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➤ Lifestyle - Gardening / Travel

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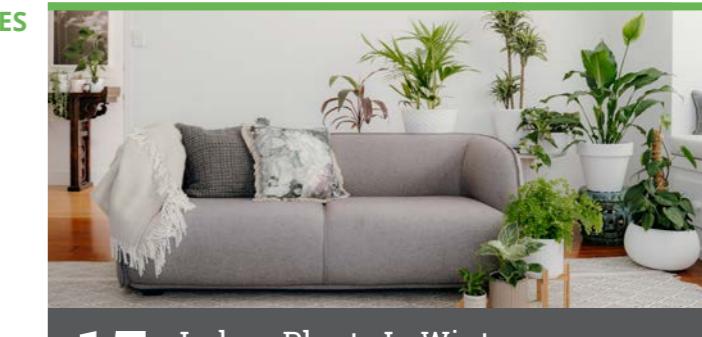
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wayin



CHAIRS REPORT

It's certainly challenging times in the Henderson business district, for those of you finding it tough our thoughts are with you.

Updating processes to fit in with the Covid-19 restrictions created quite a lot of work for all of us, the experience has been interesting and somewhat rewarding with new learnings on visitor protocols.

Continually reviewing to improve the process has highlighted some inefficiencies, but surprisingly also created some opportunities with systems i.e. Zoom meetings and training events, improved processes e.g. loan car agreement texts (at KAAR), collection of new customer details prior to visit, and hunting down leakage and making improvements in productivity.

For me, my way through this challenging time as you see above, is focusing on the positive. There is enough negativity out there, though at times it does sneak in. I refuse to be part of it.

I attended a Test and Tag (Electrical Workplace Compliance) course last week, sitting 2 metres away from me was a musician, he considered his position and realised an opportunity to supplement, or for now, getting any income. Historically seeing Test and Tag as a distraction but now as an opportunity, being a T and T agent for the entertainment industry, true initiative. I'm sure there will be many more entrepreneurs coming out of this disastrous event.

Last month I had a new experience that some of you may have seen; our CPHBA zoom-facebook live discussion with Hon Phil Twyford, Tim Livingstone and myself. It was titled 'Budget 2020 and the post Covid-19 economic recovery for West Auckland Business'. Your association considers this event a practice for us.

From my perspective, it looks like from Central Government's point of view, West Auckland is not



KELVIN ARMSTRONG

in its vision plan. We did learn that shovel ready is '18 months' - too late for my liking, if they think infrastructure projects are going to save us from a recession, they are kidding us/themselves.

There was a sniff of opportunity, being an infrastructure spend at the Waitakere Hospital, the Minister advised, but have since heard that it's on hold. I didn't come away too satisfied that any of our questions relating to the West were answered. I will try harder should I be given another opportunity. I guess we will wait for the announcements over the coming weeks.

In closing, we should be proud of what NZ has achieved fighting this virus, considering it we are on the world stage once again, though not for sport this time. Let's hope NZinc pounces out of this challenging time soon!

KELVIN ARMSTRONG, CHAIRPERSON CPHBA

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BA5 REPORT

The West Auckland Business Club (WABC) produces the Business after 5 (BA5) as the event and networking subsidiary of Central Park Henderson Business Association (CPHBA).

Now that NZ is at Alert Level 1, WABC is looking at a return of the BA5 in August. Tentative hosts for August and September are Tristram Volkswagen and National Mini Storage Hobsonville. Mitre 10 MEGA is booked for October and Bayleys Northwest for November.

The BA5 has a wonderful group of sponsors who are passionate about West business and making a difference in our community – Please return their support and SHOP LOCAL.

