 5207 before Tuesday 17th September with names and numbers attending. Written by Mate Marinovich, President Waitakere Greypower Association, Office 247 Edmonton Rd, Te Atatu South.

## Murals at Scott Point School

Local artist Lucia Laubscher worked with the staff and students at Scott Point School to create colourful murals that represent the cultures of the students attending the school. The murals are a wonderful addition to the environment of the growing school and are something that the Scott Point community is extremely proud of.



## Strufe Designs

If you've ever been curious about resin art and want to create something truly unique, we at Strufe Designs have just what you need. Our fun and relaxed workshops are the perfect way to dive into this mesmerising medium, no matter your skill level.

Led by passionate resin artist, Hannah, you'll learn all the tips and tricks and get to create your very own charcuterie board and coasters. You will be guided through every step, from mixing colours to pouring techniques, so you can unleash your creativity and have a blast doing it.



Our workshops are held monthly (get in touch for private workshops)



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# KEITH PARK VILLAGE VILLAGE CENTRE OPENING SOON!

Our much-anticipated village centre is opening this month. Residents will soon be enjoying the luxurious amenities including a café, swimming pool and spa, hair and beauty salon, library, bowling green and more.



## SPEND THE DAY YOUR WAY

Indulge in the luxurious amenities of the brand new village centre.

It could be lunch in the café with friends or family, a morning swim or complimentary happy hour hosted in the village lounge and bar.

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

## SERVICED APARTMENTS SELLING NOW

Experience the joy of assisted living in a serviced apartment. We have one bedroom apartments selling now which include a kitchenette, a serene bedroom with an ensuite, and a cosy living area perfect for entertaining.

These serviced apartments are located in the main building, allowing easy access to all the village amenities.

**Apartments priced from \$495,000.**



To find out more call Carolyn  
or Rosalind on 416 0750

## KEITH PARK VILLAGE

3 Scott Road, Hobsonville

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



# Community News

and during the warmer months you can often find us at different markets around Auckland. The next workshop in Greenhithe is on September 8th, 2024. It's a great opportunity to try something new, meet fellow creatives, and walk away with a piece of art you're proud of. Spots fill up quickly, so don't wait too long to grab yours. Book your spot today on our website [strufedesigns.co.nz](http://strufedesigns.co.nz) and let's have a fun afternoon together. Can't wait to see you there.

## Keith Park Retirement Village

Residents at Keith Park Retirement Village in Hobsonville celebrated the Olympics with their own "Fun Olympics" competitions. Teams of ten from four of the apartment buildings competed at activities including bridge, Rummikub, chess, mahjong, Jenga, chopstick lolly transfer, jigsaw, Kim's game, speed knitting, and a quiz, with outside activities cornhole, croquet and egg throwing. Awards of Gold, Silver and Bronze were awarded to team members. It proved a great opportunity for residents to get together in a friendly competitive spirit and welcome residents new to the community of the Village.



## Crime Prevention

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



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

bushes and trees trimmed.

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

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

## NZ Mountain Film Festival

The Connected Neighbourhoods Trust is hosting the NZ Mountain Film Festival on Friday 13 September at Sunderland Lounge, Cinema Road, Hobsonville Point. They are showing "Pure-NZ", a short-film selection with 7 films over 2 hours. Doors open 6.30pm. Films commence 6.45pm. Event finishes 9.30pm. Free popcorn.



Early-Bird Tickets \$10pp, \$15 from Tuesday 10 September. Under 5s free. Visit [hobsonville.org.nz/mountainfilm/](http://hobsonville.org.nz/mountainfilm/) for more information and tickets. You can even bring your own chair or bean-bag, snacks and drinks.

## Keeping kids safe on Snapchat

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



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# Community News

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

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

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

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

For further information, visit [netsafe.org.nz](http://netsafe.org.nz). Photo credit: Sara Kurfess

## Preloved Market 28 September at Hall

On 28 September, the Gently Loved Market will hold a sale of preloved baby gear in the Massey Birdwood Settlers Hall.

They are calling on people to register if they want to run a stall on the day.

The writer of this story is now a grandparent; however, is well aware that as a parent and a grandparent, you often have lots of baby gear, clothing, toys, equipment and other accessories, and so on that serve their purpose through the formative years, in some cases for a few children, and now having been passed down the generations is ready to help another family.

In some cases, buying new is expensive when you consider that babies outgrow things in weeks, months, and within a year. Therefore, buying second-hand is possibly a good option for all those Mums and Dads looking forward to their first child. So could be worthwhile visiting the hall on the 28 September to check out what is on offer. The market will run from 10 AM to 1 pm. You can book a stall at [gentlylovedmarkets@gmail.com](mailto:gentlylovedmarkets@gmail.com).

### Stacey Milne

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The Massey Birdwood Settlers Association is looking for regular users to hire our hall; check our website, [www.masseybirdwoodsettlers.org](http://www.masseybirdwoodsettlers.org), or email John Riddell at [masseybirdwood@gmail.com](mailto:masseybirdwood@gmail.com).

Other activities held in the hall for young people include the Redhills Community Kindergarten, Baby Sensory Classes, and St John Massey Youth Group. You can check out these groups and organizations on our Facebook page [www.facebook.com/masseybirdwoodhall](http://www.facebook.com/masseybirdwoodhall).

You can join the Association for \$1, and by doing so, you will be a member of an organization formed in 1925, ninety-nine years ago. The Association was formed as a resident and ratepayers' group.

## Back2SchoolProject

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



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

# Burnetts

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# In Brief Updates

## Gifts for tweens and teens

Looking for a special gift for your tween or teen daughter?

A gift that is made especially for her?

Girls of this age group love personalised items, making our "Little Love Letters" necklace the perfect gift idea.

These sweet petite 10mm pendants are available in lower case or capital letters with your choice of birthstone crystal and on a variety of chain lengths. Making it truly unique and meaningful to your daughter.

Visit our website [www.preciousimprints.co.nz](http://www.preciousimprints.co.nz) to place an order or feel free to email me at [jo@preciousimprints.co.nz](mailto:jo@preciousimprints.co.nz) to discuss some further options.



## Trusts 37th Art Exhibition

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

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

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

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

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



Date: Saturday 5th October - Sunday 13th October

Time: 10am - 4pm

Venue: Shed 2, Corban Estate Arts Centre, 2 Mt. Lebanon Lane, Henderson

[www.waitakerearts.com](http://www.waitakerearts.com)

## Love Tennis event at West Harbour Tennis Club

Sunday 8th September from 10am to 4pm.

The West Harbour Tennis Club in Picasso Drive is participating in the Annual "Love Tennis" event.



This is a day for anyone to come and give tennis a go, or just have a look and something to eat and drink. There will be fun games for the kids, prizes, giveaways, BBQ. and more, There will a number of coaches to chat to, and discount memberships on the day. West Harbour Tennis Club has 7 tennis courts plus now also 8 pickleball courts.

## 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



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# In Brief Updates

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).

## What to do about the rise of rectal cancer in younger persons?

Recent studies in New Zealand and overseas has clearly shown that bowel cancer is becoming more common (incidence is rising) in people aged less than 50 years of age, especially in the lower bowel and back passage (rectum).



In 2000, only 1 in 20 bowel cancer patients were aged less than 50. It is predicted that in NZ by 2040 that about 1 in 8 colorectal cancer patients will be aged less than 50. These are people we might consider are at their most productive stage of their lives, often

caring for their children and aging parents. A cancer diagnosis is devastating at any age, but massively impactful for the younger person. What can be done to avoid this?

There are modifiable lifestyle factors that should be addressed. But not all non-smoking, alcohol free, fit skinny vegetarians avoid bowel cancer. If you are an adult with bowel symptoms, especially rectal bleeding or persisting change in your bowel habit, then see your GP.

Have a low threshold for getting a colonoscopy. Know your family medical history, and make sure your GP knows it too. If you have a more than one close relative (parent, brother or sister) with bowel cancer or a close relative under age 55, then you should discuss a referral for a colonoscopy with your GP because you are at least three times more likely to develop bowel cancer.

Screen detected cancers are more likely to be early stage and thus more likely to be cured. The rise of colorectal cancer in the young is adding to the call to lower the screening age in NZ to not just age 50, but to age 45 as is done in the US and Australia.

At Waitemata Endoscopy, taking a proactive approach to your health is easy. If you or your family doctor are concerned, we accept GP, specialist and self-referrals via our website. Our experienced team will put you at ease when it comes to your endoscopy. Take a virtual tour of the patient journey and our clinic for an insight of what to expect at [www.waitemataendoscopy.co.nz/locations](http://www.waitemataendoscopy.co.nz/locations)

Mr Andrew Moot, Colorectal and General Surgeon & Endoscopist, MB ChB 1995 Otago; FRACS 2004

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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)



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



Mr Andrew Moot  
Colorectal Surgeon & Endoscopist

\*Terms and conditions apply  
Visit our website for further details

# In Brief Updates

## New option for Western residents to recycle more

Henderson-Massey locals have a new place to take items that can't go in their kerbside recycling bins, such as e-waste, Colgate toothpaste tubes, razors and more.

EcoMatters Environment Trust's Resource Recovery Depot, located at Unit 9, 22 Moselle Avenue, just off Lincoln Rd, is now open for recycling drop offs on Mondays and Tuesdays between 10am and 2pm.

"We want to make recycling items that can't go in kerbside bins as easy as possible for locals and are pleased to expand this service to a more convenient location for people living in Henderson, Massey and Te Atatū," says Carla Gee, EcoMatters CEO.

"It's also important to us that the partners we work with align with our values, which prioritises reusing and repurposing suitable items, and only recycling if there's no other option."

The depot accepts e-waste, including old computers, tablets, small appliances, and batteries. EcoMatters works in partnership with organisations such as RAD (Recycle A Device) and Echo Tech to ensure suitable e-waste is re-used. If an item can't be re-used, it is dismantled and recycled with accredited facilities.

As a charity, EcoMatters charges a small fee to cover only the cost of processing e-waste. However, some other items can be dropped off for free at the depot, including old mobile phones, Colgate branded oral care products such as toothpaste tubes and toothbrushes, disposable razors and stainless steel razor blades and clean, empty ecostore packaging.

Thanks to the Henderson-Massey Local Board for a grant to help open the depot for recycling drop-offs.

E-waste and a range of other items can also be dropped off at EcoMatters Environment Trust, 1 Olympic Place, New Lynn, from Wednesday to Sunday between 10am and 2pm.

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For more information on accepted items and prices, visit [ecomatters.org.nz/recycling](http://ecomatters.org.nz/recycling).

## Join us for an exciting women's clothing swap event

We are thrilled to invite you to our upcoming Kumeu Clothing Swap & Shop event, an initiative aimed at fostering community spirit, sustainability, and giving back. This event is a fantastic opportunity to refresh your wardrobe while contributing to a great cause. Here's everything you need to know:

**Fundraising Goal: \$20,000** - Our goal for this event is to raise \$20,000 to support Parent Aid North West. With your participation and generosity, we believe we can reach and even surpass this target. These funds will go directly towards providing home help visits to young families in need in the North West community.

**Silent Auction and Raffle** - Our silent auction and raffle are shaping up to be spectacular. Thanks to our generous donors, we have an array of amazing items up for grabs. From exclusive gift baskets and vouchers to unique experiences and high-end products, there's something for everyone. Be sure to participate and bid on your favourite items on the drop off days and at the event, knowing that all proceeds go towards our fundraising goal.

**Huge \$5 Clothing Sale** - Starting at 12pm, we'll be opening our doors to the public for a massive \$5 Clothing Sale. This is an incredible chance to purchase quality second-hand women's clothing at unbeatable prices. It's a win-win: you get to update your wardrobe with fabulous finds while also shopping sustainably.

