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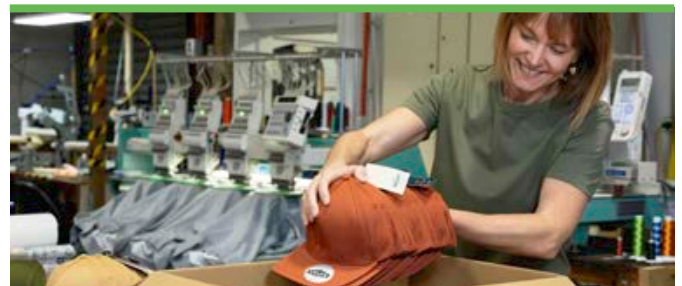
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Cover: Photography by Caroline Ducobu

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West Business magazine is produced by the Central Park Henderson Business Association Inc. (CPHBA). 4000 copies are distributed free to approximately 1600+ businesses in the Henderson-Massey Local Board business precincts, not including magazine stands in 'high traffic visitor' businesses.
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CHAIRS REPORT

As we hurtle towards the winter solstice in, the shorter, darker, colder days make all of us glad to find and appreciate the peace, safety and warmth afforded to us by our homes. Sadly however the same cannot be said of the Henderson township. Our town centre is under siege; under siege by lawlessness.

I need look no further than the security incident reports submitted by our security guard patrols to see continual reports of vandalism, alcohol consumption, loitering in public spaces and intrusion and damage to personal property.

We have previously reported on the initiatives that we are currently advancing to ensure a heightened level of protection and safety can be afforded to the businesses operating within our Business Improvement District (BID), and we remain committed to these projects as being of the highest priority

To this end we have been actively engaging both the Local Board and Development Auckland asking them to step up and recognise the responsibility they have to partner with the BID and Police, and more importantly invest in helping ensure that the security deficiencies which exist today in the central Henderson township are remediated with urgency.

Whilst we are yet to see any firm commitment, initial results offer some encouragement. We will continue to represent our member's interests, challenging the Local Board and Development Auckland to step up and honour the responsibility they have to ensure funding is directed to projects of greatest need.

As an example, and to put some context to this statement, it is plainly senseless to invest significant levels of public funds to enhance, beautify and refurbish the Catherine Plaza location, if nothing is to be done about removing the undesirables and



MICHAEL POWELL

criminals who frequent this area and eliminating the current levels of crime.

In other news, I am delighted to announce that the association is holding a 'Rapid Profit Growth' workshop in June. This first workshop is being held as a pilot programme for what we hope to see becoming a potential series of workshops in the future.

We see this as being both a timely and exciting initiative further underpinning the Association's efforts to ensure we provide opportunity, training and support for all businesses operating in our area. This programme is supported by MBIE, and the association has further subsidised the cost of the workshop, enabling it to be provided to members at a cost of only \$50.

As always we invite feedback and suggestions from our members, I wish you well in health and business.

.....
MICHAEL POWELL, CHAIR BUSINESS WEST

mike@davisfunerals.co.nz | 022 059 8014

An advertisement for BNZ Partnership Banking. On the left is a portrait of Greg Norman, a man in a suit. To his right is the BNZ logo with the tagline "Your business partner in the West". Below the logo, it says "Greg Norman Partner - Business - Acquisition West Auckland | BNZ Partners". At the bottom, it provides contact information: "BNZ Partnership Banking, Lincoln North, 192 Universal Drive, Henderson, Auckland DDI. +64 9 835 1704 | M. +64 21 809 163 | E. gregory_norman@bnz.co.nz".

An advertisement for Bayleys real estate. At the top left is the Bayleys logo with the slogan "ALTOGETHER BETTER". On the right is a portrait of Beterly Pan, a woman in a red top. Below the logo, it says "Beterly Pan Bcom 国粤英 Senior Broker, Commercial Sales & Leasing beterly.pan@bayleys.co.nz M 021 139 2228". At the bottom, it says "BAYLEYS REAL ESTATE LTD, NORTHWEST, LICENSED UNDER THE REA ACT 2008".

PROTECTING PROPERTY ON SEPARATION

There are several key steps that should be taken as soon as possible to protect assets at the end of a de facto relationship, marriage or civil union.

Notices of Claim

Residential and commercial property, bank accounts, shares and other business or personal assets should be checked to ensure that they cannot be disposed of, or debts against them increased, without both parties' consent. If one party is not on the title to any real estate, they should consider registering a notice of claim.

Sever any Joint Tenancy

Any residential or commercial property owned as joint tenants will automatically pass to one owner upon the other's death, regardless of separation or what their will says. The title can be amended to "tenants-in-common" at the instruction of just one owner. This ensures that the property will be dealt with in accordance with each owner's will.

Updated Will

Wills should be updated to ensure property will pass according to each parties' wishes. If an ex-partner is not

removed from a will, they would still inherit regardless of separation. Updating wills as soon as possible avoids any disputes between children and ex-partners down the track.

Determine Separation Date

Confirm your separation date in writing, as this can have significant legal consequences.

Formalise the Division of Property

Ex-partners have rights to claim against property (even after death) until there is either a formal end of relationship agreement or court orders dividing the property. Steps to resolve the division of relationship property should be progressed as soon as possible.

There are strict legal requirements that need to be met to make an end of relationship agreement binding. Engage expert legal assistance early to guide you through the process.

When you need expert legal advice, speak to Smith and Partners' relationship property expert, Rachael Chandra, on 09 837 6887 or email rachael.chandra@smithpartners.co.nz.



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WOMEN IN BUSINESS

A New Networking Initiative

This exciting new endeavour can now be named! Following such an enthusiastic response to the article in our last issue, **ConnectHer** is set to become a cornerstone for Business West and those seeking growth, connection and leadership development within our association.