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STICKY HOISIN RIBS WITH ASIAN SLAW

SERVES 4 – PREPARATION TIME 30 MINS – COOKING TIME 1 HOUR, 20 MINS

Ingredients:

Lamb

- 700g Quality Mark lamb ribs
- 1/4 cup hoisin sauce
- 1/4 cup oyster sauce
- 2 tablespoons soft brown sugar
- 2 teaspoons finely grated fresh ginger
- 1 teaspoon crushed garlic

Asian Slaw

- 1/4 green or red cabbage, finely sliced
- 2 carrots, grated
- 4 spring onions, trimmed and very finely sliced
- 3 handfuls mung bean sprouts
- 1 handful picked coriander leaves
- 2 tablespoons sesame seeds, toasted
- 2 tablespoons light soy sauce
- 1 tablespoon lime juice
- 2 teaspoons soft brown sugar
- 2 teaspoons sesame oil
- 1 teaspoon wasabi paste
- 1 teaspoon nigella seeds or black sesame seeds

Method:

Lamb

Place the lamb ribs in a large baking dish. Mix together the hoisin sauce, oyster sauce, sugar, ginger, garlic and 1/2 cup water. Pour over the ribs and toss well to coat. Cover with baking paper and foil, seal well and place in the oven. Cook for 1 hour.

Remove ribs from the oven and uncover. Return to the oven and cook for a further 20 minutes until dark and crispy, turning halfway through cooking.

Asian slaw

Place the cabbage, carrots, spring onions, sprouts, coriander, and sesame seeds in a large bowl. Combine the soy sauce, lime juice, brown sugar, sesame oil and wasabi in a small screw top jar and shake well. Drizzle over enough dressing to moisten the salad and toss well.

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SHOWCASING BEN BAYLY & THE GROUNDS

We recently caught up with celebrity chef, Ben Bayly, at Henderson's The Grounds. Although it was cold and wet outside, the welcome at The Grounds is always warm and inviting. And that's very much Ben's ethos for the restaurant.

An Award-winning chef, Ben may have been born in the Waikato, however, these days he firmly identifies as a Westie. A West Auckland resident for many years now, Ben is also a local businessman. His hugely successful restaurant, The Grounds, has helped to put West Auckland on the food map for gastronomes across the region.

'We provide great manaakitanga,' says Ben. 'It costs nothing to welcome customers with a warm smile and a greeting. Fantastic Kiwi cuisine and hospitality are what we're all about.'

Indeed, the restaurant manager Rachel is famous for her knowledge of the coffee preferences of many regulars. So much so, that the perfect coffee often miraculously appears before it's even been ordered!

There's no doubt that this philosophy of excellent service and hospitality will be even more important in the post-Covid world.

'Lockdown has been tough for us as it has for every hospitality venue,' confirms Ben.

'Hospitality is all about selling an experience – it's about the food and wine, but it's also about the environment. It's the whole package.'

As Ben points out, there are some costs in the restaurant business that are fixed. Staff wages have to be paid, and you have to source good quality produce and supplies.

However, while many of us were enjoying a Netflix marathon in lockdown, Ben was closely examining every operational cost within the business. The restaurant applied for the government's wage subsidy, and Ben is proud of the fact that the majority of its 35 employees have been kept on with full wages. Following Ben's expenditure review, the business has done away with any extras and has looked to reduce costs as much as possible.

His advice to any restaurants and cafes struggling in the post-Covid world is simple. Focus on providing a fantastic experience and keep a close eye on your expenditure.

'Watch your ordering,' he says. 'We order day to day and focus only on what we need. It's very much hand to mouth, but it does help to keep costs down.'

Although it's been a challenging few weeks



for The Grounds, Ben is however optimistic about the future.

'We take care of people,' says Ben. The Grounds is a place where businesses can meet during the day, locals can dine in the evenings, and families are welcome at the weekends.'

Undoubtedly, the extensive park-like grounds and super-cool playground make The Grounds a big hit with foodies and families alike.

On the day we visited, there were many business people having meetings and catch-ups over a leisurely coffee. However, Ben recognises that local business people are often under time pressure. So the menu at The Grounds can be express with plenty of quick bites available. Furthermore, the restaurant often hosts large functions and business meetings and offers a personalised service tailored to different budgets and needs.