**How You Can Help** - Donate women's clothing: Bring your gently used women's clothing, shoes and accessories to one of our drop off days, along with your \$30 entry donation.

**Volunteer:** We're always looking for extra hands to help with setup, event management, and cleanup.

**Spread the Word:** Share this event with your friends, family, and social networks.

**Participate in the Auction and Raffle:** Bid on items and buy raffle tickets to support our fundraiser.

Join us for a day of fun, community, and great deals, all while making a positive impact. We can't wait to see you there and make this event a huge success together! For more information please



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# In Brief Updates

search Kumeu Clothing Swap and Shop on Facebook or Instagram. Thank you for your support.

## Fast and frequent public transport in the Northwest

NZ Transport Agency Waka Kotahi (NZTA) will be out and about over the next few weeks to talk to West Aucklanders about the plan to build a busway alongside SH16 from Brigham Creek to the city centre.



The Northwest Rapid Transit team will be holding information sessions in the northwest in September, giving people an opportunity to meet the project team, learn more about the investigations, ask any questions they have and share their views on what's important to them.

The emerging preferred rapid transit option is for a busway alongside SH16 with a proposed park and ride station at Brigham Creek, with stations in the west including at Westgate, Royal Road, Lincoln Road and Te Atatū. There will also be further connections heading into the city centre where people will be able to seamlessly connect with the wider transport network.

Work is already underway to deliver a new local bus station at Westgate which is expected to be up and running by mid-2026. NZTA received \$50m for the Westgate Station project from government through the Infrastructure Reference Group (IRG) fund to enable advance delivery of the local portion of the Westgate bus station.

The information team will be at the following locations:

Catalina Famers Market - Saturday 7 September 8.30am-12.30pm  
NorthWest Mall - Tuesday 10 September 12noon - 3pm; Wednesday 11 September 12noon - 3pm; Thursday 12 September 4pm - 7pm; Saturday 14 September 10am-2pm.

## Waitakere Forest and Bird Lecture Series

Waitakere Forest and Bird Lecture Series: Thursday 19th September 7.30 pm. Karen Denyer - What's wonderful about wetlands?

Karen Denyer is co-author of the book "What we do in the Shallows", interviews with New Zealand scientists and researchers working in wetlands. She has just returned from the Asia-Oceania Wetland conference in Sri Lanka, representing Matuku Link in Te Henga/Bethells as the New Zealand wetland centre. The conference theme of 'CEPA' (Communications, education, participation and awareness) applies to all wetland centres. So, what can we learn from each other and how can we convince even more New Zealanders that 'smelly

**29** schools and organisations  
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Keeping it local

# In Brief Updates

old swamps' are actually 'wetland wonderlands'? Venue: Ranui Community Centre 474 Swanson Rd, Ranui. Non members welcome, join us for supper after to chat with other like-minded people, free but koha appreciated to cover hall hire. For further information ph Liz 0274 762732, lizanstey@hotmail.com.

## Kip McGrath Education

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

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

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

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

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



## Hospice West Auckland and Davis Funerals announce Gold Partnership agreement

Hospice West Auckland is proud to announce the signing of a Gold Partnership with leading Auckland funeral services provider Davis Funerals. This agreement marks a new chapter in Davis Funerals' extensive history supporting Hospice West Auckland.

Founded in 1985 as a registered charitable trust, Hospice West Auckland provides free specialist palliative care to the wider West

Auckland region through holistic care that focuses on dignity, compassion, and optimising quality of life. "The high standard of care and support we provide to patients, whānau and caregivers is made possible through the generosity of our supporters, and we are deeply grateful to the Davis Funerals team for recognising and enabling this," says Hospice West Auckland CEO, Dean Kelly. "This partnership will have a significant impact on our ability to continue supporting our West Auckland community in their times of need."

For over 80 years Davis Funerals have provided memorable and meaningful funeral services for New Zealand families. As one of Auckland's most trusted funeral providers, they specialise in creating unique legacies of compassion and support for families, serving the community with respect and dignity.

This Gold Partnership agreement reflects both organisations' shared values and commitment to supporting the West Auckland community when it is needed most. "We are excited to see this further advancement in the long standing, and deeply valued relationship which Davis has enjoyed with Hospice West Auckland." Michael Powell (General Manager, Davis Funerals).

For more information about Hospice West Auckland Davis Funerals please visit their websites at [www.hwa.org.nz](http://www.hwa.org.nz) and [www.davisfunerals.co.nz](http://www.davisfunerals.co.nz).

## Improve your health and fitness at Flippin' Fun

Congratulations to our awesome New Zealand Olympic athletes for our most successful games ever. If you're feeling inspired by their performances and maybe wanting to get back in shape, Flippin' Fun Trampoline Park is for you.

Trampolining is suitable for all ages so you too can benefit from the many advantages of bounding on tramps.

According to NASAs Journal of Applied Physiology, rebounding exercise is 68% more efficient than jogging.

The NASA Journal of Applied of Physiology listed interesting findings after doing a research on trampoline exercises.

When comparing similar heart rates and oxygen consumption between mini trampoline exercises and running or biking outdoor, they found a significant increase in "biomechanical stimuli" with rebounding.

This means that bouncing on a trampoline is more beneficial to your body than running and it's because of this, they now use trampoline exercises to recondition astronauts after spacewalk, to prevent muscle and bone degeneration.

To find out more about how trampolining is great for your overall conditioning and fitness check our website [www.flippinfun.co.nz](http://www.flippinfun.co.nz)

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# In Brief Updates

Find us at 19 Fernhill Drive, Westgate - Call us 09 833 6880.

## Getting back to the basics in education

By Cameron Brewer - MP for Upper Harbour

Our government is committed to lifting student achievement and giving Kiwi kids a world leading education.

Our kids need to be taught the basics of reading, writing, and maths brilliantly to set them up for success.

Recently we shared some shocking news on maths results in this country.

New data shows that last year, just 22 percent of Year 8 students were at the expected curriculum level for maths. Worse still, three in five are more than a year behind.

That's why we're taking swift action to transform maths education with the launch of the Make It Count maths action plan that will take effect from Term 1 next year. There are four components – curriculum, workforce, assessment, and accountability.

We're accelerating the shift to a new structured maths curriculum for year 0-8 students, rolling it out a year earlier than planned. So, from Term 1 next year, your child will be learning maths based on a new world-leading, knowledge rich curriculum – similar to countries like Singapore and Australia.

We've already required an hour a day each for maths, reading, and writing in schools, banned cell phones from classrooms, and are rolling out structured literacy to improve achievement, but it's clear we have a serious turnaround job on our hands.

We have a plan, and we are acting – fast.

Authorised by C Brewer, Parliament Buildings, Wellington.



## Inspiring a journey of rediscovery for young parents in West Auckland

Teenage parents are exposed to a myriad of challenges as they navigate their early parenting journey, with feelings of isolation and disconnection contributing to the immense pressures of life with a young child.

For a group of young mothers at He Wero o ngā Wāhine in West Auckland, a focus on wellbeing and active recreation is providing an opportunity for reconnection and self-growth, all while reinforcing belief in themselves.

He Wero o ngā Wāhine is a teen parent unit sitting under the umbrella of Henderson High School. The unit has around 15 young wāhine enrolled, all identifying as Māori or Pasifika. More than just a school, the teen parent unit is a community of young women with the same goal - to complete their secondary education and plan future pathways for them and their children.

A collaborative approach between He Wero and Sport Waitākere's Community Sport and Healthy Families teams, with funding support from Foundation North and the Henderson-Massey Local Board, has been helping to guide the young wāhine through a journey of self-discovery. The aim has been reinvigorating their interest in active recreation and ultimately, contributing to positive wellbeing.

"Rangatahi voice told us that they lacked connection, opportunities to be active, and that sport and recreational activities were something they missed about life before becoming hapū (pregnant)," explains Kelly McCann, Rangatahi Advisor - Active Recreation with Sport Waitākere.

"Keeping these wāhine front and centre, we worked alongside them to explore how active recreation could enhance their wellbeing, including the maramataka framework as part of this process."

Coming from the traditionally holistic understanding of wellbeing in Māori culture, the maramataka calendar utilises the traditional practice of observing the moon phases to help reflect and plan, with a clear connection between the environment and wellbeing.

"In the first phase of our co-design with the students, we used maramataka as a foundation and tool for wellbeing. We also looked

## Cameron Brewer MP for Upper Harbour

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CameronBrewerMP



Authorised by Cameron Brewer, Parliament Buildings, Wgtn.



# In Brief Updates

at how we could embed active recreation within that to add extra layers of support," explains Miriama Ohlson, Systems Innovator with Healthy Families Waitākere.

"Early on, it became very clear that they wanted better whanaungatanga with each other. They were all on different year schedules, with babies of different ages - and they wanted the chance to unite better," says Miriama.

A whakawhanaungatanga day run on site at the school provided valuable learnings that fed into the co-design process.

"The girls enjoyed the day, but it was very evident that they wanted and needed a mātauranga Māori framework. We subsequently identified Te Kaiārahi, an outdoor pursuits provider embedded in te ao Māori and providing strong alignment on values," explains Kelly.

A subsequent reconnection day run by Te Kaiārahi was held at Piha in May with a strong focus on the students' relationship with themselves, with each other and with the taiao (environment).

"By embedding manaakitanga, whanaungatanga, and kotahitanga within the delivery, the wāhine engaged in multiple active recreation activities to develop a sense of belonging, improve self-regulation and self-awareness, and reconnect back to nature, themselves and their communities," says Kelly. "This was the penultimate experience for the girls, supporting the objective of enhancing wellbeing through active recreation."

The journey to improved wellbeing is ongoing, and the joint initiative is already delivering change for the students. "One of the exciting outcomes from this initiative has been seeing the girls making decisions for their wellbeing, with two getting back into playing competitive netball," adds Kelly.

Head of the Teen Parent Unit, Rhiannon Robertson, says the initiative to date has created a positive experience.

"The day planned for our students was an incredible fit. It connected all elements of te whare tapawhā and our students came back buzzing. They were challenged in a safe and supportive way, opening them up to incredible new experiences. This was huge in helping to build their confidence in their own abilities."

Looking ahead, Miriama says the initiative with He Wero signals the start of an exciting journey for the young women.

"Ultimately, this was never the end destination, only the beginning, and it is intended that the insights learned to date will continue to be used to help contribute to improving the outcomes for the young parents, and ultimately their children. We know that helping to positively enhance their wellbeing now can have a huge impact on their health moving forward - and the benefits of this are intergenerational."

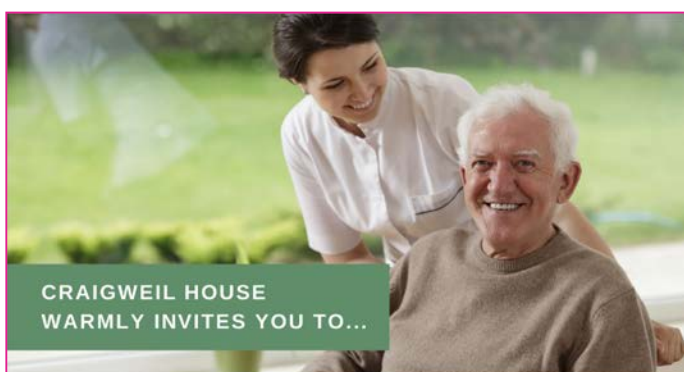
With the ongoing support of Sport Waitākere's Healthy Families and Community Sport and Recreation teams, He Wero is exploring how to further embed active recreation and other frameworks such as Mana Motuhake o te Kai as a vehicle for reconnection and wellbeing for its young parents.

## Colour your world at Craigweil House

The residents of Craigweil House Home and Hospital are embracing the joy of colouring, an enriching activity that brings numerous benefits. Engaging in colouring stimulates the mind and promotes relaxation, reducing stress and anxiety. This creative pastime also enhances fine motor skills and hand-eye coordination, while providing a sense of accomplishment and purpose.



