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➤ **Feature Article** with Tony Alexander
'Are we stuffed? Is the economy munted?'

➤ **Henderson Shopping Spree**
A draw to win \$10,000 worth of prizes

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Cover: Photography by LFHQ Studios.

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CHAIRS REPORT

This month CPHBA had our 2nd AGM since achieving BID status, this year whilst many distractions faced your organisation, we achieved some milestones. 2022/23 will be another challenging year for our team as many of our ongoing projects succeed or get closer to completion. This opens the door for increased expectation of outcomes; our team is ready, your board is elected, and I assure you will be full steam ahead.

Earlier this month we met with Henderson Police, Phil Twyford (Local MP) and Dan Collins (HMLB), tabling our concerns in relation to our West Auckland Retailers' heightened increased risk of doing business, with the increase robberies and ram raids. We support youth crime consequences - family counselling sessions and cuddles are not cutting it obviously; ankle bracelets would be a good start!

It's imperative our community feels safe! Bollards and smoke cannons are not the answer, mere ambulances at the bottom of the cliff - consequences are the solution, utmost respect of Victims should trump, these acts of dysfunctional behaviour.

Now I have that out of my system we must look on the positive side!

As the calendar year closes, we would like to thank and pay recognition

Business after 5 sponsors; we appreciate your ongoing foundation and commitment to strengthening B2B relationships in our precinct.

Publication advertisers & contributors; Without your support it would be impossible to sustainably communicate to our community, and to showcase the positives of our West Auckland businesses.

CPHBA Members & Advocates; Thank you for your ongoing participation and engagement, without you - there is no business community. We are here to support you 'with one voice'.

Henderson Massy Local Board/ACC; thank you for your support, we look forward to working with

you driving success in the Henderson business community.

Board Members;

I would like to formally acknowledge and thank Nick Thompson for his board involvement and contribution, Nick retired his position earlier this year. I would also like to greet Jamie Pickford (BNZ) and Larissa Mortimer (Colliers - WestCity Waitakere) on to the Executive - Welcome Aboard.

To our Current board team; thank you for giving your time, your skills, your experiences, your voices, and your perspectives - for the improvement of our business community.

Our last breakfast event for 2022 was again oversubscribed, though having Tony Alexander as a speaker on the day of the OCR announcement was a well-timed event, It was interesting Tony pointing out it's not the % but the wording surrounding the announcement to consider, before giving his real perspective. We were very fortunate, as later in the day Tony had many media interviews that in my perspective, me a mechanic, gaining a better understanding of current economics is very enlightening. See the report on page 10

The optimism was enlightening and refreshing, given all the political intrusions that have many of us in grave concern for NZ Inc.

As this is our last publication for 2022, I would like to wish you all a safe and happy Christmas break and a prosperous new year.

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



KELVIN ARMSTRONG

BECOMING A MEMBER of your Local Business Association.

Seona Christie says "Hello Henderson and West Auckland Business Community!"

I am a new face on the CPHBA team, and your assn. Membership, Marketing & Projects Manager. Originally from Scotland, I have lived in West Auckland for the past 8 years. I'm going to share a little bit about Central Park Henderson Business Association (CPHBA) who we are, what we do, and how you can get involved as a member.

The CPHBA's 'Business Improvement District' BID contains over 1,200 businesses, and membership is also available to the 1,000+ Commercial Property owners. As a business association, our aim is to bring companies in our area together, giving businesses the Convenience to Collaborate, Contribute and Connect with each other in our neighbourhood. We believe that working together, we can have One Voice For The West, to push for opportunities for our local business.

There are many benefits to your business, by becoming a member of the association. We have a significant range of tools & solutions we can provide to enhance your business, such as:

Events: We offer a range of events, such as business breakfast forums (ie Tony Alexander, David Seymour), business development workshops and training to further relationship building for our members and their teams.

Networking: Our popular monthly Business After Five (BA5) networking events at various venues in West Auckland, with nibbles & drinks. These are supported by a wonderful group of sponsors and are well attended. It is a great way to meet other members, connect and

potentially work with fellow businesses in the area.

Contacts: With member professionals from different backgrounds; Accounting, Banking, HR, Law, etc. these contacts play an important role for assisting with advocacy matters and B2B support. The Association also works to ensure that our members are listed on our website's online business directory to assist customers in finding your business.

Security: CPHBA has a strong link with NZ police and Matrix Security, and a project on the go for CCTV cameras across our BID.

Marketing: The Assn. publishes this magazine WEst, every 2 months which report's on business in our West. Have your chance to be featured! Our popular Christmas Tree on Lincoln Road has returned this year, we also have an exciting Shopping Spree project set to kick off in February, check out more info on page [34].

If you own or manage a business in our 'BID' you are automatically eligible to become an affiliated member to the association without extra cost to you. All you need to do is sign up online, which gives you access to our member benefits. If you are outside of the BID, you are still eligible to join us as an 'Associate' member.

