



WEST AUCKLAND BUSINESS

proudly supporting your West Auckland community



› Front Cover Feature

Standing Together To Support Henderson

› Business Reboot 2020

Helping Employers And Supporting People Into Work

› Lifestyle - Travel/Wellbeing

helloworld Henderson and Waitakere i-Medical Centre

brought to you by



CentralPark
HendersonBusiness

One voice for the West!



support west

AUCKLAND'S LARGEST FIREWORKS EXTRAVAGANZA

**DISCOUNTED EARLY
BIRD TICKETS ON
SALE NOW**

**NOVEMBER 28TH
AT THE TRUSTS ARENA, HENDERSON**

FOR MORE DETAILS, VISIT
WWW.THETRUSTSARENA.CO.NZ

TICKETS AVAILABLE FROM
WWW.TICKETFAIRY.COM



THETICKETFAIRY

CONTENTS
WEST AUCKLAND BUSINESS

IN THIS ISSUE

- 4 **CHAIRS REPORT**
KELVIN ARMSTRONG
- 6 **BUSINESS AFTER 5 (BA5) REPORT**
BUSINESS NETWORKING OPPORTUNITIES
- 7 **BUSINESS SECURITY**
GOOD PRACTICE GUIDELINES
- 8 **FRONT COVER FEATURE**
STANDING TOGETHER TO SUPPORT HENDERSON
- 11 **FROM GARDEN TO TABLE**
MITRE10 MEGA HENDERSON & WESTGATE
- 12 **BUSINESS 2020 REBOOT**
BUSINESS ADVISORY PARTNERSHIP WITH CPHBA
- 13 **BUSINESS 2020 REBOOT**
HELPING EMPLOYERS AND SUPPORTING PEOPLE INTO WORK
- 14 **RAY WHITE UNIVERSAL**
EXCITING NEWS! FROM UNIVERSAL REALTY
- 16 **RECIPE**
FRESH MUSSELS ON TOASTED SOURDOUGH
- 17 **LIFESTYLE - WELLBEING**
HAY FEVER
- 18 **DISCOVER NEW ZEALAND**
WITH HELLOWORLD TRAVEL HENDERSON
- 21 **BUSINESS LAW DESK**
COMMERCIAL LEASES & COVID-19
- 22 **OCTOBER CHECKLIST**
WITH KINGS PLANT BARN
- 24 **THE TRUSTS VENUES**
CELEBRATE GOOD TIMES
- 25 **EXPRESS YOURSELF**
WITH WEST CITY MITSUBISHI
- 27 **TRISTRAM EUROPEAN**
THE NEW T-CROSS WITH TURBO INJECTION

Cover: Photography by LFHQ Studios

INFORMATION: ADVERTISING AND PUBLISHING

Garry Bates, Business Development
Mobile: 0274 904 260
E: garry@cphb.org.nz
W: westaucklandbusiness.co.nz/CPHBusiness/magazine

West Business magazine is produced by the Central Park Henderson Business Association Inc. (CPHBA). 3000 copies are distributed free to approximately 1600+ businesses in the Henderson-Massey Local Board business precincts, not including magazine stands in 'high traffic visitor' businesses.

Disclaimer - The views, editorial, and opinions expressed in this magazine belong solely to the author/contributor, and not necessarily to the CPHBA, West Auckland Business Club or other group or individual. All content in this magazine may be subject to copyright and should not be reproduced in any form without express written consent of the CPHBA.



WABC - @WestAKLBusinessClub
CPHB - @CPHBusiness



equipment CO₂ neutral
HEIDELBERG



8. Front Cover Feature
Standing together to support Henderson



18. Discover New Zealand
With helloworld Travel Henderson



24. The Trusts Venues
Celebrate Good Times

www.westaucklandbusiness.co.nz

CENTRAL PARK HENDERSON BUSINESS:

MEMBERSHIP ENQUIRIES
Phone: +64 2 74 904 260
133A Central Park Drive, Henderson, Auckland
P.O. Box 69-126 Glendene, Henderson, Auckland 0645

CHAIRS REPORT

It certainly has been a tumultuous six months especially given the second lockdown which has led to many re-evaluating their business models. For me it has been planning and relooking at my planning which has taken (like most of us) much effort and not a little stressful at times.

With your association it has been a similar exercise, planning toward the Business Improvement District (BID), the hard work previous to the first lockdown, and the subsequent pressure of the aftermath.

Previous to the BID success, there was seriously a lot more we wanted to do, being a group of Board volunteers and only one fulltime contractor we had our constraints. As you are aware, after successfully creating the BID we can look to unleash these aforementioned barriers and get on with our initiatives. Your board and management are fine-tuning our strategic and business planning, and with some of the groundwork already achieved, continue undertaking work on the BID database collection and cleaning.

While writing this report, I'm taking a break during the school holidays to recharge and reflect on the tasks ahead. The first, and important one, is our preparing our organisation into readiness for the upcoming AGM, also signing off on several of our compliance obligations. In ticking the boxes on this, we've been strengthening our community engagement, not an easy task in the 3-2.5 / C-19 restrictions.

We continue with our goals, one being Safety and Police liaison. I had the pleasure of meeting some of the entities involved with the Henderson Town Centre (HTC) Activation Plan (the first release in the feature article), whilst this meeting was a first for me, our BID Manager has been part of this community driven organisation since its inception. I was thoroughly



KELVIN ARMSTRONG

impressed by the passion expressed from my first meeting with this group.

Covid has had a varying impact for our businesses, this last lot of restrictions, it was for many I have spoken to harder than the level 4 lockdown. More and more businesses are trimming costs and unfortunately, downsizing. Businesses need to stay in business and keep contributing to the economic and social wellbeing of their local communities. Once this is achieved, they may also be able to assist the wider community's recovery by providing services, facilities, skills, or other resources.

Please consider who you do business with during these uncertain times, purchase from local and if you're having challenges, or know someone who is, reach out.

KELVIN ARMSTRONG, CHAIRPERSON CPHBA
kelvin@kaar.co.nz - 021 828 008

Beterly Pan BCom 国粤英
COMMERCIAL & INDUSTRIAL

Bayleys Real Estate Ltd Northwest
Licensed under the REAA 2008

beterly.pan@bayleys.co.nz
Mob: 021 139 2228
Office: 09 953 4740

"Your business partner in the West"

Nick Thompson | Business Partner
North West Auckland | BNZ Partners

BNZ Partners Business Centre, 373 Great North Road, Henderson, Auckland
DDI: +64 9 835 1703 | M: +64 21 246 9129 | E: nick_thompson@bnz.co.nz

Honouring Lives for Generations

We've delivered personalised goodbyes for over 80 years. Thank you West Auckland, for your trust in us.



