

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville

PROPERTY MARKET REPORT

FUTURE OF WORKPLACES

- Pet tips & advice
- Home & garden
- Community notices
- Food & beverage

GOODBYE WINTER HELLO SPRING

Circulation is 18,000 print copies.

Editorial contributions are free from cost. Advertising starts at \$75 plus gst for a business card size.

Contact John Williamson on 021 028 54178 or jbw51red@gmail.com

October 2016

Intro

Here we are with the Westerly celebrating its first birthday; the past year has raced by with so much of our local area brought to the attention of our readers. What better celebration than to read on page 12 about Graham's achievement in the context of the award for him and the team at Mike Pero Real Estate. It is thanks to him that the Westerly magazine exists as the sister magazine to the Kumeu Courier, and between them these publications provide a real support to our wider communities. Graham is a real example of full commitment both to work and the community.

As ever, this month features articles covering all facets of life in this corner of West Auckland, combining items to interest all age groups. We are once more reminded of those who keep our communities safe, the Police and Fire Brigade, and the need for individuals to appreciate that we can act as the eyes and ears to help these agencies by looking out for those around us, protecting ourselves, and passing on concerns when necessary.

I visit the Hobsonville Point Farmers Market regularly to enjoy the variety of locally produced foods available. An immense amount of time and skills contribute to the array of produce on offer. Try some yourselves, talk to the stallholders, enjoy your market. Take care and have a good October.

John,
Editor



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the Westerly

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Community notices

Monster Fireworks 2016

It's nearly time for the best fireworks display in the West! Monster Fireworks Display 2016 is just around the corner and again promises to be a fantastic family night of spectacular fireworks, delicious food stalls, fun festival rides, sky diving and more. Presented by Taupaki School and Bad Boy Fireworks this display is a wonderful community event for all ages. Monster Fireworks Display attracts up to 10,000 spectators to the Kumeu Showgrounds each year and the fireworks display by Bad Boy Fireworks is an impressive array of lights and colours. Parking is free and families can either enjoy a range of food vendors or pack a basket of goodies and set up their own picnic; either way it's a great, affordable night out for many with a Family Pass (2 adults and up to 4 children) costing only \$35 at the gate, or Adults \$15 and Seniors/Kids only \$5. So don't miss out on a fabulous night of entertainment, family fun and the best fireworks display in the West! Monster Fireworks Display 2016, Friday 28th October, gates open 5pm, Kumeu Showgrounds. For more information on "Push the Button" raffle and Sky dive auction go to www.monsterfireworks.co.nz. Taupaki School are seeking products/gifts to raffle at the Fireworks display, products could be gym passes, beauty treatments, restaurant vouchers to name a few. All proceeds from donated raffles products go directly back to the school. Please contact Gail McIntyre 027 532 0420.

SeniorNet West Auckland

Spring has finally arrived and with it the longer evenings of daylight savings which I am sure we all enjoy. However this time of year also brings us closer to Christmas and all that this entails. How about having a go at making use of all your lovely photos and making your own Christmas cards, calendars and photo albums as Christmas gifts? We are getting Snapfish workshops together to run during October/November. This has endless ideas for using your photos: the app is free to download and the costs involved in producing your works of art are very reasonable and the quality is excellent. So please give Pam or Shirley a ring to book your space and let us show you how to get the most out of Snapfish. We will also be running workshops for Facebook; Pinterest; Internet Banking; Word Processing; iP-hones and Security, Safety and Scams - just to name a few. For any of the above workshops and classes please ring our Course Co-ordinators Pam on 09 827 2156 or Shirley on 09 817 0540.

If you leave a message they will get back to you. Remember we have a monthly meeting at the Kelston Community Centre, cnr Awaroa Rd, Kelston on the 3rd Tuesday of the month and our classes are held at 67 Henderson Valley Road, Henderson during the day.

The AIMS games

Frozen hands and shivering bodies gather in a tight huddle. Hands raise to the sky in unison while our chant drifts among the opposing side. Heads raised high as the team walks on the field. Rolling gusts of wind still carry our powerful chant. The sky in deep shades of orange in its last light, while we gather ourselves. Soccer boots of all shades and colours spread out in their designated positions splattered with battle scars of the days before. A ball in the centre of the field reflects the sun in its orange glory as players gather in anticipation. A sharp blow of the whistle indicates the beginning of the game. Bodies clash with one another all aiming for the same prize. The prize is passed and thrown around the field until one team claims victory. As one team bathes in glory the other team neither wins nor loses, they learn. In the end both teams shake hands and ready themselves to play again another day.