The primary goal of ConnectHer is to create a collaborative and nurturing environment where women in business can thrive and be supported. ConnectHer will focus on a dynamic array of in-person events and workshops, mentorship opportunities and growing a robust networking community!

Our brand spanning new weekly comms - **The ElevateHer Pitch** - will commence the first week of July, so watch your inbox and let us know if you'd like to be kept in the loop! These weekly pitches will deliver

some valuable info, tips and inspo for developing both yourself and your business. We'll share useful podcasts, articles and online courses that may be of interest and provide some relief in those challenging times.

We are particularly excited for the launch of our bi-monthly ConnectHer Breakfast event in July. A limited capacity event, attendees will hear from inspiring speakers, gain new learning and inspiration for their own businesses and forge meaningful professional relationships.

The ConnectHer programme will be facilitated by Anika Millington, Business West's Communications Manager - "Your enthusiasm for the ConnectHer platform is so appreciated and helps us continue to drive momentum, deliver new ways of supporting you and helps shape a new business future" Anika reports.



Anika Millington

THANK YOU TO West City Auto Group

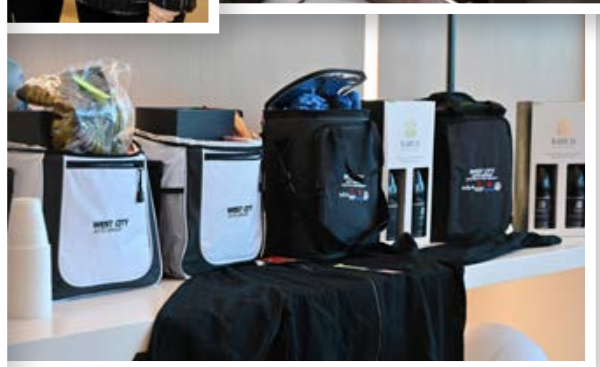
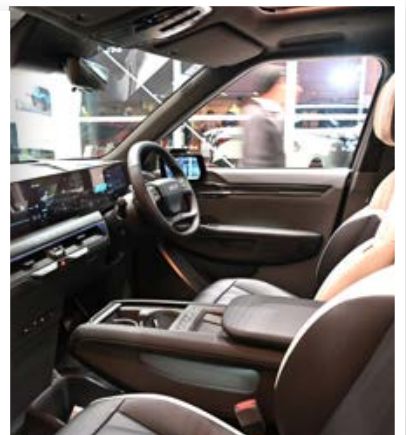


WCAG are champions of both the Community and Business. They are foundation supporters of the association, and have been a long-standing sponsor of the Business after 5 (BA5) networking events.

West City Auto Group's journey to success has been impressive. The group has operated out of Central Park Drive since 2004 but began trading in 1993 opposite the Corban Winery on GN Road. WCAG is a fantastic homegrown success story. A 30-year history of servicing the motoring needs of West and Northwest Auckland says it all.

However, it's not just good customer service that sets West City Auto's apart, the group's vision statement of 'We're part of our community' is demonstrated in the practical support given to many community groups. Over the last decade, West City Auto has sponsored vehicles for West Auckland Community Patrols. The group also provides and service vehicles for Fair Food.

The BA5 event on 15th May was a resounding success, with attendees enjoying an evening of engaging conversations and networking. Their new Kia building was the perfect backdrop, showcasing Henderson's growth.





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WHAT'S ON At Westcity Waitakere

Officially June is the first month of Winter and it is getting quite cold at times. The mall is the place to be as there is nothing like a bit of shopping and a cup of tea or coffee to warm you up.

We get another public holiday in June with the King's Birthday celebration on Monday 3rd June, and we also have Matariki celebrations. On both of these public holidays the mall is open from 10am until 6pm.



The No1 Currency store in WestCity has been proudly trading for over 5 years, is one of 22 locations in New Zealand, and one of 100 in the wider Fexco Pacific Group.

Positioned at Level One of WestCity, No. 1 Currency offers a range of solutions for those travel money queries. Did you know that you can pre-order foreign currency online and select the location via the Click and Collect link on the no1currency.co.nz website to pick up the currency you require?

Wanting to transfer money to a friend, relative or loved one across the world?

No. 1 Currency are agents for Western Union which is one of the largest international money transfer services worldwide. Western Union are available in around 200 countries around the world.

Fexco Pacific offers foreign exchange and money transfer services, as an agent of Western Union, across 13 countries in the Pacific through its dedicated store and sub agent partners.

The mall supports the travel and tourism industry with the currency exchange offering No1 Currency to support families moving money across the globe via the Western Union service.



Papa Ben's Lomi

There is a new restaurant located between Hair & Beauty Club and Stirling Sports up on Level 2!

Papa Ben's Lomi serves authentic Filipino food.

For breakfast they have Tapsilog, Longsilog and Bangsilog.

For mains they have Lomi Batangas - a Filipino dish made with thick egg noodles and sticky soup. They have regular, large and family size lomi options.

There is Pancit Guisado, Goto Batangas, Arroz Caldo and Filipino Spaghetti.

You can dine in or there are takeaway options available.

The Coffee Club

Did you know that The Coffee Club offer 10% off the total bill for Gold Card holders? That is a significant saving for those customers aged 65 years and older.

The Coffee Club have such an extensive menu range including all-day breakfast, burgers, sandwiches, flat grills, tacos, fresh salad and kid's meals. They also offer the classics such as fish & chips, calamari, seafood basket, onion rings and loads more.

They have the full range of hot beverages like cappuccino, latte, macchiato, mocha, chai latte. Just ask and they will be able to whip one up for you.