To learn more about our membership process please see:
W: cphb.org.nz/membership
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CPHBA PRESENTS the October BA5

Central Park Henderson Business (CPHBA) hosted the Business After 5 networking in October at the ever popular Kings Garden Café. The capacity event was attended by 20+ new members.

Thank you to WestCity Waitakere, Mitre 10 MEGA, Babich Wines, The Falls Bistro, and Quest Apartment Hotel for their wonderful prizes in the business card draw. Thank you also to Ben and the team from Kings offering their delicious bites, "What great food" was again the feedback received.

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

Images from Caroline Ducobu photographer @ducobu.co.nz



“Empty chairs are not empty in reality; memories always sit there”

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HOLIDAY SECURITY TIPS

From Our Partners Matrix Security

Most burglaries are opportunist and happen when owners are away. Unfortunately, it is necessary to be especially careful at Christmas time, as homes are more often empty with many people out shopping, socialising or on holiday.

Burglars are also aware that most houses have presents to steal. Taking a few simple precautions will help to deter all but the most determined burglar.

Remember

- Shut and lock all doors, even if you're only going out for a short time.
- Close and lock all windows - burglars don't like to smash glass.
- Do not 'hide' keys outside your home, nor leave them in an obvious place near doors or windows.
- Make sure your valuables - including televisions and stereo systems - cannot be seen from outside.
- Make your home looks occupied when you're away

by using timers on radios and lights.

- When you buy new items like televisions or laptops, don't advertise by leaving the empty boxes out for recycling.
- Hide or lock away passports and official documents - identity fraud is on the rise.
- Don't leave car keys in obvious places.
- Consider engraving your property - this puts thieves off because it makes it harder to re-sell.
- Ensure you have an up-to-date list and photographs of your valuables.
- Homes with good security are much less likely to be burgled than those without.

Home security

- Deadlocks make it harder for burglars to get out with your goods if they got in through a window.
 - Don't forget to put a deadlock on the internal access door between the garage and the house.



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- Window locks deter burglars because smashing glass attracts attention and
 - can leave forensic evidence.
- Security alarms and video surveillance are a great deterrent
 - ensure they are well maintained and monitored.
- Security lighting is also a good deterrent but should be placed carefully near entry points
 - so as not to disturb neighbours.
- Timers on radios and lights make it look like you're there when you're not.

When you go on holiday

- Make sure your neighbours know where they can contact you in an emergency and when you will be home.

- Invite someone to house-sit.
- Lock away garden tools and ladders that could be used by a would-be thief to gain access to your house.
- If you are away for more than a few days, arrange to have your lawns mown.
- Don't advertise on social media you are away.



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sec_rity?



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'ARE WE STUFFED?' asks Tony Alexander

Economist Tony Alexander sought to answer the questions on everyone's lips at the latest Business Breakfast event. 'Are we stuffed? Is the economy munted?' He asked the packed audience at Henderson's Kings Garden Café.

Entertaining and insightful as ever, Tony took us through his analysis of the state of the economy.

He began by pointing out that the media always highlight the negatives. However, according to Tony, several insulating factors are also at play. 'You already know what's on the negative side of the ledger,' he said. 'But most people don't appreciate what's on the other side,' added Tony.

He advised that there are lots of stresses out there impacting the economy. Tony's list of negative factors included the following.

Cost of living: Tony reported that inflation has been at its highest for three decades. Grocery prices are up, and consumers are cutting back on unnecessary spending.

Binge spending is over: When borders were closed, Tony said, Kiwis spent about half of the \$10 billion usually spent on overseas travel on 'big lumpy items'. However, the Covid cliché of buying a spa or investing in home improvements is now over.



Overseas travel is back: 'Revenge travel is booming all over the world,' Tony declared. This means that there's less big-ticket consumer spending.

Interest rate hikes: According to Tony, an interest rate shock is running through the country. He said fixed-rate mortgages have increased by about 3.5% in just 16 months. He warned that Kiwis traditionally do not make mortgage management decisions on the long-term interest rate outlook. 'We go for whatever rate is the lowest,' he said. However, Tony believes that interest rates will go down at some point, but we don't know when. And he had some advice for homeowners: 'We're in the ride,' he reported. 'Your incentive is to stay either floating or go for a one or two-year fixed term and then just ride it out until the rates start falling somewhere down the track,' Tony concluded.

Pressure on house prices: Tony advised that house prices are down 12.4% on average nationwide and 17% in Auckland from last year's peak.

Credit crunch: Despite lower house prices, Tony reported that getting credit from the bank is harder than ever. Tighter lending criteria and LVR rules make it more difficult for some Kiwis to get on the property ladder.

Net migration: According to Tony, this is another economic slow-down pressure. He said that currently, net migration is running at about minus 9,000. However, he anticipated it could move into a positive figure next year.

Supply chain difficulties: Tony warned that uncertainties around timely deliveries will continue. He said businesses sourcing products from China will feel this more keenly. He cautioned that China's continued Covid elimination strategy could see cities, suburbs, factories, and wharves locked down at a moment's notice.