We warmly invite families to visit our facility and see firsthand how these activities can benefit your loved ones or friends. Come experience the vibrant, creative life we offer at Craigweil House Home and Hospital, where every day is a masterpiece waiting to be coloured. 09 420 8277.



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## \$100 = Exposure for a month

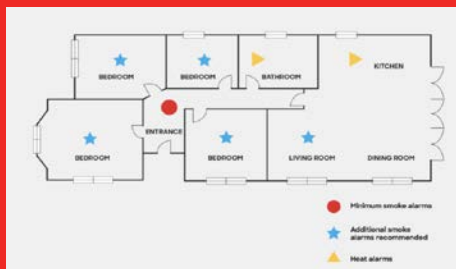
Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$100 plus GST you can be exposed to over 20,000 locals for a whole month. That is only \$3.30 a day. For more information email our editor at editorial@thewesterly.co.nz.



**Andrew Jackson**  
General Manager

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# Safer Communities



Longer sunshine hours are rapidly approaching with the return of daylight savings at the end of September.

This is a common time that is recommended as a perfect reminder to check that your smoke alarms are working and are ready to alert you and your family at the earliest possible time of a fire in your home.

The benefits of early detection are hugely beneficial with the early warning that can assist in the saving of lives within your family to evacuate and meet at your predetermined meeting place (such as your letter box near). This also allows for you to notify Fire and Emergency of the incident and your local brigade responding as soon

as possible to provide the quickest response we can to assist you.

There are many different smoke alarms available, but Fire and Emergency recommend the use of long life photo electric smoke alarms. They are far more effective than ionization alarms at detecting slow smouldering fires, which burn for hours before bursting into flames.

Better yet, choose a set of photoelectric smoke alarms that can be connected to each other wirelessly, via a dedicated radio frequency, or wiring together. If a fire is detected in one room of the house, interconnected alarms will trigger all the alarms in your home, so everyone will be alerted to a fire sooner. This is especially important in multi-storey homes and homes with long hallways

Did you know:

- Smoke from a house fire can kill in less than 3.00 minutes
- A third of residential fires Fire and Emergency attended last year did not



have smoke alarms installed.

- You're four times more likely to survive a house fire if you have a working smoke alarm.



Jamie Shaw

Deputy Chief Fire Officer

Waitakere Volunteer Fire Brigade

Phone 09 810 9251

## If you're in trouble in the water - Float first



# Float, Breathe, Signal, Survive.

**Float first**

**Breathe normally**

**Signal for help**

**Survive by swimming or floating**



Learn how to Float first  
[dpanz.org.nz/float-first](http://dpanz.org.nz/float-first)

# Property

## Property market report

Property market report

Values down as more properties come to market.

Asking prices for residential properties are reducing, as vendors become more realistic in their price expectations.

The average asking price on Realestate.co.nz has fallen for five consecutive months, to \$816,797 in July from \$927,312 in February.

Representing a decline of \$110,515, or 11.9%, over the last five months.

In the Auckland region, which is by far the largest real estate market in the New Zealand was gloomier, the average asking price has dropped \$142,857, or 12.8%, over the same period, falling to \$976,928 in July from \$1,119,785 in February 2024. This suggests vendors are finally starting to realise the valuations prevalent during the 2020/2021 boom are no longer relevant, and they need to adjust their price expectations downwards if they are to make a sale in the current subdued market. However falling asking prices aren't the only thing in buyers' favour today.

New listings and the total number of property available for sale on Realestate.co.nz are running at unusually high levels at what should be the quietest time of the year for the real estate market.

The total number of homes for sale on Realestate.co.nz in July was up 32.3% compared to July last year, while new listings received in July rose 31.3% for the same period.

So a large volume of properties coming onto the market. The good news out in August was the Reserve Bank starting to inch back the OCR base rate by 25 basis points now showing 5.25 basis points. Let's see how the banks are tracking:

ANZ	8.39% floating : 6.85% 1 year : 6.34% 2 year : 6.84% 5 year
ASB	8.39% floating : 6.59% 1 year : 5.89% 2 year : 5.89% 5 year
BNZ	8.44% floating : 6.85% 1 year : 6.34% 2 year : 5.99% 5 year
Kiwibank	8.25% floating : 6.75% 1 year : 6.34% 2 year : 6.09% 5 year
TSB	8.64% floating : 6.69% 1 year : 6.25% 2 year : 5.99% 5 year
Westpac	8.39% floating : 6.85% 1 year : 6.19% 2 year : 5.99% 5 year
Hobsonville	\$522,000 to \$2,010,000
Massey	\$610,000 to \$1,495,000
Swanson	\$735,000 to \$1,580,000
Waitakere	\$627,000 to \$827,000
West Harbour	\$716,000 to \$1,428,721



Westgate \$660,000 to \$1,051,000

Whenuapai \$710,000 to \$1,270,000

A reduction in mortgage rates will represent an increase in buyers' ability to secure a mortgage at a slightly higher value and in due course provide stability to falling prices and a firming of house prices. If you are considering listing your property for sale it costs no more to use an experienced agent with a proven track record. A sensible commission structure and excellent advertising program offered to ensure satisfaction. Call me for a no obligation chat on 027 632 0421, Graham McIntyre AREINZ. Mike Pero Real Estate Kumeu/ Hobsonville. Licensed REAA2008.

## Rental market report

Rents increase, demand decreases in Auckland

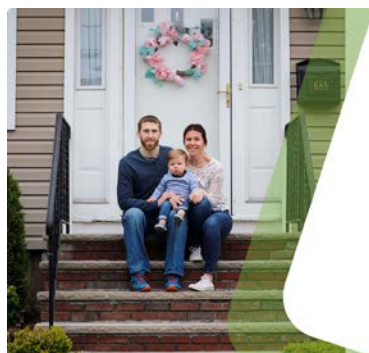
The median rent in New Zealand is \$600 (May, 2023). That's up \$30 a week (5.26%) since the same time last year. The annual adjustment for Auckland is at \$670 up from \$630 representing a 6.35% increase.

According to recent Tony Alexander's survey, over

10% of investors say the numbers of people looking for a rental property has reduced and that it is harder to find good tenants. This is supported by rental listing promoter TradeMe with data highlighting there were 5,520,000 rental listing searches in June 2024, down 13% compared to the same time last year. In addition, there were a total of 10,668 new rental listings that came onto that site in June, that's up 14% on the same time last year. Therefore rental demand is down, and supply is up.

Commentary from Property Mangers signal that stock levels of rental listings is the highest it has been since 2018. The market is not carrying overburden from the Auckland Anniversary Floods or damage caused by cyclone Gabrielle so demand is by-in-large normalised, while the inability of many new-build companies to sell townhouse and apartment property has created supply spikes. The average rental listing is 22 days on TradeMe, which is an increase of 29% or 5 days year on year.

If you have an investment property and are seeking a smart and sensible property management solution which is customised to your situation and requirements we would welcome the opportunity to have a chat. We offer a more sensible management fee and accountable asset protection schedule which will make you feel right at home. Call Graham McIntyre on 0276320421 for more



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Te Atatu Peninsula



# Property

information.

## Selling your house in spring is a smart move

Spring is often regarded as the prime season for selling real estate, and this is especially true in Kumeu. This picturesque area, known for its lush vineyards and close-knit community, comes alive in the spring, attracting potential buyers eager to experience all it has to offer. If you're considering selling your home, partnering with Stacey Milne from Mike Pero Real Estate can ensure you capitalise on this peak season.



Springtime in Kumeu is a period of renewal, with blooming gardens and longer daylight hours that highlight your property's best features. Stacey Milne, a seasoned professional with an intimate understanding of the local market, knows how to present your home in the most appealing light. She leverages the natural beauty of the season, coupled with expert staging techniques, to create a compelling listing that stands out.

Moreover, the spring season typically sees an increase in buyer activity. Families looking to relocate before the new school year, professionals seeking a lifestyle change, and investors eyeing the potential of Kumeu's growing market are all actively searching for properties. Stacey Milne's extensive network and marketing strategies ensure your listing reaches these motivated buyers, maximising your chances of a quick and profitable sale.

Stacey's commitment to personalised service means she will work closely with you to develop a tailored sales strategy that aligns with your goals. Her deep knowledge of the Kumeu area, combined with the trusted Mike Pero brand, provides you with a competitive edge in the market.

Selling your home in Kumeu this spring with Stacey Milne from Mike Pero Real Estate is a strategic decision that can lead to a successful sale. Her expertise, local knowledge, and the vibrancy of the spring market create the perfect conditions for selling your home.

Call Stacey today on 021 058 5692 or email [stacey.milne@mikepero.com](mailto:stacey.milne@mikepero.com). Mike Pero Real Estate Kumeu/ Hobsonville. Licensed REAA2008.

## Including a due diligence condition when buying property

By Tina White, Registered Legal Executive, ClearStone Legal

Purchasing a family home or investment property is one of the biggest financial decisions you will likely make in your lifetime. So, it makes sense to ensure you do your homework before you sign a Sale and Purchase Agreement. But picture this .... you've just seen the perfect property. You have been looking for six months and missed out on the last two properties. You're pretty sure you'll get the finance and of course you'll get a LIM report and maybe a building inspection too, so what's the harm in signing the Sale and Purchase Agreement? Should you find yourself in this position, we recommend you ask the agent to include what's called a due diligence condition.



What's a due diligence condition?

This condition covers more than "standard" conditions like finance or a building inspection. This condition allows you (and/or your lawyer) to thoroughly research the property. For example, you may wish to investigate:

- The flood zones and overland flow paths in relation to the property to see what happens to the property in extreme weather. To do this, you could check the Natural Hazards Portal, the property's LIM report, or ask the real estate agent whether the property has been subject to flooding in the past.
- Whether there is any unconsented work at the property. This may affect whether you're able to get insurance or finance to purchase the property. We often find people have upgraded their bathroom and replaced the wall linings, without getting a consent. A building inspector should be able to find out whether there has been any unconsented work, or you can also check the original plans for the property by obtaining a copy of the property bag from Council.
- If the property is a cross-lease, you should ensure that the footprint of the house and improvements matches the title plans. If not, this may be a defect in the title and could be costly to correct.
- If the property has a Residents' Association, a Body Corporate, or both. This will mean there are annual levies you will need to pay.
- Any proposed developments in the area by checking the Kāinga Ora website.

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# Property

- If the property part of the Retrofit Programme with Auckland Council? If so, your lawyer will ensure this is paid in full by the Vendor at settlement. If the property has used the Retro Programme, you will not be able to use it again for the same property.
- If there's anything quirky about the property - what is that weird pole in the back yard? Now is the time to research and ask those questions.

We recommend a due diligence condition should be 15 working days. Of course, it might not take you that long, in which case you can always satisfy the condition earlier. Alternatively, if you need more time, you can request an extension.

What can I do if I find issues?

If, during your investigations you've found something that concerns you, you have a couple of options. You could either ask the Vendor to rectify the issue prior to settlement or ask for a reduction to the purchase price. The reduction in purchase price would reflect the cost of fixing the issue yourself, after settlement. If the Vendor agrees, you can then satisfy your due diligence condition. If not, and the issue is a real deal breaker for you, you can cancel the Agreement. Although this result was disappointing, you would likely have saved yourself a headache further down the track and you now know what to look out for, in the future.

To ensure you are protected, a due diligence condition must contain specific wording. For further advice, give one of our friendly team a call on 09 973 5102 or check out our website at [www.cslegal.co.nz](http://www.cslegal.co.nz).