They also have cold treats like iced coffee, chocolate, latte, frappes and milkshakes.



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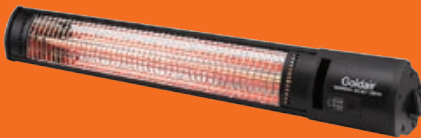


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Goldair

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SKU: 384599

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MITRE 10 TURNS 50 IN JUNE!

In Turning 50 We Want To Celebrate With You!

Mitre 10 has been a part of New Zealand's home improvement culture since 1974 and is New Zealand owned and operated with 84 stores nationwide.

We are New Zealand's largest home improvement and garden retailer and continue to grow through both share of market and number of stores. Our trade business is also steadily growing with more and more trade professionals seeking to partner with us.

Mitre 10 is also a business built on community involvement.

As the co-operative celebrates 50 years this month, Mitre 10 Helping Hands continues that legacy.

More than a corporate social responsibility effort, Helping Hands is a testament to the power of collective action and the enduring Kiwi ethos of lending a hand.

From Kaitaia to Invercargill, the reach is significant, from Helping Hands and Project Playground initiatives to Nelson's Helicopter Houses and Southland Charity Hospital. As well as walking and cycle tracks, wildlife preservation projects, and historical partnerships like the Takahē Recovery Programme.

Mitre 10 stores have been lending a helping hand in their communities for decades and will continue that tradition in helping hundreds of schools, sports teams, charities, events, and not-for-profit organisations for years to come.

Come into Mitre 10 MEGA Westgate & Henderson and help us celebrate in June! To commemorate turning 50 we want to celebrate with you!

We will have exclusive birthday deals throughout the month and will be running a Spin to Win activation every Saturday in June between 11am and 2pm (5 weekends in total).

- Spinning a wheel and winning a prize is always fun, no matter your age or where you're from, every customer that comes into Mitre 10 MEGA Westgate or Henderson can spin the wheel to win a great prize.

Prizes consist of Columbus Coffee vouchers, Nestle Chocolate bars, BBQ aprons, Mitre 10 branded merchandise, Mitre 10 toolboxes and Mitre 10 gift cards.

We are all excited about turning 50 and we hope you will be too.

HIGH COMMISSIONER HIGHLIGHTS

India-NZ relationship at Business Breakfast



Business West and the Waitākere Indian Association welcomed a distinguished guest to a special Business Breakfast event in April. The High Commissioner of India to New Zealand, Her Excellency Neeta Bhushan, addressed a packed audience.

Ms Bhushan's presentation was particularly timely. It focused on India's economic resilience in the face of a global recession. She highlighted the existing partnerships between India and New Zealand while exploring potential avenues for future collaboration.

Sunil Kaushal, President of Waitākere Indian Association, introduced Ms Bhushan and outlined her stellar career. He said she is a career diplomat with over 30 years of experience. Ms Bhushan has served in several countries, including Japan, Bangladesh, Germany, UAE, and the US. She was appointed High Commissioner in September 2022.

'Ms Bhushan's tenure has been marked by a commitment to transforming red tape into the red carpet,' declared Kaushal.

Ms Bhushan began her talk by highlighting India's size and economic power.



She said India is the world's largest democracy. Currently, 970 million Indians are voting in the world's largest general election, which will take place over six weeks. The results will be declared on 4 June.

Furthermore, Ms Bhushan reported that India is now the fifth-largest economy in the world. 'India continues to grow at around 7-8% annually despite challenging times,' she reported.

According to Ms Bhushan, India's growth can be traced back to the digital transformation. As global companies set up their call centres in India, the country became known as the back office of the world. Global company's realisation of India's potential has led to record direct foreign investment in recent years.

Over the last decade, India has also become the world's pharmacy. Ms Bhushan reported that more than 60% of global vaccines are produced in India.

However, this is only part of the picture. Her Excellency advised that India is now also a major manufacturing hub. She cited the example of Mercedes Benz, which invested in India 20 years ago by establishing an assembly plant. The company soon expanded operations with a manufacturing unit and a specialist





R&D facility. 'Now any Mercedes bought or sold anywhere in the world has a component made or designed in India,' said Ms Bhushan.

She advised that many global companies see plenty of value in setting up manufacturing bases in India. India's growing middle class of between five and six million people means it is a massive market. And its location makes exporting to countries in West Asia, Africa, and parts of Europe easier. 'One in seven iPhones is made in India,' said Ms Bhushan. She pointed out that India is a vital partner in supply chains for mobiles, automotive products, electronic goods, and more.

Space exploration is another significant Indian success story. The recent moon landing of the Chandrayaan-3 space mission, followed by India's first solar observation mission, has assured the country's place as a powerhouse for space technology. And in a significant collaboration, Auckland-based company Rakon supplied cutting-edge technology to the lunar mission.



India continues to launch hundreds of satellites for other countries, including the US, France, and Germany. India's satellite launches and space missions are more cost-effective than most countries. 'The joke is that when Hollywood makes a space movie, it probably costs more than the actual mission in India,' Ms Bhushan quipped.

She acknowledged that New Zealand's strong and vibrant Indian diaspora has contributed positively to the economy and society. 'We respect and value that, and it plays a vital role in bringing our two countries together,' she advised.

New Zealand and India's relationship is not solely about trade and business, Ms Bhushan reported. Tourism continues to be important for both countries. 'The number of visas we are issuing to our Kiwi friends has increased, and plenty of Indians are keen to visit your beautiful country,' she said, adding that she was hopeful direct flights would resume shortly.

Her Excellency's message to New Zealand businesses was clear: 'Come and see India for yourself. These are exciting times for our partnership.'