Staff shortages: Contrary to what many people think, labour shortages pre-date the pandemic by a decade, Tony reported. He said it's been a feature of the NZ economy for some time. And it's made worse because we cannot compete with the salaries available overseas in the likes of Australia.



Despite the long list of negative influences, Tony was quick to point out it's not all doom and gloom. There are also plenty of positives.

NZ tourism boom: According to Tony, tourism is recovering faster than expected. He says the tourism industry is worth about \$15 billion to the economy, making it a significant driving force for growth.

Kiwi dollar is not undervalued: Interest rates may be going up quickly in NZ, but they are going up even faster overseas, said Tony. He advised this means there's no interest rate differential causing pressure on the Kiwi dollar.

International students are back: Pre-pandemic, international students studying in NZ was a \$5 billion industry. While it will take time to build up a head of steam, Tony said their return is good news for the economy.

Export prices: As a food exporter, Tony said, the overseas food crisis caused by climate change and the Ukraine war is positive. He said that although dairy prices have dipped recently, prices in the primary sector generally were pretty good.

Job security: Tony said he couldn't recall a previous NZ recession when business sentiment was low, but business employment intention is still positive. He reported that there have been few large-scale layoffs, increasing Kiwis' sense of job security. In any case, labour shortages mean workers are confident there's plenty of work out there. According to Tony, the upshot is people

will remain interested in buying that house or big-ticket item eventually.

Tony ended the insightful presentation with his take on where the economy is heading. He identified the following five headlines:

1. If there is a recession on the horizon, it will be a pretty shallow one, he asserted.
2. The unemployment rate will probably go from 3.3% to around 4.5%.
3. Interest rates will start coming down during the second half of next year. However, he cautioned that there won't be a rapid decline.
4. We all need to forget about the interest rates we saw from 2019-2021. The record lows were caused by worries about deflation and the pandemic. Tony advised that everyone needs to change their frame of reference.
5. Tony's view is that the housing market will pick up next year. He reported that although house prices are up on pre-pandemic levels, so are incomes. According to Tony, the gap between house prices and incomes is beginning to level, suggesting the market is near the bottom.

It's always a pleasure to welcome Tony to our Business Breakfast events. And he's given us plenty of food for thought. Our thanks also go to Kings Garden Café for their delicious food and warm hospitality.





MITRE 10 MEGA WESTGATE LADIES NIGHT EVENT

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Weber Q 2000 LPG BBQ



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\$649ea

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HENDERSON**

Mitre 10 MEGA Westgate rolled out the red carpet on Wednesday 16th November 2022 for the store's annual Ladies Night. The event was supported by the 'Mitre 10 MEGA Trade team' and the 'Massey Community Men's Shed'

Held in support of Kindred Family Services, the night allowed local women to take a tour of the store after hours, along with the support of over 40 major suppliers sharing a wealth of knowledge, doing demonstrations, and running a range of fun interactive activities to get the crowd involved.

On the night, ladies also had the opportunity to swing some hammers in the building workshop where they could choose to build their own wooden toolbox or planter box, and for a gold coin donation you could build a second or third! And many ladies did just that.

Food kept coming throughout the evening right up until the evening end, Columbus Cafe was set up to feed the masses and they were supported by our BBQ suppliers who cooked up a storm of delicious treats, drink stations were also set up throughout the store.

'More FM' were on-site for the evening, they provided a talented and popular DJ to MC the evening. The station also ran an amazing push button activation to WIN a prize! There were plenty of amazing prizes and giveaways to go around - thanks to the support of the amazing and generous suppliers.

The evening was rounded up with the draw of eight



top prizes, entry for the draw came with purchasing a ticket to the event and upon leaving everyone got to take home a goodie bag stuffed with fabulous items provided by the suppliers.

The price for entry was \$10 per person and the proceeds of over \$4000 were donated to Kindred Family Services - a non-profit organisation that provides nurturing hope and healing in our community; Counselling, Family Support and other groups and programmes to enhance wellbeing, as well as crisis support to ensure the safety of women and children to allow them to live free from family violence.

Mitre 10 MEGA Westgate would like to say thanks to everyone for coming along and supporting Ladies Night especially to the suppliers, who without them could never have made the event such a success.

Hope to see you all again next year.



ALL OVER WEST AUCKLAND COMMERCIAL

Benchmark modern office rents (net face \$ p.s.m p.a.)

\$330 – \$350

Benchmark modern warehouse rents (net face \$ p.s.m p.a.)

\$160 – \$180

Benchmark modern commercial property yields

4.3% – 6.5%

WEST AUCKLAND COMMERCIAL PROPERTY MARKET IN 60 SECONDS

National trends



Tight industrial markets driven growth in e-commerce and stockpiling

Industrial markets are facing very low vacancies due to demand for warehousing to support e-commerce and stockpiling by businesses to mitigate supply chain issues. Industrial rental rates are growing quickly in most locations.



