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Cover: Filda Vui, Grace Nweke, Kate Burley

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11. Welcome to RecruitMum
A female-focussed employment service



20. Highwire Electrical
Honest, reliable, local



28. Henderson Heroes
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THANK YOU THE TRUSTS

At Quality Hotel Lincoln Green

Last month's the business after five was hosted by BA5 Sponsor 'The Trusts', at their Hospitality Venue - 4-star Quality Hotel Lincoln Green (QHLG). The gathering again enjoyed great hospitality in a friendly atmosphere that the BA5 is well known for.

QHLG has 70 modern, spacious accommodation rooms, conference centre, a private restaurant, and is adjacent to gastro pub 'The Good Home' also operated by The Trusts.

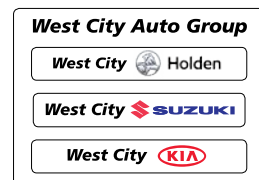
Trusts CEO Allan Pollard updated attendees on latest facts & figures about the business and their ongoing programme of giving back more to West Auckland.

Central Park Henderson Business Assn. events subsidiary; the West Auckland Business Club (WABC) produces the Business after 5 (BA5) networking experiences. The BA5 has a wonderful group of sponsors who are passionate about West business and making a difference in our West.

*Pictured; At the last BA5 hosted by QHLG.
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CHAIRS REPORT

As a representative of our business community, I considered commenting on the recent budget from our perspective. I have to say, our view as an organisation, is to stand in a 'politically neutral' position, i.e. we work with the incumbents of the various election results.

So here is my personal view. Whilst we all run our business, keeping a close eye on our productivity and cash flow, it's challenging to observe the latest Budget's lack of strategic direction for addressing the 'critical skills shortages' and supply chain issues, which many Kiwi business owners are facing.

The Government seems focused on some strange decisions, for one example, 10 days sick leave Seriously! (putting aside internal compassionate leave extensions) this resolve seems to be on making it easier for our 'entry level' employees, whilst making it harder for the average employer to reward loyal quality staff, and to discourage leave abuse.

Another two successful events in May, see our reports in this issue. The West Auckland BA5 is the envy of many Auckland Networking groups. Whilst the content and location of the events are ever-changing and at times challenging; preparing for the unforeseen, unregistered attendees, no cancellation notices, and parking difficulties is undoubtedly a frustrating distraction. BA5 'No Shows' will receive an email from our events coordinator.

I had the opportunity to visit Avondale college recently for a trades career morning. The college's career and gateway team organised the event to inspire our youth to consider the trades. It was very well run and was a pleasure to be involved.

At KAAR, we have been offering opportunities to the Gateway program for many years, and see it as a great programme to contribute to our youths' career direction. We have successfully employed apprentices through this process, through to qualifications. Also



KELVIN ARMSTRONG

given many students an inside experience of what a workplace should be, and some experience what a technician would do on 'day to day' duties.

Engage with our schools, and let's give our youth the opportunity to experience our workplaces. Perhaps offer a career path that will both satisfy them, and we as a community will benefit from the effect and efficiency. Also as an alternative pathway to a degree or diploma, too a field or trade that is desirable to NZ Inc.

.....
KELVIN ARMSTRONG, CHAIRPERSON CPHBA

kelvin@kaar.co.nz - 021 828 008

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SUMMER GAMES



CPHBA are pleased to announce that we will be holding an annual Summer Games event to encourage networking between our local businesses with a focus on wellbeing and enjoyment.

The games will be held each year at the beginning of December, February, and March. The 2021 / 2022 Summer Games will feature disc golf, lawn bowls, and dodge ball for the more energetic.

We are encouraging businesses to enter teams of 4 players in all or individual events. Entry will be free and refreshments will be provided for both participants and spectators.



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To register your interest in the 2021/2022 Summer Games please email your business details to admin@cphb.org.nz, along with the details of which events you are interested in participating in.

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INVIGORATE YOURSELF

Exercise, Achieve Goals, Get Healthy

Invigorates Top 3 must-do winter wellness habits

With winter well and truly here, some of your healthy summer habits may have slipped away. Our top 3 winter wellness habits are simple hacks to keep a spring in your step all year round.

1. Set a goal, tell a friend

Setting a goal for the season and sharing it with a friend is a great first step to a healthy winter. This goal can be big or small, but whatever it is, keep it SMART (Specific, measurable, attainable, realistic, timely) and share with someone who will help keep you accountable.

2. Schedule exercise like you do business meetings

Dark mornings and evenings certainly don't make this easier, but setting aside some time for a sweat session is one of the best things you can do for your mind and body.

You've probably heard of the endless benefits exercise can bring, decreased risk of heart disease, increased energy, stronger muscles, etc - but did you know exercise contributes towards a healthy immune system too?

Just like you do important meetings, schedule exercise into your week. Aim for 3 workouts a week.

3. Get your ZZZ's

Sleep: the foundation of good health, and incredibly important for your immune system.

To improve your sleep habits, start with a plan! Create a bedtime routine that kicks in an hour before you need to

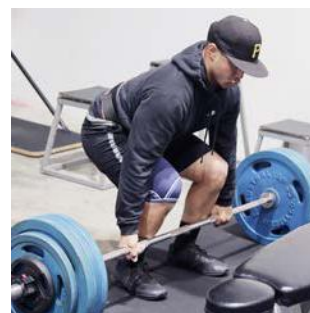
hit the hay. Clear your mind by prepping what you need for the next day such as clothes, lunch, kids bags, etc.