Ms Bhushan says the Indian government has made significant strides in improving the ease of doing business in India by cutting unnecessary red tape. There's never been a better time to consider India as a trading and business partner.

Her Excellency's talk was interesting and insightful. We thank the Waitākere Indian Association for making it possible. More Business Breakfasts are planned for the coming months, so watch this space.

The seven principles for smart investing and how to apply them to today's market



Join Martin Hawes as he guides you through seven important investment principles. You'll learn how these principles can help you highlight current market opportunities, and navigate potential pitfalls. Martin will inspire you to apply these principles to your investments and will help you get motivated to take action towards your financial goals. Joining Martin will be Investment Advisers from Forsyth Barr Auckland who will be on hand to answer any questions.

About Martin Hawes: Martin Hawes is a well-known New Zealand author, conference speaker, and TV & radio commentator. Martin is the author of 23 books on personal finance. The best known of these are: *20 Good Summers – work less, live more and make the most of your money* (New Zealand best-seller), *Family Trusts – A New Zealand Guide*, and *Cracking Open the Nest Egg*. Attendees at the seminar will go in the draw to win one of two copies of Martin's latest bestseller, *Cracking Open the Nest Egg*, helping people get ready for their retirement. Martin Hawes is not a Financial Adviser or a Financial Advice Provider. For information relating to Martin Hawes, visit martinhawes.com

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For more details and to register, please visit forsythbarr.co.nz/seminars, email rebecca.blagrove@forsythbarr.co.nz or call Rebecca Blagrove on (09) 368 0173 to RSVP by Monday 12 August.



THE KONSTRUCT STORY

From hoodies to market leaders

In unassuming premises in Corban Avenue is a fantastic story of the Kiwi entrepreneurial spirit at its finest. Nowadays, Konstruct is one of the market leaders in printed apparel and promotional products. However, this successful company started in the living room of two Otago University students. Chris Ashton and Tom Wolfenden are not just business partners; they are also best mates.

Their story starts in Dunedin in 2006 when the two cash-strapped students saw an opportunity and created Otago University-branded hoodies. They borrowed the money to finance their first run of 400 hoodies, which sold out in just a few days.

Konstruct was born, and the pair haven't looked back since. Now, Chris and Tom's partners, Ria Vandervis and Arapera Salter, are also involved in this family-owned business.

The company has come a long way from hoodies and now offers a vast range of printed and embroidered apparel, plus promotional products of all shapes and sizes. There's everything from workwear, uniforms and sports kits to branded pens, glasses, gazebos, and much more.

Chris advises that Konstruct has a varied customer base, including large and small businesses, brand-conscious tradies and sports clubs.

Konstruct moved its operations to Auckland in 2014. Initially, the business found premises in Te Atatū South before relocating to the current Henderson site in 2016. According to Tom, the company had expanded beyond its initial Dunedin stronghold. 'The freight costs of shipping to the growing Auckland market were making it uneconomical to be still based in Dunedin,' Tom advises.

Article continued on page 18.



Aimeé Wilkinson & Arapera Salter



Arapera and Ria

'West is best,' declares Chris. Arapera agrees and says Konstruct aims to recruit from within the community. The tight team comprises 12 talented and creative people, and all designs and artwork are developed in-house.

Clients rave about the quality of Konstruct's products and their outstanding customer service. 'We make it as easy as possible for the customer,' says Tom. Indeed, the company has been a finalist in the Auckland Business Awards Excellence in Customer Service Delivery category for the last two years.

Chris advises that many team members have come through WINZ's Flexi-wage scheme. The programme helps people on benefits gain skills and knowledge in the workplace. 'Watching people flourish and grow is so cool,' Chris declares.



Danielle Arendse

Furthermore, Arapera proudly points out that all of Konstruct's managers are females, and every employee is paid above the living wage.

There's undoubtedly an infectious positive vibe in the Konstruct workplace, so it's no surprise that many employees have been with the company for several years. One such employee is Customer Service and Sales Manager Sophie Prinselaar-Smith. She joined Konstruct 12 years ago while attending art school in



