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We Welcome the Team At The Falls Bistro

› Business Profiles

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› Of Membership Interest

Information On Registering Our Members

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Gin ESSENTIAL GUIDE
2021 EDITION

Bombay & Tonic

A classic around the world, nothing quite pairs with a summer evening like a gin and tonic, and Bombay Sapphire shines through this classic cocktail.

INGREDIENTS:
45ml Bombay Sapphire Gin
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1 Lime Wedge
1 Lemon Peel

METHOD:
Pour 45ml of Bombay Sapphire from the freezer into a balloon glass.
Fill balloon glass with ice.
Squeeze and drop in a lime wedge, top with tonic water and stir. Garnish with lemon peel, expressing the oils over the drink.

Bombay Bramble

This simple twist on the modern classic, beautifully demonstrates the inherent fruit flavours found at the heart of Bombay Bramble.

INGREDIENTS:
50ml Bombay Bramble
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12ml Sugar Syrup
1 Lemon Peel
1 Blackberry

METHOD:
Pour 50ml of Bombay Bramble from the freezer into a rocks glass.
Build ingredients over crushed ice.
Garnish with lemon peel and a blackberry.

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ENGLAND | 15

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West Liquor



Village Wine & Spirits

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YOU'LL NEVER WANT TO LEAVE

Cover: Photography by LFHQ Studios

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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.

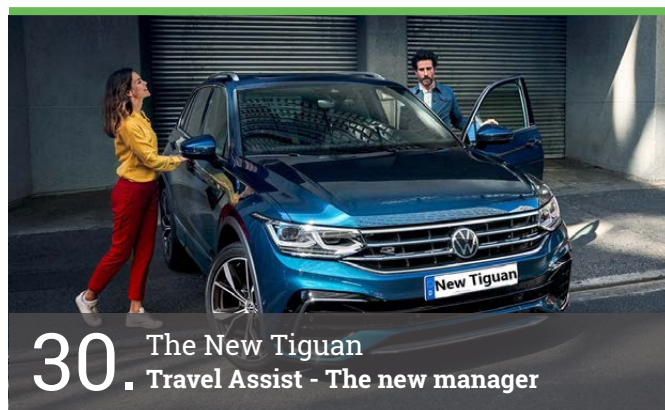
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Quality Solutions on Your Doorstep



20. CPHBA welcomes Water To Waste
to their New Home in Central Park



30. The New Tiguan
Travel Assist - The new manager

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THANK YOU TO DAVIS FUNERALS

Last month attendees gathered at long-time BA5 sponsor Davis Funerals in Central Park, Henderson. A champion of our Association, Local Business, and very much the wider community.

We were again treated to their wonderful hospitality and great business card draws, featuring a 'Swim with the Sharks' and some Babich Wine packs to mention a few. The 'Swim' was won by the dapper MC for the event, BNZ's Nick Thompson (this writer wondered if the net should be included lol)

Davis Funerals opened in Central Park, Henderson in 1998 on land which was formerly the Collard Vineyard, and the Company has proudly served the needs of families for more than 80 years.

"it's not all just about the building, says Mike Powell, the Manager of Davis Henderson, community is at the heart of everything we do at Davis - In addition to being there for our families in their time of need, we also actively engage in the region.

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

Central Park Henderson Business Assn. events subsidiary; the West Auckland Business Club (WABC) produces the Business after 5 (BA5) networking experiences.

Pictured; At the last BA5 hosted by Davis Funerals.

Photography: Jasmine Kunju

(from BA5 sponsor, UHY Haines Norton)



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West City KIA

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

CHAIRS REPORT

In this issue we earnestly start our campaign to register our Business Improvement District (BID) affiliated members, this is also a BID operating standard as required by Council, for those businesses and properties situated within our BID boundary, (see page 18).

Further info is on pages 15 through 19 (including the centrespread) with a registration form and boundary map. There is some mist around BID procedures and 'what is a BID' throughout our area, mainly because many are more focussed on their work-at-hand rather than pause to engage on what's going on around them.

Your association understands this focus, and will contact all businesses that (for any reason) do not respond to our endeavours, some will have already been reached out to by the team carrying out our contact updating.

In my role as Chair, I am keen on effective governance - some achievements being: having good process for recording meetings & document storage, concentration on diversity within the board (i.e.: business sector representation, gender, and ethnicity), a competent performance by members who bring multiple perspectives to the table also now of course - the BID.

We are fortunate to have the experience of our treasurer Tim Livingstone (MNZM) on the board as a mentor for Governance, Compliancing, and Advocacy matters. Tim has, and is serving as Chair or Executive on a variety of boards within the sectors of business, professional practice, and community.

Also, we pleased welcome a new member to the CPHBA board - Stephen Jones, Director and General Manager of Canam Group Ltd. Stephen brings a wealth of experience within the business, construction & trades sectors, lives locally, and very community centred, we are delighted to have him 'onboard'.



KELVIN ARMSTRONG

I am mindful that we are accountable to our members, and as a board, who are in business alongside our members on a daily basis, we are committed to perform with professionalism, integrity & transparency and to be acknowledged so doing.

As you may know in our wonderful WEST, folk are not shy in coming forward with their thoughts - this we respect and appreciate; it is a trust-based thing here, so being it's easy for us to 'knock on doors' to gauge members opinions.

.....
KELVIN ARMSTRONG, CHAIRPERSON CPHBA

kelvin@kaar.co.nz - 021 828 008

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SUPPORTING MORE KIWIS INTO WORK

The Flexi-wage employment programme

If a business is interested in hiring someone, the Ministry of Social Development (MSD) may be able to help through its recently expanded Flexi-wage employment programme.

