

WE St

ISSUE 49 FEBRUARY / MARCH 2022

WEST AUCKLAND BUSINESS

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› Front Cover Feature

At Matrix Security - with Angela Hunter & Pauline Snell

› Business Protection

Tips on how to develop a security culture

› Popular Interest

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Cover: LFHQ Studios.

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CHAIRS REPORT

Batteries are recharged, and all systems are go for 2022, until Sunday's (23 Jan) announcement of traffic light change. We can only sympathise with our local businesses who are affected by the pandemic restrictions. Once again if you or your business is suffering reach out, as there are many opportunities for support.

We have updated our website and are trying to keep abreast of any opportunity to assist our community to a sustainable future throughout this period of uncertainty.

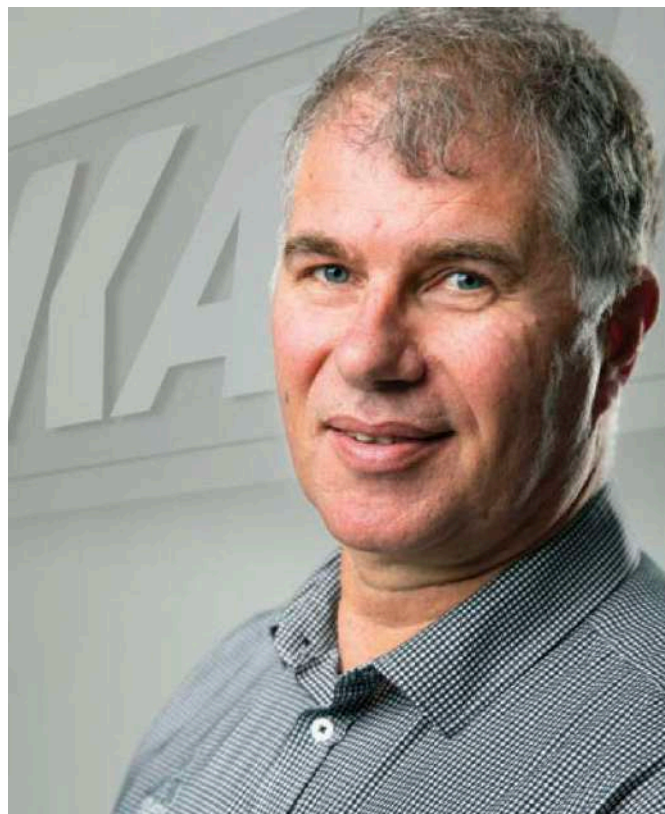
I (KAAR) have recently been through the 'Activate Auckland' funding application process and personally recommend using this opportunity towards achieving your 2022 goals. This opportunity is to 'Get help with Marketing & Digital Strategy, Websites, Advertising & Lead Generation'.

CPHBA continues on our objectives to improve our community environment, as you may have read in our last magazine, we have engaged Matrix Security, to patrol the Town Centre and assist police in reducing some of the undesirable activities. This has proved to be very successful in identifying behaviours that detract prospective shoppers from using local.

Did you know Henderson CBD has a liquor ban on it's streets? Well it does; some years ago signs may have been placed throughout the retail zone, unfortunately they must have been missed of the maintenance plan - rest assured we will be questioning the Council about this.

On-going efforts to deter any negative behaviour will continue. Be reassured the patrols will continue throughout Summer.

Whilst taking time out over the holiday break, catching up on the new distractions - it is truly laughable, but also embarrassing, that I have to congratulate Local



KELVIN ARMSTRONG

Government on their achievements detailed in the 2021 Jonesie Awards. If you have not heard of them, they are, aptly named after Shane Jones for you know what.

Locally our Henderson streets debacle continues whilst Local Govt tries to sweep it into the drains. Some locals, wearing their hearts on their sleeves - continue to give the 'ignorant' an occasional poke in the ribs. I'm afraid 'accountability' is not a word that seems used it their part of the world.

.....
KELVIN ARMSTRONG, CHAIRPERSON CPHBA

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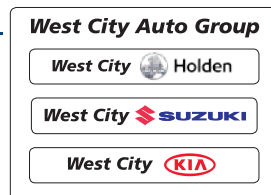
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SUMMER GAMES



POSTPONED

Due to the current COVID situation, CPHBA has made the unfortunate decision to postpone the 2021 / 2022 summer games event until next season.

The games will be back bigger and better in Summer 2022 and we look forward to hosting teams then.

Please keep an eye out for registration details in the Spring issue of the West Magazine.



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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HOW SECURE IS YOUR BUSINESS:

Tips on how to develop a security culture

In the last edition, we discussed the importance of an effective security business strategy for companies of all shapes and sizes. A comprehensive plan helps protect your assets, reputation and profitability. And perhaps, most importantly, it provides a safe environment for your workers, visitors and customers.

Last time, we learned that all the best security business strategies start with the right workplace culture. But where do you begin developing a security culture? It can seem like a daunting challenge when you have so much on your plate already. We are here to help.