It's winter, it's tough, so if we can leave you with one piece of advice it would be to look for small wins every day. Whether it's parking further away from your meeting to get some extra steps, getting to bed half an hour earlier or switching the fries for veggies with dinner, grab the small wins to get a big health impact this winter.

If you would like some help creating healthy habits this winter, pick up your **complimentary habit tracker** from Invigorate Gym today.

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WELCOME TO RECRUITMUM

A female-focussed
employment service



People aren't important. We shouldn't hold space to intimately speak to their needs or likewise hold up a mirror to reflect their actual life problems.

This might infer we're putting them in a box. Maybe not a box with straight lines and sharp corners, but rather a softer parcel, a present - a gift...that offers out meaningful, unapologetic solutions. A place only for mothers, a place to see and feel their career challenges reflected and understood.

Back in March 2019, Massey resident, Air Force wife and Mum Clare Russell started writing a business plan, an employment service she was determined would solve a problem. It was the activation of RecruitMum, a social enterprise employment service setting out to champion and hold space for mothers' careers to thrive by connecting them to part-time or school-hours work that works for them.

A few months later, Clare served her first pro-bono client, offering a truly bespoke, solution-focussed recruitment service that didn't cost the earth but meant the world to a Mum. A business that would galvanize an untapped work-force of proven and experienced work-ready mothers and connect them to businesses wanting to drive their capability, their team culture and performance, while also feeling good about that in the process.

RecruitMum doesn't want to be just another agency. They want to be a socially conscious service putting people

(Mums) at the centre of everything they do and they're not yet sold on the traditional model of recruitment either. In fact, now that she's an accredited professional recruiter, she's asking the recruitment industry some hard questions at a time when things are at the precipice of change. In Clare's heart, Covid has been a blessing in disguise - a wolf in sheep's clothing and like a wolf, she's hunting down strategies to stand out from the rest.

RecruitMum is a female-focussed employment service. Attempting to be a heart-and-head centred business, they work across industries, but with a strategic focus on male-dominated fields as in construction, engineering, IT and the trades. Our unique and unfair competitive advantage is that we're the only business in NZ doing what we're doing!

Genius or slightly unhinged? We'll leave that with you to answer. Otherwise, if you need access to Mumazing, proven talent, to connect to part-time, flexible work, we just might know someone...



RecruitMum

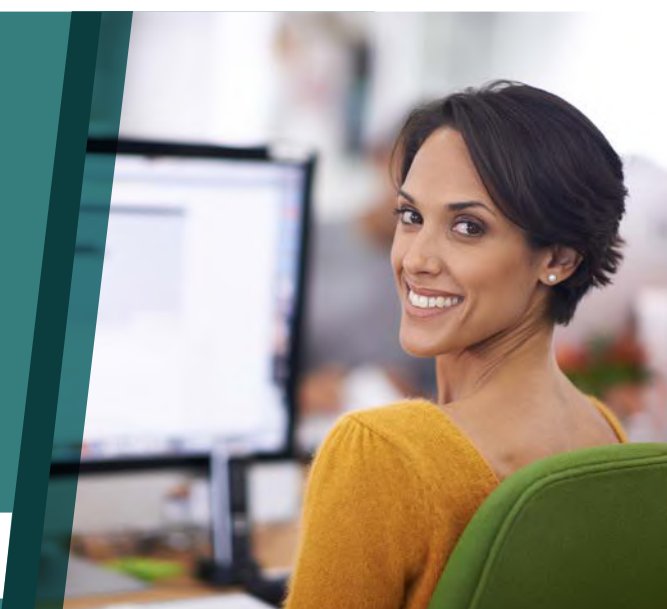
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DIRECTOR DUTIES IN TRADING FINANCIALLY Troubled Or Nearly Insolvent Companies

The 24 September 2020 Supreme Court judgement of 'Debut Homes Ltd' (in liquidation) v Cooper is a warning that a director may be held personally liable where the interest of all creditors are not considered before making a decision to continue trading an insolvent or nearly insolvent company. A situation affecting many small businesses, especially after the Covid lockdown.

The Facts: Debut Homes Ltd ('Debut') was a residential property. Mr Cooper was Debut's sole director, and he and his wife owned all the shares. Since 2009 Debut was "balance-sheet insolvent" i.e. liabilities exceeded assets. Up to 2012 Debut had been supported by shareholder advances and had paid all its debts as they fall due, including GST. By October 2012 it was obvious Debut was in real financial difficulty, but it had properties it could develop and sell.

In November 2012 Mr. Cooper, as director, sought advice from Debut's accountant who prepared costings including forecast to complete and sell the remaining properties and projected a GST deficit of over \$300,000. Mr Cooper made the decision to complete the remaining properties in the belief that they would sell for a higher price once they were completed rather than sold in-complete.

Mr Cooper obtained further finance to complete the building project which he personally guaranteed and also obtained a loan from his family trust, secured by a general security agreement over Debut's assets. Mr Cooper reasonably believed that this would raise more money to repay secured creditors.

The properties were developed, sold and the proceeds used to pay secured creditors. Although forecasted, no GST was paid on any of the property sales. At the time, the IRD appointed liquidators in 2014, \$450,000 GST was owed to the IRD and \$49,000 to other creditors. The liquidators sued Mr Cooper personally on the basis that as a company director he had not properly performed his statutory duties which had resulted in a loss to creditors.

