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IN THIS ISSUE

- 4 **CHAIRS REPORT**
KELVIN ARMSTRONG
- 7 **CPHB SUBMISSION**
INTENSIFICATION
- 8 **MATRIX SECURITY**
HOW TO IMPROVE BUSINESS SECURITY
- 11 **INTENSIVE URBAN DEVELOPMENT OPPORTUNITIES**
TEMPERED BY DEVELOPER CAUTION
- 12 **BUSINESS MENTORS NZ**
PROVIDING MENTORING TO SMALL BUSINESS
- 13 **FIRST TRAINING**
TEACH PEOPLE TO SAVE LIVES
- 14 **DAVID SEYMOUR FEATURE**
BUSINESS BREAKFAST
- 17 **BUSINESS AFTER 5 - NETWORKING**
THANK YOU BNZ AND KAAR
- 18 **WE HENDERSON**
& THE LEWISHAM AWARDS
- 19 **FRONT COVER FEATURE**
MOTO JAPANESE RESTAURANT
- 20 **WE HENDERSON**
KINGS GARDEN CAFE & THE HANGAR
- 25 **MITRE 10 MEGA**
WESTGATE EXTENSION
- 26 **SLEEP DENTISTRY**
TAKING THE FEAR OUT OF DENTAL VISITS
- 27 **LIFESTYLE - RECIPE**
POLLOS FRITOS
- 28 **LIFESTYLE - SPRING GARDENING**
WITH DAVIS FUNERALS
- 30 **LIFESTYLE - WELLBEING**
HAY FEVER
- 32 **MOTORING**
SENSIUM FLEET TELEMATICS
- 33 **MOTORING**
KIA MOTORS EV
- 34 **QUALITY FRONTLINE LEADERS**
ARE A KEY TO CUSTOMER & TEAM RELATIONSHIPS



14. DAVID SEYMOUR FEATURE
BUSINESS BREAKFAST

Cover: LFHQ Studios.



17. BUSINESS AFTER 5 - NETWORKING
THANK YOU BNZ AND KAAR

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CHAIRS REPORT

Great news, our popular Business After 5 networking is back, finally after 12 months in hiatus.

The good news 90+ attended and enjoyed a vibrant atmosphere, with many attendees commenting "it's great to be back" BA5 hold 9 events per year, with usually 80 -140 attendees pending capacity of location. It is free to attend, so jump onto our website and register for the next event.

We also had our second Business Breakfast this year in August and this time, David Seymour (Act Party leader) was our guest speaker. This event was also very successful, from a hosting perspective King's Garden Café once again delivered an impressive breakfast. It was great to listen to David's perspective on many areas of concern, including our local government!

David primarily points out the obvious failures of the incumbent Government in Immigration, Education, and increased regulatory requirements. Of course what ACT does well, David offered their solutions. The ACT party wants to introduce a regulatory standards bill. The legislation would ensure more transparency and a clear link between the costs and benefits of any regulations.

Overall David Seymore created a positive outlook on future change.

Nearly every conversation I had with attendees of both functions, the primary subject of staffing issues;

- Trying to find, new or given up,
- Staff are away on sick leave
- Trying to get existing team members who are working from home back into the office.

It's blatantly obvious that we have a massive shortage in NZ in most sectors and sadly no solution coming any time soon. Whilst we are all putting pressure on existing staff to keep productivity going it's taking its toll on wellbeing and business sustainability.



KELVIN ARMSTRONG

It's my opinion it's going to get harder not easier!

As a business association, we won't pretend to have the answers; but we understand the pressure of working within the current restraints - therefore another set of independent eyes or ears may be the answer, why not consider connecting with a Mentor? (for free!) See page 12.

As a fellow business owner, I know how lonely it can be, and can relate to many friends or family offering advice. Unless it comes from a qualified resource it could then ultimately send you down a path of distraction with no result! leaving you with an expensive lesson. Mind you, I have also personally experienced this with Mentors/coaches! I still recommend using them, as it may just find the gold nugget you can't see as I did many times, ensure you are focused on using them as an educational resource, especially if you are like me with no formal business education.

I would also recommend being prepared to implement change even if it's minimal because if you are not willing to change, you are wasting your time.

I want to thank those who have contacted me directly on my chair's report. I have to agree I have got a little Political recently, I make no apologies for my personal comments, as they come from experience, and not from media representation or misrepresentation and certainly no agenda. If you are offended, I reject the premise of the implication.

I also back up our business association's directive, we stand as 'a-political', we will work with whoever our community votes into leadership, with whichever political lean they have. It is our responsibility to work with and alongside them. It is our role to hold them accountable from a business perspective as part of our advocacy and business representation.

In saying that - It's just an easy time to point out failures in both central and local government because the list is long! Sadly many issues arise from complete disregard or ignorance concerning expenditure vs outcome. Although that is what they have always done,

it's seriously out of hand currently 'Sustainability will be taken care of in the next term' seems to be the future of economics in NZ. I'm not sure it will read well historically!

On a positive note, West Auckland is still a great place to live and do business, Westies are great people whatever race, religion, skin colour or political view. Whilst we have a few bad apples that need real-world consequences, (not hugs) the ram-raids, smash and grabs, violence etc. we look forward to resolutions. CPHBA has had some great feedback on the Town Centre security guard patrols, which seem to be making a difference.