Tom, Arapera, Ria & Chris



Wiremu Kahui



Francisco Fuentealba Muñoz



Mika Sione



Chris, Ria and Maeby



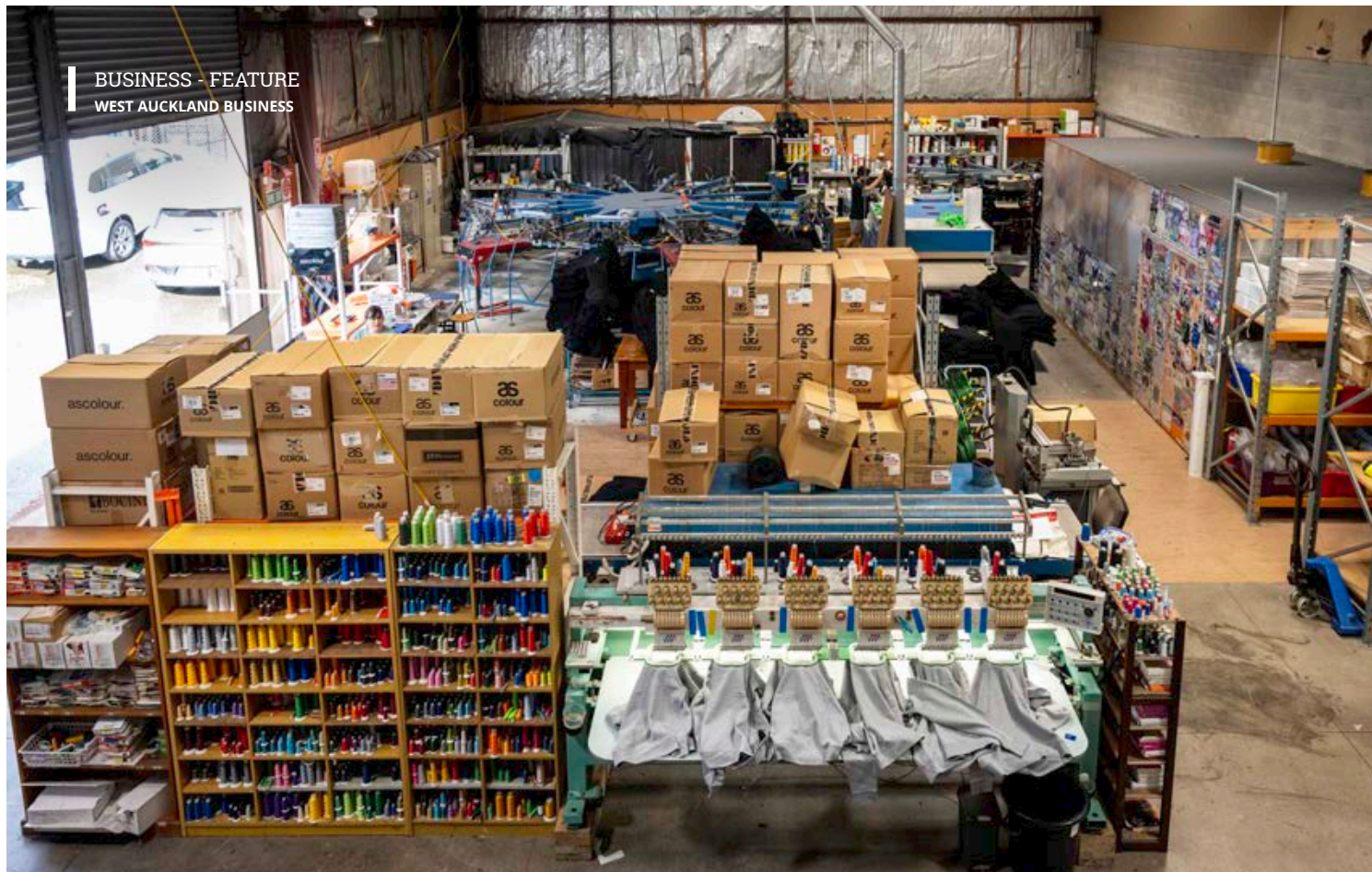
Tom Wolfenden



Mika Sione



Shaye Coxon



Dunedin. 'Sophie is a star and has been a huge part of Konstruct becoming the business it is today,' advises Chris.

The company is a close-knit operation. 'Two families run Konstruct,' says Tom, 'and then there's also the Konstruct family.' Even the pet dog, Maeby, plays a role as the unofficial floor supervisor.

Chris's wife, Ria Vandervis, is better known as Shortland Street's Dr Harper Whitley. However, she's also a marriage celebrant, mum to two-year-old Ted, and oversees Konstruct's leaver's department. Ria says that Konstruct is the market leader in providing branded clothing for high school leavers. 'We know that school leavers' gear is more than just clothing; it's something they'll hold on to forever,' she says. It's a rite of passage for many young Kiwis, and Konstruct takes great pride in being the go-to for colleges nationwide.



Chris Ashton

Arapera's day job is as a paediatric doctor. She's also a mum to two young children. Despite her demanding schedule, Arapera is an executive director at Konstruct. She provides a unique perspective on strategic decisions and initiatives.

Thanks to the talented team of professionals they've assembled, Chris and Tom have been able to take a step back in recent years. The old days of 18-hour shifts and sleeping in the factory are behind them.

Family life is vital. Tom and Arapera own a 10-acre farm in the Waitākere Ranges, which keeps them super busy.

Chris enjoys playing hockey and golf, and Ria is a keen renovator. She recently completed a stunning revamp of a two-bed unit in Te Atatū South and is itching to embark on a new project soon.

Like many companies, Covid was a challenging time for Konstruct. Tradies and hi-vis workwear largely kept the company going. However, Chris and Tom attribute much of their resilience to the input of business mentor Cliff Hopkins from Shine On.

The relationship came about thanks to Business West and Business Mentors New Zealand.

Cliff's financial expertise and inside knowledge of the clothing industry have transformed Konstruct. Tom explains: 'Neither Chris nor I have a finance background, so for the last 18 years, we've been flying blind about how the business is performing.'

Article continued on page 20.



Cliff has changed everything, and both Tom and Chris now have a firm handle on the balance sheet. 'We don't feel anxious about the money and accounts anymore,' says Chris.

Tom advises any fledgling business to get on top of the financials. You need to understand your accounts fully, he says. Chris agrees and says a business mentor is the way to go. 'It's great to have someone you can bounce ideas off, especially when things are tough,' he reports.

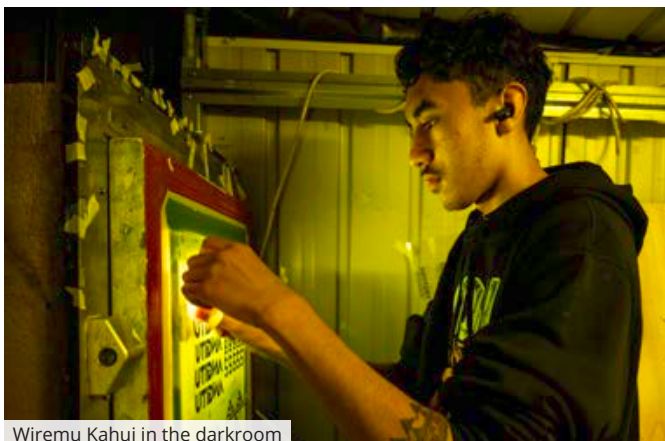
The future is bright for Konstruct. Tom says the company is on an upward growth trajectory and is motivated to keep that going. 'We have a strong group of loyal customers who keep on ordering!' he declares.