In this article, we share the benefit of our expertise and answer all your questions. These tried and tested tips will help you develop a security culture. Get this right, and you will be well on the way to creating a robust security strategy.

What is a security culture?

In short, it's how your people think and feel about security.

A security culture means the workforce understands the importance of security and incorporates it into their daily work. Staff are fully aware of the following:

- Security threats and their implications for your business
- Company policy on expected security behaviours
- Steps to take if there is a security issue.



Patrolling Henderson town centre.

Why is a security culture so important?

Effective security relies on your people behaving in the right way. With a strong culture, security is always front of mind. Plus, it becomes a shared responsibility, which lessens the load on managers and business owners.

Here are just some of the advantages of a robust security culture:

- More engagement with security and greater individual responsibility
- Increased compliance with protective measures
- Reduced risk of security breaches
- Greater awareness of security threats
- Reduced liabilities and opportunities for theft or criminal activity.

The bottom line is company profits are at stake. It only takes one person forgetting to set the alarm or not reporting a lost set of keys to compromise your security. Whether it's insider theft, burglary or vandalism, a security culture significantly reduces the risks to your business.

Sounds great, but how do I develop a security culture?

The good news is creating a strong security culture is easier than you think.

There are several small steps you can take, which together become a giant leap forward. However, it can take time to embed the changes, so be patient.

Policies and procedures: There's no getting away from paperwork! Written security guidelines make it clear to staff what's expected. Be sure to include everything from bomb threats to broken windows. Workers need to know exactly what to do in any situation. Use your internal communication channels to publicise the guidelines and inform workers of any changes.



Matrix Mobile



Onboarding: Security awareness starts from day one. Include a module on security in any formal onboarding programmes. And if your company offers more of an informal induction process, make sure security issues are part of your checklist.

Ongoing training: Security threats are changing all the time. Even long-standing team members will benefit from security training. Quizzes and surveys are valuable tools for assessing knowledge and understanding. They can help you identify any gaps that professional development could address.

And training doesn't have to be of the formal classroom variety. Lunch and learn events and explainer videos are just as effective. Easier to fit into the working day, these tools mean employees are not taken away from their jobs for extended periods.

Incorporate a fun element: Making it fun is engaging for staff. Plus, it's more likely the message will hit home. Why not consider using role play? You could ask workers to carry out a mock security assessment of your premises. Get staff to imagine they are intruders and encourage them to identify any weaknesses. You may be surprised by how much it changes their perspective on security.



Encourage Integrity: Promoting a robust safety culture also involves giving staff opportunities to report security breaches or near misses. This isn't about workers snitching on each other. It's more about being a good corporate citizen. Anonymous channels often make staff more comfortable about coming forward.

Review your culture regularly: Staff changes, office relocations or new security threats can impact your culture. It's vital to periodically review the security culture to ensure it's still up to scratch. Employee opinion surveys or small focus groups can help you do just that.

Use these tips to help you develop a strong security culture. After all, no amount of investment in physical security is adequate without the right culture. So, it's well worth the investment and effort.

Next time, we will be exploring how to control access to your premises. So, stay tuned for the next instalment on building an effective security business strategy.

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JOE BABICH, ONZM

NEW ZEALAND WINE INDUSTRY PIONEER

The Babich family is mourning the passing of Joe Babich, New Zealand wine industry pioneer, who passed away on 13 January 2022 after a two year battle with cancer, aged 81.

David Babich, Joe's nephew and CEO of Babich Wines, said, "On behalf of the Babich family and with great sadness I have to announce the passing of Joe Babich, much-loved husband, father, grandfather, brother, uncle, and New Zealand wine industry pioneer. Joe was an exceptionally well-regarded and talented winemaker, but his greatest legacy is his positive impact on those around him.

"Joe was invariably and famously down-to-earth, warm, and approachable, with a wry and gentle sense of humour. He will be sorely missed by family and friends, and colleagues in the wine industry."

Joe was born on 10 October 1940 into a winemaking family, with his father Josip having founded Babich Wines in 1916 and in time his brother Peter also working in the business. After initially exploring a pharmacist apprenticeship, Joe decided to join the family winery, where over a 60 year career in the wine industry he built a reputation as one of New Zealand's most talented and respected winemakers and wine judges.

He combined a traditional attitude to winemaking with an open-mindedness that allowed constant innovation. Joe produced, in secret and unknown to family or the winery, one of the first New Zealand Chardonnays to be not only matured, but also fermented, in barrel. The resulting wine, Irongate Chardonnay, continues to be an icon in New Zealand wine even today.