Flight to quality creating two step office markets

Tenants are seeking higher quality offices to improve the working experience for staff, particularly as offices compete with work-from-home. Mitigation of seismic risk is also driving relocations in higher risk locations. Modern office spaces have low vacancies in most locations, whereas dated buildings are less competitive.



Bulk retail hits the sweet spot

Bulk retail has been resilient during the pandemic with low vacancies and strong rental growth, underpinned by retailers that are essential services and/or connected with strong performing sectors (e.g. home improvement). High street retail has remained subdued.

Outlook for the local market



Prospective owner occupiers purchasing at a premium

Some tenants are purchasing buildings to mitigate rising rents. Expected that this trend will continue as rent rises and security of tenure becomes critical amongst the low vacancy markets.



Industrial demand absorbing land and boosting land prices

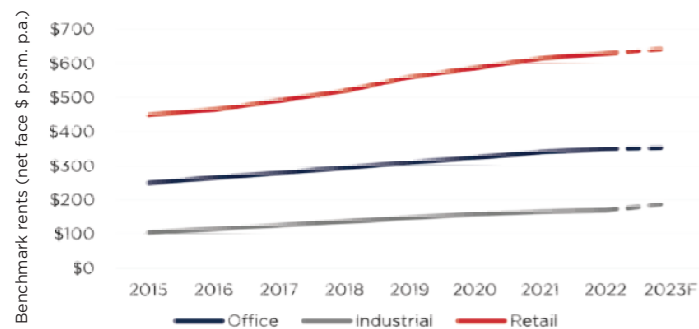
Demand for industrial land is driving development of new spaces and has resulted in strong absorption and price growth for industrial land. Rising construction costs are likely to slow the rate of price growth.



North West development node

Development across the North West will continue to benefit from the strength of demand for industrial spaces and large format retail. Calming of the housing market is expected to add headwinds into the housing development sector.

Benchmark rents



Benchmark yields



Benchmark rents and yields are based on a basket of properties that we believe reflect the asset class. The benchmarks do not represent the minimum or maximum rates in the market.

Source: Bayleys Insights & Data

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Glen Eden 4007 Great North Road
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NEW LISTING



Hobsonville 1/1 Boundary Road
bayleys.co.nz/1695103

NEW LISTING



Kumeu 65 Main Road
bayleys.co.nz/1695030

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876 Waitakere Road
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SOLD



Westgate
4B Topere Way
\$3,420,000

SOLD



Westgate
2/5 and 3/5 Topere Way
\$2,825,000

SOLD



Boundary lines are indicative only

Grey Lynn
138/136 Great North Road
\$4,250,000

LEASED



Henderson
4/1 Tony Street
\$55,000 per annum (net)

LEASED



Hobsonville
7/6 Workspace Drive
\$45,000 per annum (net)

LEASED



Glen Eden
9/2 Westech Place
\$48,000 per annum (net)

LEASED



Hobsonville
8/8 Laurenson Road
\$48,500 per annum (net)

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Thursday - Friday
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SEASONAL PEONIES

- with Davis Funerals

It's finally Peony season! Davis Funerals is celebrating Peonies and want to share some information about this special flower. Normally running from early October until mid-December, Peony season is rather short... making it extra special. Symbolising love, prosperity and honour, they are a truly beautiful symbol of spring. Indicating the season's change perfectly with their large blooms and delightful fragrance.

Planting Peonies

Ideally planted in autumn, Peonies will make their first appearance in spring and summer. As perennials, they live for more than two years and can even live as long as 100 years. So after dying back for the next autumn and winter, they will reflower and repeat their cycle. They can grow slowly in the early stages but they'll reach maturity after 4 or 5 years in the right conditions

and become the gift that keeps on giving! With a long life span ahead of them, choosing your location well to start with will be crucial as they don't transplant well. All peonies require moist but well-drained soil in full sun. They are also best to be sheltered from the wind as their large blooms make them top heavy and easily damaged by strong gusts.

Tips for Peonies

The best time to pick Peonies is when they have a closed bud. Popping them in a vase at this stage with plenty of water will mean you'll get to enjoy your Peonies for more than a week. If you want to help them bloom faster here are a couple tips!

- Try using lukewarm water in the vase instead of cool water.
- Massaging where the petals meet the stem will stimulate the petals.



“In joy or sadness, flowers are our constant friends”
- Okakura Kakuzo

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- A last resort could be covering them fully with a plastic bag (only temporarily!) so that the naturally emitted ethylene gas will stimulate the flowers.
- You will often see Peonies in an array of pink tones from blush to magenta. However, they do come in a wide variety of colours including white, orange, red and yellow. Interestingly, they actually come in every colour except blue.

Did you know?

Despite being a much loved wedding flower and gift, peonies' usage stretches much further than this. Peonies have been used for medicinal purposes for centuries.

From Traditional Chinese Medicine to Eastern herbal medicines, they have been found to include immune boosting properties and healing qualities for an array of ailments. It seems no coincidence then that these flowers get their name from Paeon, who was a student of Asclepius, the Greek god of medicine and healing.