MSD is New Zealand's largest employment service, with a nationwide network connecting job seekers and businesses. The Flexi-wage programme is just one of the ways MSD helps job seekers get a job, by working with employers and supporting job seekers to get a job and get the skills they need to do the job, so they stay employed.

Through the Flexi-wage expansion, the Government is investing an additional \$300 million into Flexi-wage, including \$30 million ringfenced to support people who are out-of-work into self-employment. The changes are expected to support up to 40,000 more New Zealanders into work over the next two years.

The Flexi-wage expansion, which took effect on 15 February, widened eligibility to support job seekers who are not on a benefit but are disadvantaged in the labour market. It previously only supported people at risk of being on a benefit long-term. Through the expansion, MSD has also increased subsidy rates for eligible job seekers and introduced set rates and durations to provide more certainty for potential employers.

The expansion doesn't affect current Flexi-wage contracts, which will continue.

Some current staff employed through Flexi-wage include an IT worker, made redundant and supported to retrain for a job as a truck driver, a teacher who needed to change jobs due to a health condition and retrained as a machine operator, and several job seekers who had been unemployed for a considerable time and were employed at a café that works closely with Work and Income when they're looking for staff.

Information for employers

Flexi-wage support can include training and in-work support (such as pastoral care), as well as a wage

contribution. The job must pay the minimum wage and be ongoing, continuing after the Flexi-wage support has finished. A business may be able to get Flexi-wage to support an employee at risk of redundancy who can be employed in a different role within the business, while they gain the skills required to do the new job.

MSD staff will discuss with the employer the level of support the candidate needs to gain the skills to do the job, and whether it will be a Flexi-wage subsidy, training, in-work support (such as pastoral care) or a combination.

Depending on the level of support the candidate needs, Flexi-wage may be paid for:

- 24 weeks, at \$276 a week, totalling \$6,624 (GST inclusive), or
- 36 weeks, at \$276 a week, totalling \$9,936 (GST inclusive).

Work and Income has some discretion to pay a higher amount if the candidate has complex or specific needs.

To find out more go to:

workandincome.govt.nz/work/flexi-wage.html.

To find out more about Work and Income Employer Services, go to:

workandincome.govt.nz/employers

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

Phone: 0800 778 008

If you are looking for work, phone MSD on 080 559 009



LEASE REINSTATEMENT OBLIGATIONS



When considering a commercial lease, a landlord and tenant often sign up using the Auckland District Law Society (ADLS) standard lease form, which sets out repairs and reinstatement requirements at the end of a lease, oftentimes without an understanding or negotiation of what the end of lease practical implications will be.

Reinstatement work can be severely underestimated by tenants, resulting in expensive and prolonged negotiations. Steps can be taken at the start, during and near the end of a tenancy to reduce the shock and costs to meet reinstatement obligations.

The best and easiest way to reduce inconsistent expectations of end of lease repairs and maintenance, is to agree on the condition of the premises at the lease commencement and accurately record this through a Premises Condition Report (PCR), which is then attached to the lease itself, and records the condition of the property and who owns what.

A PCR requires specific, as opposed to generic, lists of fixtures and fittings and will include photographic evidence using description terminology that aligns to the lease itself. While there are costs involved with procuring a PCR, the cost can be shared by the parties and made well in advance of execution of the lease agreement.

As most end of lease costs arise from costs to make good tenant alterations, fixtures, and fittings, it is ideal if tenants have a good understanding about the work to be carried out at the start, and during, the lease, along with removal and make good costs.

Where the number of tenant alterations, fixtures and fittings can be reduced, end of lease costs will likely be reduced too and it may be negotiated, to the tenant's benefit, that alterations, fixtures, or fittings be owned and/or carried out by the landlord, reducing high removal costs of fittings with little to no second-hand value.

A benefit to the landlord is ensuring the quality of materials and construction standards used, and which may be poor if left to be carried out by a tenant. Items may be left by a tenant that would suit a landlord with future tenancies, for example, light fittings. Where removal is required, specifics should be stated about the level of make good by a tenant, for example, will a fixed shelving unit require an entire wall to be replastered and painted or simply the holes being patched up?

Lease assignments can be a particularly problematic area and further reports should be obtained at assignment time for both landlord and assignee, even where condition reports are attached to the lease.

An assignor may have made subsequent, but not apparent, alterations and which affects the assignee's later reinstatement costs. One key to reducing mismatched expectations is to obtain a Terminal Dilapidations Assessment at the outset of a tenancy, or on assignment, to set expectations and assist with values.

Forewarned is forearmed and reports are highly recommended, should be obtained early, and well before the end of a lease. NB: This article is not intended to be relied on as legal advice. In all instances, professional advice should be sought.



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MEGA Westgate
MEGA Henderson

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WESTGATE &
HENDERSON

OF EVENTS AND EXPANSION

Extensions at Westgate

It's been a huge start of the year for the teams at both Mitre 10 MEGA Westgate and Henderson.

With multiple COVID lockdowns throwing the prospect of business and events up in the air, both stores have faced their fair share of challenges, but are approaching the rest of the year with optimism.

Westgate's extension has faced lockdown, supply chain, and even flood issues, but is well on track to be completed by late April, which will see the trade section of the store see more floor space, products, and of course (hopefully) customers. This will be followed by the retail expansion, set to be completed later in the year.

From a community perspective, as mentioned in the previous issue, the two stores will see over 1000 students from 15 West Auckland schools at Whenuapai in late March to compete in a combat course in conjunction with the RNZAF, whilst the Westgate store is set to give away over \$10,000 in prizes to a lucky customer as part of their Man Shed competition too.