Ben is a firm supporter of West Auckland producers and growers. Offerings from local wineries such as

Babich and Kumeu River feature on the drinks list. And Ben regularly sources fresh produce locally. He says the strawberries, tomatoes and orchard fruit available out West are second to none.

While the menu is built around firm Kiwi favourites, it's regularly tweaked in response to the availability of local produce and seasonal variations. The Kaipara flounder is at its best at the moment, and the Wagyu burger and glazed pork ribs remain ever-popular choices.

Ben's advice to any aspiring chefs out there is to learn from the best. He says to make it your mission to work for ten of the best restaurants and chefs in your region. Learn as much as you can from them before opening your own place. Then, he suggests, you can roll all those fantastic experiences into a unique blend that is distinctly your own.

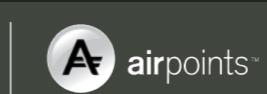
The next few months promise to be very busy for Ben. He's due to open a new



Head Chef, Connor Jay

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restaurant in downtown Auckland's latest shopping and hospitality precinct Commercial Bay. Called Ahi, the name means fire or energy in Māori. With its focus on New Zealand cuisine, it was important to Ben that the restaurant had an inspiring Māori name. Due to open in September, Ahi will showcase the best in Kiwi culinary delights.

And you can discover where Ben got the inspiration for the new menu in his latest TV series. A New Zealand Food Story is currently on TV3, Saturdays at 5.30 pm. Follow Ben as he travels around the country in an entertaining culinary road trip. And you can catch up on any missed episodes on the TV3 website: threeworlds.co.nz.

The Grounds will, however, always be home for Ben. 'We are very much back open for business,' he says. 'And we look forward to welcoming you soon.'

It was a pleasure catching up with Ben, and we wish him all the best with his new ventures.

For updates about Ben's new Commercial Bay restaurant, see the website.
W: ahirestaurant.co.nz.

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INTRODUCING GENERAL SECURITY SERVICES



CPHBA is delighted to welcome a new start-up company General Security Services to the business community. It's great to see a West Auckland-based company providing security services to local small and medium-sized businesses.

Chief Executive James Sutherland has enjoyed a long career in security. In fact, his senior management team has more than 50 years of combined experience. So, there's not much James, and his team don't know about security!

General Security Services specialises in providing security guards, mobile patrols, alarm responses and ongoing monitoring. They also provide general advice on security. And soon they will be offering technical services as well, focusing on cameras and alarms.

The company is based at 199C Lincoln Road (just behind La Porchetta). Although it's very early days, James and his team have been building up relationships with local businesses.

'I've been in the security industry for many years now,' explains James.

'In my experience, the main gripe that clients have is not getting a personal service from their security company. Too often, the company is actually based over the other side of town, and you never get to meet them.'

General Security Services' business model centres around close relationships with customers.

'We have chosen to be based in the local community

so we can deliver that personalised, responsive service that sets us apart,' advises James.

'Our door is always open if you want to pop in for a catch up over a coffee.'

As a business owner, James knows how important it is to provide cost-effective services. And so General Security Services has a lean operation with a fully automated web-based system. Not only is there greater transparency for the customer, it also means costs are kept to a minimum. This cost efficiency is reflected in the company's charges which offer value for money.

And the really good news for West Auckland is that the company is actively recruiting local people. In these times of post-Covid hardship that's of benefit to the wider economy. By the end of the year, General Security Services plans to have 20 full-time employees on the books.

James says he's looking forward to being part of the local business community. And he's offering a free security consultation for any business that is looking to change their current arrangements.

Welcome to West Auckland James and the team at General Security Services! It's great to have you on board.

W: generalsecurity.co.nz

M: 027 244 1508 to contact James direct.