Joe's contributions to the New Zealand wine industry are extensive, and are recognised by a range of accolades. These include the Winemaker of the Year

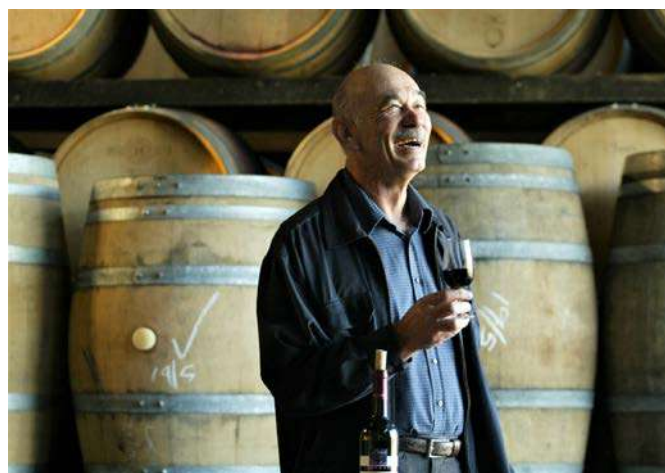
Award at the New Zealand Royal Easter Show (1994), the Sir George Fistonich Medal in recognition of service to New Zealand wine (2013), the ONZM in the New Year's Honours for services to the Wine Industry (2015), induction into the New Zealand Wine Hall of Fame (2015), induction into the West Auckland Business Hall of Fame (2016), and investiture as a Fellow of New Zealand Winegrowers (2017).

Joe also served as Chairman of Judges at the New Zealand Wine Awards on six occasions, testament to his leadership, and the respect with which he was held in the industry. He was also instrumental in establishing the wine export certification process which helped pave the way for the growth of New Zealand wine on the world stage.

Joe Babich is survived by his wife, Judy, and son, André and partner Magdalena and their daughter Stella.



BABICH



JOE BABICH, ONZM

STALWART OF WEST AUCKLAND BUSINESS

With immense sadness, Henderson Business grieves the loss of 'Gentleman' Joe Babich.

As Babich Wines marks its 106th anniversary, Joe leaves a legacy of an international reputation for his stylish, finely balanced white and red wines and has been acclaimed as one of New Zealand's most talented and most respected winemakers and wine judges.

Being a stalwart of business, especially in his beloved West, a foundation member of Central Park Henderson Business, a West Auckland Business Hall of Famer, an avid supporter of the Waitemata Rugby Club, and a truly great bloke.

The wine of choice for our Business after 5's "I would go and collect the wines and regularly call into Joe's office for a chat & deliver this magazine, and on occasion have the privilege to enjoy a cup-of-tea with him" says Garry Bates, Assn manager CPHBA.

"Joe and wife Judy, together with brother Peter and wife Lise, often came to my restaurant Michaels in Henderson, and then to The Falls, a real pleasure to serve them. Joe & Peter would dine international visitors at The Falls, and we cooked a meal at the vineyard for a Canadian film crew for TV 'prime-time' viewing.

The Babich business is described by former Sales and Marketing Director, John Lang as "small enough to be personal, but big enough to be serious" and has for over 40 years focused on export. Its wines are now sold in over 50 countries

"On Friday, 21 January we sadly celebrated the life of Joe Babich. 'Gentlemen' is an understatement - you could not find a better example. Modest, humble, quietly self-confident in a 'Sean Connery' kind of way he just had such a relaxed 'everything will be ok' attitude that I would call upon so often during my 16 years with his family business.

"His interaction with anyone was always so genuine and he really did care and show interest in peoples stories, backgrounds and what they did. I would host customers from all over the World to New Zealand and take them to visit our best tourist attractions and sights. Years later when I caught up with them I would often hear that their favourite experience in New Zealand was having a sandwich in the tea room at Babich with Joe" - John Lang,



West Auckland Business Hall of Fame (2016)



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MITRE 10 MEGA WESTGATE & HENDERSON UPDATE

Wow! What a year that was. With some of the busiest days in the organisation's history leading into Christmas, our teams are now refreshed, relaxed, and ready for the new year, and we hope you are too.