On top of this, the stores are developing plans to take their garden to plate programme to schools later in the year, which will see Mitre 10 staff in schools around the region each week demonstrating how easy it is for children and families to start growing their own vegetables.

Store owner Dave Hargreaves wants to make up for missed opportunities due to COVID, and see his stores do as much as they can for, and in the community this year. "We had all these grand plans to help out local charities, organisations, and schools, but obviously COVID hampered those last year, so this is the year to make up for that" he said.

HUGE congratulations to locals Louise Appelman and Adrian De Roode - winners of the 2021 edition of Man Shed, walking away the last Sunday in March with over \$10k in prizes!

Stay tuned for more awesome events and giveaways throughout the year.



Extensions at Westgate



Extensions at Westgate



Louise Appelman & Adrian De Roode - winners of the 2021 edition of Man Shed

Serious about Selling?

It's a HOT Market and we have a HOT deal for you!

RAY WHITE UNIVERSAL YOUR TRUSTED REAL ESTATE ADVISERS

There has been much commentary of late regarding the buoyancy of the residential real estate market and as is typical after a period of significant growth, predictions of just when these conditions will come to an end are also becoming more prevalent.

There are some key fundamentals as to why we have seen the level of price growth that has been experienced in recent times. Firstly, the low cost of borrowing has worked to bolster the demand side of the equation. As well as this, with volatility in many other sectors of the global economy, housing has been seen in many countries as a stable, long-term investment. So, this is where we come in!

At Ray White Universal, we are a team of highly trained professionals, specialists in our area of expertise whether it be Residential, Commercial, Property Management or Finance and all working closely together to provide the highest level of service and results to our clients and customers. Our goal is to become our community's 'Trusted Advisers' in all things Real Estate – we are about forming long lasting relationships – not just one-off transactions.

Led by Amy Anderson, Amy has ensured the

salespeople have the latest technology, tools and know-how to do their job better than anyone else in the marketplace. Proudly partnering with the Ray White brand enables a solid, market-leading foundation to assist in promoting vendors' properties and giving an overall customer experience that she believes is second to none.

The market still remains HOT, and buyers are still out in force – our Ray White Universal Auction statistics are currently at an incredible 94% success rate, which is testament to the strategic marketing, hard work and dedication of our marketing consultants. (Our Auctioneer is pretty good too!). We'd love for you to experience the Universal Difference, so we've come up with a strategic marketing proposal that we know you'll love... give our team a call and ask about our HOT DEAL Marketing Plan – valid til the 31st of May 2021.

We can baffle you with graphs, and blow you away with statistics, but at the end of the day, we stand behind our team and our proven record of 10/10 service and success. If you are looking for a team of specialists to assist you with ALL your real estate needs, then look no further – we are Ray White Universal and we are your Complete Real Estate Experience!

A promotional graphic for Ray White Universal Auctions. It features a close-up of a person's hands holding a wooden gavel and a microphone, set against a background of a network of dots and lines. The text 'Ray White Universal Auctions' is at the top, followed by '94% Success Rate!' in large, bold, yellow letters. The RayWhite logo is in the top right corner. At the bottom right, small text reads 'Stats from Auctions held Mar 2020 - Feb 2021'.





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BU-MAC: QUALITY ENGINEERING SOLUTIONS ON YOUR DOORSTEP

Tucked away in Henderson's Corban Avenue is long-established engineering company Bu-Mac Engineering. With an emphasis on quality and delivery, Bu-Mac provides end-to-end engineering and fabrication solutions to businesses throughout Auckland.

According to Director James Buchanan, the company has a broad customer base. Major customers include food manufacturers plus scrap-related recyclers.

'We also do a lot of work for the movie industry,' says James. 'We were heavily involved in The Meg sequel as well as other big-budget films currently in production.'

Furthermore, Bu-Mac recently built and installed the new entry gate fabrications at Westhaven Marina.

'These industrial, high-end structures have electric

glass doors and control access to the marina berths,' explains James. 'We have four on the new promenade walkway and are making our way through the rest of the marina.'

With a team of 23 locals, Bu-Mac combines the best of new-world technology with an old-school can-do mentality.

The business has been up and running for more than 25 years. This means the team has the skills and expertise to handle manual machines as well as modern CNC technology (Computer numerical control).

'We still have the skills set for the traditional jobbing workshop,' says James. The expert team can pull a machine apart, diagnose the problem, make repairs and then put it all back together.





However, Bu-Mac also has the knowledge and experience required for the latest CNC machines.

'We are the biggest jobbing-style workshop in West Auckland,' explains James. 'And we are also the best-equipped local engineering workshop.'

Whether it's a manual or CNC machine, Bu-Mac always delivers a high-quality service. Personal relationships and responsiveness are at the heart of everything Bu-Mac does. The end-to-end service covers project design, manufacture, quality checks and installation. And the team also swiftly deals with ongoing repairs and breakdowns.



There's a reason why Bu-Mac has been in business for so long. So, if you need a product manufactured or fabricated, then Bu-Mac is hard to beat. Plus, they are on your doorstep for a super responsive and fast service.

Check out the website for more details or contact James and the expert team direct.

W: bumac.co.nz

P: 09 836 4417

E: james@bumac.co.nz

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6 Corban Ave, Henderson

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W: bumac.co.nz

CENTRAL PARK HENDERSON BUSINESS ASSOCIATION INC. (CPHBA)

Registering Our Members

If you own a business or property within our Business Improvement District (BID) boundary, you are automatically an Affiliated Member of CPHBA, see bid boundary map on page 18. i.e.