## Disclosure about trust assets to beneficiaries

Trustees now have a clear obligation to tell beneficiaries about the assets and investments contained within a trust. A further issue is the extent to which many trust deeds provide for not just the children of the settlor but more remote categories such as charities

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25 Oraha Road, Kumeu

and the de facto partners of the settlors' children. These provisions were intended to ensure that there was a broad range of people or organisations who could benefit from the trust. Usually, however, those beneficiaries beyond close family will be oblivious to their mention in a trust deed. Against this, most modern trust deeds try and make sure that the only beneficiaries are the settlors' children and grandchildren.

For this reason, it is often necessary to get legal advice about whether your trust deed is fit for purpose under the new act. That advice can include taking the necessary steps to confine the beneficiaries of the trust to children and grandchildren and removing the more remote beneficiaries before they become entitled to such information. For further advice and assistance with your trusts feel free to contact Kemp Barristers & Solicitors at [info@kempsolicitors.co.nz](mailto:info@kempsolicitors.co.nz) or 09 412 6000.

## Are you mortgage ready?

Five things that will help you prepare for a successful mortgage application.

### 1. Check Your Credit Score.

Your credit score provides banks with valuable insights into how you manage your debts. A clean credit history increases your chances of a successful application as it demonstrates responsible borrowing behaviour.



Before applying for a home loan, obtain a copy of your credit file to check for any negative marks that could impact your application.

The most popular sites to do this are Centrix, Equifax, or ClearScore. Maintaining a good credit score requires responsible financial habits, such as paying bills on time, keeping within your credit card limit and avoiding excessive borrowing.

By managing your credit, you can show the bank that you are a good payer.

### 2. How Is Your Bank Account Looking?

Good account conduct is essential when applying for a home loan.

The banks will want to look at the last 3 months' worth of your bank account statements to make sure you are managing your money responsibly.

If you go into overdraft on your accounts regularly this can be seen as a negative so you will need to watch this closely. Furthermore, if you go into an unarranged overdraft on a regular basis this is a definite "red flag", so make sure you keep your accounts looking good at least 3 months prior to applying for a home loan.

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# Property

### 3. Clear The Debt Decks.

Having outstanding short term debts, such as credit cards, BNPL (Buy Now Pay Later) or personal loans, can definitely impact your borrowing eligibility.

Before applying for a home loan, it's beneficial to try and pay off any existing debts.

Prioritise paying off high-interest debt first to minimise your ongoing interest charges which will help to free up more funds to pay down your other debt or boost your deposit.

### 4. Do You Really Need That Massive Credit Card Limit?

When the banks assess your home loan application, they take into account your credit card limits, not just the balance you have owing.

If you have unused credit card limits, consider reducing or eliminating them altogether.

While it may seem counterintuitive, reducing your credit card limit can actually improve your borrowing power.

Lenders will take into account the minimum monthly payments (usually around 3%) based on your credit card limit, so a lower limit means a lower minimum payment assumption when they are running their calculations.

### 5. Talk to a Mortgage Adviser Upfront

The best time to involve a Mortgage Adviser is the moment you decide that you are going to buy your own home.

Working closely with a Mortgage Adviser will also enable you to put your best foot forward when applying for a home loan and navigate the lending landscape, saving you a lot of hassle, so reach out if you need a hand!

Stephen Massey - Mortgage Advisor and First Home Specialist, Call 021 711 444, [www.loanmarket.co.nz/stephen-massey](http://www.loanmarket.co.nz/stephen-massey)

## Rental market experiencing significant shifts

The rental market nationwide is experiencing significant shifts, and as a leading property management company, The Rent Shop Hobsonville is closely monitoring these changes. A notable trend has emerged since early June:

an increase in rental supply coupled with a decrease in tenant demand. According to Trade Me data, rental property listings have surged from 3,400 in February to a staggering 11,863 in July. This nearly threefold increase highlights a more competitive market for



landlords, making it essential to adopt proactive strategies.

With the influx of rental properties, retaining existing tenants has become a priority. Stability is crucial in uncertain markets, and we advise our clients to consider offering incentives or flexible lease terms to keep their current tenants. A happy, long-term tenant can be more valuable than securing new ones, as it minimises vacancy periods and the associated costs.


In today's market, it's essential to be realistic about rental pricing. Achieving the highest possible rent may not be feasible, and setting an overly ambitious price could result in prolonged vacancies. Instead, we recommend pricing properties competitively in comparison with nearby homes. This approach can make your property more attractive to prospective tenants, ensuring quicker occupancy.

To stand out in a crowded market, consider offering incentives. We have collaborated with several owners to offer the first week free on new tenancies. This strategy gives your property an edge over the competition and attracts more interest from potential tenants. Additionally, holding off on excessive rent increases until the market stabilises can help retain good tenants, who may be sensitive to rent hikes in an uncertain economic climate.

Despite challenging market conditions, The Rent Shop Hobsonville has successfully rented out properties in the last two months. Our "days on the market" (DOM) metric currently stands at 16 days, significantly below the industry average of 22 days. This success is due to our robust property marketing strategies and the dedication of our team.

Additional strategies for navigating the current market include making simple property improvements, offering flexible lease terms, allowing pets, and maintaining good communication with tenants.

As we navigate these market changes, The Rent Shop Hobsonville remains committed to providing exceptional service to our clients. With the right strategies, it's still possible to secure quality tenants quickly, even in a market flooded with listings. If you're a landlord looking for expert property management, contact The Rent Shop Hobsonville today and learn how we can assist you in these challenging times. Mike James 021RENT4U(736848) [mike.james@therentshop.co.nz](mailto:mike.james@therentshop.co.nz)



**Loan Market**

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

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(736 848)



# 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 \$
HOBSONVILLE	1,275,000	149M2	185M2	1,195,000		1,175,000	471M2	192M2	1,165,000
	1,800,000	333M2	260M2	1,489,000		950,000	699M2	90M2	750,000
	1,100,000	308M2	103M2	1,004,000		970,000	588M2	100M2	740,000
	1,400,000	270M2	226M2	1,292,000		1,100,000	711M2	105M2	875,000
	1,155,000	233M2	162M2	1,088,000		890,000	209M2	97M2	892,000
	955,000	172M2	90M2	815,000		1,250,000	675M2	102M2	945,000
	940,000	125M2	89M2	906,666		975,000	172M2	162M2	841,000
	910,000	97M2	92M2	815,000		980,000	423M2	91M2	845,000
	1,235,000	199M2	163M2	1,153,000		720,000	57M2	68M2	610,000
	1,285,000	206M2	181M2	1,130,000		720,000	644M2	91M2	840,000
	1,400,000	211M2	238M2	1,360,000		1,750,000	1002M2	275M2	1,495,000
	1,100,000	159M2	143M2	940,000		1,300,000	2.2HA	169M2	1,465,000
	1,000,000	77M2	169M2	950,000		1,050,000	187M2	163M2	940,000
	1,080,000	190M2	153M2	989,000		1,450,000	593M2	175M2	1,220,000
	770,000	85M2	82M2	698,000		1,175,000	696M2	190M2	930,000
	1,030,000	113M2	140M2	950,000		1,200,000	551M2	157M2	935,000
	1,575,000	250M2	176M2	1,450,000		1,025,000	171M2	141M2	965,000
	2,285,000	461M2	243M2	2,010,000		1,050,000	665M2	118M2	880,000
	930,000	98M2	145M2	900,000		850,000	564M2	151M2	880,000
	780,000	65M2	87M2	743,000		1,200,000	377M2	100M2	875,000
	1,135,000	192M2	154M2	1,075,000		840,000	433M2	120M2	820,000
	1,260,000	700M2	200M2	1,300,000		840,000	392M2	76M2	720,000
	910,000	117M2	94M2	868,000		1,275,000	605M2	141M2	900,000
	880,000	101M2	98M2	850,000	WEST HARBOUR	1,535,000	679M2	295M2	1,349,000
MASSEY	880,000	183M2	99M2	840,000		1,200,000	245M2	175M2	1,205,000
	1,200,000	611M2	90M2	840,000		1,175,000	622M2	120M2	1,050,000
	740,000	0M2	72M2	685,000		2,140,000	710M2	335M2	1,755,000
	1,425,000	984M2	103M2	768,000		2,525,000	527M2	461M2	1,335,000
	1,125,000	1427M2	130M2	952,500		770,000	273M2	80M2	730,000
	1,200,000	682M2	120M2	920,000		1,000,000	327M2	210M2	800,000

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

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

**2.95%** up to \$490,000

(Not 4% that others may charge!)

**1.95%** on the balance

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



Graham McIntyre  
Brand & Territory Owner  
027 632 0421

**Mike Pero**  
REAL ESTATE

**Raine & Horne**

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

## 3 Bluefin Way, West Harbour

By Negotiation  
Viewing by appointment

A fabulously crafted and meticulously cared plaster on cladding board with cavity, set in a cul de sac road, with established plantings, cleaver gardens and enjoying all day sunshine. An open plan kitchen, dining with alfresco to patio and outdoor entertaining area. Significant storage, large garaging and guest w/c. Upstairs enjoy three bedrooms, plus large lounge/media, or additional bedroom and two bathrooms with excellent connectivity, a peek of the inner harbour and alfresco champagne decking. There is so much to love within this modern family home. Owners are heading South so don't delay. The CV on this property is \$1,100,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).



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[www.mikepero.com/RX4117164](http://www.mikepero.com/RX4117164)



ELEVATED AND SUNNY PLUS 3 CAR GARAGING

3 1 2 1

By Negotiation

## 22 Zingaro Place, Massey

By Negotiation  
Viewing by appointment

Set on 979sqm (approx) this is a big section with a big home. Offering extensive garaging and off street parking with storage options galore, work from home, or develop an additional guest wing. Upstairs enjoys extensive gated lawn and gardens with mixed alfresco settings to enjoy sunshine or shade with easy access to kitchen, dining and lounge areas. All the bedrooms and bathroom off a central hall, this is a home that will deliver peace and ambience upstairs and hobby, work and workshop downstairs, certainly a ying and a yang for all buyers. The CV on this property is \$975,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).



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



XXXL SHED, NEAR NEW HOME PLUS MINOR - PARADISE

7 4 6 4

By Negotiation

## 298 Red Hills Road, Taupaki

By Negotiation  
Viewing by appointment

It's a rare find, and one that you'll love to make your own. Let's start with the land a 2.2 hectare parcel that offers the perfect mix, delivering satisfaction, fun, neighbour separation but not the work. Peppered with hedging and feature trees that deliver shade, privacy and ambience. Improvements on the land include a 330sqm (\*approx.) shed with mezzanine, parking for 20+ cars, 2 bedroom minor dwelling with long term tenant, stables complex and near new home, with seamless alfresco to decking and step down to lawn. So much on offer here with five bedrooms, three bathrooms, three lounges, with modern entertainers kitchen-dining-lounge. Smart heating and cooling options delivering efficiency and ambience this is an offer you'll be talking about with friends and family. Close to Westgate and Kumeu, motorway links and schools.....

[www.mikepero.com/RX4227636](http://www.mikepero.com/RX4227636)



**Graham McIntyre**  
027 632 04251  
graham.mcintyre@  
mikepero.com

# Hot Property



## Hamptons look & feel, sunny, spacious, spectacular

Welcome to a beautifully presented mixed brick home, a short stroll from Marina View School, parks and convenience shopping.

In a quiet, mature, Tahitian Pohutukawa lined cul-de-sac street surrounded by substantial homes you'll feel surrounded by colour and bird life.

From integrated alfresco living to glorious views to the city over the

inner harbour, certainly nothing better on a sunny day. Enjoy the warmth and serenity of this modern layout, with multiple entertaining zones with kitchen to dining and lounge to alfresco dining with full luva-tech and weather screens. Offering four bedrooms, including master ensuite and walk in wardrobe. Three toilets including bathroom, guest toilet and ensuite. Abundant sunshine and heat pump compliments this warm home, perfect for winter snuggling in. A private courtyard and back yard compliments the offer. Come and experience this fabulous home today, a short drive away from shopping, schools, parks, inner harbour and motorway access.