150 Central Park Drive, Henderson | 09 835 3557 | office@davisfunerals.co.nz

LOOKING FOR TALENT IN 2020?

Call 0800 840 940

Drake Henderson has been helping to connect businesses with the best talent since 1971. Whether you are searching for a new role, or great staff, contact Drake today!

PERMANENT RECRUITMENT

FLEXIBLE STAFFING

UNBUNDLED RECRUITMENT

P3 BEHAVIOURAL ASSESSMENTS

6/8 Pioneer Street, Henderson | nz.drakeintl.com | in /company/drakenz/ | f /drakewestauckland/

INTEGRITY | HONESTY | VALUE

P: 0508 44 44 94 | E: INFO@HIGHWIRE.NET.NZ
W: HIGHWIRE.NET.NZ

COMMERCIAL DESIGN
HOUSE REWIRING
NEW BUILD
LIGHTING
HVAC
HOT WATER
ALARMS
AV/TV
DATA
AVAILABLE 24/7



BA5 REPORT

The BA5 is returning in October.

Hopefully, we will finally be able to return to the BA5 after cancelling 3 times, holding breath...

The West Auckland Business Club (WABC) produces the Business after 5 (BA5) as the event and networking subsidiary of Central Park Henderson Business Association (CPHBA)

Mitre 10 MEGA is booked for October and Tristram European for November. Their event last October was packed and hugely popular with, an outstanding business card draw.

WEST AUCKLAND BUSINESS CLUB PRESENTS BUSINESS AFTER 5



At Mitre 10 MEGA Henderson last October

BA5 - OCTOBER

(BUSINESS AFTER 5)

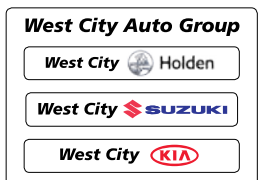
WEDNESDAY 21ST OCTOBER

MITRE 10 MEGA
HENDERSON



The BA5 has a wonderful group of sponsors who are passionate about West business and making a difference in our community – Please return their support and SHOP LOCAL.

BA5 SUPPORTING SPONSORS



GOOD PRACTICE GUIDELINES ARE GOOD NEWS

says security company

The long-awaited New Zealand Security Association's Good Practice Guidelines for Security Services have finally been published.

The guidelines provide much-needed advice on safe operating practices for security companies. Security guards often work alone and at night. And the guidance covers a range of operational issues. From leadership and accountability through to risk management, site safety, recruitment, licensing and training, clear expectations are set.

Sadly, the impetus behind the guidance was the tragic death of security officer Charanpreet Singh Dhaliwal back in 2011. Working on his first shift guarding a Henderson construction site, he was struck on the head by a group of intruders and tragically died.

Charanpreet was an inexperienced guard working alone. The coroner's investigation into his death recommended several improvements to the security industry.

The last to be implemented are these guidelines which will help to improve the health and safety of security personnel on the job.

Local security company, General Security, has welcomed the publication of the guidelines.

"The Good Practice Guidelines provide a framework



for all security companies to work from," said James Sutherland, Managing Director of General Security.

"It builds the way to setting new standards, maximising safety for security officers and also lifting professionalism within the security industry."

Based in Henderson, General Security are already implementing the new guidelines. The company welcomes the clarity the guidance provides for all those working in the industry, including customers.

"Nobody wants there to be another tragic incident affecting the security industry," said Sutherland.

"And these guidelines go a long way to improving the health and safety of all security personnel."

For more information or to download a copy of the guidelines, go to the New Zealand Security Association's website at www.security.org.nz.



General Security Services Ltd
199C Lincoln Road, Henderson
W: GeneralSecurity.co.nz
E: info@GeneralSecurity.co.nz
P: 0800 436 732



General Security offers a Professional Service with a depth of experience at the leading edge of the NZ security industry. Services include Rapid Alarm Response for your Business, Property or Home.

ALARM RESPONSE - MOBILE PATROLS - UNIFORMED GUARDS - MONITORING - EVENTS - STATIC - 7 DAYS & NIGHTS

STANDING TOGETHER TO SUPPORT HENDERSON

Did you know that Henderson was named after early colonial settler Thomas Henderson, who started a Timber Mill in the area in 1847, to process kauri trees cut from Henderson Valley and were upstream from the eastern flanks of the Waitakere Ranges?



Henderson Township circa late 1950s

The Falls Hotel is a two story Kauri building which was built by John 'Long John' McLeod, a mill manager for Thomas Henderson.

Standing together! As three of our West leaders, Henderson-Massey Local Board Chairman, Chris Carter, Police Area Commander, Inspector Stefan Sagar and Kelvin Armstrong, Chairman of the Central Park Henderson Business Association have come together in unity, along with agencies and local community stakeholders to support a community-led approach which has steered the way to the development and the creation of the (HTC) Henderson Town Centre Community-led Plan.

The plan is supported by many stakeholders including the; local Police, Henderson-Massey Local Board, Auckland Council, Central Park Henderson Business Association, local MP's Hon' Alfred Ngaro and Phil Twyford, Auckland Transport, WestCity Waitakere,

The Fono, West Wave, Whanau o Waipareira, Neighbourhood Support Waitakere, Community Waitakere, Salvation Army, Zeal, Sport Waitakere, Family Action, Panuku and Henderson Rotary

The development of the plan was culminated with workshops, discussions and feedback from relevant stakeholders and community.

Applying wide lenses and the community-led approach across the 'HTC' was the primary objective taken by the group. This provided an opportunity to create, implement effective and positive activities to improve safety, increase activity usages supporting the economic development for local businesses. It was about bringing our families and communities back into Henderson.

The HTC Community-led Plan will focus on a number of activities which is led by committed agencies and community stakeholders. A number of activities



CPHBA Chair Kelvin Armstrong



Police Area Commander Inspector Stefan Sagar



HMLB Chair Chris Carter

are identified applying a collaborative approach include; CCTV cameras, supporting homelessness, promoting youth development, re-assurance and visible deployment of Police and community patrol volunteers, a vibrant plan of events and activities into the HTC, even the rumour that the Santa Parade might be returning to the Henderson Town Centre next year, that's the aim!