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THE TRUSTS DONATION TO WEST AUCKLAND FOOD CHARITIES

A new \$200,000 donation from the Trusts, evenly split between two charities, has been made to help them cope with the additional demand for food from West Aucklanders in need.

Food charities and support services already under pressure during COVID-19 are bracing for an expected surge in demand with Government wage subsidies due to end in the coming weeks.

Vision West Community Trust distributes food parcels to hundreds of families each week and has received \$100,000 from The Trusts. It has seen a 185% increase in requests for food parcels. The number of families it helps each week has grown from 350 per week to more than 1,000 since the start of lockdown.

Brook Turner, head of community service development at VisionWest Community Trust expects this number to grow by an additional 700 families in the West Auckland region alone – once the Government wage subsidy finishes in June.

"The first wave exposed the level of food insecurity in New Zealand, but this second wave of need will be at the end of the wage subsidy and we're already seeing cracks in the surface with redundancies.

"There is a perfect storm coming and it will be a once in a generation kind of moment. We've got to walk with people, give them employment opportunities, set up community enterprises. We will need public, private and non-profit partnerships that help build a new economy to have a co-ordinated food system and a significant response to those in poverty."

"Our whole approach to kai is that it is a great connector and food is a basic human right like shelter. Without those things your whole world is in disarray.

"Donations from suppliers and charitable organisations such as the \$100,000 grant from The Trusts will go some way to ensuring those that need help will continue to get it", says Turner.

Veronica Shale is the executive director of charity Fair Food, which collects and distributes surplus food from retailers and manufacturers



and was the other recipient of a \$100,000 grant from the Trusts. She agrees that a holistic approach is the best way to support the growing number of people who will continue to need support to feed their families.

Shale says they're grateful for the support of The Trusts, and that businesses and the community need to work together efficiently to redistribute surplus food - See article on page 20.

Matt Williams, acting CEO of The Trusts says they are working with a range of community organisations who have had their usual source of funding disrupted during the lockdown.

"There is a growing need from charities who have been cut off from their normal supply of resources which is impacting on their ability to support members of our community.

"We want to encourage other corporates who are in a position to help to reach out to these groups and find a way to help them, whether through financial support or even lending warehouse space and logistical support," he says.



TIPS FOR CARING FOR YOUR INDOOR PLANTS IN WINTER with Kings Plant Barn.

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

Watering

Watering, the most common way of killing your beloved houseplant. As the temperature drops and hours of sunlight fade, so should your zealousness for watering! We recommend only watering when the soil is dry (other than ferns). Check the moisture by sticking your finger in a couple of centimetres. If the soil sticks, your plant has enough moisture around its roots and doesn't need a water. When you do water, make sure the water drains out the bottom before putting it back into your cover pot or on your saucer – and ALWAYS have your plant in a pot with drainage holes! The only exception to this rule is terrariums – as you can see the level of water through the glass, and they should filter the water with an activated charcoal layer.

Light

Diminishing light levels will affect any indoor plant in winter. To help give your plants more natural light, move them closer to a window out of direct sunlight, and wash your windows if they are looking a bit dirty. Washing off dust from the leaves will also help your leafy friend absorb more energy from natural light.

Temperature

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

Potting and feeding

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

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

For expert advice on caring for your indoor plants, talk to a Kings Plant Barn Plant Doctor.

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New Zealand deals and updates on borders.

We are expecting Trans-Tasman and South Pacific borders to open by September, with a longer wait for borders further away. Please register your interest with us if you are looking to plan a post-Covid getaway to somewhere warm and sunny over our winter. We will ensure you are first in line for any border celebration deals upon announcement of dates for open borders. For those looking for a more adventurous trip: visit Tasmania, Western Australia, the Northern Territory, travel on The Ghan railway, or an Australia road trip. We can help you plan a safe and memorable holiday.