The High Court determined that Mr Cooper had breached his duties as a director under each of the section 131, 135 and 136 of the Companies Act 1993 ('The Act') and awarded damages. The Court of Appeal overturned the High Court on the basis that directors are not expected to have perfect business judgement

and that commercial good practice is relevant in assessing good faith.

The Court of Appeal found that the sole director Mr Cooper held a sincere belief that if he completed the unfinished developments it would result in significant surplus and that his choice to complete the houses was a perfectly sensible business decision which was likely to improve the return to the company creditors. The Supreme Court overturned the Court of Appeal decision and amongst other things stressed the importance of a company remaining solvent at all times.

Under the s4 of the Act a company is "balance-sheet insolvent" when the value of the company's liabilities (inclusive of contingent liability) exceeded assets ; and a company is "liquidity insolvent" when the company is unable to pay its debts as they fall due in the normal course of business.

The judgement sets out the scheme of the Companies Act 1993 and the underlying principle for assessing whether a director has breached the duties owed to a company under:

s131 - duty to act in good faith and in the best interests of the company,

s135 - reckless trading- duty to not cause or allow the company's business to be carried out in a manner that is likely to create a substantial risk of serious loss to the company's creditors,

s136 - duty not to incur obligations without reasonable grounds to believe the company can meet them when they fall due.



The Supreme Court decided:

- that the company was insolvent by November 2012 when it was unable to pay its debts and continued trading was projected to result in a shortfall of GST.
- that by continuing to trade to complete the unfinished properties and incurring further debts Mr Cooper had acted in breach of directors duties under sections 131, 135 and 136 on the basis that Mr Cooper was aware in November 2012 that if he continued to trade and completed and sold the unfinished houses it would result in an overall deficit in GST estimated at \$300,000, that would not be paid. Any future trading was putting existing and future creditors interest at risk.
- that the application of section 136 was not limited to direct contractual obligations and took the view that although GST on future sales was not owed to the Inland Revenue as at November 2012, s 135 is necessarily forward-looking in its operation.
- that in an insolvency situation Mr Cooper was in breach of his duties under section 131 because he failed to consider the interests of all creditors in every class. The Court said, it is not legitimate to "rob Peter to pay Paul" by taking a course of action where some creditors receive a higher return than others or at the expense of new creditors not paid.

The Supreme Court provided a summary of conclusions on directors duties as follows:

- If a company reaches the point where continued trading will result in a shortfall to creditors and the company is not salvageable, then continued trading will be in breach of section 135 of the Act. Subject to the use of the formal or informal mechanisms elsewhere discussed, this applies whether or not continued trading is projected to result in higher returns to some of the creditors than would be the case if the company had been immediately placed into liquidation, and whether or not any overall deficit was projected to be reduced.
- If directors agreed to debts being incurred where they do not believe on reasonable grounds that the company will be able to perform the obligations when they fall due, then there will be a breach of section 136 of the Act. Such obligations do not need to arise from direct contractual arrangements

between the company and the creditor.

- There will be no breach of section 131 if a director honestly believes he/she was acting in the best interests of the company. There will, however, be a breach of section 131 if the director, in an insolvency or near insolvency situation, fails to consider the interests of all creditors. Such a breach may be exacerbated by a conflict of interest.
- Where there are no prospects of a company returning to solvency, it makes no difference that the director honestly thought some of the creditors would be better off by continuing trading. There are alternatives other than liquidation open to directors where continued trading is projected to result in a shortfall. The formal mechanisms available include those in part 14 and 15A of the Act.
- While informal mechanisms for dealing with an insolvency or near insolvency situation can be used, these must accord with directors duties, the scheme of the Act and the salient features of the available formal mechanisms, such as ensuring all affected creditors are consulted and agree with the course of action proposed.
- That it would be possible, for example to make an arrangement with secured creditors for continued trading in order to increase the amount available for the secured creditors. But, if unsecured creditors are not to be consulted, any such arrangement would have to be on the basis that all existing debts and future debts arising from continued trading, including any GST, would be met.
- Where directors allow a clearly insolvent company to continue trading without using one of the available formal or informal mechanisms, this will be in breach of their duties as directors.

If you are a director trading a company close to the financial edge, do not prefer one creditor over the other. This can result in directors becoming personally liable for the loss suffered by some creditors.

Lawrence Ponniah - Barrister

Board Member - Central Park Henderson Business

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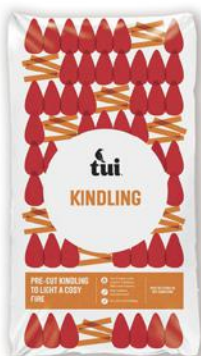
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OF EVENTS AND EXPANSION

New fully enclosed
trade yard & drive-thru

The new fully enclosed trade yard and drive-thru area at Mitre 10 MEGA Westgate has been completed. The focus for the team now moves to joining the existing retail box with the new trade area.

This extra space will be used for retail, making it the largest Mitre 10 in the country, and is scheduled to finish later this year.

Store owner, Dave Hargreaves is ecstatic with the work that's taking place. "The team have really banded together over the last few months, and myself and Elaine couldn't be prouder of them".