KELVIN ARMSTRONG, CHAIRPERSON CPHBA
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CPHBA SUBMISSION ON:

Auckland Unitary Plan - PC 78: Intensification

(As part of the Government's new housing rules)

23 September 2022

TO: Auckland Council Unitary Plan 'Governing Body'

Name of submitter: Central Park Henderson Business Association Inc. (CPHBA)

This is a Submission to the Auckland Unitary Plan - PC 78: Intensification plan change or variation.

As an interested party and stakeholder in Community affairs, CPHBA is **OPPOSED** to the short sightedness of the Government's new housing rules with regards to the Intensification of Auckland and the future of neighbourhoods in New Zealand

On behalf of the CPHBA (representing 1200 businesses and 1000 property owners in the Henderson & Central Park area) we wish to make the following submissions regarding the changes;

1. **Rates** - CPHBA believes these changes will further increase rates as evident with previous intensification mandates around Auckland centres. Whereby property values go up, hence rates go up - even though Council says they'll restrict the rise, the value dictates...
2. **Stormwater** - is already under pressure and will be exacerbated through little ground soakage.
3. **Sewage and Wastewater** - many suburbs including in 'Henderson-Massey' are constrained as well-reported in this infrastructure, the Community deserves better than this forced escalation.
4. **Parking** - with no requirements for 'off-street' parking, and no real answer to Public Transport currently, CPHBA believes this is another exercise to 'force' Aucklanders from their cars without a viable alternative in many circumstances of these planned areas of Intensification.
5. **Architecture** - In very many occasions, the urban design architecture is poor, being slab-sided, small-windowed buildings of one texture crammed together. A future resulting in neighbourhoods of run-down or dilapidated tenements.
6. **Community** - In many cases, intensification is leading to community divisions through a variety of reasons; neighbour issues, crime, noise etc. This is not acceptable to CPHBA and its members.
7. **Land-banking** - What about the possibility of increased land-banking, with developments not taking place for years leaving properties in disrepair due to unforeseen circumstances; borrowings, costs, supply, staffing etc.

CPHBA is also advocating for strong governance around the approval processes being; recognising high-quality developers of 3-6 level apartments, facades, off-road parking and the afore mentioned.

It is well recognised that this Government's undemocratic ideology cannot be forced onto Auckland Council's plannings - which do not allow for Auckland's infrastructure in their changes

This Submission is not part of a petition, but simply identifying the concerns of CPHBA Members

Yours faithfully

Kelvin Armstrong
Chairperson CPHBA



HOW TO IMPROVE BUSINESS SECURITY

Tips on selecting the right video surveillance system for your business

We all know that video surveillance protects businesses from crime and vandalism. And it's also vital for capturing evidence of a crime. However, there are several less well-known benefits.

Video surveillance is also a valuable tool for protecting the health and safety of employees, especially when working out of hours or accessing secluded areas like car parks. The latest technology performs advanced analytical functions such as detecting vehicles, people, faces, and objects. What's more, it can provide business intelligence data (counting traffic, people and animals, for example).

There are plenty of great reasons to invest in video surveillance. Whether installing for the first time or upgrading your system, getting started can be daunting, even more so if technology isn't your thing.

In this article, we share our advice on the essential elements to help guide your decision-making.

Indoor Vs outdoor use:

The first step is to think about the areas you want to monitor. Some cameras are made for indoors only and are not suitable for outdoor use. So, if you want a system just for external areas, ensure the cameras are designed for that purpose. They must be waterproof and able to cope with temperature variations.

Most systems will perform well in bright, sunny conditions. However, many businesses prioritise overnight monitoring as the prime time for break-ins and vandalism. If that's the case for you, investing in a system with night vision capabilities is worthwhile.

Picture quality and clarity:

A pixel count of around 1080 is standard for most surveillance systems. This ensures you get a clear image. You may need a higher pixel count for poorly lit areas or at night. Higher pixel counts also allow for

what's called digital zoom. It means you can get up close and record a clear picture for identification or documentary evidence.

Motion sensors and movement:

Motion sensors only spring into action when they detect movement. While surveillance systems with movement features can zoom in or move around, allowing you to track an intruder. These extra features are worth considering depending on the areas you want to monitor and your requirements. However, they usually cost a bit more.



Storage:

The two main types of storage are the cloud and an internal video recorder. Cloud options give you unlimited data storage, whereas internal storage drives have a limit. The best choice depends on whether your system is motion-activated, time-dependent or set to record continuously. Motion-activated systems or those operating only at nighttime need less storage than 24/7 surveillance systems.

Remote access:

Remote access is another handy feature. It means you or a security provider can check the system away from your business premises.

Video management system:

The final feature to consider is a video management system (VMS). The type of solution you require will depend on the intended use. Do you plan to monitor video footage constantly or only when motion is detected? VMS or in-built analytics alerts you to suspicious activity. It applies analytics, improving the

responsiveness and effectiveness of your surveillance. All functions are achieved using highly advanced video analytics software.

There is no end of options when it comes to video surveillance systems. Use these tips to help your selection. And if you need more expert guidance, contact our Security Consultants for obligation-free recommendations.

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tempered by developer caution

The National Policy Statement on Urban Development 2020 (NPS-UD) sets stronger density requirements in Tier 1 urban areas which include the main centres and larger regional hubs, offering developers an opportunity to increase the density of urban projects, but the jury is still out on how cost, infrastructure and demand will impact the uptake.