Sadly, the reality and arrival of COVID-19, we all had to learn to be adaptable and flexible in the way we deliver, focus, and support our communities.

We admit, times are tough, and everyone is doing their best to get through this and support their families, with some, pivoting their business model to cater for the current environment. For that, we acknowledge you all as we stand together during these challenging times.

The HTC Community-led Plan has certainly provided a forum for the network to collaborate and ensure a jointed approach across Henderson is explored and maintained.

Panuku has welcomed the opportunity to be part of the team and have shared their aspirations and strategic plan with the group to ensure all are heading for the same goal post.

The Henderson business community is now a formal Business Improvement District (BID) through the efforts of the Central Park Henderson Business Association, which a keen to be one of the leading stakeholders in the plan. The group is grateful for the wonderful support from the local Police and Henderson-Massey Local Board.

The local board has contributed significant support towards the plan and will continue to maintain its strong relationship with the network of stakeholders as it journeys together in support of a safer and viable economy for the Henderson Town Centre.

Our local Police, headed by Area Commander, Inspector Stefan Sagar relished this opportunity along with his team supporting the plan for a safer and vibrant Henderson Town Centre.

People Photography by LFHQ Studios.



Advertise your business here!

for details contact:
Garry - 027 490 4260 or
garry@cphb.org.nz

CentralPark
HendersonBusiness

ACCOMMODATION SPECIAL RATES FOR BUSINESS ASSOCIATION MEMBERS

2020/2021 Group and Corporate
rates available now.

QUEST
HENDERSON

Airpoints

★★★★★
12 Wadier Place, Henderson +64 9 839 7247
www.questhenderson.co.nz



All direct
bookings attract
Air New Zealand
Airpoints





GEAR UP FOR GARDEN SEASON WITH YOUR LOCALLY OWNED MITRE 10 MEGAS



FROM GARDEN TO TABLE

\$3⁸⁹

each



Zealandia
Growfresh
Ironman Silverbeet
188499

Zealandia have a large range of Growfresh herbs and veges priced between \$3 and \$6.

\$11⁵⁹

6 pack



Salanova
Lettuce Assorted 9cm
113846

Easy to grow lettuces which produce delicious baby-sized leaves.

\$5⁴⁹

each



Gourmet
Common Thyme
1.4L
183239

A variety of other Gourmet herbs are also available, priced between \$5 and \$6.

\$13⁹⁸

each



Tui
Garden Mix
40L
118454

A versatile, nutrient-rich mix. Great for all types of outdoor planting.

\$14⁹⁹

each



Tui
Mulch & Feed
40L
135612

Packed with nutrients, this mulch is perfect for water retention in soil. 100% weed free.

\$13⁹⁸

each



Tui
Vegetable Mix
40L
142734

Designed to provide growing vegetables with the best mix fertiliser and nutrients.

With Mitre 10 MEGA Henderson & Westgate

October is an exciting month for the teams in the garden centres at Mitre 10 MEGA Westgate and Henderson

Why? Spring is the perfect time to start off Spring and Summer seedlings! Before jumping right in however, it's important not to get too ahead of yourself. For summer seedlings, remember, the soil temperature is still too cold to chuck them straight in, so we recommend starting your seeds off inside and in trays, until it gets a bit warmer; a sudden frost could be disastrous for your precious young seedlings!

The month of October is also a great time to ensure that your soil is in tip-top, fruit and vege growing condition. For general, all-round soil goodness, we recommend Tui Garden mix to add a nutrient-rich organic layer to your soil, perfect for healthy fruit trees, shrubs, vegetables, and flowers. Tui have mixes for all purposes, from tomatoes to indoor plants, and



bulbs to herbs. A good mulch wouldn't go amiss at this point in the season, and because of its water-retaining capability, it's a great way to help Auckland save water.

For every bag of Tui growing mix sold, Mitre 10 will donate to 'Trees that Count' - a conservation charity working on restoration of native forests throughout New Zealand.

- Seeds to plant straight to your garden early to mid-Spring:**

Carrots, broad beans, turnips, radishes.
- Seedlings to plant in the garden from seedlings early to mid-Spring:**

Spinach and silverbeet, cabbages, broccoli, and cauliflower.
- Sow in trays early to mid-Spring:**

Lettuces, tomatoes, chillies and capsicums, onions, and Asian greens.



Mitre 10 MEGA Westgate & Henderson

Northside Drive & Lincoln Road

Monday to Friday: 7am - 7pm

Weekends: 8am - 6pm



MEGAWestgate

MEGAHenderson

MITRE 10

MEGA

WESTGATE &

HENDERSON



BUSINESS ADVISORY

Partnership with CPHBA

Are you passionate about your work? Do you walk into the workplace with a spring in your step and a clear sense of direction? If the answer to these questions is no, then it's worth having a chat to business advisor and West Aucklander, Jon Brough.

Attributes:

- MBA (Otago) [Strategy/Finance]
- BSc Hons (Otago)
- Member of the NZ Institute of Directors
- Strategic Management Team- Partnership Goodman Fielder
- Contracting strategic and management services to Government, retail, apiculture, and Maori owned entities.
- Experience in all the major primary sector industries; including processing, distribution, sale, and services.

Key Capabilities:

- CEO and General Management
- Strategic Planning
- Business Development
- Change & Project Management
- Economic Development, Risk Analysis, Financial Analysis and Reporting.
- Sales, Marketing and Communications
- Financial Planning and Budgeting
- Building/maintaining key relationships.
- A wide cultural perspective.
- Leadership and capability building in people.

The Aims of the Partnership Programme:

- **To develop** a plan for the sustainability of the business.
- **A Budget and structure** for the growth of the business.
- **A detailed learning** that will help you get a focus on what is needed to do together to get the business more profitable.
- **Simple structured planning** to learn how to Budget effectively and continue the focus on financial results and the improvement of end of Year Profit and long-term sustainability for your business.
- **The training starts** with a look at your history and performance to date - What was happened and what can we do to improve? Then to look at your 'value' in the market.
- **As business owners** and decision makers, you will learn and create a sound and detailed Budget, and a detailed Plan of Approach for Business Growth. This will be based around both your existing Customer base and investigating new opportunities.
- **Planning is critical** for your business and if you take the time to plan and learn how to create from within, you will begin to recognise a Success-curve.



We Street talked to Kelly Horan, Business Manager of Drain Ranger

"Having used business advisors in the past we haven't found one that has really made a difference until we met Jon. Jon ticks a number of boxes for us, he conveys a lot of knowledge, experience and thinks outside the box, he regularly communicates and sends us updates, and we appreciate his 'no-nonsense' approach" Kelly said...