A challenging part of the retail expansion will be extending, and essentially moving the store without having too much of an impact on customers, however Dave is confident; "Although there are some challenging months ahead, especially with winter on our doorstep,

"I have no doubt that the guys will continue the amazing work they've started, and we'll be able to look back on the effort we've put in and continue to be proud", Dave went on to say.

TOUGH KID EVENT

In other news, Mitre 10 MEGA Westgate and Henderson's Tough Kid event saw over 1000 students from schools around West Auckland run a 1.5km long child-friendly combat course, in conjunction with RNZAF Whenuapai.

It was the inaugural Tough Kid event, with other stores around the country having run their own in the past. The team are hoping for a bigger and better event next year, and are anticipating upwards of 1500 students to attend.

If you're a staff member of a West Auckland primary school and would like to register your school's interest for Tough Kid 2022, please email: marketing@megawestgate.co.nz



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CONSIDERING SELLING? WHAT IS REALLY INFLUENCING THE MARKET

The recent introduction of legislation by the Government in an attempt to control a 'rampant housing market' has created cause for many buyers and sellers to reassess their positions.

From those that had been looking at making an investment, to those that were looking to sell, many have been left asking, what impact have these changes had on the market? When looking at the data as well as anecdotal commentary by those in the market, we can see sales volumes are continuing to be recorded significantly higher than the norm for this time of year. Whilst the COVID-19 imposed restrictions experienced this time last year create a distorted picture of the data for 2020, when compared with 2019, current sales volumes are 34.43 per cent higher than the same period during that year, which were believed to be 'normal market conditions'.

The number of properties being sold is of course only one measure of market activity, another metric we monitor to understand demand is the number of registered and active bidders, as well as the proportion of properties that receive active bidding and clearance rates. Our current data shows that on average we are achieving 2.4 active and 3.4 registered bidders per property auctioned. In addition to this, 86.5 per cent of the property taken to auction received active bidding and 70 per cent of property offered for sale at auction sold unconditionally under the hammer.

Whilst auction clearance rates do give an indication of market activity, when we delve a little deeper, we are able to uncover why these rates can vary. For example, for a property to sell at auction, there are two key components, a buyer willing to offer to purchase and a vendor willing to sell for the price offered. When clearance rates start to decrease, there can be the misconception that this is due to a lack of active buyers, when in reality, as detailed above there is still

compelling activity in the market. So then, how can clearance rates drop when there is still active bidding on almost 90 per cent of property being offered for sale at auction?

The answer to this question is normally found in the price expectations of potential sellers and these are normally set reactively, rather than proactively. What this means is that when there is any potential change in the price purchasers are willing to offer, it can take a period of time for this to be reflected in the price and owner is willing to sell for. In a rapidly increasing market, this is reflected by sale prices far outstripping vendor expectations, while in a more balanced market, it is illustrated by both buyers and sellers price expectations being more closely aligned.

The New Zealand property market has shown long-term stability over an extended period of time and whilst it may transition through market cycles, the level of activity that has been experienced over the last year has been unprecedented. Those that are considering selling over the coming period should pay no heed to the headline grabbing statements around a monthly shift in sale prices, either up or down. The reality is that those that have owned their property for more than 12 months have seen at least double-digit percentage price growth on average over that period of time.

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'LITTLE OLD ME' HAS FANS ACROSS THE GLOBE

Grace Nweke shot a personal record of 59 goals against the Tactix on Monday 17 May, but she's not getting ahead of herself with her family keeping the lofty shooter's feet firmly on the ground.

Grace Nweke is used to people mispronouncing her surname – the 1.93m shooter heard it so much growing up it even slipped off her tongue incorrectly a few times.

"It's just how it was pronounced when I was at school. I knew it wasn't correct but it's just how I heard it every day. You don't hear your surname at home, do you?"

Nweke's Nigerian father Fortune is a little less tolerant if his daughter uses the Kiwi-ised pronunciation.

"My Dad hates it if I say it the wrong way. He says 'why are you saying it like that? It's not how it's pronounced' and I just say sorry."

So how is Nweke correctly pronounced? Firstly you don't pronounce the N – so it's not 'Nah-weke' or 'En-weke'. But the star shooter says the N isn't completely silent either.

"You go to make an N sound and then you don't actually say it, it kind of just slips off the tongue - Wear-keh."

The 19-year-old Mystics star would love to speak more of her native tongue Igbo.

"My parents speak Igbo at home, and I understand about 40-60% of it. My older sister who was born in Nigeria can understand more like 90% but none of us can speak it very well. No one really focused on getting us to speak it."

The family moved from Nigeria to Korea and on to New Zealand where Nweke and her twin brother were born. Her five siblings keep the lofty shooter grounded.



"When I get home after a game they (jokingly) laugh at me when we lose, or (light-heartedly) say 'great job' if we win. I don't get a lot of out of them to be honest. It's tough love, they don't show it but I know they're there for me."

"I haven't even been able to force one of my sisters to come and watch me play. She always says she's busy with uni."

While the family don't get too hyped about Nweke's netballing efforts, she's making an impact across the globe with a young Welsh fan writing to her this week.