As well as increasing the number of residential units on brownfield and greenfield development sites, the policy statement also allows for larger builds on smaller sites and frees developers from car parking requirements.

Bayleys land sales specialists say that at first glance the NPS-UD offers greater scope for developers to intensify their projects and potentially maximise their value. However, they believe an immediate construction free-for-all is unlikely as developers and investors test the practical application of the new rules against market demand, the availability of investment and infrastructure pressures such as transport and wastewater.

Bayleys director – Development Land Sales, Gerald Rundle says developers will certainly see the potential in increasing the intensification of their existing or planned sites within urban boundaries, but decisions will still need to be market driven.

The planning changes have motivated Bayleys to put together dedicated Development Land Sales and New Builds teams with representatives around the country to help buyers and developers navigate the new rules. The Development Land Sales team works with Bayleys residential specialists, to ensure developers are fully supported from the start of their land search to the sale of finished units.

On its website, the Ministry of Environment describes the NPS-UD as being “about ensuring New Zealand’s towns and cities are well-functioning urban environments that meet the changing needs of our diverse communities. It removes overly restrictive barriers to development to allow growth ‘up’ and ‘out’ in locations that have good access to existing services, public transport networks and infrastructure”.

Bayleys Northwest’s Development Land Sales associate director Wesley Gerber says the policy will allow for better utilisation of land, not just in allowing more homes, but bigger homes on smaller sites and in



Gerald Rundle



Wesley Gerber

how it impacts things like height in relation to boundary, site coverage and outlook.

“It is still quite early days, so it’s hard to predict exactly how things will play out, but developers will definitely be factoring it in as they look to acquire land for developments,” Gerber says.

He cites Auckland’s Hobsonville Point as a good example of the types of high-density development that will be increasingly possible via the NPS-UD and will be aimed at urban families looking for low-maintenance homes with communal public areas that they don’t have to maintain themselves.

“The way we live is changing. These types of development reflect that and there is a huge push from the government for increased density, but developers will still be having conversations about just what the market is for it,” Gerber says.

For further insights, get in touch with Bayleys Northwest.

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BUSINESS MENTORS NZ

Providing Mentoring to Small Business

Business Mentors New Zealand, founded in 1991, is the only independent national business mentoring service provider to the small business sector in New Zealand. The service matches experienced businesspeople, the Mentors, with small business owners.

Who is Small Business Mentoring for?

New Zealand is a nation of small and micro business - including self-employed. Defined as those with fewer than 20 employees, there are approximately 530,000 small businesses in NZ representing 97% of all firms. They account for 28 per cent of employment and contribute over a quarter of NZ's GDP.

Business Mentors service helps small business owners, like you, assess your current business activity and build skills and perspective for your future success.

You will be matched with a Mentor who understands the highs and lows of business having been on their own business development journey, and bringing with them experience you will benefit from.

Register for a Business Mentor if:

- You are motivated and determined to grow your business.
- You are willing to listen and receive constructive feedback related to you and your business.
- You are able to commit to the mentoring relationship, working proactively to ensure tasks are achieved in a timely manner with open and honest communication.

Who will my Mentor be?

Your Mentor will be an experienced businessperson from your region. All of BMNZ Mentors have been screened

and inducted to ensure they have the ability to be an effective Mentor. He or she will be matched to you by a Mentor Coordinator, with relevant skills based on your unique circumstances and needs.

How often will I meet my Mentor?

In the initial month, there will likely be a couple of meetings to set direction and determine an action plan. Going forward, this will likely become monthly meetings. This is to be determined between yourself and your Mentor. This service is for up to 12 months.

Is there a cost to register?

For a one-off registration fee of \$295 + GST, you will have up to 12 months' access to a Business Mentor who will help you develop your business and yourself as a business owner. The fee is a small contribution towards a supported delivery service and is non-refundable.

CPHBusiness Association is keen to support up to 30 local businesses in the Central Park/ Henderson area by funding this mentoring for this financial year (T's & C's apply).

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Our Philosophy

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Our Team

First Training's lead facilitators are all passionate about their role and thoroughly enjoy interacting and teaching the courses. They all have Pre - Hospital Emergency care and NZ Resuscitation Council qualifications. Our facilitators draw from a broad background of knowledge including paramedics, nurses, Surf Life Savers and First Responders.

Our Courses

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gain NZQA credits, also early childhood courses designed for that industry which will meet individual Childcare centre requirements and are compliant with MOE guidelines. Advanced Emergency care training is also provided. This caters for people already holding current first aid qualifications who need higher skill levels for their environment. e.g. surf lifesavers, ski patrollers, SAR etc.

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DAVID SEYMOUR outlines ACT's vision for tackling post-Covid funk

ACT Party Leader David Seymour together with Deputy Leader Brooke van Velden were hosted by the West Auckland Business Club (WABC) at their latest Business Breakfast.

The packed audience was treated to an insightful and entertaining presentation, and the Leader introduced his Deputy; Brooke van Velden as the only MP in Parliament with an Economics Degree.

The next election is likely to be within the next 12 months. So, it's no surprise Seymour's talk focussed on the failings of the current government and how ACT will do better.