- **Own one of more commercially rated properties within the BID programme area; or**
- **Trade within of one or more properties within the BID area.**

Points To Note:

- If your business is located within the CPHBA 'BID' you are a 'BID Affiliated' member.
- It is a BID programme requirement that your Assn. ensures the membership database is as up-to-date as possible; this remains confidential to the Assn. and is not for public record.
- Your Business will be uploaded to our online database (with your consent), the only details being: Name, Address, Website, and preferred contact info
- We do need to continually update our database, engage with members for planning, feedback, advocacy, and to encourage the development of opportunities ongoing for local companies.
- Registration to our database is for Contact purposes, News and Invites to upcoming events etc
- This info, online forms etc will be up on our website this month, for another avenue to register
- Once you have completed the form opposite, please email to - admin@cphb.org.nz

Full Membership:

As evident in the past, businesses within our 'BID' boundary will change ownership, new companies will set up, a number will move outside the BID, and some will not connect with the association. CPHBA as an important contact entity for business/community enquiries, referrals etc for West Business, it is vital to have Association Members keen on engagement.

1. To this end it has been determined by your representing board; to further our activities and planning, a small fee will be applied for Association [CPHBA] full membership.
2. CPHBA Members that were onboard before the BID, and continue their full membership, will be known as our 'Foundation Members'. As an 'Association member' there are further benefits, discounts, and priorities available.

Associate Membership:

3. This is for businesses outside the CPHBA 'BID' Boundary, the same will apply to those members that were onboard as per [2] above i.e., 'Foundation Members'.
4. The only difference being; these businesses will be identified as members of 'West Auckland Business' (WAB) which is Associated with, and Managed by CPHBA, within the West Auckland Business Group
5. Subscription will be commensurate with the average targeted rate paid by CPHBA 'BID' affiliates
6. There is a separate Registration Form for this, and available by emailing - garry@cphb.org.nz

One voice for the West!



For Central Park Henderson Business Association Inc. (CPHBA) Business Improvement District (BID) Members. Companies situated within the CPHBA (BID) Boundary. If your Business and/or Property pays the BID targeted rate then both are automatically a 'BID Affiliated Member' BID policy requires CPHBA to seek your registration.

BUSINESS DETAILS

Company Name:		
Trading Name:		
Street Address:		Postcode:
Postal Address:		
		Postcode:
Tel:		No of employees:
Email:	Website:	

COMPANY DIRECTOR / GENERAL MANAGER or CEO

Name:		
Job title:	DDI:	Mob:
Email:		
MAIN CONTACT		
Name:		
Job title:	DDI:	Mob:
Email:		
LOGO: Does the business have a logo	If NO - tick	YES - [please supply in High-Res]

ADDITIONAL CONTACT

List another in your business you may wish to receive information and notices from CPHBA. This includes by phone SMS, email; - e-newsletter, events, business forums/workshops, security notices, marketing material....

Name:	Email:	Tel:

TYPE OF MEMBERSHIP

'BID' Affiliate Member – Central Park Henderson Business Association Inc.

I consent to the publication of our business details in all CPHBA directories.

Signed on behalf of:

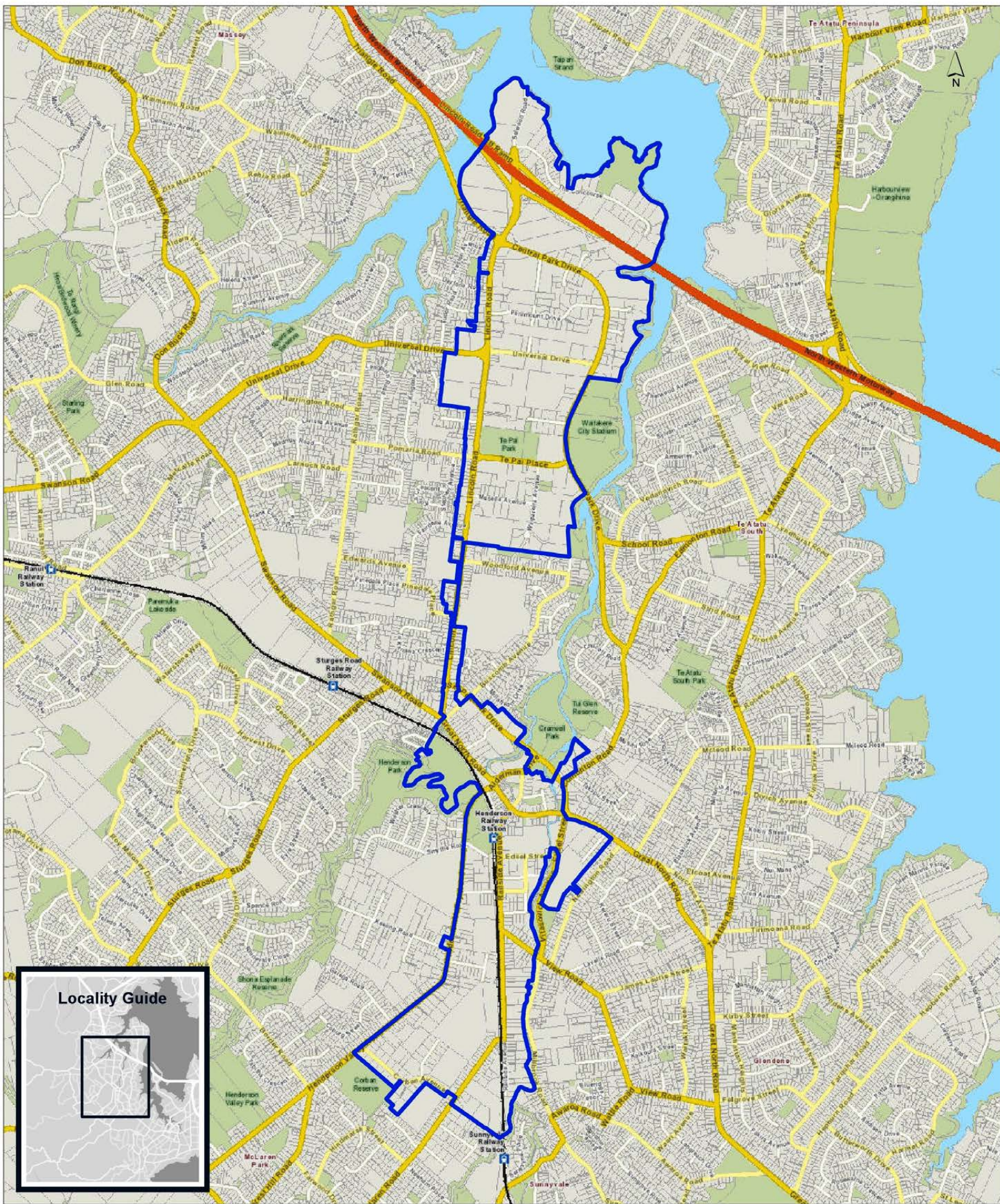
Name:

Signature:

Date:

CPHBA BUSINESS IMPROVEMENT DISTRICT [BID]

Area Boundary Map



MANAGERS UPDATE

No don't read this, because I know many of you, ['BID' business managers] probably won't...

It certainly has been a turbulent financial year, especially given the successive lockdowns, which has led to many re-evaluating their business models. With your association, it has been a similar exercise, planning toward the Business Improvement District (BID), the hard work preceding the first lockdown, and the subsequent pressure of the aftermath.

Covid has had a varying impact for our businesses, the last lot of restrictions, it was for many, harder than the level 4 lockdown. Many have trimmed costs, some have downsized, some have supply chain issues, and others have difficulties in employing qualified staff. Businesses need to stay in business and keep contributing to the economic and social wellbeing of their local communities. Once the C-19 problems are dealt with, they may also be able to assist the wider community's recovery by providing services, facilities, skills, or other resources - To This End **'Please Shop with Local'**.

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 those barriers and get on with our initiatives.

Your board and management continue to fine-tune our strategic and business planning, and with some of the groundwork already achieved, progress undertaking work on the BID database collection, and refining. Planning includes connecting businesses and the wider community with a number of exciting initiatives and desired developments.

We advance our goals; one being Safety and Police liaison, this with the Henderson Town Centre (HTC) Activation Plan, we have been part of this community driven organisation since its inception. Along with Employment (work locally) & working with MSD, Youth

into work, One Voice advocacy, and many other projects an empowered business collective can offer.

Panuku Development Auckland has made Henderson a focus, as an urban 'eco-Centre' with intensification, and development of Council owned sites. With the ongoing development of Northwest, the explosive growth forecast, the opportunity to link with business is keenly desired.

Now more than ever, a strong business community with one voice is crucial to make further developments a success for our businesses.

The CPHBA board members are passionately West focussed, with a varied balance of expertise in SME & Corporate business, accounting, banking, international, law, motoring and hospitality, also keen supporters of community, youth, and balance.

Subsequent to the Assn. AGM 2020, as a requirement of the BID Policy (2016), the signing of an Annual Accountability Agreement (AAA) by the Chair of the Assn. Board, was completed in early March. Its purpose, to confirm baseline accountability mechanisms are in place. These include: audited accounts, proposed budget for the upcoming year, strategic planning, and....

confirmation by the manager of the processes taken to ensure the membership database is as up-to-date as possible.

This 'AAA' along with a CPHBA presentation to Henderson Massey Local Board (HMLB) members; a review of past activities and an overview of planned BID projects and activities for the coming 12 months.

If you have questions or input, please don't hesitate in contacting me -

Garry Bates - Assn. Manager
E: garry@cphb.org.nz
M: 0274 904 260





CPHBA WELCOMES WATER TO WASTE

to their New Home in Central Park

Water to Waste may be new to the Henderson business community, but they've been working in West Auckland since 2008. The plumbing and drainage specialists have recently moved their offices from Massey to Henderson's Collard Place.

We caught up over a coffee with Scot Pearce, Founder and Operations Manager, plus Steven Ferrall, General Manager, to find out about the company.

Water to Waste is very much a family business with a strong focus on West Auckland. Scot and Steven are both proud Westies, as are many of the 12 strong team.

The company provides a full range of plumbing and drainage services, including gas fitting, gutter cleaning,



WTW team member, Gordon received his National Certificate last month.



water harvesting and filtration, plus earthworks.

Customers include new-build housing developments, schools, kindergartens, plus businesses and private households. And for the past 15 years, the team has also provided specialist services to the local film industry.

'We're the go-to plumbers for the film industry,' explains Scot. 'We look after the two local major studios in Henderson and Kumeu, plus 20 film locations across Auckland,' he says.

The work is varied and interesting, including temporary kitchens and bathrooms and installing water tanks for re-use around the sites.

Good old-fashioned Kiwi ingenuity is a hallmark of Waste to Water's service offering. Along with many other businesses, Covid has resulted in supply issues. Before the pandemic, the company sourced its driveway cesspit debris bags from the US. However, frustration with shipping delays saw the team look to develop their own version.

'We have come up with our own debris bag to stop driveway rubbish or even keys and mobiles from clogging up the stormwater system,' explains Steven.