However, the company continues to innovate, with Chris taking the lead on R&D. Konstruct regularly

invests in cutting-edge printing techniques and digital hybrid printing, putting them at the forefront of New Zealand suppliers. Chris often brings new products home to wash and test. He jokes, 'You can tell when I'm doing R&D because I do the washing for like three weeks in a row!'

Konstruct is also investing in its online shops and is about to relaunch its Unicity brand. 'That brand started it all off for us, so going back into the retail market is exciting and means we can focus on the end consumer for a change,' advises Chris.

The word inspirational is often overused these days. However, Konstruct's home-grown story of hard work, dedication and determination is undoubtedly inspiring for any wannabe entrepreneurs out there.



Wiremu Kahui in the darkroom



Samuel Lilomaiva

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

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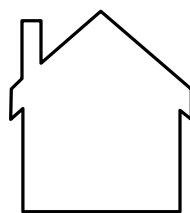
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NEED HELP WITH YOUR FINANCES? The Mortgage Hero to the rescue

Vins Grover of The Mortgage Hero may not fit the superhero stereotype, but he certainly is one to his loyal customers. Vins and his team are on a mission to provide clients with a secure financial future, offering services that extend beyond mortgages to debt consolidation, vehicle, and business loans. His goal is to guide clients toward financial freedom.

Located in the Douglas Track and Field complex on Central Park Drive, The Mortgage Hero has been a leading West Auckland mortgage broker since 2017. The company's personalised service and tailored advice set it apart. "My clients are not a transaction for me," Vins says. "I don't offer cookie-cutter advice. I identify your unique position and plan accordingly."

Many of The Mortgage Hero's customers have long-standing relationships with the business. Vins estimates



that 90% of clients are repeat customers or referrals, reflecting the enduring trust clients place in his services.

More than just a mortgage broker, Vins exemplifies the power of financial planning. Arriving in New Zealand in 2002 and initially living in a converted garage, Vins was determined to own his own home. He achieved this dream within two years and became mortgage-free by 2014. Today, he is also a successful property investor.

Vins's personal experience of reducing his mortgage to zero in less than eight years provides him with unique skills and knowledge. "All with a mortgage dreams of paying it off faster. If I can do it, I can help you make it happen," he says. His journey shows up his expertise and commitment to his clients' success.

Life in the Grover household is busy. Vins's wife, Bindu, is a successful business lady with several award-winning beauty salons across Auckland. Outside of work, Vins is active in his church and enjoys photography. He's also popular on TikTok and Instagram, where thousands of followers enjoy his humorous videos and reels, often featuring dance moves with his daughter.

Despite his light-hearted side, Vins is serious about The Mortgage Hero's mission. "Using my knowledge and expertise as a Financial Adviser, I give my best, backed up by my own journey in the mortgage world," he says. If you need expert financial advice tailored to your situation, Vins could be the hero you need.

DEPRESSION:

What is depression?

Depression is a mental health issue that can affect how you feel and behave for weeks, months or years at a time.

What causes depression?

Usually, there is no single cause of depression. Sometimes depression appears out of the blue, while at other times something seems to trigger it. Often it is a combination of factors.

It can be very hard to ask for help and to believe that there is a way out of depression, but depression can be treated, and most people do recover. The earlier support is given, the better your chances of recovery.

Depression in Children and Young People may look different than it does in Adults, so it is essential to recognize the difference and approach it in a safe space where the individual can feel they can be vulnerable and supported.



Depression in young people can present as irritability and anger. They may ask you to back off or go away. This anger can be mistaken for teenage rebelliousness or an irritable child with behaviour difficulties.

Young People may not recognise their problem as depression or, if they do, they may feel unable to talk about it. Often the feelings that come with depression are so strong they do not tell anyone else because they feel unworthy, scared they will be judged as gone mad or most common they think no one will believe or support them. Most choose to share their depression struggle with their friends before they talk to adults.

It is crucial that our children/ friends/ loved ones/ family members know and feel that they are loved and it is OKAY to speak up and ASK for help. It is paramount to remind them that it is OKAY to take one day at a time and self-care and self-love is their first priority.

Quite often depression leads to suicide, we can work together and reach out to each other and lend a helping hand and listening ear and remind them their self-worth.

Every life is worth saving and every life matters. There are so many resources that can help:

Healthline: 0800 611 116 - W: healthline.govt.nz

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ADULT BRACES

Never too old for adult braces!

Are you one of the many adults who would love to have straight teeth but worry that you are too old for braces? Actually you are never too old for adult braces! A great smile plays a big part in self-esteem and self-confidence at any age, transforming you both physically and emotionally.

With so many technological and aesthetic developments in orthodontics, there's never been a better time to begin treatment. Depending on your specific needs, today you have several great options to choose from:

- **Traditional metal braces** - which are much smaller and more comfortable than ever before.
- **Coloured braces** created using coloured bands around the metal brackets. If making a fashion statement sounds like you, you can choose from a huge range of colours and easily change them as you progress.



- **White or ceramic braces** which are natural tooth-coloured brackets paired with traditional wires. They are much more discreet than metal brackets as they are only obvious from closer. You can also choose between all upper and lower ceramic brackets, or a combination of ceramics on the front teeth and metal at the back and/or lower teeth.
- **Invisalign clear aligners** that move your teeth incrementally. They are virtually invisible and easily removed just like a mouthguard for eating, drinking and brushing your teeth.