According to Seymour, there are several challenging problems facing the country. He said there are real issues around health and education for a wide range of disadvantaged Kiwis, including Māori and Pasifika. He pointed out there are still many people at home, including kids who should be at school and people who should be at work. Seymour reported on the 'un-Kiwi sense of lawlessness out on the streets.' And he also queried whether the NZ Transport Agency has more orange cones or potholes.

Furthermore, Seymour reported that the average income gap with Australia is increasing by about \$1,200

per year. He advised the exodus of New Zealanders, especially young ones, will continue, and we risk losing all the human capital we have invested in as a nation.

'We need to come out of the post-Covid funk,' the ACT party leader declared. 'Business as usual is just a pathway to second-world status,' he added.

Seymour believes the next government must be one of real change that's prepared to challenge some of the current policy direction and assumptions. 'Sacred cows make good burgers,' he quipped.

He dismissed Ardern's government as a 'rapacious taxer and wasteful spender.' In contrast, Seymour pledged that ACT would reduce spending by \$7 billion. He also said ACT was committed to a lower, simpler, flatter income tax structure with just two rates of 17.5 and 28 per cent.

According to Seymour, we also need to tackle 'anti-foreign bias'. He said New Zealand is the fourth most difficult place to send money and ideas in the OECD. As well as making foreign investment easier, Seymour said we need to make it simpler for top talent to come to New Zealand to address the skills shortage.

'Despite borders being closed for years, Immigration



NZ has managed to get further behind in processing applicants,' he reported. Seymour says we need our best business process improvement people to 'get working on what the hell Immigration NZ is doing'.

In response to a question from the floor, Seymour detailed ACT's top three priorities should it earn a seat in government.

He said the priority is to tackle the size and scope of government bureaucracy. Seymour gave the example of the Ministry of Education, which he said has 3,900 full-time employees, while the country has only 2,550 schools. Reducing the size of the government machine will result in cost savings and the time people spend following their orders, he declared.

Seymour's next priority is the quality of regulation. He said the current government has introduced 'oodles of regulation making it more expensive to live, build and do business.' According to ACT's leader, businesses waste time asking permission to do work and proving work's been done and regulations complied with. He believes that time could be better spent on producing valuable goods and services people want to buy at a price they can afford.

The ACT party wants to introduce a regulatory standards bill. The legislation would ensure more transparency and a clear link between the costs and benefits of any regulations. In addition, Seymour proposed making select committees independent of government and reviewing existing rules to get rid of any unnecessary ones.

The final priority for an ACT coalition government is education. Seymour believes parents and families should have more choices in an open market. He proposed a student education account where parents can direct their funding to a school of their choice, whether state, charter, religious or independent. He said doing so will give young people an education that engages and empowers them for the 21st century.

'If we do all of these things,' Seymour concluded, 'the only real question will be how do we keep all those Australians out from trying to move here!'

Many of our members have first-hand experience with the issues outlined by David Seymour. And following hot on the heels of our recent Business Breakfast with the National party leader Christopher Luxon, it's interesting to compare the contrasting approaches. One thing is for sure, it will be a fiercely contested election.




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THANK YOU BNZ AND KAAR



West Auckland Business Club's popular Business After 5 networking returned in August with the BNZ hosting us at Kings Garden Café. After waiting 12 months, members were eager to get back to meeting and greeting.

Ninety attended and enjoyed a vibrant atmosphere, with a big talking point being the food presented by the team at Kings Café with many commenting "it's great to be back" in September saw KAAR hosting at the Te Pai Centre again with Ben and team from Kings offering their delicious victuals.

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

Images from Caroline Ducobu photographer @ducobu.co.nz
Continued page 31



BNZ at Kings Garden Café - Image CPHBA



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WE HENDERSON

Showcasing Small Businesses

Henderson is coming to life via the WE HENDERSON campaign that showcases the thriving small businesses that make up the backbone of the growing Henderson community.

The campaign launch in April focused on hospitality, an industry that has had a challenging time during the past couple of years yet continues to develop a unique and diverse offering in the neighbourhood. Henderson is committed to supporting local businesses and continues to build an even better community that all Aucklanders can enjoy. (see WEst #51 at cphb.org.nz/magazine)

It was decided to continue the theme in this campaign with a further three venues; see following pages featuring - MOTO Japanese Restaurant, Kings Garden Café and The Hangar

We are excited to acknowledge that the first eatery 'WE Henderson' featured is now a 2022 Lewisham Awards Finalist!

THE LEWISHAM AWARDS 2022

The Falls Bistro is a finalist for...
OUTSTANDING LOCAL ESTABLISHMENT - WEST (of Waterview)

We can't think of a more appropriate category as The Falls Bistro, located in Henderson, as the hub of the community and a place where family and friends meet regularly and are made to feel welcome and relaxed.

Named after Richard Lewisham who was a pioneer of the Auckland hospitality scene, The Lewisham Awards were established in 2002 with the main objective to encourage excellence in the City's Hospitality Community. With this in mind, the best in the business are nominated and honoured by their peers once a year followed by an after party to celebrate this success.

"It has that feeling of a home away from home!

This is a place where you know you can pop in on your own or meet a group of friends and the staff will still know your name! Better yet they will know your drink!"

Hospo friends please get voting for The Falls, they well deserve the recognition.

(Voting is open to hospitality industry members ONLY)



Sponsored by



MOTO JAPANESE RESTAURANT

We Visit With Owner Jun Sik Roh

Owner Jun has been operating MOTO Japanese Restaurant with his wife since 2005. With two employees, they proudly serve many locals, office staff, Shortland Street personalities and always take pride in the quality of their food.