'Our version is more cost-effective and will be manufactured here too.'

Maintenance and service is another priority. The team always looks to add value and has created a plumbing warrant of fitness questionnaire to share with customers when onsite. The idea is to identify any potential issues before they become bigger and more expensive problems. Easy to complete, the questionnaire provides a state of health assessment and helps you with budgeting and prioritising.

As proud Westies, the company is also a strong supporter of the local community. The team has donated services in support of worthy causes like Hospice and

the Missing Wingman Trust. And they also sponsor local kindys as well as a women's football team.

With an onsite gym available for staff to use, Water to Waste believes in looking after the team's health and well-being. And it's clear there's a strong team spirit and plenty of laughs and banter to be had. The recent Throne of Shame social media promotion is a good example of the company's fun side. Followers were invited to submit photos of their terrible toilets, with the winner receiving a brand new one!

Friendly and approachable, expert plumbing help and advice is just a phone call away. And, if you're in the area, drop in for a chat.



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UNIT C/5 COLLARD PLACE

WE WELCOME THE TEAM AT THE FALLS BISTRO

Recently refurbished and newly reopened, The Falls is back in business.

Business partners and firm friends, Brad and Jess Morris & Cristian and Hayz Pincheira, have taken over the helm at The Falls. Locally based, the young and dynamic team has refreshed and reinvigorated the restaurant's vibe. And they have created an exciting, fresh menu with plenty of Mediterranean influences.

Jess and Brad are already well-known on the West Auckland food scene as the owners of Central Park Drive's Victor and Vern's mobile coffee fleet.

Hayz is also an experienced hospitality professional both in New Zealand and abroad. She previously worked at Mekong Baby and Toto'. Husband Cristian is head chef at The Falls Bistro and spent several years at the former Toto' Ristorante in the city. He has headed up the kitchens in Miss Moonshines, Cornwall Park Bistro and was part of the opening team at Baduzzi. Originally from Chile, Cristian also lived in Spain for many years.

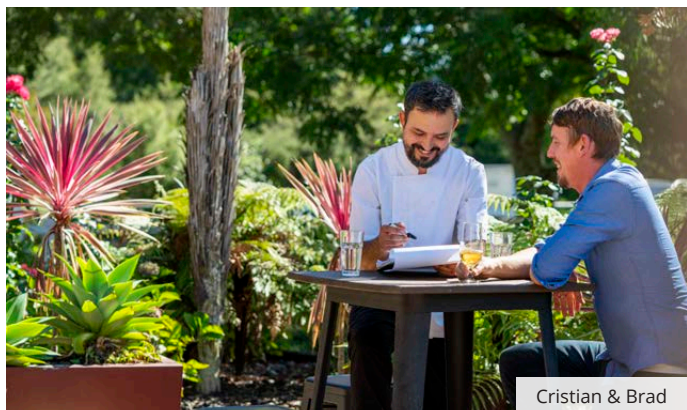
Cristian's unique menu is a nod to his South American heritage. It also incorporates the Spanish banquet-style of eating with shared tapas, small and large plates.

'Cristian has awards coming out of his ears!' exclaims Hayz. 'And his flavours are insane.'

The new bistro was officially opened in November, and the team has had a topsy-turvy year with successive lockdowns. Despite the challenges, word has spread about just how good the new restaurant is, and The Falls Bistro has already built up a loyal base of regulars.

The relaxed, welcoming atmosphere is clearly a hit with Westies. However, it's the mouth-watering menu that keeps people coming back for more.

There are lots of highlights on the menu; however, the calamari is a show-stopper. Its deep-fried, crunchy deliciousness is accompanied by a beautiful salsa which takes the dish to a whole new level.



Cristian & Brad



Jess & Hayz



According to Jess, the crepes just sprint out the door during the breakfast service. With expertly charred brûlée banana and naughty but oh-so-nice Devonshire cream and hokey pokey, the crepes are sensational.

The Spanish-inspired huevos rotos is another hit with the breakfast crowd. Paprika-smoked potatoes with fried egg, chorizo and crispy pork crackling is a match made in heaven.

There are also plenty of delectable choices for vegetarians, vegans and those on gluten or dairy-free diets. And most menu options can be easily tweaked for special dietary requirements with a bit of notice.

High teas at The Falls Bistro have become hugely popular. And with a dazzling selection of sweet treats, scrumptious savouries and sandwiches, it's no wonder.

The team makes an effort to source produce locally wherever possible. West Auckland baker Mike's Muffins creates the English muffins that are central to the eggs benedict dish. Glen Eden-based Black Sands Brewery supplies craft ales and pilsners. And Waimauku vineyard, Westbrook Winery, has a strong offering on the wine menu.

'We're the only restaurant in West Auckland to feature the Westbrook Crackling Rosé,' says Jess. 'It's lovely and crisp, and we're so lucky to be able to offer it to customers.'

'We've also been introduced to Babich Wines by the Business Association,' says Hayz 'and expect to list their fine wines in due course'.

Business-friendly, The Falls Bistro is used regularly for networking events, team meetings, presentations, and board meetings.

Continued on to page 24 & 25...



Live & local music Friday afternoons.
Sharna Grace entertains



Brad



Cristian (Head Chef)



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The flexible space includes two function rooms, and one is fitted out with a boardroom-style dining table.

Furthermore, the team has created a special three-course, set-price working lunch menu, which includes a glass of wine or beer. The menu has been specially designed with entertaining on a time limit in mind.

Also, try their new hot-desking initiative; you can stop off at The Falls Bistro on your way into work, enjoy a delicious breakfast and a steaming coffee while logging on to the free Wi-Fi. The relaxed start to the day means you can fuel-up without office distractions and still be productive.