Braces or Invisalign will easily fit in with your current lifestyle as you will still be able to socialise, dine out, give presentations - everything you would normally do.

Invisalign clear aligners are a series of custom-made, removable orthodontic aligners that gradually straighten teeth. Unlike traditional braces, Invisalign uses clear plastic aligners instead of brackets and wires. The aligners are designed using 3D computer imaging technology to create a complete treatment plan, depicting the movement of teeth from their initial position to the final desired position.

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A GEM FOR NEW ZEALAND GARDENS

HELLEBORES with Davis Funerals

Hellebores, commonly known as winter roses, are a stunning addition to any garden. These resilient and beautiful flowers bring a splash of colour to gardens during the colder months, providing a delightful contrast to the often-dreary winter landscape. Let's explore the allure of hellebores, their cultivation, and why they are an excellent choice for New Zealand gardeners.

The Charm of Hellebores

Hellebores belong to the Ranunculaceae family and are native to Europe and Asia. They are renowned for their striking, cup-shaped flowers that bloom in winter and early spring, a time when most other plants are dormant. The flowers come in a variety of colours, including white, pink, red, purple, and even green,



often with intricate patterns and spots. Their evergreen foliage adds year-round interest to the garden, making hellebores a perennial favourite.

Like to grow them?

New Zealand's mild winters and cool, temperate climate create an ideal environment for growing hellebores. They thrive in shaded or semi-shaded areas with well-drained soil, making them perfect for planting under deciduous trees or in woodland gardens.

Here are some essential tips for cultivating hellebores in New Zealand:

Site Selection: Hellebores prefer a location with dappled sunlight or partial shade. They can tolerate full shade, but flowering might be reduced. Avoid direct,

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

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harsh sunlight, especially during the hottest part of the day.

Soil Preparation: These plants flourish in fertile, well-drained soil. Before planting, enrich the soil with organic matter such as compost or aged manure to improve its structure and fertility.

Planting: Plant hellebores in autumn or early winter. Space them about 30-45 centimetres apart to allow for good air circulation and growth. The crown of the plant should be just below the soil surface.

Watering and Feeding: Hellebores need regular watering, especially during dry periods, but the soil should not be waterlogged. Apply a balanced, slow-release fertilizer in early spring and autumn to promote healthy growth and abundant flowering.

Maintenance: Remove old or damaged leaves in late winter to make way for new growth and reduce the risk of disease. Deadhead spent flowers to encourage more blooms, unless you want the plant to self-seed.

Popular Hellebore Varieties in New Zealand

New Zealand gardeners have access to a variety of hellebores, each offering unique beauty:

Helleborus niger (Christmas Rose): Known for its large, white flowers that bloom in mid-winter.

Helleborus orientalis (Lenten Rose): Offers a wide range of colours, including pink, purple, and spotted blooms,



flowering from late winter to early spring.

Helleborus x hybridus: A group of hybrid varieties known for their diverse colours and patterns, providing a long-lasting display.

Benefits of Growing Hellebores

Winter Interest: Hellebores bloom when most other plants are dormant, adding much-needed colour and life to the winter garden.

Low Maintenance: Once established, hellebores require minimal care, making them ideal for gardeners of all experience levels.

Long Lifespan: These perennials can live for many years, offering a lasting addition to the garden.

Pollinator Friendly: Hellebores attract early pollinators, supporting local biodiversity.

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KING PRAWN AND LEMONGRASS BISQUE

great for a Winter Warmer
'A tasty soup for 4 people'

We acquired this recipe from 'The Alderman' Test Kitchen,
- which will be opening soon at The Falls Hotel.

INGREDIENTS:

- 1 brown onion
- 2 garlic cloves
- 1 leek
- Stick of celery
- 3 basil leaves
- 1 large carrot
- 2 ripe tomatoes
- 2 lemon grass sticks or 2 tablespoons of paste
- 8 large fresh prawns (available from Oceanz in Henderson)
- 200ml coconut cream
- 1 litre salt reduced chicken stock
- Tablespoon Gochu Jang (Korean chilli paste available from Woolworths)

PREPARATION:

1. Dice all vegetables, chilli paste and tomatoes cook out in pot with olive oil for 10 minutes.
2. Shell the prawns put meat aside.
3. Cook shells in pot for 5 minutes with olive oil crushing them a little to release flavour then add chicken stock simmer for another 5 minutes.
4. Strain this liquid and shells through sieve into cook vegetables.
5. Mix everything in blender until smooth, add coconut cream and season to taste. A little lemon juice might be needed



SERVE:

With prawn meat pan-seared in butter with a clove of garlic,
- garnish with coriander
Editor's note: I've tried it, and it's delicious!

Bisque: A rich 'shellfish soup' of French origin, stems either from the Bay of Biscay
- or the technique of bis cuites, or 'twice cooked.'

Light soups such as cream soups, bisques, or vegetable soups are often the introduction to a meal rather than the main course, however the above recipe is the perfect main for a 'Winter Warmer'.

BISQUE VS. CHOWDER

Although a bisque and a chowder are both cream-based soups and most often feature seafood, it is their consistency that defines them and makes them quite different from each other. Whereas a bisque is smooth, a chowder is chunky, full of hearty pieces of ingredients such as potato and clams or corn. We also see bacon as an important ingredient in a chowder when it would not be featured in a bisque.

WEST CITY AUTO GROUP adds Omoda and Jaecoo



Omoda



Jaecoo

WCAG is thrilled to announce the addition of two dynamic automotive brands, Omoda and Jaecoo, to its diverse lineup. This strategic expansion underscores West City Auto Group's commitment to offering cutting-edge vehicles that cater to a wide range of consumer preferences and needs.