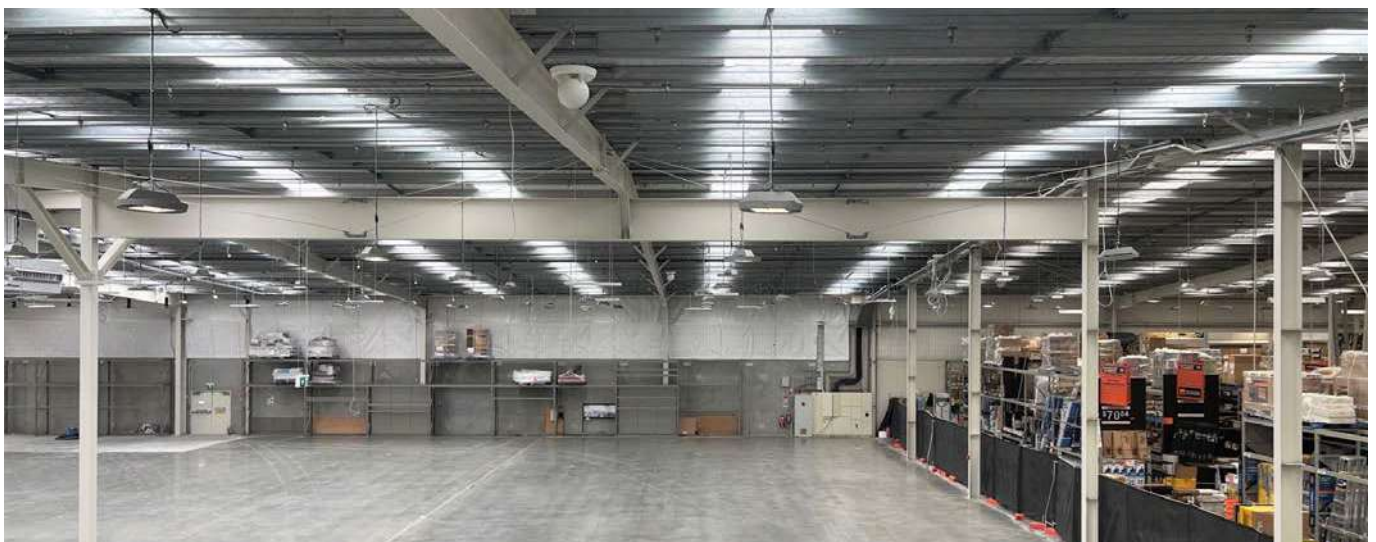
WESTGATE EXTENSION

Things are progressing nicely, with the entire structure being fully enclosed, and retail racking beginning to be installed in the extra 5000 square meters of space which the extension is providing. All going well, we hope the whole building, including new entrance and exit will be open by late April. The large increase in space will mean an even more extensive range than what we already stock.

COLWILL SCHOOL

Colwill School will soon be the proud owners of a brand new playground thanks to Mitre 10. The school entered a competition organised by Mitre 10 New Zealand, and was lucky enough to be chosen as one of three recipients of a \$150,000 makeover. Both Westgate and Henderson teams are looking forward to getting stuck in in the community once again, and helping out with the likes of the removal of the current playground, and landscaping surrounding the new one.

The teams at Mitre 10 MEGA Westgate and Henderson hope all WABC members had a very Merry Christmas, and a safe and Happy New Year – we look forward to seeing you at this year's BA5s.





'PEOPLE ARE OUR BEST ASSET'

– meet the team at Matrix Security

Since November, the highly visible Matrix Security patrols have been out and about in Henderson town centre. Matrix Security is working with CPHBA, local police, council, and the wider community in an innovative partnership. The daily patrols aim to provide business owners, workers, customers and visitors with a safer environment.

Matrix Security's Angela Hunter and Pauline Snell are two of the main drivers behind the successful initiative.

Angela Hunter is an experienced sales and marketing professional. She joined Matrix Security in September 2021 in the newly created role of Chief Commercial Officer. Angela's wide-ranging responsibilities include developing innovative commercial, technology, product, and customer engagement strategies.

Pauline Snell is Matrix Security's Chief People Officer. She's enjoyed a successful 18-year career in HR and has been at Matrix Security since 2017. Her remit is equally broad, covering operations, continuous improvement strategies and people development initiatives. Pauline's achievements at Matrix Security include becoming an Employer of Choice. The company is also working towards accreditation as a Living Wage Employer and hopes to achieve this early in 2022.

Both Pauline and Angela are proud of the diverse team of professionals at Matrix Security.

'Our greatest asset is our people,' declares Angela. 'We believe the investment we make in recruitment, onboarding, training and upskilling sets us apart. And we are incredibly proud of our team,' she says.

Pauline agrees and says that teamwork is the secret

behind Matrix Security's success. 'We work better as a team. And that's where the magic comes in,' she says.

In business for 30 years and with more than 10,000 commercial and residential customers, it's clear there's a lot of magic happening at Matrix Security. The New Zealand-owned company's headquarters are in southeast Auckland's Penrose. However, customers are nationwide, including Waikato, Taranaki, Wellington and the South Island.

Matrix Security has ambitious plans to expand the customer base even more.

'Henderson and Rosebank are a big focus for us,' explains Angela. 'We have an office in Rosebank Road overseen by an operations manager, and that gives us a local presence,' she reports.



Pauline Snell



It's still early days for the Henderson town centre patrols, but already they are making a difference. Specially selected and trained patrol officers carry out daily four-hour long foot patrols. Incidents and insights are recorded and reported weekly to the police and wider partnership.

However, the patrol officers do much more than just walk the streets. They engage with the local community, build relationships and are trained to defuse potential incidents.

We have already heard from several local businesses how the initiative delivers a safer working and shopping environment. Angela and Pauline attribute the success of the patrols to the staff on the ground. All ages, backgrounds, cultures and ethnicities are represented at Matrix Security. And it's the depth and breadth of team members' experience together with leading-edge technology that make an impact.

According to Pauline, 'It's about having the right attitude and good communication skills. If they've got the will, then we can train the skill.'

Patrols are just one of the many services Matrix Security offers business customers. The company is one of the few providers in Auckland that deliver end-to-end solutions. Everything from design, installation and monitoring is available. Matrix Security's comprehensive services cover alarms, video surveillance, patrols, mobile apps and the latest hi-tech solutions.