Jun's wife; Easter Jeong and two sons; Dong Hyun (Charles) and Dong Hwi (Daniel) arrived in New Zealand in 2003. Jun then followed two years later after retiring from a twenty-three-year career as a Medical Administration Officer in the South Korean army. They arrived in West Auckland and have lived in Henderson since, always proud Westies!

Jun majored in Food and Nutrition at University in Seoul, South Korea. He then trained in Cookery Courses when arriving in NZ in 2005.

The family business makes all their Moto sauces in house to Traditional Japanese recipes; Salad Dressings, Tempura, Teriyaki, and Hot & Sweet Chilli.

"Closest thing to actually being in Japan. Just amazing food. Quiet-curtained off tables. Hidden just off Lincoln road, never knew it was there despite living in Henderson for 15yrs. Worth coming to West Auckland and hunting down." Chris (Moto Customer)

MOTO Japanese Restaurant.
42 Paramount Drive, Henderson
P: 09 838 2580
W: motojapaneserestaurant.co.nz



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**WESTGATE &
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BUSINESS – MITRE 10 MEGA
WEST AUCKLAND BUSINESS

MITRE 10

BUILDINGSUPPLIES

**MITRE 10 MEGA
WESTGATE EXPANSION**

Mitre 10 MEGA Westgate are pleased to have recently completed a massive 4,000m2 extension after three years in the making.

Mitre 10 MEGA Westgate boasts a footprint of 15,500m2, making it one of the largest home improvement stores in the country.

The new 4,078m2 trade drive-thru and timber yard are now entirely undercover, with the added bonus of 'the classiest tradie bathrooms in town'.

"The whole trade area is designed to save time for our local tradies, so they're in and out as quickly as possible. We've increased the range of tools and consumables as well as building products, and we've built a space for them to collaborate with our team and their clients. Our Trade customers are important to our business and we want to support them with their businesses in return," says owner Dave Hargreaves.

"All of our ranges have been extended. We're really pleased to have the new 1746m2 garden centre ready for the Spring planting season. We've a lot of garden-loving customers!"

"We have a great team culture and spirit here, and we pride ourselves on the development opportunities we provide for our team. As long as you've got really good

people and build your reputation for service, as we have, that's what matters."

Mitre 10 MEGA Westgate by the numbers (post-expansion):

- 44,000m2 site
- 15,734m2 total floor area
- 8776m2 retail area
- 4327m2 trade drive-thru
- 1766m2 garden centre
- 451 carparks
- Columbus Café
- 25 new jobs created
- \$6m total estimated build cost



SLEEP DENTISTRY

Taking The Fear Out Of Dental Visits

Sleep dentistry; or dental sedation, can be a great solution for people who have a fear of visiting the dentist.

What Is Sleep Dentistry? Sleep dentistry is using sedation to reduce your sense of consciousness or awareness so that dental treatments can be performed without anxiety or fear. Conscious sedation is ideal for dentistry because you remain awake and responsive to instructions even while your reduced state of consciousness allows you to be totally relaxed and retain little - if any - memory of the events.

In addition, conscious sedation doesn't require any intervention to maintain airways or ventilation, so it is extremely safe.

How Does Sleep Dentistry Work?

Sleep dentistry could involve:

- The inhalation of nitrous oxide (laughing gas); or
- Taking sedative tablets orally; or
- Having sedatives administered intravenously; or
- A combination of these methods.

In all instances, you will remain awake throughout your treatment and be able to follow the instructions your dentist gives you. You will be able to breathe normally. However, your awareness of what is happening will be impaired - which effectively reduces anxiety, stress and fear. Many sleep dentistry patients find that they cannot remember much at all from their appointment.

Sedation does not stop you from feeling discomfort, therefore local anaesthetic is still required to numb the area in your mouth being treated.

Who Can Have Sleep Dentistry?

Assessing your suitability for dental sedation involves looking at a number of different factors. How anxious or phobic you are towards the dental treatment is a major factor, as well as the length of your required treatment. Sedation is a great option for people who have a number of dental needs that need addressing as they can all be performed in one longer appointment.

In all instances, McIntosh Dental will conduct a detailed patient history covering dental, medical and social history, as well as a thorough physical examination. Age, state of health and physical factors are all considered. You will also need to accept responsibility to follow the pre- and post-sedation care instructions.



McIntosh Dental
Helping West Aucklanders to smile since 1987

General & Cosmetic Dentistry -
Dental Implants - Orthodontics -
Sedation Dentistry

(09) 837 2598
info@mcintoshdental.co.nz

43 Lincoln Road, Henderson
www.mcintoshdental.co.nz

POLLOS FRITOS

Spanish Fried Chicken SERVES 2

For the Chicken:

- 4 x Chicken Thighs
- skinless, boneless,
cut in pieces
- Worcester Sauce to
marinate
- Medium Bowl of Corn
Flour
- Water
- Salt to season
- Canola or Other
Deep Fry oil

For the Chimichurri:

- 100g Parsley (picked
and chopped)
- 3 Shallots
- 1/2 a Red chilli
- 1 Clove of garlic
- 50ml Extra Virgin
Olive oil
- 50ml Canola Oil
- 100ml Sherry Vinegar
- Salt to taste