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LEGIONELLOSIS - LEGIONNAIRE DISEASE

A type of bacteria can be the cause of lung infection



ROSA SIMMONS

There are a few ways this can be caused; soil, potting mix as well as water. There are a range of differences in which somebody can be harmed from the Legionellosis, going from something which is not as serious or causing as much harm (Pontiac fever) to a disease which is definitely considered a serious disease (Legionnaires).

Possible signs and symptoms – Information

The Pontiac fever runs with similarities which the flu holds; muscle aches and fever.

Symptoms may start to show, up to a few days after being exposed to Legionella bacteria. Treatment for Pontiac fever isn't necessary as the person with it should be able to recover on their own without treatment this will however take from 2-5 days for the person to be passed the recovered stage, this can depend on the persons themselves and their health as to how long it takes them to be recovered from being exposed to the Legionella bacteria.

The Legionnaires Disease causes serious lung infection – to help the persons with this disease, treatment is recommended and necessary to go on with the recovery smoother and quicker in the case of this disease in particular.

The signs can be portrayed to a lung infection, as they have similarities. At times, depending on the individual, the infection can also be on the outside of the lungs, otherwise known as, Empyema which can be of serious harm. Other signs may include, muscle aches, loss of appetite, headaches and fatigue. As the signs worsen, there can be a fever and feeling cold.

In the instance of the person's immune system can be strong, it can pull off a lot, therefore the persons with Legionella bacteria, and the body won't be developing any infections or becoming sick due to this.

The chances are higher with the potential of gaining an infection, for the persons who range from middle-aged,

have a weakened immune system and body due to a range of illnesses and diseases, such as; smoking, cancer, COPD (Lung disease), diabetes, asthma, kidney disease or and are prescribed and taking high dose steroids. Children are very unlikely to have Legionellosis, therefore are not at risk.

The persons cannot be vaccinated for Legionellosis, as there is no vaccine for this disease, unfortunately. The best cause of action would be to minimise the risks per the individual's needs, stay away from outdoor subjects such as; compost, potting mix and staying onto of making sure pools are clean and their water, as this can also be an impact causing the disease.

The Causes

Legionellosis begins from the contaminated bacteria. Soil, mud and water which can hold Legionella bacteria in it from its dust, it then can be passed through the air from breathing in the dust during the contamination period.

Navigate

Research whether the persons have Legionnaires Disease, if this comes true, inform a doctor to make an appointment to further investigate the status. The doctor may request the person has a blood test, urine sample, and or a chest x-ray; either one of the mentioned tests should verify whether the person has Pneumonia or Legionella bacteria.

Be careful when surrounded and in close contact with soil, potting mix, compost and dirt. Try to avoid mixing up or stirring the dust, dirt or soil as this can come into the air.

It is best if these activities are unavoidable, to wear a tight fitting mask covering the nose and mouth areas. Use wet soil, potting mix rather than dry. If gardening is unavoidable, to do this in open air places, outside where breathing shouldn't cause problems due to this.

By Rosa Simmons; receptionist at Waitakere i-Medical Centre



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EMPANADAS

Spanish Pastry Turnovers

Serves approx. 20

Ingredients:

For the Dough:

- 1kg Bakers Flour
- 24tbsp Baking Power
- 200g Melted Butter
- 1 tsp Salt
- 500ml Water (lukewarm)

For The Mix (filling):

- 300g Red Onion Diced
- 300g Tomato Concasse
- 300g Diced Cucumber
- 50g quartered Kalamata olives
- 150g Crumbed Feta Cheese
- Oregano
- Salt & Pepper



Method:

Dough

- Add all dry ingredients to a mixing bowl. Add water and butter and knead together until a smooth dough is formed. Form into a ball and wrap with glad wrap. Set aside to rest for 10mins in the fridge.
- Once rested. Take the dough and on a floured surface, roll out to a 1cm thickness.
- Using a large 9cm cookie cutter or dumpling cutter, cut as many rounds as you can, re-combining and rolling as needed.

Mix (filling)

- Add all ingredients to a mixing bowl and season to taste.
- Pre-Heat oven to 170°C

To make the Empanadas:

- Take each mold and fill with a tablespoon of mix on one side just off centre.
- Fold the circle in half over the mix and using fingers, press around the edges and fold up to form a parcel shape and seal.
- Place on a lined baking tray and bake for 15mins or until golden brown.

Serve with your favourite dip.



The Falls Bistro
Chef Cristian Pincheira




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



FIRST TRAINING

We teach people to save lives in a fun and interactive environment

First Training, established in 1997, is a NZQA registered company providing Health and Safety compliant First Aid courses for all workplace environments, whether the office, factory, trade or construction site.

The training is carried out by experienced facilitators with a broad background of experience and knowledge.

Our Philosophy

We believe that First Aid Training is an important, necessary life skill for everyone and we provide this training with hands-on scenario based learning, while having fun. We have found that by running inclusive, interactive and enjoyable courses the course members both have a good time while doing the training and are more able to cement in the skills being taught.