"It's crazy that I have someone on the other side of the world looking up to me. I'm just little old me and I think that no one cares what I'm doing. But I'm really

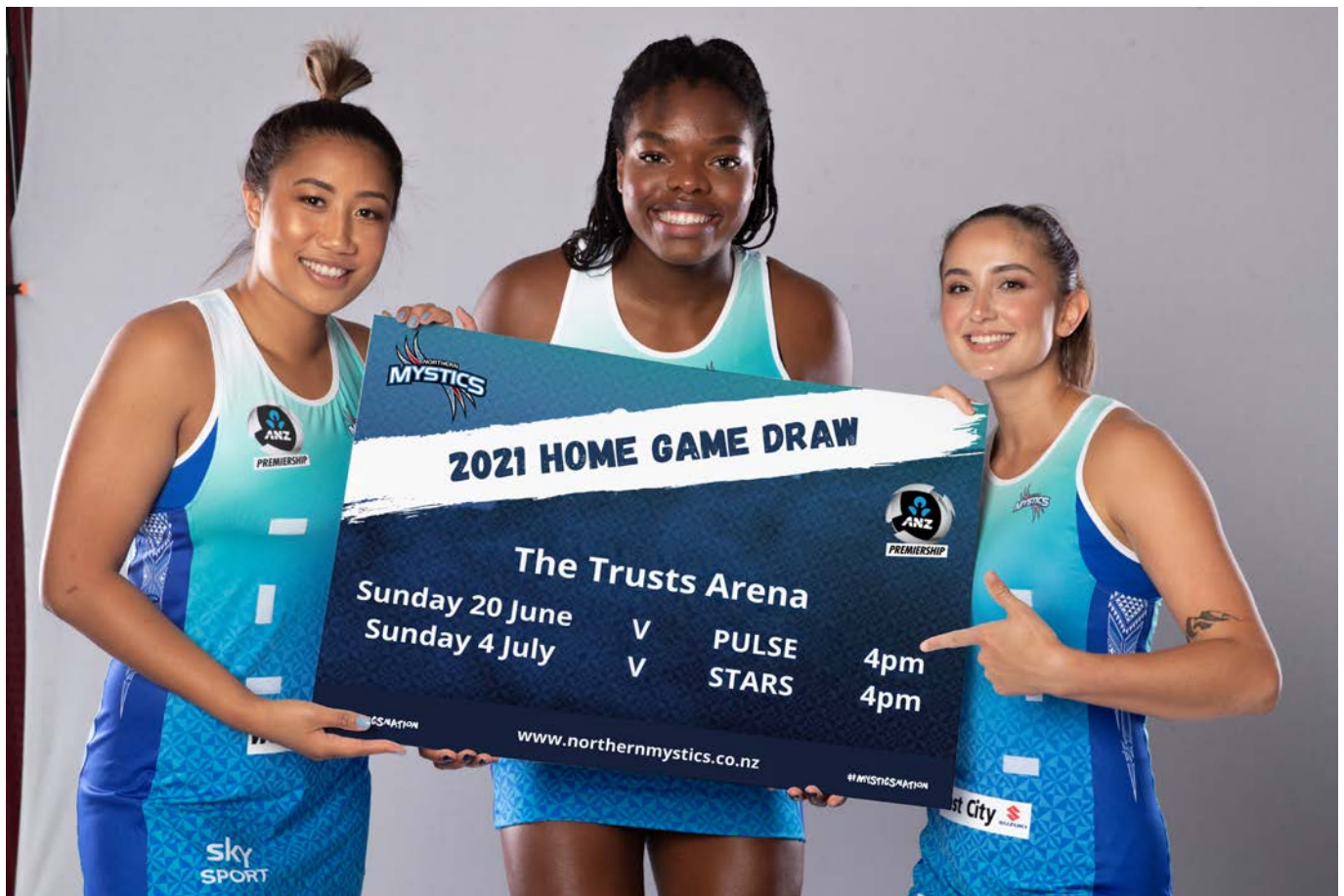
honoured and excited to inspire young netballers to give it a go."

The letter from the Welsh schoolgirl reminded her of the time when she first met her idol Irene van Dyk.

"I was gob-smacked and just so excited. She was such an amazing person to be around. The way she carries herself is exemplary so I'd love to live up to that."

One area where Nweke is living up to van Dyk's standards is in her goal shooting stats, shooting a record 59 from 63 on Monday against the Tactix which is her highest ANZ Premiership individual tally – beating her previous best of 56 goals.

And Nweke's father will be hoping everyone says that record was shot by Grace 'Wear-keh'.



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'We provide a wide range of electrical services from small residential jobs to large commercial work,' explains Director Alaric Jacobsen, known to most as 'AJ'.

'All team members are fully qualified, reliable, and trustworthy. So, we take care of all the jobs you can't do, won't do, or don't know how to,' he adds.

The flexible, expert team at HighWire can tackle pretty much any electrical work. They specialise in high rope access work plus confined spaces. HighWire also provides a design and consultancy service for a comprehensive solution. And it's this bespoke electrical work that really sets the company apart.

According to AJ, the wide variety of projects HighWire's service technicians are exposed to, gives them an edge over many companies, 'We have the ability to think on our feet, and problem solve. Our wide experience means we have the knowledge and expertise to tackle any job,'

HighWire invests heavily in its staff. The rules and regulations covering the industry are constantly changing, so keeping electricians updated is a priority.