Method:

Step 1 - Prepare the chicken

- Chop your chicken into bite size chunks and pop in a bowl
- Cover with Worcestershire sauce, ensuring all chicken is separated to absorb maximum flavour
- Set aside while you prepare other ingredients

Step 2 - The Chimichurri

- Dice all fresh ingredients small as you can (3-4ml) or use a food processor for each item but be careful not to puree the ingredients. The consistency of the ingredients give texture to the sauce.
- Mix together the Sherry Vinegar, Olive oil and Extra Virgin olive oil
- Add your chopped ingredients to the mix and stir.
- Add salt to taste and set aside

Step 3 - Frying the Chicken

- At this point you are ready to heat up your oil. Either in a deep pan, or if you have a home deep fryer set the temperature to around 180°C
- Take your bowl of corn flour and dribble a small amount of water in at a time whilst teasing the flour into a crumbly consistency.
- Straight out of the marinade, coat your chicken in your corn flour mix by rolling and pressing the flour into the skin. Once coated pop straight into the hot oil. Repeat piece by piece and fry until golden brown.
- Remove from the oil and toss with a bit of salt.

Step 4 - Plating

- Line your plate with the baby rocket and pop the chicken on top.
- Drizzle the chimichurri over the top
- Add a slice of lemon, your favourite hot sauce and serve. We use our home-made chipotle.



The Falls Bistro
Chef Cristian Pincheira

THE FALLS
BISTRO

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YES! THERE'S SOMEWHERE COOL YOU CAN GO LOCALLY.





LIFESTYLE – GARDENING
WEST AUCKLAND BUSINESS

SPRING GARDENING

- with Davis Funerals



Marigold, Roses and Snapdragons.

Continue planting your summer vegetables, as well as splendid annual and perennial flowers. Get them in quickly and stay on top of the weeds to ensure you get to enjoy your plants to the fullest.

Vegetables

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

Seedlings

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

Seed Sowing

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



Limelight hydrangeas



Petunias

Fruit

Passionfruit

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

Citrus

Plant into free draining soil and mix in Compost and Slow Release Citrus Fertiliser. Dwarf varieties only grow to 2 meters tall, are also available, and are the best for container growing.

Berries

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

Trees & Shrubs

Roses

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

Hydrangeas

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

LIFESTYLE – GARDENING
WEST AUCKLAND BUSINESS

Hedges and Screening

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

Flowers & Perennials

Instant Colour

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

Perennials

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



Geraniums



Passionfruit

Care

Veggie Garden

Protect newly planted seedlings from slugs and snails with Quash. Keep on top of any weeds emerging in newly planted beds. Regularly remove laterals from your tomato plants and feed them with Tomato food.

Feeding

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

Mulching

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

Lawns

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



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HAY FEVER

To some the bane of Spring and Summer

Intermittent by seasonal times of year and location of certain air flows. This can take effect of a person's health; through their nose, throat, eyes and their sinuses. It is recognized at a high level in New Zealand, compared with other countries.

People may have signs of hay fever due to grass pollen (amongst other plants), dust, mould, dander from animal's hair and skin flakes; such as cats and dogs, and cockroach droppings can also show signs of hay fever.

It can be easily misjudged into thinking Hay fever is a cold or flu as the symptoms can be similar however, they are not the same. Someone who goes through their life with hay fever will recognize it differs from an actual cold or flu.

There are two types of hay fever

- Seasonal Allergic Rhinitis; Seasonal hay fever when the symptoms arise during changeover into a new season such as spring. During the windy spring season, the pollen gets blown around, known as Wind Borne. This typically happens through spring and summer months. The duration of what is also known as, the pollen season take depended on where the person's live,

how high the pollen is in that specified area, plants and outdoor living, and whether the person is allergic or not to the mentioned.

- Perennial Allergic Rhinitis; Symptoms which arise throughout the year, they are not dependant on seasons. Most common symptoms may be caused by animals in close contact to the person. Hay fever due to dust mites are also a common cause.

What the difficulties of hay fever may include if untreated

- Unhealthy and abnormal sleeping patterns; this can make the person feel less energised due to lack of sleep.
- Potentially unable to focus consistently on tasks throughout a day
- Able to pick up infections, such as sinus and eye infections
- For those people who suffer from asthma; the symptoms can become more difficult with the hay fever, causing an over lay in symptoms.



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How to have hay fever diagnosed

It is preferred to see a professional to get the correct direction into a diagnose to help with feeling more comfortable to live with hay fever. There may be questions such as, how and when the symptoms begin. The professional also may examine the eye, throat, and nose to see if there are any irritations in these areas and potentially causing hay fever.

Depending on if the symptoms are clear or not, there may be need for a blood test to help diagnose what and if the person is allergic to - if anything. If the symptoms are sever, there may be need to refer to a specialist to finalise the allergies and have support in this area.

How hay fever can be treated -

Depending on the weather and season, it is recommended for those who suffer from hay fever to stay indoors and away from allergens, taking medication, and taking care of yourself during these times to help avoid it.



Symptoms of Hay Fever may include

- Sneezing, Coughing, Watery eyes
- Runny nose, Sensitive sinuses
- Blocked nose and ears
- Itchy and sore throat
- Earache and headache
- Tired and weak in the body
- Low energy and enthusiasm
- Temporary loss of smell and taste

BA5 CONTINUED...