The team has ambition and are working on a range of plans. On the cards are special evening celebrations such as wine-tastings, art exhibitions, even a murder mystery event.

It's been a lifelong dream of both Hayz and Jess to open their own restaurant. So, when the lease came up at The Falls, the pair grabbed the opportunity. Their passion and enthusiasm are infectious, and it's obvious they have put their heart and soul into the venue.

'Our motto is 'where quality meets comfort'. We want people to come and experience the best while feeling relaxed and at home' says Hayz.

'We want people who live in Henderson to think, Yes! There's



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somewhere cool I can go locally,' adds Jess.

The Falls is most definitely back in business. And that's good news for the whole West Auckland community. The warm welcome and excellent service on offer from Hayz, Jess and the team mean you no longer need to travel outside the local area to enjoy fantastic food.

The Falls Bistro is open for breakfast, lunch, and high teas. Happy hour is 4-6 pm on Fridays and Saturdays when you can enjoy a drink and tapas on the sunny patio. Evenings are reserved for functions and are by booking only. Check out the website for all the details:

W: thefallsbistro.co.nz

P: 09 835 1135

E: bookings@thefallsbistro.co.nz

FB: facebook.com/thefallsbistro.

Photography by LFHQ Studios.



Brad & Cristian



Jess and Brad Morris & Hayz & Cristian Pincheira

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Autumn is an excellent time for planting trees, shrubs, hedging, and lawns, not to mention a whole range of flowers and veggies.

PLANT NOW

Vegetables

Continue to stagger your winter veggies. There is still time to get Carrot and Celery seedlings in, as well as Lettuce, Bok Choy, Cabbage, Cauliflower, Broccoli, Leek, and Silverbeet.

Fruit

Feijoas: Plant two different feijoas on the same property for better cross-pollination, ensuring you have a huge crop next year!

Kiwiapples: Produced from a New Zealand nursery, kiwiapples are dwarf plants that grow to around 1.5m and can be grown in large pots. They are available in a variety of sizes, making them ideal for kid's lunches!

Trees & Shrubs

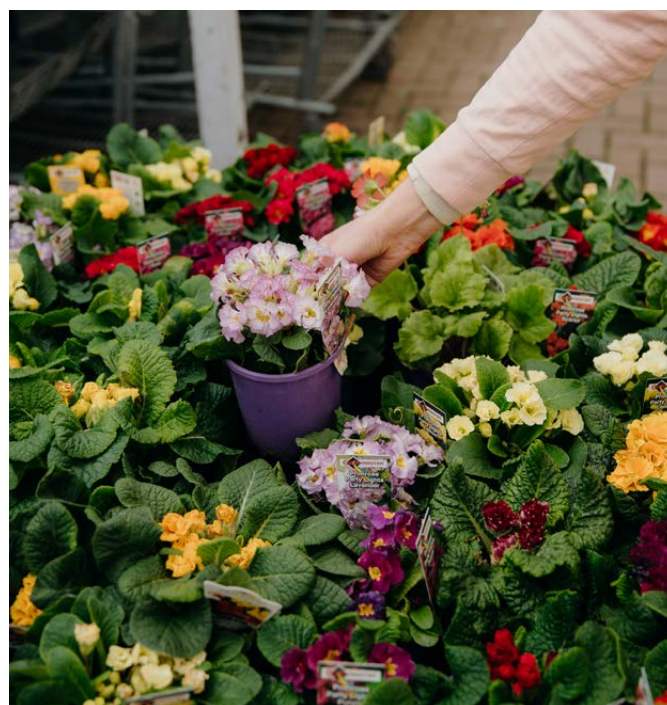
Camellias: Coming into full bloom this month are the sun-loving sasanqua camellias that can also withstand shade. Perfect for any hedge or as a beautiful feature plant in the backyard.

Flowers & Perennials

Instant Colour: Pansies, Polyanthus, Primroses, Poppies! All our cooler flowering annuals are now in-store and are looking lovely as ever.

Perennials: Fill the garden with Autumn and winter colour by planting Chrysanthemums, Cyclamen, and stunning Rain Lilies.

Feijoas, Camellias & Carrots



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MAY MAINTENANCE

Vegetables: Prepare veggie beds by weeding, forking, and light digging in Kings Organic Compost, Sheep Pellets and Nature's Organic Fertiliser to improve soil structure and reintroduce lost nutrients. Protect beds from carrot rust fly with Bug netting and lay down Quash Slug and Snail Pellets.

Fruit Trees: If you haven't already, feed your fruit trees

now before it gets cold. Use Kings Citrus and Fruit Tree Fertiliser or Sheep Pellets. Compost any unwanted or spent fruit, and throw away any infected fruit.

Flowers: Continue to deadhead and weed your flower patches, and reapply mulch where needed.

Lawn: You can still sow a lawn or repair your patching yard before winter. If your lawn is looking a bit shabby, use Weed 'n' Feed to eliminate those generic broadleaf weeds.



HARVEST

Pick rhubarb stalks, limes, lettuce, and kale leaves, and dig up potatoes, radish, onions, leeks, and turnips.

Looking for more help or expert garden advice? Come instore to talk to our friendly staff or give us a call on 0800 PLANTS for general inquiries.

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Plus, hear from Don Ha RE/MAX NZ CEO. Where he will share:

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Meet & network with other like minded individuals to help grow your network for your business. Get to know your local RE/MAX team and have your burning questions about wealth creation through real estate answered.