"A key component for us choosing Jon is that we believe he understands our business priorities, wants us to succeed and most importantly he has made it clear that he will make us accountable to perform on the agreed tasks, quite frankly this is the push that we need for our business"



HELPING EMPLOYERS AND SUPPORTING PEOPLE INTO WORK

The Ministry of Social Development (MSD) is urging West Auckland employers to get in touch if they are looking for staff. The impact of Covid-19 has resulted in more people looking for work this year, and many are highly skilled.

Denise Bayne, MSD's Work Services Manager for West Auckland, says dozens of local employers are using MSD's free recruitment service to find people for a range of roles.

"We offer a no-fee recruitment service for employers, and provide a number of services, from advertising an employer's vacancy to shortlisting candidates."

Denise says some employers advertise every single job with MSD and appreciate having candidates screened as it makes it easier to find the right people.

In the west, industries like construction, film, and business support, are all big users of MSD's employment services.



Denise says that since Covid-19, MSD has gained many highly-skilled job seekers, and all are keen to work as soon as possible.

"It's all about finding the right people for the job, and we do that really well," she says.

Her team of MSD work brokers meet with employers and prepare a recruitment plan for them. They make a point of learning as much as they can about the business, so they understand the role, and the sort of person it would suit.

Employers can meet candidates at their work place, or at one of MSD's local Work and Income offices. Many employers prefer to meet at a Work and Income office as it gives them a space to meet pre-selected job seekers and have work brokers on hand to discuss any support and in-work training that might be available if they employ a candidate.



Extra support and training for candidates

Once an employer has found a candidate to hire, they may be able to get extra support from MSD. A wide range of training and employment assistance is available including wage subsidies and post-placement support and training.

Work brokers provide this information when they meet with an employer, and there is also information for employers on the Work and Income website.

At a glance:

Apprenticeship Boost

Apprenticeship Boost is a payment to help employers keep and take on new apprentices. It means apprentices can keep earning and training towards their qualifications as the economy recovers from the impacts of COVID-19. The payment is made directly to employers.



Mana in Mahi - for employers

'Strength in Work' If you're keen to helping a person begin a new career, MSD can help with funding and on-the-job support.

Flexi-wage

If you're interested in an MSD candidate who needs support to gain the required skills for the job, such as training or mentoring, MSD may be able to help with a subsidy.

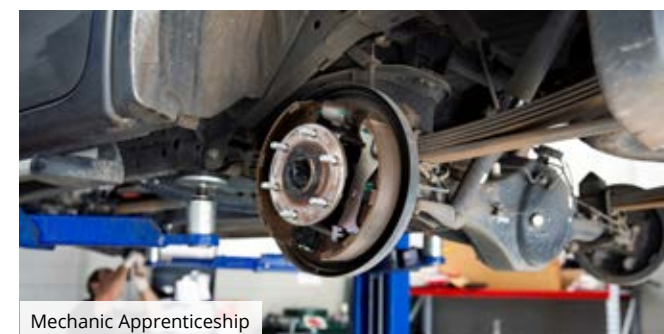
For more information:

Email: Denise Bayne - denise.bayne001@msd.govt.nz

Website: workandincome.govt.nz/employers

Phone: 0800 778 008

Employers can call MSD's Employer Services team from Monday to Friday, between 8am and 6pm.





BUSINESS - PROPERTY
WEST AUCKLAND BUSINESS

EXCITING NEWS! FROM UNIVERSAL REALTY

Universal Property Management is bigger & better than ever!

12 months on and our business and team has outgrown our space upstairs at Universal Realty, so we've expanded our Ray White Universal office to accommodate another 300sqm of work space!

Within the new area, which we fondly refer to as "The West Wing", we now have Universal Property Management and our fantastic Loan Market Universal Team complete with a street entrance and plenty of parking for visitors.

Joining the Universal Property Management team as Business Development Manager, is **Paris Youroukelis**, a well-known face around West Auckland and already a popular member of our team. Paris is your first port of call should you be looking to choose or change your Property Management Company.

Choosing to have your property or asset professionally managed is a big commitment. Property management is so much more than coordinating tenancies and rental payments. The role is a unique balance between helping landlords achieve their financial goals and ensuring they also honour their many legal obligations.

Whether it's the family home or part of a multi-million dollar investment portfolio, you need to be sure your

asset is being maintained to the highest standard. As our industry sees ever-increasing layers of compliance and legislation, you also need to trust that you have the right people on board with the right skills and knowledge to keep you safe. Feel free to call Paris for a no-obligation chat, anytime.

Ray White Universal Property Management has been building their portfolios from the ground up. Having the right people doing the right job, is their mantra and Property Management is no different. With Rachel Cadamy also coming on board with years of Residential and Commercial Property Management, Rachel is the perfect addition to our team and working alongside Geraldine Babbe, has the ability to take the time to ensure all the properties and landlords are up to speed with the current legislations and expectations. In this day and age, it is imperative that the properties are compliant as penalties and fines for breaching these rules and regulations can reach tens of thousands of dollars, if not taken seriously. Call Rachel or Geraldine for a chat today, to check that your property is safe.

Ray White Universal Property Management understands the importance of educating those involved in the property management process to achieve better long-term outcomes for all. We've developed a series of comprehensive information guides for both landlords and tenants to ensure all of our clients have access to the most up-to-date information. Scan the QR codes below to request your copies.



Free Landlord Guide



Free Tenant Guide

Geraldine Babbe

Residential Property Manager

P: 027 889 9047

E: geraldine.babbe@raywhite.com

Paris Youroukelis

Business Development Manager

P: 021 083 68528

E: paris.youroukelis@raywhite.com

Rachel Cadamy

Residential/Commercial Property Manager

P: 021 250 3795

E: rachel.cadamy@raywhite.com

Universal

Property
Management



What value does Universal Property Management provide?