We are happy to supply a list of the last 12 months of transactions



# Hot Property



in this area. For a complete 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.



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[www.mikepero.com/RX4035166](http://www.mikepero.com/RX4035166)



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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## BUSINESS - TOWN CENTRE ZONE - HUAPAI

3 1 1

By Negotiation

### 8 Oraha Road, Huapai By Negotiation

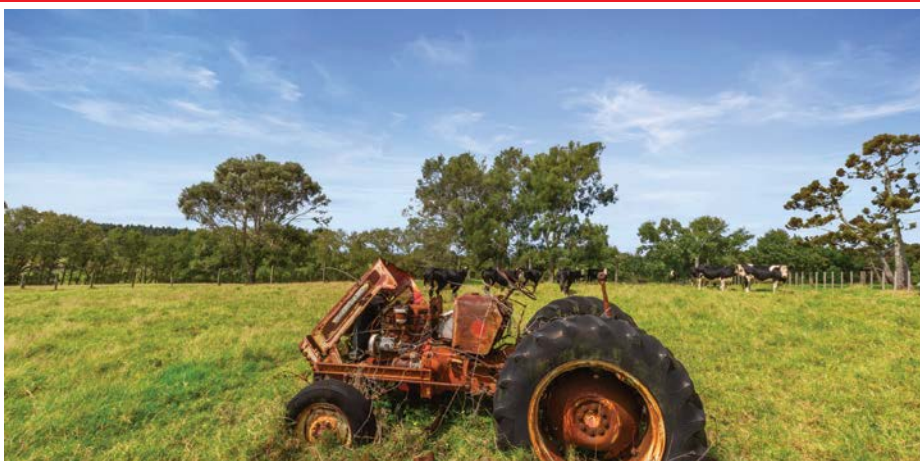
Nestled to the Eastern boundary of the Huapai Business Zoned area is this generous 869sqm parcel of land offering a flat section which shoulders the carparking and the Police Station at Huapai. A stately three bedroom bungalow with open plan kitchen, dining and living room leading onto westerly decking. A large shed and carport offers storage options while the yard is full of mature fruit trees. Fully fenced, flat section with services in the street. A short distance to parks, schools and convenient transport links. Invest today for options tomorrow.

[www.mikepero.com/RX3226379](http://www.mikepero.com/RX3226379)



**Graham McIntyre**  
027 632 0421  
09 412 9602

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



## SUN KISSED, NORTH FACING HOUSE AND LAND PACKAGE

By Negotiation

### 18 Peters Lane, Taupaki By Negotiation

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

[www.mikepero.com/RX4010720](http://www.mikepero.com/RX4010720)



**Graham McIntyre**  
027 632 0421  
09 412 9602

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



**AFFORDABLE IN GLEN EDEN, WIDE VIEWS, NTH FACING** 3 2 1

**By Negotiation**

**20 Terra Nova Street, Glen Eden**  
By Negotiation

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

[www.mikepero.com/RX3792484](http://www.mikepero.com/RX3792484)



**Graham McIntyre**  
027 632 0421  
09 412 9602

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



**BRICK AND TILE ON 704SQM (APPROX.) - FAMILY OASIS** 4 2 2

**By Negotiation**

**130 Matua Road, Huapai**  
By Negotiation

A beautifully appointed and finished Ashcroft Home, offering an easy living 237sqm (approx). floor-print and a generous 704sqm (approx). section-size. From entrance to entertainment area the home seamlessly caters for a family that respects space, quiet and independence, offering two separate bedroom wings, entertaining and a multi-room offering media/ office/ guest room options. Four rooms and two bathrooms, separate laundry and oversized double garage. A large entertainers kitchen/lounge/dining leading to outside decking and lawn with established fruit trees and easy care garden. So much to see, and plenty to impress. This Ashcroft Homes build does set a high standard and certainly a great home to make your own.

[www.mikepero.com/RX3758090](http://www.mikepero.com/RX3758090)



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## BREATH TAKING VIEWS, 1.58 HECTARES (APPROX) BARE LAND

By Negotiation

### 421 Kiwitahi Road, Helensville By Negotiation

Discover a rare opportunity on this expansive 15,860 sqm (approx.) piece of land, offering a diverse range of contours, from flat expanses to gentle slopes. With a North West facing orientation, this plot provides the canvas for crafting your own personal paradise. Embrace breath taking views and explore various landscaping possibilities within this distinctive microclimate. Tucked away from the road, on a tar sealed access way, convenience meets serenity, with services within easy reach. Unlock the potential for a harmonious lifestyle by exploring house and land package opportunities tailored to your vision for a dream home in this idyllic setting. 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).

[www.mikepero.com/RX3872524](http://www.mikepero.com/RX3872524)



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## OCEAN AND KAIPARA VIEWS, BUSH AND GRAZING

3 3 3

By Negotiation

### 429 Kiwitahi Road, Helensville By Negotiation

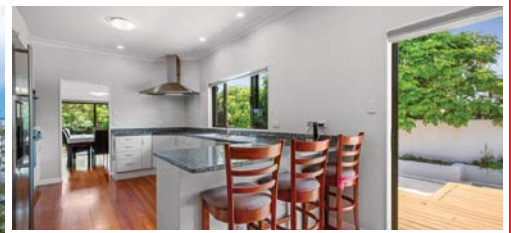
Indulge in the splendour of country living with this extraordinary home boasting unparalleled views to the Tasman Ocean and northward to the enchanting Kaipara Harbour. Nestled on a sprawling 1.6 HA (approx.) of land, the property features meticulously designed formal and informal gardens, meandering pathways, an amphitheatre, and unique micro-glade gardens seamlessly blending into native bush. This restyled and refurbished home offers spacious living areas, bedrooms, ensuites and with studio options, as outlined in the provided floor plan. Tailored for the discerning mature buyer who appreciates the value of active relaxation amidst a sun-soaked glade with breath taking panoramic views, this property is truly special.

[www.mikepero.com/RX3870348](http://www.mikepero.com/RX3870348)



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09 412 9602

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LIFESTYLE-URBAN BLEND - GOOD LIFE ON ALMOST ½ ACRE



By Negotiation

**29 Sunny Crescent, Huapai**  
By Negotiation

Seldom found this is an outstanding mini-lifestyler in an urban setting, offering the best of urban and lifestyle living. Offering the good life in so many ways, the home has been meticulously crafted to deliver functionality and beautiful form. Clad in Hinuera split face, kiln fired stone, it offers a special exclusive style that merges seamlessly decking and patio entertaining. Extensive sliders deliver the outside in, enjoying open plan lounge-dining and kitchen-cozy meeting the dynamic needs of family living. Hardwood flooring that takes your breath away. All bedrooms, bathroom and laundry off a central corridor. Master, ensuite and walk in wardrobe also enjoys slider access to north facing decking.

[www.mikepero.com/RX3977654](http://www.mikepero.com/RX3977654)



**Graham McIntyre**  
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09 412 96902

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



ELEVATED FAMILY BUNGALOW, VIEWS AND SUNSHINE



By Negotiation

**193 Wairere Road, Waitakere**  
By Negotiation

Picture perfect this beautifully matched stately bungalow within a glade of calm, raised bed garden, play lawn and securely fully fenced. A home you'll love, finding peace and solace with after work, and tinker in the workshop downstairs or cultivating fresh produce in the garden. Upstairs you'll be impressed with expansive views from the decking and alfresco through to open plan lounge and dining with galley kitchen through to laundry and central hallway to three bedrooms and refurbished bathroom. A much loved and enjoyed family sanctuary, which is now asking questions if it is your new place of peace and harmony. Close to Waitakere Primary School, parks, walking tracks, transport links and convenience shopping.

[www.mikepero.com/RX4003057](http://www.mikepero.com/RX4003057)



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09 412 9602

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



JUST UNDER 1 ACRE, TWO HOMES, FLAT PASTURE

5 2 2 2

By Negotiation

## 171 Boord Crescent, Kumeu

By Negotiation  
Viewing by appointment

Two homes, with opportunity to add value, offering a clever home of five bedroom, two bathroom double garage with beautiful North facing decking spanning master bedroom to kitchen/ dining room. The home is sun-filled and offers views over rural farm land peppered with mature trees and shrubs. The second home is a simple one bedroom, bathroom, kitchen/lounge/dining with garage, with a Northern aspect offering extra space and options for the family. It's sheltered by the garage and plantings to be discrete and obscure. A short distance to Kumeu shops, schools and transport links the property offers convenience and easy care. The CV on this property is \$1,650,000. 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).

[www.mikepero.com/RX4149907](http://www.mikepero.com/RX4149907)



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# Home & Garden

## Need a tiler - Tile Wright

Now's the time to start thinking about that kitchen, bathroom or laundry project.

We are now carrying out free no-obligation quotes for your tiling needs; kitchens, splash backs, bathrooms, under floor heating and laundries.

We specialise in all things tiling; providing high quality services including Auckland Council approved water proofing, bathrooms, kitchens and splash backs.

With over 6 years' experience in the industry, we pride ourselves on high quality workmanship.

We cover most of Auckland, have competitive prices and offer a workmanship warranty on all work. No job too small, we cover it all.

Call us today on 027 260 8225 for a free no-obligation quote.



## Five things we want you to know

At Blackout Electric we have had years of experience in the industry and can provide valuable tips to help save you money and keep your household safe from electrical hazards. So, before you attempt a DIY lighting upgrade or delay having those flickering lights fixed, here's some things to take on board.



1. Don't DIY - A seasoned DIYer might be tempted to think because they've plumbed their own kitchen tap that carrying out their own electrical is within their DIY capabilities. However, we suggest asking yourself; is saving a bit of money really worth the extra time, stress and your safety? Electrical work can be dangerous if you

are not trained on the specifics, and a simple mistake can lead to electrocution or cause an electrical fire.

2. Call an electrician before buying an old home - If you are looking at buying an old home, you should be aware of the risk involved in terms of your electrical safety. If the home is more than 30 years old, it is likely it will need a complete re-wire. This is because the old wiring can be dangerous. Calling an electrician to help assess the quality of the home's current electrical before your buy can help provide clarity in regards to how much electrical work will need to be done to ensure the home is safe.

3. Cheap doesn't necessarily mean best - When you are looking to hire an electrician for the first time, it is important you understand cheap isn't always best. A quality electrician will charge you a fair price and will make an effort to recommend suggestions to improve the electricity efficiency of your home. Reviews are an excellent indicator as to whether the electrician delivers a quality service, as they come from the perspective of real customers. Check out our reviews on Google and No Cowboys.

4. We offer a warranty on our work - As electricians, we have undergone years of supervised training and education to be able to work in our industry. The tasks are often dangerous and can leave an untrained individual at risk of electrocution. An electrician who has been working in the industry for years has the experience to be able to get the job done without compromising on quality. Therefore, for your reassurance, Blackout will offer a warranty on our work.

5. We're here to help - When you book an electrician, we have a lot of responsibility to ensure we leave your home as safe as possible. As a result, sometimes, what may seem like a simple job from the outset, can end up taking longer than expected. This is because additional work is required to ensure your home is safe and your family is protected from electrical hazards.

If you're looking for an electrician who has your best interests at heart and offers a quality service give Blackout Electric a call on 021 708 097 [www.blackoutelectric.co.nz](http://www.blackoutelectric.co.nz) or [info@blackoutelectric.co.nz](mailto:info@blackoutelectric.co.nz).

## Whenuapai Floral and Garden Circle

Nearly spring and already our freesias have reappeared. Not where we planted them of course because they have a habit of spreading all over the place. In fact, we no longer bother to plant them, just scatter the tiny bulbs, and let them flower wherever they want.