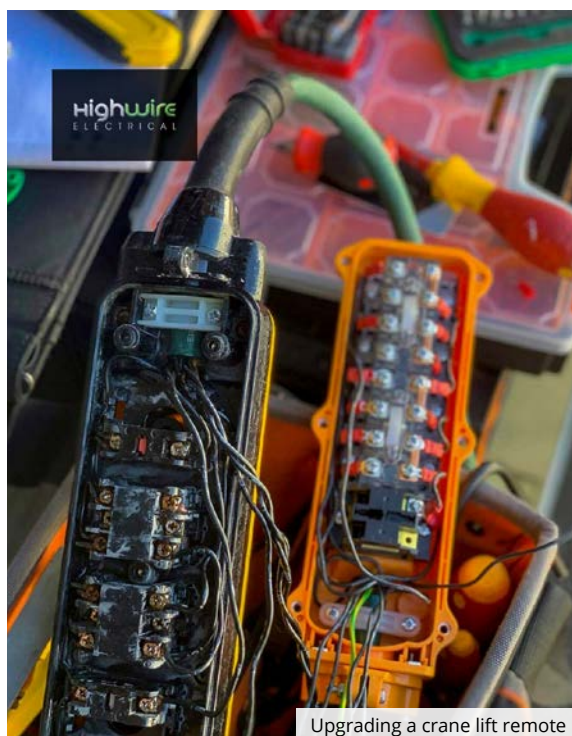
'Staff training and development is a big part of what we do' says AJ.

The company provides in-house training as well as using external training providers.

'It's essential the team meets the high standards we require' AJ.



Residential work



Upgrading a crane lift remote



HighWire works across the whole Auckland region, but there's nowhere quite like home. West Auckland is very much the company's base. And the majority of the eight-strong team are locals.

AJ confirms 'No job is too big or too small.'

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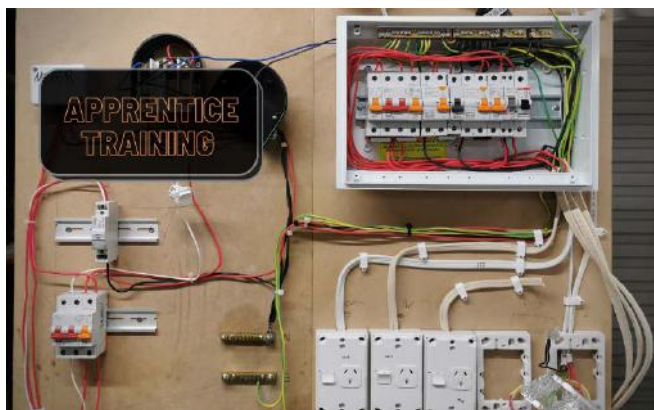
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TONY ALEXANDER serves up economic insights

Lively, insightful and above all entertaining, economist Tony Alexander's presentation to the Business Breakfast Forum didn't disappoint.

Chief Economist with BNZ for 25 years, Tony is now an independent economist with a reputation for straight-talking. He has a gift for demystifying economics, making it accessible to the average business owner. And he had some insightful comments to make to the packed audience.

Tony's talk centred on the reasons why the country's economy has performed better than expected since Covid.

He identified four main factors which he said have 'insulated the economy'.

The first is the unexpected spending on consumer durables such as cars, furniture, and home renovations. Tony explained that typically when times get tough, consumers pull back on this kind of spending. However, perhaps due to the weeks spent stuck at home in lockdown or the \$10b Kiwis previously would spend annually on holidays overseas, the opposite has occurred.

Tony's second insulating factor is China's strong economic growth. 'A lot of the stuff we are buying as consumers is made in China,' said Tony. 'China's factories have been going gangbusters making all those spas and door frames.'

Plus, he said, China is an important export market for New Zealand: '32% of New Zealand's export revenue comes from China. The Chinese economy grew 2.3% last year and is expected to grow 8%+ this year,' he advised.

According to Tony, this is positive news for our economy



as demand for Kiwi export commodities such as dairy, seafood, and forestry remain high.

The third factor Tony identified is the government's wage subsidy. He said, 'It allowed yourselves as employers to take time to see what would happen with your markets before you made the hard decisions.'

Tony believes the scheme has ensured unemployment rates have remained stable. And we haven't seen the large-scale redundancies some anticipated.

His last key insulating factor is interest rates. Tony said low-interest rates have contributed to rising house prices and extra growth in the economy. Interest rates were already low when Covid struck and were subsequently cut by 0.75%.

According to Tony, 'Record low-interest rates saw more people enter the housing market.' At the same time, term deposit rates are now at record lows. Tony pointed out this has impacted property supply as homeowners adopt a wait and see approach.



Furthermore, he said, central banks around the world have signalled low-interest rates will continue for some time. And this has provided an extra impetus for people to spend. However, the Reserve Bank of New Zealand has baulked this trend and has indicated that interest rates will increase from the second half of 2022.

'Because we have some good growth-driving forces, we'll see interest rates rising here before overseas,' said Tony.

When it comes to the economic outlook, Tony identified several encouraging signs. He said that the strong pickup in economic growth overseas alongside successful vaccination rollouts and massive fiscal stimulus were all good news.

'The IMF is predicting the world economy will grow by 6% this year after shrinking by 3% last year,' he said.

And good growth in our export destinations is good news for the whole country according to Tony.

'The prices we are receiving for our commodities on average is now 16% higher than at the end of 2019,' he said.

Closer to home, he highlighted stable unemployment rates, strong consumer spending and the economic stimulus from construction as positive indicators.