TRADIES, SUPPLIERS, FLEETS

Tracking driving habits, fuel efficiency, location and more.

Vehicle Telematics technology has been around for a while, but with the advent of next generation mobile networks many NZ businesses are taking advantage of the extensive capabilities of vehicle telematics.

Let's start with the basics...

At its core, vehicle telematics provide a wealth of information about a vehicle and its driver, which can be used to improve business operations.

For example, fleet managers can use telematics data to improve fuel efficiency. By tracking engine speed, driving habits, vehicle location and other parameters, managers can identify areas where drivers could save fuel, such as more efficient route planning.

In addition, telematics systems can help managers locate stolen vehicles, monitor driver safety and provide important reports like "time-on-site" for billing or for customer feedback.

Overall, vehicle telematics offer a number of benefits for businesses who run vehicle fleets. By using this technology, companies can improve efficiency, safety, and customer service. So if you're looking for a way to improve your business operations, consider using vehicle telematics.

Sensium is a Henderson based business and has been designing, manufacturing and supporting Henderson businesses (and many others in New Zealand and Australia) with GPS tracking and vehicle telematics for



more than 15 years, empowering business owners to easily manage and scale their operations.

They are one the best local examples of a business who does not cut corners (sorry for the vehicle related pun). Sensium has a proven track record of benefiting local businesses with better profitability and driver safety.

With thousands of customers, ranging from SMEs, with one or two vehicles, up to government and corporate clients with 2000+ vehicles. Sensium's trackers and platforms developed and updated in-house, Sensium's trackers will do the K's and keep you ahead of the curve.

Not only this; they are one of the only fleet telematics business in NZ to offer an integrated electric vehicle (EV) fleet telematics platform.

Call Hylton or Jono today to discuss your options
Email: sales@sensium.nz

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KIA MOTORS EV - latest generation of full EV vehicles

While there is a lot of electric car makers that are new to the market and everyone is buzzing about the technology, there is one player in the market that has been building cars for a very long time.

Kia motors have, in fact been making cars since 1974. Their Hybrid electric vehicles have been around since 2011 and now they are into their latest generation of full EV vehicles such as the tried and tested Kia Niro. You could own a full EV Kia Niro with this great special on now.

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Starting from \$68,990 + ORC

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Eligible for \$8625 Clean Car Rebate

* 460km Range on single charge

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* 4yr/60,000km with 10% deposit & Guaranteed

Future Value of \$27,875.90



Also there is a special deal going on the ever popular Kia Sportage diesel.

Kia Sportage Diesel LX

The Ultimate Family SUV, now with a cool \$5000 discount

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* 5 Years Roadside Assistance

* 4 Year /60,000km Kia Confidence Finance Term

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Future Value of \$19,265.90



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We will pay Clean Car Tax on your behalf!
That's a saving of \$3227.50

- Super Select 4WD • Leather-Appointed Interior • Power Tailgate
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JX/JLX 1.4 TURBO AUTO

1.4L Turbo Booster Jet Engine Reverse camera, Day time running lights, USB Charging, Bluetooth, Adaptive Cruise Control, AppleCarPlay & Android Auto, Heated Seats, Rear Sensors, 17" Alloys, 5yr Warranty & Roadside, 5.9L/100km!

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- Compact SUV
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Mitsubishi* On Road Costs of \$1250 include registration, WOF, 1,000km road user charges and a full tank of fuel and are paid when vehicle is driven away. Model shown with optional accessories available at additional cost. Visit mitsubishi.co.nz for full Diamond Advantage warranty conditions. Offer available until 30th September 2022 at West City Mitsubishi or while stocks last. Heartland Bank lending criteria, T's & C's apply, including a \$292 establishment fee and \$10.35 PPSR fee. A fixed interest rate of 10.95% p.a. applies, at the end of the term you can choose to keep the car, by paying the Guaranteed Future Value, trade it or return it (subject to T&Cs and excess charges). **Visit www.nzta.govt.nz/vehicles/clean-car-programme/clean-car-discount/ for more details.

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Suzuki UDC Finance* ORC of \$1210.00 which includes Pre-Delivery Inspection, WOF, Wheels Alignment, Tyres, Full Tank Fuel & Initial registration. Subject to T&Cs and excess charges. **TERMS AND CONDITIONS: Weekly payments based on nil deposit, 4.9% p.a. interest rate and 5-year term. On payment of on-road costs to the Dealer, finance payments include a \$305 documentation fee and \$10.35 PPSR fee. Normal lending and credit criteria apply. Offer available 1-30 September 2022. Excludes 2022 Jimny fleet purchases, demo vehicles and all other promotions. Road Value 3 year/100,000 km comprehensive warranty, 5 year/100,000 km powertrain warranty, PLUS a full 5 year roadside assistance plan. Offer available until 30 September 2022 at West City Suzuki or while stocks last. Not available with any other offer. See www.suzuki.co.nz for details.