The big bright colourful freesias



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# Home & Garden

are a delight to the eye however my favourites are the good old fashioned creamy yellow ones with the fantastic scent.

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. Our next meeting is 12th September and we look forward to seeing you there!

Until next time, Happy Gardening from Mary Anne Clark.

## Building your dream home starts with Signature Homes

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



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inspiration for you to personalise your dream home. See how different layouts and features can be adapted to create your perfect living space

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

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

## Winter water savers specials

Spring into action and start thinking about money saving ideas with additional water storage for Summer - see us in store and SAVE UP TO \$550.00!! Further discounts if you purchase 2 tanks. Smaller tanks are ideal for topping up the pool, watering the garden, washing the car or the boat! Our tanks range in sizes from 300 litres to 31,000 litres with a variety of colours so we are sure to have something for

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# Home & Garden

everyone FREE rainwater all year round! Give us a call today for a FREE quote for water tank supply and installs.

Are you collecting enough rainwater? Did you know? If your gutters are blocked this will mean your water tank is not getting as much water as it could, and your tank is likely collecting debris and gunk that you could be drinking! Don't get caught out this summer with your tanks down. Blocked gutters can also cause gutter drooping, overflowing, roof leaks and damage to ceilings and windows. Call us today to book in to have your Gutters and Tank/s cleaned to ensure your gutters are working to their full potential and collecting fresh clean rainwater for summer! Enquire in store about UV Filtration options for safe drinking water for your home.

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## Laser Whenuapai and Roofing Whenuapai

Have you noticed high water bills all of a sudden?

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

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

A sudden increase may indicate a watermain issue. Look for notifications from Watercare about unusual water usage.

Noticed high water bills all of a sudden?



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Surface Water on Your Property - Check for areas with standing water, indicating a possible watermain problem.

Visible Water Leaks - Act quickly if you notice visible leaks on your property.

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

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

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

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

## September kitchen garden

September is a busy month in the garden calendar. The days are getting longer and the weather warmer. The promise of a long hot summer and a bumper harvest is in the air.



- It's spring and time to prepare your garden for planting
- Sow vegetable seeds for summer salads
- 'Fresh is best' plant vegetable seedlings
- Prepare and plant your herb garden
- Time to refresh and replenish your pots
- Continue to plant seed potatoes
- Plant and feed strawberries

If you haven't already prepared the soil now is the time to get started. If it doesn't need turning over, then spread a couple of bags of compost over the bare soil and dig through the top layer before you plant.

Empty your compost bin, it is ready when it is the consistency of lumpy soil, don't plant straight into it though, it is too rich, leave for a few weeks before planting.



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# Home & Garden

Frost will be your biggest enemy now, be vigilant. Drape frost cloth over but not touching the plants. If it is too close a hard frost will freeze it to the plants.

Sow seeds; carrots, parsnip, beetroot, silverbeet, peas, lettuces, leeks, cabbage, tomato, capsicum, courgettes, melon, cucumber and eggplant. Transplant to the garden as the weather warms and when they are showing at least two sets of true leaves.

Sow peas, snow peas, runner and bush beans, directly into the ground. Protect from any frosts. Planting seeds too deep can lead to decay. Follow the instructions on the back of the packet.

Don't waste the little plants you pull out when thinning your carrot and beetroot, they are great in salads.

For the warmer regions plant, eggplant, capsicum, cucumber, melons.

Plant seedlings: Lettuce, leeks, cabbage, corn, pumpkin, celery, onions, silverbeet, courgettes.

Stagger planting green salad crops like mizuna, lettuce and mesclun for continuous supply.

Plant passionfruit early in the warmer regions, they need well drained soil and strong support.

Continue planting herbs, unless you are in the warmer parts of the country leave basil and coriander until October.

Plant sprouted seed potatoes, or a second crop for a staggered harvest.

Feed strawberry plants, with strawberry food every two weeks, water in the fertiliser and don't forget to protect all seedlings from slugs and snails, they love tender seedlings.

Mitre 10 MEGA Westgate & Henderson

## Chainsaw training school - safety & maintenance sessions

At our STIHL SHOP stores at Kumeu and Westgate, not only do we sell the best of the best in chainsaws and outdoor equipment, but it's also important for us to ensure our customers (and community) are aware of the safety requirements and best operating practices of the equipment we sell - which is why we run our very own Chainsaw Training School classes!



We've been running our Chainsaw Training School for about five

years, with classes usually held over our quieter winter months or heading into Spring. Our classes consist of a comprehensive 5-hour session, run over the weekend from our on-site workshop and facilitated by our qualified instructor. Participants learn all about health, safety and maintenance of chainsaws, as well as useful operation tips and tricks from our industry expert. Class numbers are limited to a maximum of 12, so they usually book up pretty quickly. All participants receive a course manual, certificate of attendance and lunch!

To register your interest for our Chainsaw Training School classes, or to arrange a tailored session for your group, email us on kumeu.marketing@stihlshop.co.nz or call 09 412 8592, or head in and see our teams at STIHL SHOP Kumeu & Westgate. STIHL SHOP Kumeu is open Mon-Fr 8.30-5.30, Sat 9-4. STIHL SHOP Westgate is open 7 days.

## Mr.Walker Electrical, Plumbing and Gas

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



For over 25 years, the team at Mr Walker have been providing quality electrical, plumbing and gas fitting work to a wide range of domestic and commercial customers across Auckland. Today, we're no different. We're focused on providing our customers with a fast, efficient service with quality outcomes. And because we have quality electricians, plumbers and gas fitters in our team, we can manage all the requirements on your property - without you needing to manage three different trades on site. We have a workshop in Hobsonville.

We're a family owned and operated business who puts customer service first. Which is the reason for our company motto: "Nothing Is Impossible". Because we're focused on solving any electrical, plumbing or gas related problem you might have. Call us on 09 414 4404 or 021 956 463. Email team@mrwalker.co.nz.

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# Food & Beverages

## Christmas is coming...

We know it's only September, but we are now taking bookings for Christmas.

Christmas Day Lunch - we have a three course set menu in The Landing Restaurant and a family-style buffet in The Boat House. Bookings are strictly limited so get in touch for more information.

Christmas Functions - we have different options to suit various group sizes and budgets. Dinner and DJ packages are available in The Boat House, and more casual pizza and platters in the Portage Bar.

We'll also be looking for summer staff from October, so if you know someone who wants to join the team please send them our way.



## Ever wanted to buy honey by the bucketful?

Don Buck Honey doesn't just sell honey in wee pots. A lot of people buy honey from me by the bucketful to replace their use of processed sugar in things like their hot drinks and cooking and baking - if this sounds like you, my honey buckets might be your thing. I have several batches available in different sized buckets: 2kg Avocado Manuka (\$45), 2.5kg Rural West Auckland Honey (\$40), 5.25kg Far North Bush Honey (\$65). I can also ship two buckets as one package through the courier to save you on shipping costs. Courier is \$12 within Auckland for residential/urban addresses, or pickup is from Massey.



Get in touch ([donbuckhoney@gmail.com](mailto:donbuckhoney@gmail.com)) or order online at [www.donbuckhoney.co.nz](http://www.donbuckhoney.co.nz).

## Croatian Night at Soljans Winery

Join us on Friday, 20th September at 6:30pm for Croatian Night at Soljans Winery, where every bite tells a delicious story steeped in tradition and flavour. For \$95 per head, experience the essence of Croatia as we bring the rich culinary heritage to life. Wine Pairing for each of the 4 courses is available. From fresh seafood to delicious desserts, our fine dining menu is crafted to transport you straight to the Dalmatian coast. Come and immerse yourself in an evening of authentic cuisine, warm hospitality, and the vibrant spirit of Croatia, right here at Soljans Winery. Please book online at [www.soljans.co.nz](http://www.soljans.co.nz) or call us on 09 412 2824. Bookings essential.



## Supper Club

Come along to the Good from Scratch Supper Club, a monthly intimate dinner hosted by Bee and Michael Van de Elzen. Enjoy our beautiful space with family and friends over a three-course set menu featuring seasonal produce from our kitchen gardens. Local wines and craft beers will be available to purchase, on the night.

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

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



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# Food & Beverages

## FON is a name

FON is a name you may have heard when speaking to friends in everyday conversation. We are a sweet shoppe specialising in gourmet candy floss boasting over 50 flavours. Our candy floss is used in a variety of ways like prepackaged candy floss tubs, glitter drink bombs, candy floss cakes and even candy floss sugar. We are based in Auckland, but you can find us anywhere in New Zealand. We are available online and supply to cafes, bars and bakeries with our yummy treats. In addition to our fun and unique candy floss you can find a variety of treats in FON Sweet Shoppe located at 74 Hobsonville Point Road, Hobsonville like fudge, nougat, popcorn, lollies and special gifts. Follow us on our socials @fonsweetshoppe and @foncandyfloss for updates on new products and places you may find us.



## Beat winter at The Hunting Lodge

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

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

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

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

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

From past experiences, the team knows how to pull together an

exciting array of splendid events.

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

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

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

Follow the Hunting Lodge on Instagram @the\_hunting\_lodge or Facebook and check out the 'What's On' page on their website through [www.thehuntinglodge.com/whatson](http://www.thehuntinglodge.com/whatson), or go to [www.thehuntinglodge.com](http://www.thehuntinglodge.com) for more information.

## Peko Peko Japanese Restaurant

In the heart of Hobsonville, our little Japanese restaurant is owned by a local Japanese family. We have been open for four and a half years now and it's been 10 years since we started the tiny food truck business that some of you may remember. We have never changed the recipe of our popular Katsu chicken and we have added a lot more authentic Japanese tastes for our local customers to enjoy. Our teriyaki salmon has been also very popular recently with our original house-made teriyaki sauce. Please visit our website on [www.pekopekojapanese.nz](http://www.pekopekojapanese.nz) to check what we have onsite. We are fully licensed and serve Japanese beer and sake, as well as beautiful local Soljans wines. Located at 102c Hobsonville Rd, Hobsonville just next to Hobsonville Primary school. We look forward to seeing you soon. 09 416 1197.



pekopekojapanese.nz to check what we have onsite. We are fully licensed and serve Japanese beer and sake, as well as beautiful local Soljans wines. Located at 102c Hobsonville Rd, Hobsonville just next to Hobsonville Primary school. We look forward to seeing you soon. 09 416 1197.

## \$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

How long does Botox® last?

Anon, Whenuapai.

Botulinum toxin, more commonly known as Botox® is a neurotoxin that relaxes muscles. It is injected in different areas at different doses, in order to target muscles we no longer want to contract.

Results tend to last approximately 3-4 months, however this is dependent on a few factors. Some injectors (and companies) argue certain brands of Botulinum toxin last longer than others, however research has consistently shown dose injected is the most important factor, as the higher the doses used, the longer results last. Higher doses however are associated with more muscle paralysis, so a more "frozen" look, which can appear less natural. A more targeted approach to individual anatomy can also yield longer results as no unit of toxin is wasted on muscles that do not need treatment.

Even though typical results last 3-4 months, repeat treatments often aren't required for a bit longer as the facial muscles take time to re-train and catch up to the rest of the face to resume normal expression. This means one can often obtain 5-6 months of longevity out of their anti-wrinkle treatments, which has the added benefit of allowing muscles to regain full strength before repeat treatment, so are less likely to waste and lead to an odd appearance long term. It is also fantastic for the budget.

Utilising evidence-based products from reputable brands that are reconstituted correctly, not expired and stored correctly will also enhance results. It is always important to ask your injector what they use and why, and check they store their products correctly. Make sure you also keep an eye on long-term changes in your face as result



of anti-wrinkle injections, as repeated high-dose treatments when not required can often lead to heaviness and/or an odd appearance with strengthening of other muscles in order to maintain normal facial expression.