And in good news for local businesses, Matrix Security is now offering free security audits. Covid restrictions allowing, one of the team's experienced security consultants will conduct a comprehensive onsite assessment. Everything from perimeters to access points and lighting is included. Even shrubbery that could hide potential burglars is pinpointed. The



Angela Hunter



consultant will also share their local knowledge and insights with you. You will receive a personalised no-obligation action plan that identifies the gaps in your security systems.

Security is an essential service during Covid restrictions, and Matrix Security has a comprehensive pandemic plan in place. All personnel are double vaxxed and equipped with full PPE.

At the time of writing, we are currently in the red traffic light setting of the Covid Protection Framework. Angela understands that some businesses may prefer to delay having an onsite assessment. She advises that Matrix Security is happy to offer the free security assessment at a later date. All you need to do is contact the team.

And if you are in the market for a home security solution, Matrix Security can help there as well. Residential alarm systems and monitoring plus video surveillance solutions are their bread and butter. So, also get in touch for some expert home security advice.

Angela, Pauline and the Matrix Security team are delighted with the success of the Henderson town centre patrols. And they are looking forward to making a difference to more West Auckland businesses.

To book a free security audit, contact Matrix Security on 09 525 8532 or email audit@matrixsecurity.co.nz.

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BNZ & FINANCIAL WELLBEING

Financial Wellbeing is a term we are hearing more and more about during these uncertain times.

BNZ Financial Wellbeing Partner - Shail Kumar, and Senior Partner - Jamie Pickford, explain how business owners can support their employees by providing them an opportunity to educate themselves on this increasingly important aspect of wellbeing.

Shail explains that when people aren't stressed about money employee engagement increases, along with productivity, and attendance at work. Statistics show that 83% of employers say money problems interfere with productivity and 58% of employers report that financial stresses for their staff results in absenteeism. Employers who have provided access to wellbeing tools, including financial wellbeing, have also reported that employees are less likely to leave their current employer.

Jamie states the aim of the BNZ Financial Wellbeing programme, run locally in West Auckland by Shail, is to support business owners in upskilling and supporting their employees towards financial security and wellbeing.

The programme involves workshops on different topics, such as home ownership, investing & saving, good debt vs bad debt, and others that employers can mix and match depending on what is most relevant or topical to their workforce, which is then followed by optional one-on-one financial health checks if the individual employees wish to book one of these. Employees leave these financial health checks with a list of their goals and an action plan on how to achieve them! The initial

workshops take place in the workplace at a time that suits the business.

Shail is a West Auckland local and has been with BNZ for 18 years. "I love the opportunity to work in our local community with our people and help make a positive impact on their lives. I have worked with many individuals and their families to help make our community prosper". This is a topic that isn't generally part of the school curriculum, and in most cases not openly talked about amongst families and communities, so for many people the session run via their employer has often been the first introduction to helping them with their money matters.

Business owners can contact Shail on 021 940 103 or via shail_kumar@bnz.co.nz to discuss further.



Shail Kumar



About BNZ & Financial Wellbeing:

BNZ is supporting business owners and their staff:

- Business owners can support their employees by providing them an opportunity to educate themselves on this increasingly important aspect of wellbeing.
- Statistics show that 83% of employers say money problems interfere with productivity.
- 58% of employers report that financial stresses for their staff.
- Run locally by BNZ to support business owners in supporting their employees.

Talk to us about your business support plans.

Jamie Pickford

Senior Partner - Business - Commercial

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Mid-Year Update.



It has been an interesting first six months to the financial year that can be summed up by the three Cs of:

- COVID
- Challenging
- Collaboration

We have noted significant year on year financial improvement in the operating business despite the impact of COVID. Great credit must go to our people who have performed extremely well through the difficult COVID lockdowns in August and September. This is all the more pleasing when hospitality closures and reduced trading at Quality Hotel Lincoln Green have significantly impacted our business performance.

We have had many highlights and challenges in the first six months of the financial year. Our highlights include the launch of our first Liquorland franchise, a new retail store in Hobsonville as well as the adoption of the Living Wage for our team. The August lockdown delivered the biggest challenge, but the experience of previous lockdowns allowed us to adapt quickly and as seamlessly as possible whilst keeping everyone's safety paramount.

We have also completed a significant piece of work on our Trusts' brand, which began at the start of the financial year. Our aim is to better

inform, so the community understands the asset they all own. We want to increase our awareness and connection to the community and acknowledge we have often been criticised for being an out-of-date concept. The new branding slogan of "Keeping it Local" is an evolution that reflects the aspirations of our organisation, and we will use it to communicate in a more compelling and relevant way.

1/2 Year to Date - September 2021

Description	FY22* \$000	FY21 \$000
Income	\$63,273	\$52,760
Expenses	\$60,842	\$53,316
EBITDAI	\$2,431	- \$556
EBITDAI %	3.8%	- 1.1%
Operating EBIT	\$1,551	- \$1,593
Operating EBIT %	2.5%	- 3.1%
Dividends Received	\$39	\$45
Equity Investment Revaluation	\$1,122	\$2,538
Support West	\$1,000	\$775
Gain/(Loss) on Sale of Asset	- \$3	\$7,464
EBIT	\$1,708	\$9,424

*Please note these results are unaudited.