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The ultimate family SUV

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or \$165 per week GST inc.*

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- 5 Years /100,000km Warranty
- 5 Years Roadside Assistance
- 4 Year /60,000km Kia Confidence Finance Term
- 10% deposit
- 4yr/60,000km with 10% deposit & Guaranteed Future Value of \$19,265.90: \$165 per week GST inc.*

Kia Confidence T&C: 10% Deposit Applied, ORC of \$1250 which includes Pre-Delivery Inspection, WOF, Main, Full Tank Fuel & Initial registration. With the Confidence offer, at the end of the term you can choose to keep the car, by paying the Guaranteed Future Value, trade it or return it (subject to T&Cs and excess charges). Offer excludes on road costs. Kia Financial Services is provided by Heartland Bank. Heartland Bank lending criteria, T's & C's apply, including a \$242 establishment fee and \$7.30 PPSR fee. Fixed interest rate of 8.95% p.a. applies. Offer available until 30th September 2022 at West City Kia or while stocks last. Not available with any other offer. See kia.co.nz for details.

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40 WORTHIDE DRIVE, WESTGATE

West City KIA

KIA SALES - 837 0907

2 LOCATIONS: 40 WORTHIDE DRIVE, WESTGATE, HENDERSON & 130-134 CENTRAL PARK DRIVE, HENDERSON

Fuel economy and range figures are based on the ADR 81/02 test for combined urban/extra urban driving. Please note that actual on-road fuel consumption, emissions and range will vary depending on traffic and road conditions, vehicle load and the individual's driving style. Outlander PHEV low weight is specified for use on NZ road network. Private driveways, boat ramps, sandy beaches and other off road settings may limit take off performance. Red Diamond paint colour available for an additional \$500. Note: The colours shown are approximate and may differ from the actual colours. However, changes may occur and your dealer will be aware of any variations. *Subject to available funding. All figures include GST. Safety ratings available at nzta.govt.nz.



QUALITY FRONTLINE LEADERS are a key to customer & team relationships

KAAR (Kelvin Armstrong Auto Repairs) has been in operation since April 1994, yes 28½ years.

WEst magazine visited KAAR recently to seek his thoughts on front-of-house management.

“Selection of quality frontline leaders is no easy task, for a family focus business to stay true to its customers, it’s important the front office hold our personnel values front of mind” Kelvin says

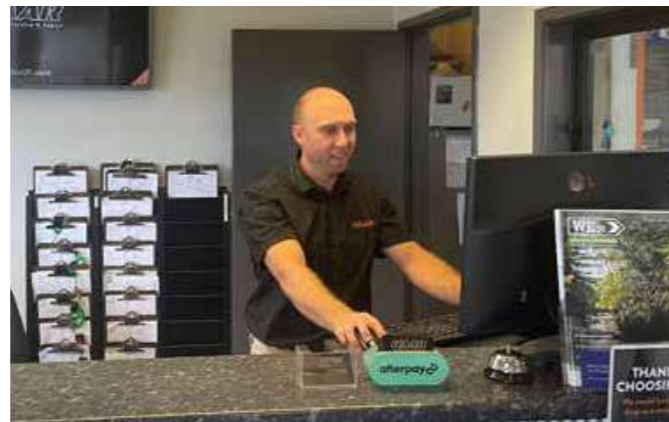
“Authenticity, Motivation, Patience, Honesty & Empathy are the key because in most cases, I have learnt that unless values align, we will have an internal struggle maintaining our genuine offering.

In this issue, we meet Blair Calder; the Manager at KAAR-Avondale.

Blair started with KAAR in 2015 as a senior technician, he is a straight shooter with a passion for quality and customer satisfaction, whilst Blair came from a Mitsubishi franchise background, his perspective is “it’s all just nuts, bolts switches and light bulbs”. It was obvious Blair was destined for bigger things.

The opportunity arose for Blair to take the Manager position at KAAR Avondale in early 2021. Blair’s ownership of the role kicked in, building rapport and respect with clients very quickly. Having worked in the Automotive Industry all his life, Blair’s experience is very much valued, ‘treat others how you would be expected to be’.

The key is caring for customers and their needs, taking the extra time to get to know them is what he loves to do, Striving for customer satisfaction each and every time!



Often Blair is laughing with a customer one minute, then, is sympathising with another having the unfortunate news of a list of repairs required for their motor vehicle, but - presenting our customer-focused plan to move forward.

Our motto is; ‘Under offer and Over-deliver on every job’ which he does very well.

Check out Blairs KAAR - Avondale team’s 5-Star Google reviews

★★★★★

“Recently moved to the area and took my car in for a service and there was no BS. Blair is a great guy and his friendly service is exceptional. The team even threw in a few complimentary extras like cleaning my headlights for no extra charge. Legends! Will definitely be going back.”

★★★★★

“I highly recommend everyone to use KAAR for their expertise in vehicle services. I had come in to ask them to check my sliding door and window. They gave me the pros and cons of each fix. My sliding door is now operational. I will keep on using their service in the future. A+++”

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CARING IS OUR BUSINESS



Thank you to our West Auckland community for supporting us for the past 28 years.

At KAAR, the needs of our customers come first. We know maintaining a vehicle can be expensive and that many of our customers know very little about how a car motor works. That’s why we pride ourselves on giving good and honest advice, and taking our customer’s budget and car value into account.

PROUD TO BE FAMILY OWNED & OPERATED



WHY CHOOSE KAAR:

- Latest vehicle diagnostic tools
- Loan vehicles available
- 2 locations to choose from
- Fleet servicing available
- Finance options available
- Loyalty rewards
- Lease company approved

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

KAAR Find us at: KAAR Avondale 357 Rosebank Road | KAAR Henderson 5B Waipareira Ave Call us on: 0800522734





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