1. **Comprehensive initial inspections** backed with photographic evidence
2. **Access to the best systems** for application vetting / credit checking / reference checking
3. **Educated advice** for tenants creating better quality outcomes
4. **24/7 Contact**
5. **Ongoing education** of legislation updates and requirements
6. **Minimised vacancy periods** through fast online tenant viewing and booking systems
7. **Meth testing** procedures, information and best practice
8. **Access to the best tenancy law advice** and support
9. **Compliant Tenancy Agreements** and other documentation
10. **Personalised service offerings** to best suit your individual needs and investment ambitions

Universal Property Management

197 Universal Drive, Henderson, Auckland 0610 | universalpm.nz@raywhite.com | (09) 869 9002

Universal Property Management Limited rwuniversal.co.nz





FRESH MUSSELS ON TOASTED SOURDOUGH

MAKES 2 PORTIONS

Ingredients:

- 12 green lip mussels
- 1 shallot diced
- 2 teaspoons of chopped fresh tarragon
- 1 tablespoon of fresh diced parsley
- 100mls of dry white wine
- 1 teaspoon of whole grain mustard
- 20gms of butter
- 1 piece of well toasted sourdough pp

Method:

In shallow pan with lid,
steam mussels in white wine.

Remove mussels and beards from shells, discard shells.

Cut mussels' meat into halves

Add shallots, mustard and herbs to wine and mussel stock reduce to 1/3.

Add chopped mussels to warm and butter to thicken, season to taste with salt (not too much) and pepper

Once mussels are warmed through sauce and butter is incorporated pour over toasted sourdough

This delicious dish will be back on the menu when this issue hits the street, Ben advised WE street magazine. We'll be sure to come in and have it again YUM!!



Our good friend Ben Branks from Kings Garden Café at Kings Plant Barn in Universal Drive gives us this popular recipe. The Café provides the delicious catering to our BA5's.

WINE MATCH - Babich Wines BLACK LABEL range Marlborough Sauvignon Blanc.

Grapes from their Waihopai, Awatere and Wairau Valley Estates were picked, crushed, and pressed at perfect ripeness. A small percentage underwent malolactic fermentation also. This multiple Award winning wine is available at their Cellar Door, open 6 days a week.

Experience

THE TASTE OF BABICH WINES.
VISIT OUR CELLAR DOOR



*Discount can't be used on already discounted products or any non-wine products such as merchandise, cheese boards or non-alcoholic beverages. Can be used instore or on the online store. Offer applies to members of Central Park Henderson Business and their staff.



15 Babich Road, Henderson Valley, Auckland
<https://www.babichwines.com/shop/>

HAY FEVER

(also known as allergic rhinitis)

Hay fever most commonly occurs during spring and early summer. It is usually caused by different types of pollens from trees and grasses, as well as mould spores. It is the inflammation of the lining of the nose and eyes due to allergy. Hay fever causes blocked, runny, and itchy nose, sneezing and itchy watery eyes.

Substances that cause hay fever are present in the air and are breathed into the nose. They include grass, weed & tree pollens, house dust mites, mould spores, hair, and skin flakes from animals (known as 'dander') and cockroach droppings.

Allergic rhinitis can be categorised into two groups; seasonal rhinitis (hay fever) is when symptoms occur at certain times of the year (e.g., spring) and perennial rhinitis is when symptoms occur at any time of the year. Dust mites and domestic pets are the most common causes of perennial rhinitis. Your doctor may need to order blood tests or skin-prick tests to find out what you are allergic to.

Once you know which allergen is triggering your symptoms, the major treatment aim is to avoid it. Treatment includes antihistamines, nasal corticosteroid and/ or decongestant medications may provide symptom relief. Immunotherapy may help desensitise you to certain allergens. For some people bad rhinitis can be associated with worsening asthma so it can be hard to breathe.

Immunotherapy

If allergic rhinitis symptoms continue to be troublesome despite the use of allergen avoidance and appropriate medications, immunotherapy may be helpful. The aim



is to desensitise you to the allergen and reduce or even eliminate your symptoms. During immunotherapy you receive a very small amount of the allergen - either by injection or sub-lingually (under-the-tongue). The amount is increased gradually over several years.

Prevention

The best way to avoid an allergic reaction is to avoid the allergens that trigger it - something that is easier said than done.

Avoiding allergens

While allergens can be difficult to avoid, here are some suggestions that may help.

If you have seasonal hay fever:

- Consider staying inside when the pollen count forecast is high, on windy days or after thunderstorms
- Select plants for your garden that are pollinated by birds or insects, rather than plants that release their seeds into the air
- Avoid mowing the lawn, raking leaves, or having an open compost heap
- Splash your eyes with cold water or shower after any activities that have exposed you to a lot of pollen
- Rub petroleum jelly (like Vaseline) inside your nose to stop the pollen from coming into contact with the lining of your nose.

If you are allergic to pet dander: keep your pet outdoors and out of bedrooms!

Family Centre & Women's Health
Minor Surgery Theatre Onsite
Allied Health Professionals
Hair Loss Treatments
Blood Tests

A quality and affordable Medical Centre providing the best of care to improve the health and wellbeing to all our patients.

WestCity Waitakere (lower level), 7 Catherine Street, Henderson P: 09 5539 588 E: info@wimc.co.nz W: wimc.co.nz



DISCOVER NEW ZEALAND

Nelson - Dean McKenzie

With helloworld Travel Henderson

We are lucky to live in such a beautiful country, so while the borders are closed, support local and book a New Zealand adventure with helloworld Travel Henderson. We have the full range of bespoke travel options suitable for a getaway with your partner or friends, a fun family holiday, or an active adventure-filled trip.

City Breaks and Explore packages

Stay and explore the Bay of Islands, Coromandel, Hawkes Bay, Rotorua, Wellington, Christchurch, Dunedin, or Queenstown. From 3 day breaks or stay longer and be a tourist in your own country to visit local attractions or play some golf with one of our well-priced domestic specials.

Active adventures

We have a great selection of New Zealand walks or cycle trails available to book as independent packages or group tours. Cycle one of the rail trails that traverse some outstanding scenery while discovering hidden gems along the way. Or, hike some of the world's

most breathtaking landscapes and experience the tranquility of nature amongst our pristine wilderness.

Small Group Tours

Meet like-minded travellers and have everything taken care of with our selection of small group tours. Or Join an independent coach tour to have the best of both worlds.



Lake Wakatipu Queenstown AJ-Hackett

CUSTOM ECU REMAPPING EXPERTS

IMPROVE THE PERFORMANCE OF YOUR VEHICLE TODAY

- INCREASED POWER OUTPUT
- ENHANCED TORQUE DELIVERY
- IMPROVED THROTTLE RESPONSE
- FULL WARRANTY COVER WITH 30 DAY SATISFACTION GUARANTEE

NZ PERFORMANCE TUNING

5d Paramount Drive, Henderson, Auckland. P: 09 837 5252

NZPERFORMANCETUNING.CO.NZ

Facebook: /NZPERFORMANCETUNING



Hanmer Springs Canterbury - Graeme Murray

Motorhome Holiday

There is no better way to discover New Zealand, than with a motorhome holiday. Roam free, wake up to a new view every day, and immerse yourself in nature. For couples, families, or groups of friends this is a fun and flexible way to travel.