Community Support

At the start of this financial year, we launched our largest ever sponsorship programme of over \$500k for fantastic events, sports, cultural and community initiatives. We had several new sponsorships in the pipeline to support great projects, including the Portage Ceramic Awards, NZ's premier ceramic art competition, as well as a partnership with Everybody Eats to sponsor their new restaurant in Avondale. We also sponsored Vision West's Winter Warmers fundraising campaign to keep vulnerable families warm this winter. With the lockdown, there have been some inevitable changes to the programme, and we have had to adapt to better suit our sponsees. For example, we changed the sponsorship of school prize givings to allow schools to use the money for any purpose they saw fit and we increased support for Christmas initiatives knowing many will find Christmas especially hard this year.

In August, we launched our first Your West Support Fund for this year. We increased the original budget of \$500k to \$1 million as a result of excellent trading conditions in our first quarter. Due to the lockdown, we extended the application period and received a record number of applications – 259 in total for over \$6.6 million. This made for some extremely difficult decisions, and our Elected Members prioritised operational funding for local community organisations to keep them going through lockdown.

130

**community organisations
received a share of
\$1,000,000 of funding
from The Trusts.**

The Future

We are pleased that despite our challenges, we have been able to deliver many of the projects we set out to advance last year, but the aim of all that we do is to be:

- A high performing, community-owned organisation
- Well respected and understood
- Providing high community returns

There is still much work to do but with COVID lockdowns hopefully behind us, we will become a far more efficient, cost-effective and profitable organisation as we further develop our operational and company strategies for the future. The by-product of our success will be the increased support that we can deliver back to our communities from our Your West Support Fund and sponsorship.

We have much to thank our team members for, including their hard work, commitment and good old-fashioned grit and determination as we worked through some times of high stress and uncertainty. We have a fantastic team of people at The Trusts. Operationally and commercially, we have matured over the last year with some strong results providing evidence of this change in thinking.



Tim Livingstone MNZM
Chairman
December 2021

Allan Pollard MBA, MInstD
Chief Executive
December 2021

YOUR FEBRUARY CHECKLIST

with Kings Plant Barn

Enjoying the last summer month before autumn is a must – but between the heat of the day, don't forget to give your garden a bit of love too. Don't forget those weeds and keep on top of watering!

PLANT NOW

Vegetables

Chillies: Our large-grade, super-hot chillies are available now – including Carolina reaper, Trinidad Scorpion and Habanero. Plant them out into larger pots or in the garden as they produce fruit.

Herbs: Plant herbs and leafy veggies such as basil, lettuce, coriander, parsley, and spinach, but make sure you keep them well-watered.

Seedling: Start planting out winter crops at the end of February, including broccoli, cauliflower, and silverbeet.

Fruit

Grapes: February is the best time to get your grapes into the ground, best planted against a trellis, wall or pergola in full sun.

Passionfruit: You can still plant passionfruit in fertile, free-draining soil rich in compost. Ensure it is in a spot with good airflow and avoid wetting the foliage when watering.

Feijoa: Plant two different varieties of Feijoa to ensure good pollination. Plant an earlier season and a slightly later season variety to extend your harvest - or plant the 'Unique' variety on its own for self-fertilized fruit.

Trees & Shrubs

Fragrance: Add scented plants to your garden by planting some evergreen star jasmine, gardenias or the tropical climber stephanotis.

Tropical Plants: Have a colourful tropical oasis at home by planting gorgeous trumpet flowered Mandevilla, vireya, frangipani, hibiscus, and bird of paradise.

Flowers & Perennials

Instant Colour: Add a plethora of colours by planting beautiful annual flowers, including petunias, dianthus, penstemon, marigolds and gazanias.

Perennials: Plant flowering perennials now to enjoy their gorgeous blooms until the end of autumn. Petunias, geraniums and alstroemeria are along with the most popular varieties.

Spring Bulbs: While spring is still a while away, the first bulbs should be planted from February until late June. Daffodils, crocuses, and hyacinth will be hitting the shelves soon!

Chillies, Hibiscus & Marigolds



Passionfruit



Speak to your local

Garden Experts

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TEND

Vegetables

Water and feed your veggies well to help plants stay healthy and productive, as they will be less vulnerable to pest insects and disease. Feed tomatoes, chillies, and eggplants once every two weeks with Kings Tomato Food - and try to avoid wetting the foliage.

Fruit Trees

Water fruit trees deeply once a week and make sure they are mulched well to suppress weeds to lock in moisture into the soil. Once fruiting finishes, give your tree a light prune for better airflow.



Flowers

Water and feed your flowering plants regularly; deadhead spent blooms, especially on hydrangea and roses.