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

We offer workplace First Aid courses which teach skills appropriate to any environment. This includes the office or trade specific courses which are ideally suited to plumbers, electricians, builders etc. There are outdoor courses based around remote locations. These courses equip you to care for a patient for extended periods whilst waiting for further help to arrive. We have courses specifically designed for Schools which allow students to



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.

Finally

First Training can accommodate private first aid courses throughout the Auckland area and most centres throughout New Zealand. Whether you require First Aid training for the workplace, outdoor activities, school or early childhood centre, or simply as a life skill, contact us and we have the flexibility to meet your requirements.

Remember, unlike other First Aid courses, our courses are not dull; they are fun and interactive, which makes the time fly!

We can accommodate our 8 hour One day workplace first aid courses in West Auckland - feel free to contact us for any information and dates.

Cost

Registration fee is \$137.50 + GST pp

Certificate is valid for 2 years

CPHBusiness Assn. is keen to support Business Members in the Central Park/ Henderson area by funding this training to June 2023.

(T's & C's apply) To apply: email garry@cphb.org.nz



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SHOULD YOU REPLACE your old metal fillings?

Have you ever looked at yourself in the mirror or photos and seen a flash of silver in your teeth? In the 20th century silver 'amalgam' was the popular material to use for dental fillings because it was strong and durable.

However, there are some shortcomings with amalgam fillings - mainly their unsightly appearance, plus the fact that over time they can place uneven pressure on your teeth and cause them to crack. Some people have also felt concerned about the mercury content of their silver fillings.

The good news is that it is very easy to replace silver fillings to restore the appearance of white teeth. Although silver amalgam fillings are still used at some other dental practices; McIntosh Dental use composite resin for all fillings and to replace silver ones.



Composite resin is strong and a far-superior material aesthetically compared to metal fillings. The nano-composite materials allow for incredible bonding plus colour blending and matching of the filling material to your natural tooth structure.

The process to remove old silver fillings is as simple as having a normal filling placed. It is a standard dental procedure that we are very experienced in and only takes one appointment to restore the aesthetics of your teeth with a modern alternative.

If you're interested in replacing your silver fillings, please book an appointment, or discuss it at your next dental check-up. The procedure is very cost-effective, and the results on your smile are dramatic!



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HOW TO KEEP YOUR STAFF SAFE

and Protect Your Business Vehicle Against Theft

Vehicle theft can have a huge impact on a business. The disruption to business operations and the potential damage to a company's reputation is really only the start of the challenges you may face.

Fortunately, there are some simple steps you can take to minimise the risk of vehicle theft and protect your staff from being targets of crime.

Install Anti-Theft Devices

The easiest way to protect a car from theft is by installing anti-theft devices. There are many different types of anti-theft devices available, ranging from basic steering wheel locks to immobilisers that prevent the car from starting without Driver identification.

Park in Well-Lit Areas

Park in well-lit areas whenever possible. This reduces the likelihood that someone will attempt to steal the car as it is more difficult for them to remain unseen while stealing in a well-lit area, than in an area with low lighting or no lighting at all.

In-Car and Personal Duress Buttons

Lone worker safety is the responsibility of employers, who must ensure their staff feel safe when doing their job. As vehicles are increasingly a target for theft, the use of either an in-car or on-person duress alarm with back-to-base alerts allows for additional peace-of-mind.



Use Tracking Devices

Tracking devices can be extremely helpful when it comes to finding and recovering stolen cars. Most tracking devices are GPS enabled so they can be used to pinpoint the exact location of the vehicle if it has been stolen or lost. Sensium's TRACKbox TB2 utilises the world's most accurate GPS tracking, along with remote engine shutoff capabilities, Driver ID restrictions and much more.

Car theft can be damaging for any business, so it's important that you take steps to protect your staff and vehicles. By installing anti-theft devices, parking in well-lit areas, the use of Duress alarms and using tracking devices, you'll be able to keep your cars safe from thieves, keep your staff safe and help ensure that business operations continue without interruption due to car theft incidents. To find out how Sensium can help;

E: sales@sensium.nz
W: sensium.nz
P: 0508 764 824.





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SUZUKI JIMNY 'CHARGED

More Grunt than a Pig Hunt

By now, everyone has seen the venerable Suzuki Jimny and with the raft of modifications being done to them it seemed natural that someone would start looking for ways to make them go faster.

While they're not exactly a sports car, once you start putting bigger wheels and heavy mud tyres onto them, and start pointing them at menacing hill climbs, you'd be happy to have a bit more under the hood.

That's what they thought at West City Suzuki, so the team went through the process of modifying their demo Jimny. After obtaining a Bullet Supercharger kit, the workshop fitted and tested the kit, subsequently having raised the boost pressure and it is in the process of having an upgraded engine computer fitted to really give it the grunt.

The result is a Jimny with Bigger wheels and tyres, that has more power across the board. Right from a standstill this little mud machine will sit you back and pull cleanly right through the rev range.

This is the perfect combination, like they say... For the Jimny owner that's got everything!