However, Tony did have some advice for businesses seeking to remain competitive.

'One of the lessons is it's relatively dangerous using your just-in-time inventory management system because shocks come along. The current shock in supply chains will pass, but it could take a year or so,' he cautioned.

Furthermore, he identified shortages in skilled labour as a major concern.

'I expect the net flow of Kiwis to go negative in the next 12 months,' he said. 'We're an economy that's going to remain constrained by a shortage of staff in particular, going forward.'

'If you follow the old route of advertise, market, sign up



clients and then try to hire people, find the premises, the materials, even the finance, you could come badly unstuck,' he warned.

'The profit route for many businesses now is to make less of higher quality at a higher price.'

Thought-provoking and insightful, Tony Alexander's talk has given the Henderson business community plenty to think about.

We are very grateful to Tony for taking the time to share his knowledge and wisdom. And we are also thankful to the Kings Garden Café for their hospitality and great food. The creamy roasted mushrooms are highly recommended!

This was the latest in our popular series of Business Breakfast Forums. Keep an eye on our Facebook page and Emails for the next event.

Photography by LFHQ Studios.



TIPS FOR CARING FOR YOUR INDOOR PLANTS

In Winter - with Kings Plant Barn

As the seasons change, so too should your care for your indoor plants. As the sun retreats for winter, your plants will slow and stop their growth. Here are some tips to help look after your indoor greenery in the colder months.

Watering

The most common way of killing your beloved houseplant. As the temperature drops and hours of sunlight fade, so should your zealotry for watering!

- We recommend only watering when the soil is dry (other than ferns).
- Check the moisture by sticking your finger in a couple of centimetres. If the soil sticks, your plant has enough moisture around its roots and doesn't need a water.
- When you do water, make sure the water drains out the bottom before putting it back into your cover pot or on your saucer - and ALWAYS have your plant in a pot with drainage holes!

The only exception to this rule is terrariums – as you can see the level of water through the glass, and they should filter the water with an activated charcoal layer.

Light

Diminishing light levels will affect any indoor plant in winter. To help give your plants more natural light,

move them closer to a window out of direct sunlight, and wash your windows if they are looking a bit dirty. Washing off dust from the leaves will also help your leafy friend absorb more energy from natural light.



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Temperature

Most indoor plants originate from subtropical, to tropical areas. Because of this, they are happy in a room that reaches 20°C. Anything lower than 10°C and your tropical house plants may run into trouble. To combat temperature shock, keep your plants away from varying heat sources such as heaters and places where drafts occur.

Potting and feeding

Because plants slow and stop their growth until spring, it is best to wait until it warms up to repot your plants. This is because once re-potted, your plants can quickly re-establish themselves in spring when they are starting to grow and take in enough nutrients again to settle themselves.

The recommended time to feed indoor plants is between spring and early autumn. However, you can feed your indoor plants with a diluted feed at half strength if your plants are in desperate need of nutrients. If you are looking at propagating plants, you will have much higher success of them rooting outside of the winter months.

For expert advice on caring for your indoor plants, talk to a Kings Plant Barn Plant Doctor. Send your plant questions to us online at - plantdoctor.co.nz.



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CROQUETAS DE PATATAS MAKES 30 POTATO CROQUETTES

Ingredients:

- 1kg Agria Potato (Mashed)
- 150g Plain Flour
- 1tbsp Salt
- 125g Mozzarella
- 50g Parmesan
- 4 x Jalapeños (Finely Chopped)
- 40g Parsley (Roughly Chopped)
- 1 Whole Egg (size 6)
- 40g Melted Butter

For Crumbing

- Egg Wash (4 x whisked egg + dash of water to thin)
- 300g Flour
- 300g Bread Crumbs



Method

- Pre-heat your oven to 180°C or ready your deep or air fryer.
- Wash and peel potatoes and cut into small pieces, ensuring that all pieces are the same size.
- Place on the boil with a pinch of salt, and cook for 15min or until tender.
- Drain and mash potatoes then set aside, packed tightly in bowl.
- Cover and allow mash to cool down.
- Once cooled, work the mash potato with your hands to loosen it up.
- Mix all other ingredients together, kneading with your hands until it forms a dough type texture.
- Cut portions of 40g and roll them to a cylinder shape.
- They are now ready to crumb.

Crumbing

- Separate your flour, egg wash and bread crumbs into different bowls.
- Cover croquetas in the flour, then into the egg mix, then to finish, in the bread crumbs.
- Place them in a tray with grease proof paper and drizzle the croquettes with some oil, (olive oil if you have any.)
- Finally place them in a preheated oven at 180° for 15 minutes or pop in your deep or air fryer until they are a golden brown colour.
- Serve them immediately with your favourite sauce.
- "My preference is mayo or aioli".
- Enjoy the tapas with a Pinot Gris or Riesling.



The Falls Bistro
Chef Cristian Pincheira

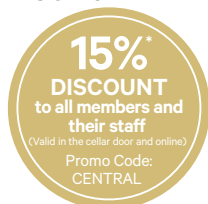
WINE MATCH - Babich Wines CLASSICS RANGE - Marlborough Pinot Gris

From several vineyards positioned throughout Marlborough comes this rich, full bodied Pinot Gris which is partially barrel fermented. It has stone-fruit and spice flavours with a soft finish –medium dry in style.