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

## Four unexpected reasons why your pain isn't improving

Most tissues heal within six to twelve weeks following an injury, yet many people experience significant pain long after this period. The intensity of pain does not always correlate with the amount of physical damage; severe pain can occur with minimal detectable damage.



Here, we explore some surprising reasons why your pain might persist even after the tissues have healed.

**Fear of Pain** - Pain can mean different things: it might affect your ability to work or signal a serious health condition. Your perception of pain can significantly impact how you experience it. Believing that pain equates to causing more damage can make you more sensitive to it, as your nervous system amplifies the signals to protect you. Understanding that pain does not necessarily mean additional damage can help reduce its intensity. Consulting a physiotherapist can be beneficial in this regard, as they can clarify the nature of your pain and help you gain better control over your recovery.

**Altered Movement Patterns** - In the aftermath of an injury, people often modify their movement to avoid pain. Unfortunately, these altered movement patterns can become maladaptive, placing unusual stress on your body and leading to new pain and discomfort. Addressing these maladaptive patterns can significantly reduce pain post-injury. Since you might not notice these changes yourself, a physiotherapist can help identify them and guide you back to your normal movement patterns.

**Loss of Muscle Strength** - While rest is crucial after an injury, complete inactivity can lead to muscle weakness. This loss of strength can affect your posture, increase fatigue, and make you more susceptible to further injuries. Reduced movement can also make you more focused on the pain. Physiotherapists can recommend targeted exercises to rebuild strength and support your recovery.

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# Health & Beauty

Impact on Lifestyle - Pain that disrupts your sleep, work, or concentration can negatively impact your overall well-being and mental health. This can create a cycle of anxiety and depression that worsens your pain. If pain is affecting your mood, consulting a mental health professional can be an important part of your recovery.

Take Action Today. Contact us to schedule an appointment. Call 09 416 4455 or book online. Let us help you find freedom in your movement!

## Graceful Beauty

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

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

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

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

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

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



reveal the best version of your skin.

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

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

## Understanding somatic therapy: Healing trauma through mind-body connection

Somatic therapy is a healing approach that focuses on the connection between the mind and body. The word "somatic" comes from the Greek word "soma," meaning "body," and this therapy is based on the idea that our bodies store experiences and emotions, especially those linked to trauma.

Somatic therapy draws on insights from observing animals in the wild. Although animals often face danger, they rarely show signs of trauma like humans do. Researchers found that this is because animals naturally release the energy

built up during the "freeze" response—a survival mechanism that kicks in when they can't fight or flee. When an animal freezes, it's like "playing dead," helping them become less noticeable to predators.

In humans, this freeze response is also supposed to be temporary. Once the threat passes, the body is meant to release this built-up energy. However, this doesn't always happen. For instance, you might need to cry but hold it back because you're in a public place. When this energy isn't released, it gets trapped in the body, keeping you in a constant state of high alert, even when there's no real danger. Over time, you might lose touch with these emotions, feeling shut down or numb.

After a difficult breakup, Emma felt emotionally numb and disconnected from others. In somatic therapy, she realised she had suppressed her grief to appear strong. Through body awareness exercises, Emma allowed herself to fully feel and release the emotions stored in her body, eventually regaining her sense of connection and emotional balance.

Somatic therapy helps you release this trapped energy and bring your nervous system back into balance. By understanding how your body responds to trauma, you can begin to heal from within. My approach will guide you through this process, helping you



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# Health & Beauty

reconnect with your body and restore your emotional balance. Find out more at [www.ericenergyweaver.co.nz](http://www.ericenergyweaver.co.nz).

## SWAN Skin Wellbeing and Nutrition

At SWAN Skin Wellbeing & Nutrition, I believe that true skin health goes beyond surface treatments. My holistic approach to skincare addresses the root causes of skin issues by looking at your overall health, including internal digestive concerns, stress levels, and nutritional balance. I combine the power of MD professional grade skincare products and supplements with advanced treatments like LED Light Therapy, personalised targeted facials—including stress reduction reflexology facial—and tailored nutritional plans.

A key aspect of my approach is Functional Skin Mapping, which gives us a window into your inner health. By analysing redness, acne, and pigmentation, we can identify where to start your healing journey. For example, facial acne or redness often stems from an impaired and inflamed digestive system, where toxins are purged through the skin due to overload. By pinpointing the cause, we can begin to heal both your skin and digestive system simultaneously. Similarly, pigmentation can result from internal imbalances, and addressing these root causes can enhance the effectiveness of topical treatments.

Stress is another significant factor that impacts skin health. Elevated cortisol levels, a direct result of stress, can slow down the skin's healing process and contribute to flare-ups of conditions like eczema and psoriasis. Stress also negatively affects digestive health, leading to an impaired microbiome, inflammation, and issues such as diarrhea and constipation. This, in turn, creates a vicious cycle, as digestive problems can further exacerbate skin conditions.

Nutritional imbalances, such as a deficiency in essential minerals like zinc, can also impair skin healing. Zinc is crucial for wound healing, immune function, and reducing inflammation. A lack of zinc can delay the repair of damaged skin and make it more susceptible to infections and irritation. Additionally, omega-3 fatty acids play a vital role in managing inflammation throughout the body, including the skin. Adequate levels of omegas can help calm inflammatory skin conditions, support healthy cell membranes, and improve overall skin resilience.

My unique approach also incorporates hair analysis, providing a comprehensive view of your health and ensuring that we treat not



just the symptoms but the underlying causes. This holistic healing journey allows us to create a personalised plan that supports your skin from the inside out.

But don't just take my word for it—hear from one of my clients:

"Sarah has helped clear my skin from within. I was amazed when she could relate my skin problems to my gut and how, when she recommended changes to my diet, my skin got better over time. She really helped me along the way and gave me the attention I hadn't had before. I felt she cared."

At SWAN Skin Wellbeing & Nutrition, I am committed to helping you achieve healthy skin and good digestive health by caring for your entire well-being. Visit today and experience the difference that holistic, personalised care can make.

Sarah Tumulty - Functional Skincare Practitioner & Nutritionist.

## Rae Face sculpting

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

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

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



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

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

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

Her mission is for rae to be a place to unwind, relax and rebalance, allowing time to tune into yourself and emerge from the treatment

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feeling and looking rejuvenated and glowing from the inside out. The studio is based at The Foundry in Hobsonville, Auckland. For more information or to book visit [raeface.co.nz](http://raeface.co.nz) or @rae.face on instagram, and make the most of the limited time spring offer of 20% off until 30 November.

## Sometimes you get better from what you stop doing, not what you start doing

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

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

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

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

## Fasting for women

Intermittent fasting (IF) is currently one of the world's most popular health trends and even more recently for managing the symptoms of menopause and to reduce the risk of chronic disease post-menopause.

Intermittent fasting is when you cycle between eating and fasting. The most researched and popular forms of fasting include the 5:2 (5 days of eating normally and 2 days of fasting or caloric restriction) and Time Restricted Eating when you eat within a defined period of time. The most popular version of this is the 16:8 (eating within an 8 hour window and fasting within a 16 hour window).



Current evidence has shown that intermittent fasting helps to improve digestion, reduce the risk of diabetes by improving blood sugar control, lower 'bad' cholesterol and also reduce weight and may also improve brain and heart health.

Most intermittent fasting studies have been conducted on small groups of people, on men or male rats. However there have been a few studies on fasting that have included women and show some interesting results. A 2016 review of studies specifically looking at fasting and women's health found that whilst the studies analysed were small, the evidence suggested that fasting has a 'major role to play in women's health during the various phases of her life' and should be used as an intervention in health care.

In October 2022, the biggest study ever undertaken was conducted. Known as the 'Big IF study' this included 37, 500 participants and specifically was targeting the general population rather than a specific population group with chronic diseases. Participants ate within a 10 hour window and could eat what they normally ate within that time frame. What is exciting to me is that 75% of the participants were female and the average age was 60.

The results are interesting:

- 22% increase in energy
- 11% improvement in mood
- 6% reduction in hunger and cravings
- 11% reduction in bloating

If you want to know more about the types of fasting, the evidence of how it helps and the facts and myths then come along to my free online webinar on fasting for women especially during the transition from perimenopause to post menopause on Wednesday 11th September at 7.30pm. Register here: <https://sarah-brenchley-wellbeing.simplecliniconline.com/workshop/meno-mindful-fasting-masterclass>



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# Area Columnists

## Investing in your people

The power of investing in your sales force: Building deeper connections for success

Sales success is not solely rooted in pushing products or closing deals; it thrives on the connections and relationships formed with clients. Chris Boon, a trailblazer in the insurance industry from Adelphi Insurance Brokers, understands this principle wholeheartedly. His philosophy transcends traditional sales tactics; it revolves around investing in his Financial Advisers to empower them with the tools and mindset needed to foster authentic long lasting connections with clients.

At the core of Chris Boon's strategy lies a commitment to his people and Adelphi's clients. Chris engaged The Engine to build strength with his Advisers developing their capabilities outside that of just products and services. Through comprehensive coaching with individual & group accountability Chris has heavily invested to equip his Advisers with the knowledge and confidence to navigate the complexities of the changing market successfully.

Unlike the conventional sales approach focused solely on transactions, The Engine has delivered Chris Boon's vision with emphasis on building deeper connections that sets Adelphi Insurance apart. By fostering genuine relationships with clients, based on trust, education, understanding, and empathy, his team transcends the boundaries of a typical sales interaction. They don't just sell policies or services; they offer tailored solutions that resonate with the client's needs and aspirations for financial protection & freedom, creating lasting partnerships built on mutual respect and transparency. The team are more focused, driven, support each other collaboratively and are mindful of the advantage of having an individual plan built with each of them that motivates them further for success. Investing in the sales force is not merely a financial endeavour for Chris Boon; it's a strategic decision that reaps long-term benefits. By prioritising continuous learning, personal development, and a customer-centric approach through coaching from The Engine he cultivates a culture of excellence within Adelphi Insurance. This commitment to investing in his people not only enhances individual performance and job satisfaction but also drives overall business success and growth.

Sales teams that are nurtured, supported, and encouraged to forge meaningful connections with clients are better positioned to succeed in today's competitive landscape. By adopting Chris Boon's philosophy of investing in people and prioritising relationships over transactions, businesses can elevate their sales strategies, enhance customer loyalty, and drive sustainable growth in an increasingly relationship-driven market.

In conclusion, the success of a sales force is not solely dependent on numbers or quotas but on the ability to forge authentic connections that transcend the transactional. Chris Boon's commitment

exemplifies the transformative power of investing in your sales team to create a culture of trust, empathy, and collaboration. By prioritising people over profits and relationships over transactions, businesses can pave the way for enduring success and prosperity even in times of challenging recession market. Every interaction is an opportunity. We love that we have business owners like Chris who allow us to build capability with their team and see their growth.

## Distance families

What is the most bang for buck, common courtesy, No 1 intergenerational habit worth committing to for families separated by geography?

Researchers look for many things: new facts, solutions to problems and answers to never-before asked questions. Sometimes the same response,

commentary or finding keeps reappearing. These responses create patterns of data. I am a researcher of families separated by geography. The behaviour, emotions, challenges and routines of distance families deliver me no shortage of patterns of data.

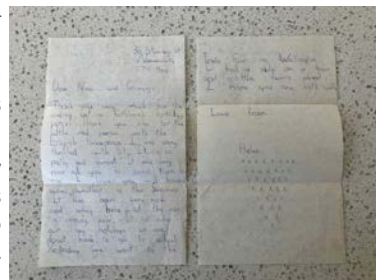
There is one research response that continually appears. I hear the same message everywhere. What's more, the issue transcends nationalities, cultures and languages. It isn't mind-blowingly complex. It doesn't require specialist skills to master - in fact it is so 'every day', that when I share it with the potential 'guilty' parties I sometimes get looks of disbelief that I would spend my time talking about something they view as so trivial. So what is it?