Lawn

To retain moisture, sprinkle SaturAid across the grass. Use Weed N Feed to get rid of moss and feed established lawns.

Harvest

You can still harvest your Reed and Hass avocados, as well as delicious cape gooseberries, passionfruit, capsicum, chillies, melons, sweetcorn, tomatoes, beans, and berries. Yum!

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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CHICKEN CAESAR SALAD

The Classic Summer Salad Recipe

SERVES 2

Ingredients:

- 1 x Baby Cos Lettuce / Cos or Romain lettuce
- 250g Chicken Thigh
- 4 x Slices of Pancetta (or streaky bacon)
- 150g Aioli / Mayo
- 4 x Anchovy Fillets (for sauce)
- 4 x Anchovies for adding
- 2 eggs (Poached/soft boiled)
- Stale or turning bread
- Parmesan Cheese



Step 1 - Make Dressing

Take Mayo/Aioli and blend in 4 anchovies using blender Add a touch of Worcestershire sauce for an extra boost in flavour Set aside.

Step 2

Marinate the Chicken Thigh with olive oil, paprika, Salt and Pepper

Pan fry or oven bake pancetta or bacon until crispy. Pan Fry the chicken thigh until cooked through. Slice and set aside.

Step 3

Take some old bread, cut off crust. Dice into squares. In a baking tray; Dress with olive oil, salt, pepper and a sprig of thyme Pop in the oven at 150degrees to dry out. (10-15mins).

Step 4

Clean your salad leaves and leave aside. Poach / Soft Boil your eggs.

Step 5 - plating

Take leaves and crotons and dress in a mixing bowl with your anchovy dressing. Lastly (because they are hot) add chicken and bacon and mix through. Divide onto plates and top with your egg, fresh anchovies and grated OR Shaved Parmesan cheese. Serve immediately.



The Falls Bistro
Chef Cristian Pincheira

WINE MATCH - Babich Winemakers' Reserve Marlborough Sauvignon Blanc

Not your typical Marlborough Sauvignon Blanc! By using a combination of barrel and cool tank fermentation, their winemakers have added complexity and interest to the varietal characteristics consumers around the world know and love. The result is an intensely flavourful wine that will surely be the talk of the table.

Experience

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MENINGOCOCCAL DISEASE

Meningococcal disease can lead to serious infections including meningitis (inflammation of the brain membranes) and sepsis (blood poisoning or septicaemia). These illnesses can develop quickly and can cause serious disability or even death.

Common symptoms of meningococcal disease include sudden fever, a high fever, headache, sleepiness, joint and muscle pains. If you have these symptoms, get urgent medical attention.

Those most at risk are babies and young children under 5 years, teenagers and young adults, people with weakened immune systems or living in shared accommodation or overcrowded housing.

Meningococcal disease is treated with antibiotics – it cannot be treated at home. Vaccination against meningococcal disease protects against most, but not all types of meningococcal disease.

Meningococcal vaccines are used to protect against meningococcal disease. Meningococcal disease is caused by a bacteria called *Neisseria meningitidis*. Meningococcal vaccines reduce the number of people carrying *N. meningitidis* bacteria, thereby reducing the spread of the bacteria to your family and your community. Meningococcal disease can affect anyone of any age, but some people are more at risk.

Having the meningococcal vaccine does not give you lifelong protection against meningococcal disease. When you get the vaccine, it causes your body's defence system to produce antibodies to fight against the infection if you come into contact with someone who has the illness. But, over time, the antibody levels decrease. In older children,



adolescents and adults, protection is expected to last for around 5 years after vaccination.

Meningococcal vaccine is given by injection into a muscle, commonly your mid-thigh or upper arm. The number of doses required depends on the brand used and the age at which the first dose is given. You can receive more than one meningococcal vaccine at a time.

Meningococcal vaccines are non-live vaccines and are safe to be given during all stages of your pregnancy and during breastfeeding.

Like all medicines, meningococcal vaccine can cause side effects, although not everyone gets them. Often side effects improve as your body gets used to the new medicine. The side effects are pain, swelling, or redness around the injection site, heavy arm, fever, feeling unwell, tired, or weak, loss of appetite, muscle ache, headache, allergic reaction (rare).

The best place to go for vaccinations is your family medical clinic. They have your medical records and can check to see if you've already had a particular vaccination. Either your doctor or a nurse can give the vaccination.

You can choose to pay for vaccines that you are not eligible to receive for free.

Reference:

W: healthnavigator.org.nz/medicines/m/meningococcal-vaccine/

W: immune.org.nz/vaccines/available-vaccines/menactra

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A LITTLE LOVE AND CARE

- can go a long way.

Sometimes it's a love or hate relationship, sometimes it's just a form of getting you from A to B, "with a bit of luck there is no C"

Having a reliable vehicle, gives you the freedom to cruise the streets and allows you to be independent and flexible. It's your pride and joy.

But are you taking proper care of it?

One of the most important aspects of vehicle ownership is sometimes neglect, not talking about just keeping it clean to protect paintwork and trim, - servicing is key.