WINEMAKER NOTES: Fullish and rich on entry with a very smooth progression through the palate to a warm, spicy finish. Fresh fruits, apple, ginger, and pear are joined by orange and peach with a crème brûlée note lingering.

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FLU VACCINE

The 2021 Influenza Immunisation Programme started on 14 April for people aged 65 and over. The programme for people aged under 65 years began on 17 May. The programme runs to 31 December. All groups can be vaccinated until then.

You need to have at least two weeks between the Pfizer COVID-19 vaccine and the flu vaccine.

The influenza vaccine help prevent the flu, a serious illness that causes hundreds of deaths each winter in New Zealand. The flu can cause serious illness, especially in young children, older adults and people with chronic health problems, but anyone can become seriously ill from the flu virus. Even if you are not feeling sick, you could still be infected with the flu virus and pass it on to others.

Being vaccinated causes your body to produce antibodies against the flu virus. This means your body can respond faster and more effectively to the flu. By first coming across a non-infectious version of the virus in the vaccine, it learns to recognise it. When it comes across it again, your body can react much faster and in a more effective way.

Even if you get the flu after being vaccinated, you usually get a mild form of it and recover faster, and are less likely to have serious complications.

You need to get the flu vaccine every year because protection from the previous vaccination becomes less effective over time. Each year the influenza viruses can change. The strains in the vaccine usually change each year in response to the changing virus pattern.

It is possible to come into contact with flu viruses all year round, but the chance of the flu virus circulating



in the community is highest during winter. For most people, the best time to be vaccinated against the flu is just before the start of the winter season. In New Zealand, this is between April and June. It takes 2 weeks after vaccination for the vaccine to be fully effective.

Anyone over the age of 6 months can have the flu vaccine. The flu vaccine is free for these people, who are considered to be at greater risk of complications from the flu. They are pregnant women (any trimester), people aged 65 years and over, people under 65 years of age with certain chronic conditions, such as chronic heart disease, chronic liver disease, diabetes, cancer, asthma & COPD and children aged 4 years or under who have been in hospital for respiratory illness or have a history of significant respiratory illness.

The vaccination is also recommended (although may not be free) if you are in close contact with people with weakened immune systems, as these people may be less able to fight off the flu or are at high risk of complications from it. Frontline healthcare workers usually have the vaccine funded by their employer.

Like all medicines, the flu vaccine can cause side effects, although not everyone gets them. Often side effects improve as your body gets used to the new medicine. The common side effects are pain, swelling or redness around the injection site, fever or feeling unwell.

Contact your family doctor/healthcare provider about the cost of getting the flu vaccine.

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HENDERSON HEROES EVENT A SUCCESS

Our Frontline Services & Responders

The first annual Henderson Heroes event took place during the last school holidays on Friday April 23rd. The event was to introduce and promote our local amazing front-line emergency, council staff and local community groups to our kids out West.

This day of exploration and fun was organised by the Activation team, which is led by Neighbourhood Support Waitakere, Auckland Council, Police, Community Waitakere, Westcity, Central Park Henderson Business Association and Westcity as part of the overall Henderson Town Centre Community-led Plan. It introduced our frontline services to the community, and thanking our local board members, Councillor Linda Cooper and MP Hon' Phil Twyford for attending.

Thank you to Westcity for opening their carpark space for the occasion, which provided a great day out for our local families during this school holidays for parents and kids. The Police were in full force helping, engaging, and serving behind the free sausage sizzle for everyone. The interactive displays, games and prizes which were entertaining and educational all provided by our



wonderful local community service providers.

Louise Grevel, Coordinator at Neighbourhood Support Waitakere, and organiser of the event, said "We've received such positive feedback for this inaugural event, from not only stakeholders but also the community who attended...."

Michael Alofa from Connected Communities in Auckland Council stated that "The huge turnout from kids and families was a sign that the community spirit is still there out West supporting our local Henderson Heroes. Thank you to the Henderson-Massey Local Board, Police, Central Park Henderson Business Association,



Neighbourhood Support Waitakere, Westcity and the many agencies and community stakeholders for supporting the start of this community initiative as part of the Henderson Town Centre Community-led Plan.”

Given the success of this event, Henderson Heroes is being considered as an annual event and be a key connection point and educational opportunity for the community about all the services that keep Auckland safe and thriving.

Henderson Town Centre is really coming alive this year, credit to some wonderful local heroes and organisations. The investment by our local board, Auckland Council, Police, and the Central Park Henderson Business Association is real and amazing! Watch this space!



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Social media has taken over the world, whether you love it or hate it, you can't deny this is where most people spend their spare time.

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Here are 3 need-to-know facts about social media marketing.

1. Highly Defined Audiences - You can choose exactly who you want to target with ads. For example; show your ads to men who are aged 40-50, live in West Auckland, are married and love Holden. Yes, you can go that deep as Facebook has the data. No other form of marketing lets you define where your advertisement is going to be shown in this detail.
2. It doesn't cost \$1000's - You can run campaigns for as little as \$10 per day and still get results! We have managed campaigns which have generated results with a similar budget. You can also turn up and down the spend depending on the results. Imagine being able to turn your lead tap on and off whenever you need them. Would you like to get more leads for your business?
3. Facebook isn't just for kids - the average age on Facebook is 34+, so if you want to sell to people in their mid-30's their attention is on Facebook!

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