Rail Journeys

Discover the heart of New Zealand when you travel by train. View a spectacular range of scenery from the comfort of your seat on either the Northern Explorer, TranzAlpine or Coastal Pacific rail journeys.

Off the Beaten Track

Experience the wilderness of the rugged West Coast with a rafting or hiking trip; Cruise scenic Fiordland on



Dunedin Otago - Miles Holden

a small ship; Visit Stewart Island to experience it's rare beauty and solitude.

Thank you for your continued support at this time. With ongoing uncertainty for international travel, we appreciate any New Zealand bookings you send our way. If you see a New Zealand deal advertised, please contact us as we are working with all domestic suppliers who are happy for us to make bookings on your behalf (at no extra cost to you).

Follow us: on Facebook for the latest deals: www.facebook.com/helloworldhenderson

Email us: to be notified of the latest travel deals,

Pop in: to our corner store to meet our team who are working weekdays 9am to 3pm.

EXPLORE NEW ZEALAND

Book your New Zealand Holiday with Helloworld Travel Henderson:

City stays, Cycle Holidays, Walking trails, Small Group Tours, Motorhomes, Rail Journeys, Small Ship Cruises and Luxury packages.

helloworld Travel Henderson

henderson@helloworld.co.nz 09 839 0371

helloworld TRAVEL

THE TRAVEL PROFESSIONALS



Middle School West Auckland

FREE
uniform & stationery

Small class
sizes
max 15:1

- Boys and girls, years 7-10
- Individualised learning programme
- Integrated Project Based Curriculum©
- Excellent preparation for Year 11 entry
- Christian values and philosophy
- Success for all students (of all abilities)
- Academic Excellence
- Te Reo Bilingual Campus

CONTACT US:
09 972 1744
westauckland.school.nz

287-289 Lincoln Rd & 22-24 Waipareira Ave, Henderson



Pathway to Opportunity

Bu-Mac

ENGINEERING

- Precision Engineering
- Breakdowns and Repairs
- CNC Machining
- Fabrication

Bu-mac provides business with end-to-end solutions that includes Project design, Manufacture, Quality checks and Installation. If you need a product manufactured or fabricated, please ask us for a quote.



Drag car parachute bracket
manufactured at Bu-Mac Engineering

6 Corban Ave, Henderson Email: james@bumac.co.nz Ph: (09) 836 4417 W: bumac.co.nz

COMMERCIAL LEASES & COVID-19

For those West Auckland businesses with lease agreements (office, retail, and industry), the post Alert Level 4 lockdown environment has been a steep learning curve and, often times, an ongoing legal headache for both landlords and tenants alike.

While many landlords want to do the right thing contractually and ensure the good tenant/landlord relationship survives the Covid 19 pandemic, on the flip side, many tenants have sought some sort of rent relief to assist with cash flow management until their businesses return to some sort of normality.

Some landlords have loss of rent insurance policies, while some tenants have business interruption insurance, both without specific infectious disease exclusions. Some parties, however, have not been able to avoid a legal dispute as an agreed position has not been reached.

To help with a commercial reality that economically affects all of the parties involved, the Government's economic response package includes:

- the reintroduction of depreciation on industrial and commercial buildings (including accommodation assets) from the start of the 2020-21 tax year, and now, a streamlined, subsidised, and voluntary arbitration and mediation service administered by the Ministry of Justice (MOJ) to help resolve commercial lease disputes for SMEs.

The aim is to resolve disputes quickly and cost effectively by agreement either via:

a) **Binding arbitration** i.e. a decision is made by an Arbitrator after considering both sides, and is limited purely to the terms of the lease. The lease must include a clause allowing for reduction of rent in an emergency and both parties must agree to arbitration; **OR**

b) **Mediation** i.e. a process administered by a Mediator who helps the parties to identify the issues and reach an agreement – decisions are not imposed on the parties, but are recorded in an agreement and the issues are not limited to the terms of a lease. Both parties need to agree to mediation, but rent abatement clauses are not required.

The parties should decide which service is best suited to their situation and lease document itself, and apply directly via the 'MOJ' website - justice.govt.nz/tribunals/

See: COVID-19 commercial lease dispute services



GINAJANSEN
LAWYERS

**HELPING WEST AUCKLAND
BUSINESSES GROW**

**WE PROVIDE BUSINESS ADVICE.
CONTRACTS. COMMERCIAL. PROPERTY.
LEASES. IRD DISPUTES & TAX DEBT.**

**WE ARE INNOVATIVE. PRACTICAL.
COST EFFECTIVE. EXPERIENCED.
LET US HELP YOU. CALL NOW.**



P. 09 869 5820 A. 9C Moselle Ave, Henderson, Auckland E. gina@ginajansen.co.nz W. www.ginajansen.co.nz f @ in



OCTOBER CHECKLIST: with Kings Plant Barn.

Plant Now – Start planting your summer veggies, as well as stunning annual and perennial flowers. Get them in quick and stay on top of the weeds to ensure you get to enjoy your plants to the fullest.

Vegetables

Prepare new beds by forking the soil and adding Organic Compost, Sheep Pellets and Natures Organic Fertiliser.

Seedlings - Start planting out tomatoes, basil, beans, eggplants, and capsicum seedlings. Plant herbs like coriander and parsley in part shade to protect them from the afternoon sun. Doing this will mean they don't 'bolt' to flower and seed as quickly, meaning they last longer.

Seed Sowing - There's plenty of time to sow your summer veggie seeds. Make sure they are planted with plenty of space between them and are in a sunny position. Germinate tomato, eggplant and melon seeds in punnets before moving out into the veggie patch.

Fruit

Passionfruit - Plant in a warm sunny spot in well-draining soil, with a trellis or stake to support the vines as they grow. Mix in Compost and Sheep Pellets before planting for added nutrients.

Citrus - Plant into free draining soil and mix in

Compost and Slow Release Citrus Fertiliser. Dwarf varieties only grow to 2 meters tall, are also available, and are the best for container growing.

Berries - Want homegrown summer berries? Now's the time to plant strawberries, raspberries and blueberries. For a bountiful harvest plant more than one variety.