A vehicle service, including an engine oil and filter change, is vital for your car's health, and needs to be performed on time, every time, if you want your car to run smoothly, efficiently, reliably and safely.

Motorists try to spend as little on their vehicle as possible, so when money's short it can be tempting to skip a service.

But, by choosing not to look after your vehicle properly, you run the risk of racking up much bigger bills later.

Not to mention the extra expense and downtime should a breakdown occur.

Preventative maintenance is a term widely used in the motor industry but as vehicles are getting more technology the repair costs are growing also.

The earlier problems are caught, the cheaper they are to fix. Plus, having your car regularly serviced is a great selling tool.

The cost of a service (including oil and filter change) can start from \$160, pricing dependent on your specific vehicle and how in-depth a service you require.

A replacement second-hand engine can cost anything from \$3500 upwards, depending on vehicle type, engine mileage and used engine stock.

A blown head gasket replacement could cost anywhere from \$2500.

Some components make up a part of regular maintenance (cambelt and water pump) but can also cause the expensive engine repairs if they fault due to lack of servicing.

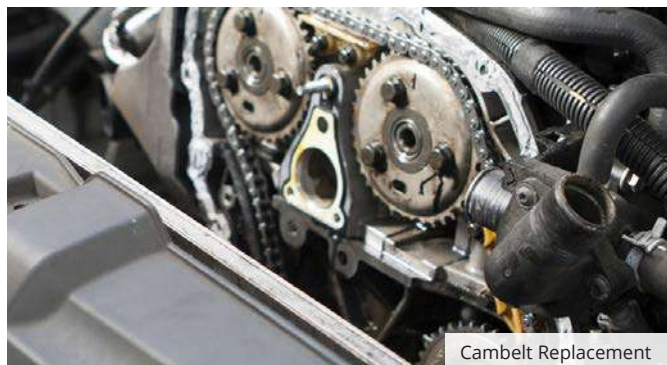


Suddenly the price tag for a yearly check doesn't sound so bad.

There are replacement intervals or a service schedule for most components found in your car. These intervals can also be both time- and distance travelled based whichever comes first and can cover anything from air, pollen and fuel filters, to engine oil, antifreeze and driveline fluids.

If you're one to simply purchase a litre bottle as a top up, beware as you can slowly clog up your car's engine from the inside. Over time, the slow degradation of the oil lubricating properties causing catastrophic failure.

Unlike fine red wine, oil ages badly and over time it degrades.



Cambelt Replacement

KAAR recommends consulting your owner's handbook for the manufacturer's service schedule which can vary from 15,000 to 30,000km service intervals. As your vehicle ages and gets higher Km's consider getting more frequent servicing.

At the very least consider getting your service done with your yearly Warrant of Fitness Inspection.



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MEMBERS CAR

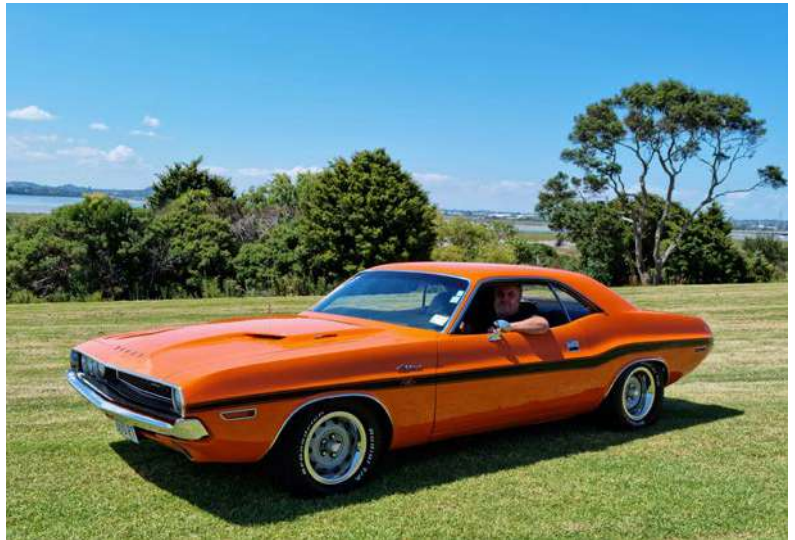
WEst recently went for a ride in Martin Hogan's sweet 1970 Dodge Challenger R/T.

Well accepted as a muscle car classic and receives recognition it deserves as a rare collector's car.

Martin has worked for 'CPHBA foundation member' - West Auckland Engine Reconditioners for 20 years. His role as an Engine Builder has him very busy with currently 26 engines in the queue for his attention. The engine in his car is a wedge-block 400 V8 which he has stroked to 514cu, running a 4 speed manual (currently being reconditioned) with an 8¾ diff.

Details:

- Displacement: 8.423 ltr / 514.0 in³
- Power: 600bhp (dyno) factory 325bhp
- Top speed (Est) ~217 kph / 135 mph
- Length: 4864 mm / 191.5 in
- Front brakes: Discs
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