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we recommend you contact us to plan this now. We can hold cabins on cruises and tours – we already have people waitlisted for 2022 small ship cruises, so cannot emphasise enough the importance to PLAN AHEAD. Our suppliers are allowing flexibility for all travel booked ahead during this time of uncertainty, come in and talk to our experienced team of Travel and Cruise Professionals who look forward to helping you do what we do best.

We are enjoying being back in our store, so come in and visit or call for a chat! During Level one our store is open 9am to 3pm Monday to Friday.

We wish you the very best at this time and hope you are keeping well. Thank you for your support and we look forward to helping you book your travel in the near future.



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REBOOT 2020 – TRADIE'S CORNER
WEST AUCKLAND BUSINESS

GETTING IT DONE!!

With Mitre 10 MEGA Henderson & Westgate

Dave and Elaine from Mitre 10 MEGA at Henderson and Westgate have partnered with WEst Magazine to highlight our wonderful West Auckland Tradie's in an effort to further contribute to the community they serve.

"We are committed to our West Auckland Businesses and Community" says Dave "and wish to provide a place where our local trade's can use as a 'message board' for their names, contact and websites."

"Many of our tradies use us as one of their suppliers and we want to acknowledge this support." Dave understands many will be feeling the effects of the lockdown, "I think this is another one of our ways of 'giving back' to the neighborhoods and businesses we service."

Dave and Elaine are keen to highlight the promote local at both stores, "we do get asked for contacts for the various trades and see this as great forum to promote this sector."



Dave & Elaine Hargreaves, owners of Mitre 10 MEGA Henderson & Westgate. Photography by LFHQ Studios.

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MEMBERS UNITE FOR A FAIR CAUSE

CPHBA Members - The Trusts, West City Auto Group, Fair Food and Vision West Community Trust (see page 14) are working together for our community.

Fair Food NZ are beyond grateful for the ongoing recognition and support by The Trusts and now their \$100,000 contribution. The Trusts commitment to many local community endeavours and to cross-sector collaboration is key to not only responding to Covid-19, but also in building local recovery and resilience in West Auckland.

Founded in 2011 in Waitakere City, Fair Food is Auckland's first food rescue charity addressing both food scarcity and food waste. Fair Food divert surplus good food from being dumped. Simply put we 'feed people, not landfill'. We fundamentally believe food should be fair for all - for people, and for the planet.

As Waitakere City are pioneers in environmental issues, social justice and fresh food & wine production, West Auckland continues to be the fitting home and heart of Fair Food NZ.

Fair Food delivers rescued food to over 50 charities, food banks and community agencies throughout West Auckland - including domestic violence teams, women's refuges, homeless and teen-parenting agencies, migrant services, and many others. Instead of being dumped, this food is doing good, nourishing communities. We also assist with food rescue in local communities across NZ.

Over the years The Trusts have provided Fair Food with a base for our vans, and funding through grants and the Million Dollar Mission. However, it is in times

of unprecedented crisis and real need, that we appreciate it when a partner generously steps up where able to, however they can.

When the Covid-19 lock down hit, our usual funders & grants fell by the



Fair Food's Veronica Shale

wayside leaving us with a shortfall of \$500k to keep the doors open. We also lost our pool of 70 dedicated volunteers.

In month 1 of Covid-19, Fair Food rescued & redistributed over 121 tons or 121,815 kilos - this does not include rescues from our usual supermarket partners.

Funds from The Trusts will go toward immediate urgent operational costs to respond to Covid-19 and upping our infrastructure, such as chillers. This will help ensure the ongoing timely & safe distribution of rescued food to over 50 charities & food banks that have come to rely on us for fresh produce and protein with a smile, since 2011.

We welcome, working even more closely with a collective of like-minded people in West Auckland to help address food scarcity as a fundamental pathway toward local community resilience.

There is still a considerable shortfall of funding for this essential work, so we do appeal to businesses or individuals to get on board - and now is the time. We are also desperate for a warehouse space to consolidate our operations and bring people together.