Omoda: A Blend of Innovation and Style

Known for its forward-thinking design and advanced technology, brings two impressive models to WCAG: the Omoda C5 and Omoda E5. Both vehicles exemplify Omoda's dedication to delivering high-quality, stylish, and technologically advanced cars.

The Omoda C5 is a compact SUV that seamlessly combines modern aesthetics with functional performance. Key features of the Omoda C5 include:

- **Engine Options:** Turbocharged petrol engines.
- **Advanced Safety:** Features such as adaptive cruise control, lane-keeping assist, and automatic emergency braking.
- **Interior Comfort:** Premium materials, large infotainment touchscreen, wireless charging, and a digital driver's display.
- **Affordability:** Starting price of \$29,990+ORC, making it an attractive option for many buyers.

The Omoda E5 is an all-electric SUV that represents the brand's commitment to sustainable mobility. Notable features of the Omoda E5 include:

- **Electric Powertrain:** High-capacity battery offering a significant driving range.

- **Fast Charging:** Quick recharge capabilities for minimal downtime.
- **Advanced Connectivity:** Comprehensive connectivity options including smartphone integration and over-the-air updates.
- **Sustainability:** Eco-friendly materials and design.
- **Price Point:** Starting from \$47,990+ORC, positioning it as a premium yet accessible electric vehicle.

Jaecoo: Robust and Ready for the Road

In addition to the Omoda models, West City Auto Group will soon introduce the Jaecoo J7. Known for its robust build and off-road capabilities, Jaecoo is a brand that appeals to adventure enthusiasts and those who require a versatile vehicle for varied terrains.

The upcoming Jaecoo J7 is highly anticipated for its blend of ruggedness and sophistication.

Expected features of the Jaecoo J7 include:

- **Powerful Performance:** Turbocharged petrol and diesel engine options.
- **Off-Road Capability:** Advanced features like all-wheel drive, terrain response systems, and enhanced ground clearance.
- **Luxury Interior:** High-quality materials, advanced infotainment, and a host of convenience features.
- **Safety and Tech:** Modern safety and driver-assistance technologies.

With these additions, WCAG is poised to offer even more exciting options to its customers.

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MANAGER'S MESSAGE

Northwest Country Business Association

We were proud to host the official grand opening of our Business Hub in Helensville, with a fantastic turn out.

Now fully complete, the business hub has a separate and private boardroom facility with teleconferencing, and with the ability to convert the room into a lecture theatre for training events. We have four hot desks as well to enable smaller businesses to work and collaborate under some local art works.

A big congratulations needs to go out to the Helensville Community Recycling Centre who has become a finalist in the Waste MINZ Awards for Excellence 2024. Since opening nine years ago, Helensville Community Recycling Centre has become a vital hub in the Helensville community. The facility is the second of Auckland's 13 Community Recycling Centres (collectively called the Resource Recovery Network) to open, providing full waste and recycling services for the



DANIELLE HANCOCK

township's 3000 residents.

The facility is operated by Helensville Zero Waste, with Manager Treena Gowthorpe the driving force behind its success. She is a passionate zero waste advocate, ensuring that as much material as possible is recovered and put to its highest and best use - and that locals benefit from the revenue generated.

Fifteen paid positions have been created and an amazing 77% of material entering the site is being diverted from landfill into the circular economy.

Construction and demolition waste is a growing focus with an entire house being deconstructed on site in 2018 and plans underway to accept reusable material from Auckland flood/cyclone damaged houses for reuse to avoid it being sent to landfill.

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LOOKING FOR A WEEKEND DAY OUT?

Consider visiting the historic village of Helensville, located on the picturesque Helensville River. If you venture out on the third Sunday of the month between October and May you will be able to visit artist studios as part of the Helensville Art Trail.

Then take a stroll along the Helensville Heritage Trail and learn the history of the area. Packed with cafes, adventure cycling and skydiving and picturesque scenery, it is a great day out for the young and old.

HELENSVILLE HERITAGE TRAIL

- 1 COURT HOUSE
TE MANATIKA
- 2 EUROPEAN SETTLEMENT
KO NGA PAKEHA
- 3 MILLING INDUSTRY
KO TE MIRA KANI RAKAU
- 4 EDUCATION
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- 10 HEALTH
KO TE ORANGA
- 11 WAR AND CEMETERIES
KO NGA PAKANGA ME NGA URUPA
- 12 FIRE AND ACCOMMODATION
KO NGA WHARE MOE, KO TE AHI
- 13 COMMERCE
KO TE TAUHOKOHOKO
- 14 FORTIFIED VILLAGE
KO NGA PA

The map shows the Helensville River Reserve in the center, with a red dashed line tracing the heritage trail. Numbered stops 1 through 14 are marked along the trail. Key streets shown include Awana Rd, Green Ln, Nelson St, Gairfield Rd, West Park, Penite Cres, Raka St, Rata Reserve, Rimu St, Karaka St, Puriri St, Kawaiki Rd, Kowhai St, and Downer St. Highway 16 is also indicated.



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DO YOU NEED SOME HELP WITH YOUR BUSINESS?

North West Country Inc. business association is launching a new initiative to support our members called Business Solutions.

This will be a comprehensive service covering tools and templates for business success, as well as regular one-on-one sessions with business mentors based out of our Business Hub in Helensville.

Launching in July 2024, members of the business association will be able to book a free session with a mentor of their choice and find answers to those niggling questions. We have a range of mentors lined up, each a specialist in a different field to suit your business type and needs. Check out our website from July 2024 to find your mentor and book your session.

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