Trees & Shrubs

Roses - Plant now in a sunny position to enjoy their delightful blooms this spring and summer.

Hydrangeas - An old-fashioned flower that is coming back in style! With huge gorgeous blooms, hydrangea are happy being in full sun or part shade, and make great cut flowers for arrangements.

Hedges and Screening

Getting hedges and large screening trees into the soil now gives them time to get settled in before summer. Keep newly planted trees and shrubs well-watered (with a watering can) and feed with Kings 24+.



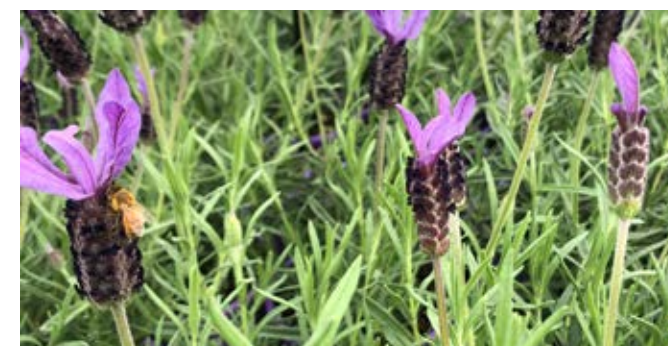
Flowers & Perennials

Instant Colour - Add an instant dash of colour to your pots and garden beds. Choose from petunias, lobelias, alyssum, gazania, marigolds, snapdragons and heaps more in our Seedling Punnets, Potted Colour and King Sized Colour ranges instore now.

Perennials - There are loads of gorgeous long-flowering perennials now in, including petunias, calibrachoa, lavender, nemesia, geraniums, and so many more. Plant in soil mixed with Compost and Sheep Pellets.

Tend

Veggie Garden - Protect newly planted seedlings from slugs and snails with Quash. Keep on top of any weeds emerging in newly planted beds. Regularly remove



laterals from your tomato plants and feed them with Kings Tomato food.

Feeding Keep plants happy and healthy by feeding your plants regularly over spring. Feed with our natural and organic fertiliser range including new products from Yates and Tui instore now.

Mulching - Apply mulch around your garden to help suppress weeds and reduce your watering needs as it starts to heat up.

Lawns

Get your lawn looking great for summer. Use Yates Weed N' Feed to feed your lawn and kill off broadleaf weeds (remember to be careful around the edges and not spray your flowers, shrubs or veggies). Repair bare patches by sowing the area with patch pack lawn seed.



Speak to your local

Garden Experts

Visit your local **Kings Plant Barn** for a huge range of top quality plants, plus expert advice to help bring your garden ideas to life!

KINGS PLANT BARN | 224 UNIVERSAL DRIVE, HENDERSON
OPEN 7 DAYS | 0800 PLANTS | kings.co.nz





For Quality Print & Service

Brochures • Books • Business Cards
Packaging • Posters • Flyers • Folders • Corflutes
Labels and anything printed on paper or card.



ph: 09 377 4882 sales@pressprint.co.nz www.pressprint.co.nz



CELEBRATE GOOD TIMES AT THE TRUSTS VENUES

Looking - for an excuse to get together with work colleagues or friends?

Everybody - deserves a good night out with great food and company. And whatever the occasion -

Celebrating - a birthday, the End of Lockdown, or the Arrival of Summer -

The Trusts - has the perfect venue for you, remember Christmas is coming up fast.

The Trusts operates several venues across West Auckland, each with their own personality and style. Take your pick from three of the following:



Monday steak night at iTi

iTi

Overlooking Titirangi's beautiful native bush, iTi offers a peaceful escape from busy lifestyles. Specialising in delicious small bites that are perfect for sharing, iTi also provides an extensive range of wine, cocktails, and craft beers. From the 'big plate' menu you just can't go past their Monday Night special: \$20 Ribeye with potato & parmesan rosti, broad beans, oxtail ragout, porcini mushroom sauce. Get in quick as their Monday nights book out fast!

W: weareiti.co.nz
Ph: 09 817 5057



Beers & pizza at The Good Home

The Good Home Lincoln Road

The Good Home Lincoln Road has a relaxed, home-from-home atmosphere. You're guaranteed to enjoy warm hospitality, classic Kiwi dishes, and a wide selection of beverages. The Good Home has lots of function spaces available to suit any occasion. Choose from the intimate Whisky Lounge, or the Snug with its kids' area. There's also a large outdoor space that attracts the all-day sun.

W: thegoodhomelincn.co.nz
Ph: 09 839 2481



Cocktails at The Hangar Bar

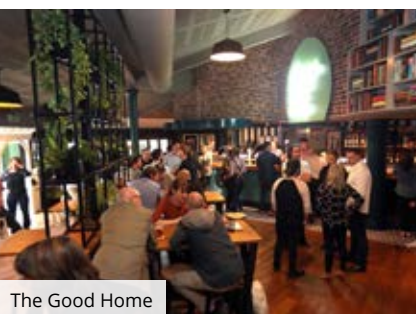
The Hangar

With a dedicated bar area and separate seated restaurant, the Hangar is perfect for after-work drinks and nibbles, or good value, tasty pub food. The stonegrill is a big drawcard for many! The Hangar also has a large separate function space for big groups of families and work colleagues. And it's the place to be if your sports fan. Multiple big screens mean you won't miss any of the action.

W: thehangar.co.nz
Ph: 09 835 1056



iTi



The Good Home



The Hangar Bar



MOTORING
WEST AUCKLAND BUSINESS

EXPRESS Yourself

You're smart, hardworking, and reliable and you know that how you turn up each day says a lot about you. Whatever your business, Express yourself with the all new Mitsubishi Express Van.

The new Express is packed with features, including: fold-down work station, rear view camera, bulkhead, Bluetooth™ connectivity, auto rain sensing wipers and dusk sensing headlamps. Access to the 5.2m3 cargo space is made easy with dual sliding side doors, as well as easy loading rear barn doors.

Two dependable engines to choose from, combining power with economy, the 1.6LDiesel twin-turbo in manual or the 2.0L Diesel turbo with dual clutch automatic transmission. The Express is ready and waiting to carry your business forward.

The ultimate mobile workspace, with workstation, laptop storage and integrated clipboard. Keeping you safe on the job with 5 airbags, reversing camera, hill start assist and more.