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| <p>ALL NEW MITSUBISHI PAJERO SPORT VRX</p> <p>Tow anywhere, GO anywhere</p> <ul style="list-style-type: none"> • Super Select 4WD • Leather-Appointed Interior • Power Tailgate <p>\$59,990 + ORC Or \$217 per week GST inc.*</p> <p>WE WILL PAY THE CLEAN CAR TAX OF \$3227.50</p> <p>*4yr/60,000km with 10% deposit & Guaranteed Future Value of \$29,065.70. \$217 per week GST inc.</p> | <p>2022 SUZUKI JIMNY SIERRA MT</p> <ul style="list-style-type: none"> • ALLGRIP PRO, Low Ratio 4WD • Dual Sensor Brake Support • Climate air conditioning • 7 inch touchscreen display <p>FROM \$32,990 + ORC</p> <p>ORDER NOW</p> | <p>NEW KIA Sportage Urban LX PLUS</p> <p>Spacious family SUV is now on Specials! Get \$2000 Discount and we top it up with a 3 Years Free Service Plan</p> <p>\$39,990 + ORC + CLEAN CAR FEE or finance from only \$161 weekly GST*</p> <p>*GFV Conditions apply. 4 Years/60,000km term. 10% deposit GFV \$17,215.90</p> | | |
| <p>ALL NEW MITSUBISHI TRITON 4WD GSR</p> <p>\$49,990 + ORC Or \$171 per week GST inc.*</p> <p>WE WILL PAY THE CLEAN CAR TAX OF \$4082.50</p> <p>*4yr/60,000km with 10% deposit & Guaranteed Future Value \$27,955.40. \$171 per week GST inc.</p> | <p>SUZUKI IGNIS GLX 12L MANUAL/AUTO</p> <p>Compact SUV and Super Economy 4.6L/7100km. Reverse camera, USB Charging, Bluetooth, Cruise Control, Adjustable Seats, AppleCarPlay and AndroidAuto, 5yr Warranty & Roadside.</p> <p>FROM \$21,990 + ORC or \$89.64 per week GST inc.*</p> <p>ELIGIBLE FOR \$2490 REBATE NOW!!</p> | <p>NEW Niro Plus EV Light</p> <p>A practical 100% Electric SUV becomes bundled with practically passenger safety and great comfort! The Niro Plus EV is here to take care of your range anxiety.</p> <p>All Electric Range: 427km on a single charge</p> <p>\$64,990 + ORC or \$265 weekly GST*</p> <p>ELIGIBLE FOR CLEAN CAR REBATE \$8625</p> <p>Conditions apply. 4 Years/60,000km term. 10% deposit GFV \$26,845.90</p> | | |
| <p>MITSUBISHI ECLIPSE CROSS XLS 4x4</p> <p>FROM \$52,990 + ORC Or \$193 per week GST inc.*</p> <p>ELIGIBLE FOR \$5750 REBATE</p> <p>*13.8kW Lithium ION Battery • 8yr Battery Warranty • Up to 55km electric range • 1.9L/7100km fuel economy • 16" alloys • 4yr/60,000km with 10% deposit & Guaranteed Future Value \$24,185.90. \$193 per week GST inc.</p> | <p>ALL NEW SUZUKI S-CROSS JX/JXL 14 TURBO AUTO</p> <p>Free at Last!! 1.4L Turbo Booster Jet Engine. Reverse camera, Heated Seats, Rear Sensors, 17" Alloys, Day time running lights, USB Charging, Bluetooth, Adaptive Cruise Control, AppleCarPlay + AndroidAuto, 5yr Warranty & Roadside, 5.9L/700km!</p> <p>FROM \$35,990 + ORC or \$162 per week GST inc.*</p> | <p>PRE REGISTERED SPORTAGE DIESEL LX & LX PLUS</p> <p>The popular Kia Family SUV became a lot more irresistible with a cool \$7000 Discount, the Sportage Diesel now is a great value-for-money SUV!</p> <p>PRE REG SPECIAL \$40,995 or \$159 weekly.*</p> <p>*GFV Conditions apply. 4 Years/60,000km term. GFV \$19,265.90</p> | | |
| <p>West City MITSUBISHI MOTORS</p> <p>MITSUBISHI SALES - 837 0907</p> <p>130-134 CENTRAL PARK DRIVE, HENDERSON</p> | | | <p>West City SUZUKI</p> <p>SUZUKI SALES - 837 0907</p> <p>40 NORTHSHORE DRIVE, WESTGATE</p> | <p>West City KIA</p> <p>KIA SALES - 837 0907</p> <p>2 LOCATIONS: 40 NORTHSHORE DRIVE, WESTGATE, HENDERSON & 130-134 CENTRAL PARK DRIVE, HENDERSON</p> |



WE HENDERSON

motoring - latest in the series

This month my business was fortunate to be part of the 'Why do business in Henderson' campaign. Clearing and cleaning the canvas of our workspace in preparation for two 'true pictorial artists' - Mardo El-Noor (worldofmardo) and Geoff Budd (LFHQ Studios), was a truly insightful opportunity to view my world from another perspective.