For further info about Fair Food...

Veronica Shale (Executive Director)
E: veronicafairfood@gmail.com

M: 021 310 044
W: Fairfood.org.nz
Donate: givealittle.co.nz/org/fairfood

WEST CITY AUTO GROUP LTD

"The ongoing, steadfast support of John Blewett at West City Suzuki, Westgate also needs special mention. Through thick & thin and now through Covid-19, John & the team have consistently supplied and maintained our hard working and beloved Fair Food vans. Without this assistance, many would go without" Veronica Shale from Fair Food.



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THIRTY YEARS IN THE VALLEY



The line-up of cars that have benefitted from WAER's expertise brought Henderson Valley Road traffic to a standstill.

WEst magazine was invited along to CPHBA member, West Auckland Engine Reconditioners (WAER) to view a great line up of cars and to meet with National Magazine Petrolhead's Alistair Davidson.

Back in 1990 Eric and Marion Livingstone bought an engine reconditioning business as a going concern. All the doom and gloom merchants reckoned they were mental and would go broke in no time, but the Livingstones had a cunning plan...

This year West Auckland Engine Reconditioners (WAER) is celebrating 30 years in business, which is a huge achievement and proves that Eric and Marion's decision to focus on American performance was the right call.

The couple bought the business when it was in Keeling Road, Henderson, with help from a silent partner. In just two short years WAER had outgrown that building, so the team packed up all its machinery and shifted to its current premises in Henderson Valley Road. In 1998 Eric and Marion bought out their partner and invested in high-end machinery to enable all work to be done in-house.

1998 also marked the launch of NZ Petrolhead



West Auckland Engine Reconditioners' fully equipped workshops ooze V8 goodness from every pore.

magazine, a free national magazine that as the name suggests, caters for enthusiasts who are into hot rods, muscle cars, classics, and motor sport. The synergy wasn't lost on Eric and Marion, who invested in advertising in that first magazine and haven't missed an issue since.

NZ Petrolhead publisher Alistair Davidson visited WAER in early June to interview Eric and Marion and photograph the surgically clean workshops for a '30th anniversary' magazine feature. Although Alistair and his business partner Shirley Haslam have been in constant contact with the WAER team over the last 30 years, Alistair wasn't aware of Eric's extensive history in the automotive industry.

"At age 12 Eric was putting parts on the shelves and sweeping the floors in the parts department at



Team photo, social distancing style: from left, Daniel Kiddie, automotive machinist, mechanic and workshop manager; Jim Rowe, A grade mechanic; Eric and Marion; Martin Hogan, automotive machinist; Shane Pitkethley, automotive machinist; and Dylan Cornfoot, mechanic.

Aikmans Garage, a Chrysler dealership and workshop in Putaruru," explains Alistair. "That was obviously the catalyst for a lifelong passion for all things Chrysler. He was given an apprenticeship at 15, made foreman at 20, and service manager at 21. He was there 16 years, then in '81 he worked at a Waihi Chrysler dealership. His career shifted to the Blue Oval when he joined Lees Ford as service manager, where he ran several departments and was responsible for 20-plus staff for eight or nine years."

Today Eric is still very much involved with WAER on a daily basis and is always willing to share his vast knowledge. The family business is a one-stop shop that handles engine and transmission rebuilding and modification (specialising in Chrysler); machining; fabrication; chassis and suspension; dynotuning; and general maintenance through to ground-up rotisserie restoration and modification.

You'd be right in thinking that Eric's passion for American V8s is one of the key factors in WAER's success, but in his typically modest fashion Eric gives the team the credit. "We've been lucky to always have good, passionate, skilled people," he says. WAER is a real Henderson success story; what started out as a small mainstream engine rebuilder has now one of most respected and skilled V8 Performance shops in the country.



Alistair Davidson from NZ Petrolhead (right) quizzes Marion and Eric Livingstone.

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