West City Mitsubishi
130-134 Central Park Drive, Henderson
09 8370907 Ext 1



2020 MITSUBISHI EXPRESS VAN
COMING SOON
ARRIVING MID-OCTOBER
PRE-ORDER NOW BY CALLING US ON 09-8370907



2020 MITSUBISHI OUTLANDER
SPORT 4WD

• 7 seater SUV • Factory Fitted Body Kit • Sunroof • Electric Tailgate • Leather seating



West City MITSUBISHI MOTORS

MITSUBISHI SALES
130-134 CENTRAL PARK DRIVE, HENDERSON PHONE 837 0907

DEMO DEALS

2020 SUZUKI SWIFT SPORT
MT TURBO

• Yellow • 1.4 Boosterjet Turbo • Petrol engine • Sport seats • 17inch Alloys • GPS • Bluetooth • DRL • Adaptive Cruise Control • Lane Departure Warning • 5.9L/100km



2020 SUZUKI SWIFT LTD HYBRID AT

• 2 tone • 4.2L/100km • 3000km • 1.2 Hybrid engine • 16inch Alloys • Bluetooth

• Rear Sensors • DRL • Adaptive Cruise Control • Lane Departure Warning • Lane Keep Assist



West City SUZUKI

SUZUKI SALES
49 NORTHSIDE DRIVE, WESTGATE, HENDERSON PHONE 837 0907

2020 KIA CERATO
GT-LINE 2.0P

• 2.0L Petrol Engine • Lane Keep Assist • Blind Spot Detection • Smart Cruise Control



2020 KIA SPORTAGE GT-LINE 2.4P/4WD

• 2.4L Petrol Engine • Panoramic Sunroof • Lane Keep Assist • Autonomous Emergency Braking

• Heated/Cooling front seats



West City KIA

KIA SALES - 2 LOCATIONS:
49 NORTHSIDE DRIVE, WESTGATE, HENDERSON &
130-134 CENTRAL PARK DRIVE, HENDERSON PHONE 837 0907

Terms and Conditions* On Road Costs include registration, WOF, 1,000km road user charges and a full tank of fuel and are paid when vehicle is driven away. Model shown with optional accessories available at additional cost. Fixed interest rate of 8.95% p.a. applies with a 5 year term and 10% deposit. Offer available until 31 October 2020 at West City Auto Group or while stocks last. Not available with any other offer.

MEMBERS CAR

West Magazine called in to visit James Buchanan of Bu-Mac Engineering in Henderson, and to see his beautifully presented Ranchero.

The 1965 Ford Ranchero runs a 302-cu in. (5.0L) Windsor V8 with 8-point injection and a Link ECU.

Trans is 5 speed manual (Tremec T5) with a Hurst shifter, and Diff is 8" Ford with a Tru-Trac LSD.

The wheels are period correct Magnum 500's with custom CNC machined Ranchero centre caps by Bu-Mac Engineering.

James has owned the vehicle for almost 5 years, spent over 3 years completely rebuilding it and regularly drives it to work



VW CROSSES THE T'S AND DOTS THE i'S the new T-Cross with turbo injection

Uniquely versatile. Incomparably compact. Paired with on-trend crossover design and everyday practicality. In short, the T-Cross is a modern adventurer and master of transformation who is reinterpreting the signs of the times. Combining urban appeal with striking design, it's brilliantly spacious, clever, and packed with features. Like you, it's much more than one thing.

The 5's; 5 Star ANCAP Rating | 5 stars Fuel Rating (5.5L/100km) | 5 Doors

You have Paddle Shift Controls, steering wheel media with stable handling and responsive steering at any speed, ensuring a comfortable ride every time.

The ideal SUV for the tech savvy

- AppConnect (Android Auto, Apple CarPlay, MirrorLink)
- 8" touch screen infotainment system
- Wireless charging and 4 USB ports
- Voice control
- Steering wheel audio control
- Built in satellite navigation (standard on TSI 'Style' & TSI 'R-Line')



2020 VW T-Cross with Wireless charging



2020 VW T-Cross R-Line TSI 2WD 1.5T



2020 VW T-Cross TSI Style DSG 1.0

"All things considered, the T-Cross is solid choice for those looking for the tried and tested driveability of a Golf or Polo, with added ground clearance" - Andrew Sluys, DrivenNZ.

WE'RE YOUR COMPANY CAR & FLEET SPECIALISTS

At KAAR, we appreciate the inefficiencies of managing your company's vehicles. We know that if the company vehicle is unavailable it's certainly unproductive.

Wondering
what constitutes a
fleet? Call KAAR
now and ask!
0800 522 734



PROBLEMS YOU MAY HAVE FACED SERVICING THE COMPANY CAR

- ✗ Dropping off and picking up, takes two of your team.
- ✗ Company sales calls, deliveries & pickups may be impacted.
- ✗ Excessive Admin, multiple suppliers (brands)
- ✗ Costs – one rule for all (drivers independently managing service routines)
- ✗ Dilemma of who to call when a vehicle has broken down.

SOLUTIONS KAAR CAN PROVIDE FOR YOU

- ✓ Gain control - negotiate your service agreement and fleet rate!
- ✓ KAAR is approved by lease companies.
- ✓ KAAR provides free pickup and delivery.
- ✓ KAAR can assist with Free Loan vehicles; Cars or Vans.
- ✓ KAAR has a Mobile Service available, which includes Breakdowns.
- ✓ KAAR's Fleet rate applies to your staff!

Contact kelvin@kaar.co.nz to book an appointment and become part of the KAAR-munity.

KAAR

Find us at: KAAR Avondale 357 Rosebank Road | KAAR Mitsubishi 14 Te Pai Place | KAAR Henderson 5B Waipareira Ave



Tristram

The all-new T-Cross



Uniquely versatile. Incomparably compact. Paired with on-trend crossover design and everyday practicality. In short, the T-Cross is a modern adventurer and master of transformation who is reinterpreting the signs of the times. Combining urban appeal with striking design, it's brilliantly spacious, clever and packed with features. Like you, it's much more than one thing.

Tristram European West Auckland | 33 Soljan Drive, Henderson | Ph: 09 553 9370 | www.tristramvolkswagen.co.nz

5 YEAR
WARRANTY





WESTCITY GIFT CARD

Give the gift of choice.

A WestCity gift card is the perfect gift, reward or incentive. Gift cards are available from the Customer Service Desk and can be loaded with any amount from \$10 - \$999. The gift cards can be used at any participating store within WestCity – so there's something to please everyone.

www.west-city.co.nz

WestCity
WAITAKERE

+64 9 978 6700
7 Catherine Street,
Henderson, Auckland