Eight hours of work condensed into 30 seconds of art, is difficult for me to comprehend, seeing what these guys have created to date was intriguing. Not really understanding the time, the vision or even how much work goes into what they do.

When I was asked to do this, due to a participant pulling out because of workload, my view was 'you think you can polish a turd' - guess what? They Can!

I have not seen the finished article as yet but from seeing these guys in action, I'm positive and my team will be well surprised. If you're on Facebook; search for WE Henderson and follow the page, if not - look it up on YouTube.

You may ask - Why? Part of our mission is to increase the reasons why Henderson is a great place to live,



work and do business. I think many Aucklanders see Henderson, West Auckland as a crime capital, a lower social economic community. It's not just the communities' responsibility, it is part of our (CPHBA) ongoing mission to reduce that stigma over time, as we increase our followers this will be a media advertising opportunity for our members/ followers.

- Kelvin Armstrong - KAAR
See preview page 27-29.

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.

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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 local SME's in the Central Park/ Henderson area - by funding this mentoring to June 2023.

To apply: email garry@cphb.org.nz T's & C's apply.



Grow your business with support from a Business Mentor

- 💰 \$295 plus GST upfront registration
- 🕒 Up to 12 months of mentoring support
- 💻 Mentors available to meet in-person or online



BUSINESS MENTORS
INSPIRING SUCCESS

www.businessmentors.org.nz



RETAIL SHOPPING SPREE

A Central Park Henderson Retail Promotion

Shop in any Retail store in the Henderson / Central Park / Lincoln Road area between the 10th and 26th February to go in the draw to win \$10,000 worth of prizes, plus spot prizes.

To say thank you for continuing to support our retail business community, especially in the current economic climate, Henderson retail businesses bring you the opportunity to WIN - 1 of 5 x \$2,000 SHOPPING SPREES

Just spend \$25 or more in any participating store (where you see the poster), to enter the draw.

An assortment of \$50 local dining vouchers (from local cafes and restaurants) will also be drawn from entries randomly throughout the promotion.

The \$2,000 must be spent at Henderson Retail Businesses in the CPHBA BID area within a two-hour period on a nominated time and date. The winners will be accompanied by a member of the CPH Business Assn Committee as they visit each shop so that their purchases can be paid for.

Retailers: for info; email membership@cphb.org.nz



Henderson Shopping Spree

5 SHOPPING SPREE'S TO BE WON

Spend \$25 or more in Henderson and go in the draw to WIN a \$2,000 shopping spree!

Simply make a purchase in any Retail store in the Henderson/ Central Park / Lincoln Road area, between 10th - 26th February & upload a photo of your receipt to our website: www.westaucklandbusiness.co.nz/shoppingspree and you're in the draw to win!

SHOP BETWEEN 10TH - 26TH FEBRUARY 2023 TO BE IN THE DRAW.

Winners will be drawn and notified in early March 2023; A time/ date will be organised with winners to spend your \$2,000 in prizes. There are five \$2,000 shopping sprees to be won. The \$2,000 must be spent at Henderson/ Lincoln Road Retail businesses within a two-hour period on a nominated time and date. The winners will be accompanied by the Assn. Manager, or a member of the CPHBA Committee as they visit each shop - to pay for their purchases. Purchases during the spending spree cannot be made at Liquor shops or Vape stores. There is a limit of \$250 to be spent in any one store. CPHBA reserves the right to photograph winners for publicity within our website, Facebook, and West magazine.



Celebrate with us this

CHRISTMAS

BOOK YOUR FUNCTION TODAY



BRICKLANE
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THE NO FUSS BAR & EATERY



View our venues and book your function online - thetrusts.co.nz/support-local

Henderson Shopping Spree

Spend \$25 or more in
Henderson and go in the draw
to **WIN a \$2,000 shopping spree!**

Simply make a purchase
in any Retail store in the Henderson/
Central Park / Lincoln Road area,
between 10th - 26th February &
upload a photo of
your receipt to our website:
[www.westaucklandbusiness.co.nz/
shoppingspree](http://www.westaucklandbusiness.co.nz/shoppingspree)
and you're in the draw to win!

**5 SHOPPING
SPREE'S TO
BE WON**

See more info on page 34.

**SHOP BETWEEN 10TH
- 26TH FEBRUARY 2023
TO BE IN THE DRAW.**



Winners will be drawn and notified in early March 2023; A time/ date will be organised with winners to spend your \$2,000 in prizes. There are five \$2,000 shopping sprees to be won. The \$2,000 must be spent at Henderson/ Lincoln RETAIL businesses within a two-hour period on a nominated time and date. The winners will be accompanied by the Assn. Manager, or a member of the CPHBA Committee as they visit each shop - to pay for their purchases. Purchases during the spending spree cannot be made at Liquor shops or Vape stores. There is a limit of \$250 to be spent in any one store. CPHBA reserves the right to photograph winner's for publicity within our website, Facebook, and WEst magazine.