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CHURROS WITH CHILLI CHOCOLATE DIPPING SAUCE

Ingredients (serves 2):

- 250g Plain or Bakers Flour
- 300g of Water
- 50g Unsalted Butter
- 1/2 Tbsp Salt
- 2 Tbsp Sugar
- 2 whole eggs (size 7)
- 1 Tsp of Vanilla essence
- 100g Cinnamon Powder
- 100g Caster Sugar
- Canola oil or other deep-frying oil

Chilli Chocolate Sauce

- 500ml Milk
- 100g of Dark Chocolate Powder (drinking)
- 225g Dark Belgium Chocolate
- 1 Tsp vanilla Essence
- 15g Icing Sugar
- 1 pinch of Cayenne Pepper (or to taste)

Preparation

Step 1: Choux Pastry

In a large Saucepan, add Water, Salt, Sugar and Butter and bring to the boil. Next add the flour bit by bit, mixing well until all of the moisture has gone. When ready, the dough should not stick to the bottom of your pan. Remove from the heat, and place pastry into a bowl. Cover with cling film so it doesn't form a crust, and pop into the fridge to cool. 15mins or until well cooled.

Step 2: Choux Pastry

Remove from bowl and work with your hands to check it is cooled through consistently. Return to bowl and add eggs one by one, mixing well. You should end up now, with a 'Playdough' texture. Place the pastry mix in a piping bag ready to go.

Step 3: Frying

Put your chosen frying oil into a deep pot (canola works well) and heat to 185°C (if you have a deep-frying machine at home, also set to 185°C)

Cut a 2cm width end off of your piping bag with scissors.

One by one, squeeze your desired length churros directly into your hot oil, cutting each one off with the scissors as you go.

Chilli Chocolate Sauce

Put milk, chocolate powder, and Belgium Chocolate into a pan to dissolve and mix well until there are no lumps. Remove from heat and stir in vanilla essence, icing sugar and cayenne pepper. Pour into a ramekin or small bowl to serve with your churros!

Step 4: Dusting

Pre prepare a mixing bowl with your cinnamon and caster sugar. Remove your churros from the oil and pop directly into your dusting bowl. Toss churros in the mix to cover well. Remove from the bowl, plate, and serve immediately.



WINE MATCH - Babich Wines BLACK LABEL - Hawke's Bay Merlot

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An ideal partner for an Italian-style pasta in a garlicky tomato sauce, followed by your 'Churros'

This wine is available at their Cellar Door, open 6 days a week.

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STRESS AT WORK

In general, stress at work is increasing. A high workload is often the reason, but it can occur for other reasons too, such as long hours, the threat of job loss or redundancy, workplace bullying, not enough social support, harassment, conflicts with other workers or bosses, and increasingly blurred boundaries between work and non-work hours.

Over time, these symptoms can lead to mental health problems, such as depression or anxiety, or physical conditions such as chronic headaches or heart disease.

Your employer has obligations around your health and safety at work and may provide you with sick leave if you have work-related stress.

9 STRESS BUSTERS

There are steps you can take at work and at home to help you manage your work-related stress.

1) Be active

Exercise won't make your stress disappear, but it will reduce some of the emotional intensity that you're feeling, clearing your thoughts, and letting you deal with your problems more calmly.

2) Take control

There's a solution to any problem. If you remain passive, thinking, 'I can't do anything about my problem', your stress will get worse. That feeling of loss of control is one of the main causes of stress and lack of wellbeing. The act of taking control is in itself empowering.

3) Connect with people

A good support network of colleagues, friends and family can ease your work troubles and help you see things in a different way. The activities we do with friends help us relax. We often have a good laugh with them, which is an excellent stress reliever.

4) Have some 'me time'

We all need to take some time for socializing, relaxation or exercise. It is good by setting aside a couple of nights a week for some quality "me time" away from work. By earmarking those two days, it means you won't be tempted to work overtime.

5) Challenge yourself

Setting yourself goals and challenges, whether at work or outside, such as learning a new language or a new sport, helps build confidence. This will help you deal with stress. By continuing to learn, you become more emotionally resilient as a person.

6) Avoid unhealthy habits

Don't rely on alcohol, smoking and caffeine as your ways of coping. Men more than women are likely to do this. We call this avoidance behaviour. Women are better at seeking support from their social circle. In the long term, these crutches won't solve your problems. They'll just create new ones.

7) Help other people

Evidence shows that people who help others, through activities such as volunteering or community work, become more resilient. Helping people who are often in situations worse than yours will help you put your problems into perspective. The more you give, the more resilient and happier you feel.

8) Work smarter, not harder

Working smarter means prioritizing your work, concentrating on the tasks that'll make a real difference. Leave the least important tasks to last.

9) Try to be positive

Look for the positives in life, and things for which you're grateful. Try to be glass half full instead of glass half empty. Try writing down three things that went well, or for which you're grateful, at the end of every day.



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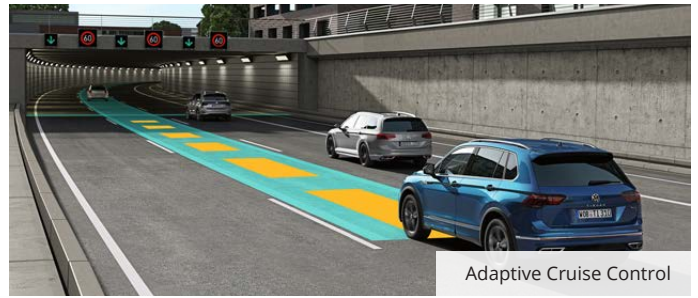
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- ✗ Dilemma of who to call when a vehicle has broken down.

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- ✓ 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.



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New Tiguan



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