The No 1 complaint/problem/response I receive from the grandparent generation of distance families is, "Nobody says thank you". They purchase presents, lovingly wrap them, and post them in time. They carefully research and creatively deliver gift vouchers to their recipients. Or grandparents deposit money in accounts. But they rarely receive a letter, text, call, or email.

Who are the guilty parties? Most times, and there are exceptions, it's the middle generation parents and their offspring - the grandchildren.

The grandparent generation grew up writing thank-you letters. It was non-negotiable and considered good manners. My parents would bring out a Croyley writing pad. They insisted letters were neat, and the envelopes addressed correctly. My siblings and I pride ourselves on being excellent letter writers. It all started with those thank-you letters.

Currently, I am in the middle of moving house. Sorting through papers, I found a letter I sent as a child to my U.K. grandparents. I



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don't know how it ended up back in my possession.

So what happens when a thank you note or message doesn't appear? If you're the grandparent living across oceans or continents, a general melancholy finds a home for a bit. You consider asking if the gift arrived okay, but most times, you quietly bury that thought. You're sad about the grandchild's thoughtlessness but even madder at their parent because YOU raised them. Grandparents don't want to make a fuss. Connection opportunities are limited and they don't want to be a moaning parent/grandparent.

Sending genuine and timely thank-you notes or messages is one of the most valuable and cost-effective ways for distance families to thrive. What's more... one day, if you sort their papers when nana and granddad have passed, you'll probably find a bundle of treasured thank-you messages that you have sent over the years. It's then you will truly know how much these messages meant to them.

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

## New early intervention mental health pilot to launch in schools

Thousands of Auckland tamariki and rangitahi are set to benefit from a new mental-health pilot programme with early intervention technology, designed to help them access immediate support.

Under the initiative, over 20,000 students at 30 West Auckland primary and secondary schools will be provided with software that tracks their mental, social and physical well-being for change and allows them to request help from teachers.

Teachers will receive real-time insights from the Pulse platform, which can be accessed by students on their devices. The technology provides an early warning system to identify students who may require immediate support with a wide range of personal issues and crises.

By regularly checking in with students and gathering data on their emotional well-being, the platform enables schools to proactively address any concerns and provide immediate assistance.

Donna Nee, tumuaki (principal) of Henderson North Primary, says for tamariki, speaking out can be associated with stigma and they may be taught to suppress their emotions. "In that dark space, this technology is a way for them to reach out when they can't say what they're feeling or they can't demonstrate in their behaviour how

they're feeling, or they don't know how to connect to someone to reach out for help".

Allan Pollard, CEO of The Trusts, which has funded the \$71,000 cost of the initiative, says it is hoped that a successful outcome could see the programme expanded across the region. "We know that some children can find it difficult to articulate their emotions verbally for a range of reasons which can lead to feelings of anxiety, stress and frustration. Tools like this can assist teachers and educators to invest their time where it's needed most and provide ongoing support and guidance to tamariki who may be struggling," he says.

## Experience no substitute for risk management

This is a story from Worksafe and worth relaying.

The death of a West Coast flooring company employee has drawn a strong warning from WorkSafe New Zealand to businesses not to rely on the experience of workers in the absence of proper risk identification and management.



In March 2019 an employee of Coastwide Flooring Limited was installing carpet in a Greymouth building using a strong organic solvent-based adhesive. The worker had 17 years' experience in the industry.

He was found unresponsive by a co-worker and died three days later in Christchurch Hospital's intensive care unit.

WorkSafe's Investigations Manager for the South Island, Steve Kelly, said the company had a lax approach to health and safety.

"The particular adhesive the worker was using was known to



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# Area Columnists

be a health hazard, but the company had not undertaken a risk assessment on its use; it had no safe system of work for working with the adhesive – particularly in relation to ventilation and the use of fans; and nor did it provide effective information, training and instruction for workers,” he said.

“The company largely relied on the experience of its workers to protect themselves from the effects of the adhesive, and that approach was simply unacceptable.

“Since this tragic incident, Coastwide Flooring has implemented a suite of improvements to its operations, but for this worker, that is too little too late,” Mr Kelly said.

Today the business appeared in court for failing to ensure the health and safety of its workers and was fined \$60,000 and ordered to pay reparations of \$105,000 to the victim’s family.

Notes:

- Coastwide Flooring Limited was sentenced at the Greymouth District Court on Thursday 29 April.
- A fine of \$ 60,000 was imposed.
- Reparation of \$105,000 was ordered to be paid to the victim’s family.
- Coastwide Flooring Limited was sentenced under sections 36(1) (a), 48(1) and 48(2)(c) of the Health and Safety at Work Act 2015.
- Being a PCBU have a duty to ensure, so far as is reasonably practicable, the health and safety of workers who work for the PCBU while the workers are at work in the 29 April 2021 business or undertaking, namely while installing flooring, did fail to comply with that duty, and that failure exposed the workers to a risk of death or serious injury.
- Carries a maximum penalty of \$1,500,000.

See original article: [https://www.worksafe.govt.nz/about-us/news-and-media/experience-no-substitute-for-risk-management/\[Worksafe.govt.nz 29 Apr 2021\]](https://www.worksafe.govt.nz/about-us/news-and-media/experience-no-substitute-for-risk-management/[Worksafe.govt.nz 29 Apr 2021])

If you think your organisation could sharpen up its health and safety, reach out to John Riddell, email [securo4@securo.co.nz](mailto:securo4@securo.co.nz), or check out [www.securo.co.nz](http://www.securo.co.nz)

Taking a proactive approach to Health and safety could save the lives of your employees and the company a hefty fine.

## Blue September, Prostate cancer awareness month

The National President of the Grey Power Federation, Gayle Chambers and the Board and all Zone Directors and Associations current advocacy Project is Blue September for Prostate cancer awareness. At our Annual General Meeting in June 2024 all delegates



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unanimously passed a Remit which became policy: That the Grey Power Federation effectively publicise and lobby the Ministry of Health and the Minister of Health, Hon. Shane Reti, that a free biennial prostate PSA or biopsy be provided at no charge by the Ministry of Health to all men. Currently women have free mammogram examination until 74, and bowel screening for everyone every two years. A large percentage of men only visit the Doctor when they need to and are currently left out of the funding loop, with no allocation in Budget Health in this years Budget to allow for free biennial prostate PSA or biopsy done through the Ministry of Health at their nearest Public Hospital. We will be increasing Awareness of Blue September for Prostate cancer awareness month in the local papers and the main newspapers beginning on September 1st 2024. Yours sincerely, Mate Marinovich Zone Two Director Grey Power Northern Region, 22 Carter Rd, Oratia, Auckland. Phone: 021 754 217 email address: [matemarinovich97@gmail.com](mailto:matemarinovich97@gmail.com).

## Virtual eyes enhance Auckland Council’s flood management

Auckland Council has made a significant advancement in its stormwater management capabilities through the deployment of cutting-edge, AI-driven hotspot cameras across the city.

The initiative is part of the Making Space for Water (MSFW) programme, a comprehensive 10-year, \$760 million effort funded by local and government sources to improve flood readiness and mitigate risk across Auckland.

Following a successful trial in 2022, which saw seven solar-powered cameras capture images at key stormwater sites, then use artificial intelligence to analyse the information and alert contractors to problems, Auckland Council is set to expand this technology.

Chair of the Planning, Environment and Parks Committee, Councillor Richard Hills, says the expansion of this technology underscores the council’s commitment to using innovative solutions to enhance the city’s resilience against flooding.

“These AI-equipped cameras are a game-changer, providing data that vastly improves our operational capabilities enabling quicker interventions and more proactive maintenance of our stormwater infrastructure.”

The cameras, solar-powered and equipped with AI, not only support Auckland’s environmental sustainability goals but also ensure continuous operation without adding to the carbon footprint.

This initiative has already gained recognition, winning a Water NZ award in 2023 for its innovative approach to stormwater management. As AI technology advances, the benefits of this initiative will grow, providing more accurate data, faster response times, and enhanced predictive capabilities.



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Aucklanders can look forward to enhanced flood management that is not only effective but also sustainable, ensuring the city's preparedness for adverse weather conditions into the future.

For more details visit [ourauckland.aucklandcouncil.govt.nz](http://ourauckland.aucklandcouncil.govt.nz)

## Opinion piece by Charissa Snijders from Upper Waitematā Ecology Network

Auckland's Future Urban Zones (FUZ) are under enormous strain due to financial constraints within Council, Auckland Transport and Watercare. This is further exacerbated by the growing evidence of not making enough space for water in our recent developments and Structure Plans that are outdated due to progressive national policies and law changes that have happened over the last 8 years.

A case in point is Whenuapai - where around 1500 ha of FUZ is ear-marked for development. The Whenuapai Structure Plan was prepared in 2016, but due to COVID a large portion of land up for a Plan Change (Plan Change 5- approx. 350ha) was withdrawn due to the financial constraints within our Council organisations. This has caused pressure on developers who have gone to either Fast Tracking processes or Private Plan Changes.

Just recently Auckland Council agreed to have a rehaul on the Whenuapai Structure Plan to bring it up-to-date to reflect some of the more significant policy changes. Under The National Adaptation Plan, local government has a statutory responsibility to ensure that future infrastructure and urban development is climate resilient. The Auckland Floods brought awareness of this responsibility to home for Auckland Council and the need to make space for water and ensure that developments are climate resilient.

The 2023 Auckland Floods have been estimated to have cost around \$9-14 billion dollars. This cost comes predominately out of our rates or insurance premiums. The Auckland Council's Future Development Strategy started to address this. But this Strategy has meant that plan changes have been delayed. Meaning many areas under Whenuapai FUZ are now not set for development until 2035. This has caused Developers to find other avenues for development. We currently have nine Private Plan Changes in process - all of significant size - from 5ha - 23ha of land. And because of central government desire to get involved in intensification, developers have the ability to increase intensification - often doubling it from the original levels of intensification, due to Medium Density Residential Standards. This is with no infrastructure in place, and no cohesive plans to address climate resiliency or social well-being for our communities.

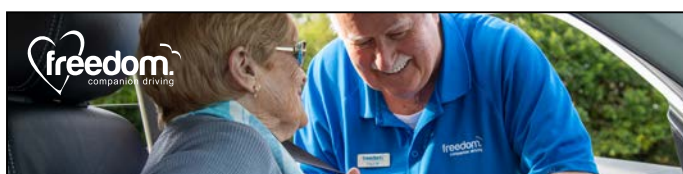
At the many hearings I have attended and the evidence on submissions, Auckland Council are pleading for either Fast Tracking and private plan changes to not go ahead until zoning occurs. The cost to appeal and prepare for these individual ad-hoc private plan changes have long term impacts. Cumulative effects aren't as easily identified. Blue-green network spatial plans are not considered, nor is there the finances to acquire open space acquisitions, or the necessary infrastructure to support intensification in place. Simon Upton, the Commissioner for the Environment's 2023 report "Are we building harder, hotter cities. The vital importance of green spaces" supports this viewpoint. Moving forward we need to transform how we plan. Digital twin technology is a really important tool that maps and forecasts natural resources and can help us understand cumulative effects. It should be mandatory that all new Future Urban zones have this technology in place prior to zoning.

What is of concern is that these private plan changes or potential Fast Tracking consents are happening throughout Auckland. Our city is being pressure built - the worst thing that could be happening at this time. We all need to work together to ensure that we create a resilient and healthy place for our communities and our environment.

If you want to find out more about the planning process, how you can have your say and help us advocate for the environment then feel free to get in touch with Charissa at [charissa@csaarchitect.co.nz](mailto:charissa@csaarchitect.co.nz).

## \$100 = Exposure for a month

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### Paul Miller

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