Hospice West Auckland

Hospice West Auckland has been mourning the passing of Sir Graeme Douglas, their patron. Sir Graeme started Douglas Pharmaceuticals, having started the business making a few products from his community pharmacy in Te Atatu South and it grew from there. The company set up its first manufacturing site in the 1980s and began making generic medication. By the 1990s it expanded its focus to the export market and now makes 70 per cent of its turnover through exports. Sir Graeme was known for his generosity to charity and was a keen supporter of the community of West Auckland. Despite his growing business he found time to successfully compete as a weightlifter as well as in track & field events. He was one of the major sponsors of the Waitakere City Stadium and the field and all weather running



Susan Annett
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track bears his name. Sir Graeme also sponsored the Going West Literary Festival and was the major sponsor of the Guide Dog Services. He was a major benefactor of Starship hospital. He was knighted in 2010 for services to philanthropy and athletics and in 1988 was appointed a member of the New Zealand Order of Merit for services to the New Zealand pharmaceutical industry. Sir Graeme was appointed the Patron of Hospice West Auckland in 2006. The Hospice's kaumatua, Reverend Fred Holloway, offered the whakatauki "Kua hinga te tōtara i Te Waonui-a-Tāne," a great Totara has fallen in the forest, adding it was a great loss for Aotearoa. CEO Barbara Williams said she would miss Sir Graeme's advice and thoughtful contribution to Hospice West Auckland. "Sir Graeme graciously shared his encouragement, great leadership and support with me in my role as CEO, for which I am eternally grateful. He will be hugely missed by everyone." The picture shows Sir Graeme with Barbara Williams at an event to mark him becoming Patron.

The Little Vintage Party

Let The Little Vintage Party create a unique and magical setting for your child's next birthday. We have stunning boutique themed party packages for hire. All filled with gorgeous vintage furniture, natural resources, eco friendly tableware and enchanting costumes and props. Our parties are stress free being styled in your home and include delivery and pickup of equipment. We are a family owned and operated business located in Riverhead. We are super excited to have launched The Little Vintage Party early this year and will soon be opening a party show room in Riverhead on the 1st of October. If you have a child's birthday coming up and would like a magical party setting head on over to The Little Vintage Party Facebook page or Website to check out more of our boutique party themes. www.thelittlevintageparty.co.nz.



The Liquorice Land

The Liquorice Land has an amazing selection of nougat, fudge and liquorice with confectionary to suit every taste. Our products (both liquorice and non-liquorice based such as our fudge range) have proven to be a hit with individuals or businesses wanting to gift their staff and clients. Our products' uses are unlimited - personal treats; corporate gifts; gifts for clients/employees; Christmas, birthday, Mother's day or Father's day gifts; goodies for parties; wedding favours, etc. We visit offices for em-

ployees to buy at their convenience, so contact us if you want to bring these fantastic products to your workplace. Contact us also for wholesale enquiries- our nougat bars are very popular in cafes. We can be found every Saturday and Sunday morning at the Hobsonville Point farmers' market; at Coatesville market on the first Sunday morning of each month; at Craftworld Westgate all year round; and at many other craft and food events throughout the year (including galas). Our products are fresh, with a large and changing selection on offer. Our products are made by a New Zealand manufacturer using raw materials which we source from New Zealand as often as possible. Our products are produced to very high standards, and we maintain high hygiene standards consistently. Check out our website for our full range of products. You can make purchases online and make any enquiries there also. Check out www.theliquorice-land.co.nz or www.facebook.com/theliquoriceland Contacts: 09 442 5203 or 021 232 0397, theliquoriceland@vodafone.co.nz The Liquorice Land is a confectionary distributor for the New Zealand based company, New Generation Liquorice Int, who have been in business since 1993.

Smashing Promotions

Looking to wow your clients /staff this Christmas, or looking to fundraise for an upcoming event? Check out Smashing Promotions online Christmas Catalogue www.smashinggifts.co.nz/category/XMASCATALOGUE. A huge array of cool new products and a facility to earn commissions for your club or non-profit organisation. You will be impressed. Let us do the work and deliver you premium branded products without the hassle. Visit our showroom in the Waimauku village, or simply email sales@smashinggifts.co.nz or phone 09 412 6235. Act now – get sorted, save \$ and relax.

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Safercommunities

Waitakere Volunteer Fire Brigade

Recently Auckland Rural Fire celebrated the success of its fire fighters at an honours night. The Waitakere fire team were recognised with presentations for completion of national qualifications in rural and urban firefighting. These qualifications represent hundreds of hours of study and practical skills. Rubbish fires are probably the calls we dislike the most. We often found ourselves "dammed if we do and damned if we don't" because, if we found it necessary to extinguish a fire, we often wound up with a disgruntled person who lit it. If it wasn't breaking the fire regulation we often raised the ire of the person who had put the call in because we hadn't extinguished it. A simple guide for this summer: You can have an outdoor cooking fire such as a BBQ, hangi or umu or a heating fire such as a brazier. However only dry, untreated wood should be used and smoke must not be causing a nuisance to neighbours. Fires in the restricted fire season must have an Auckland Council issued fire permit. Please use the more environmentally friendly ways of disposing of your rubbish and be aware that all fires should be extinguished by nightfall. If a prohibited fire season is imposed during the summer all fires will be banned. If in doubt, check with Auckland Council by phoning 09 301 0101. Keep safe, Denis Cooper, Officer in Charge - Waitakere Volunteer Fire Brigade phone 09 810 9251.

Massey Police Station

Hi, I'm Aron McKeown! I'm the Sergeant in Charge of your local Station, the Massey Police Station. I am in charge of the Community Constables from Glendene all the way through to Hobsonville Point, so it's a pretty big area. We have some really exciting events happening in our area in the next few months with the opening of another Zone of the NorthWest Mall and more development in the extended Westgate Area. I've organised an 'Everyday Hero Event'. Everyday Heroes – free family event, Thursday, 6 October 2016 (second week of the school holidays). Time: 11am -1pm. At Te Pumanawa Town Square – NorthWest Mall (New Town Square). Attending will be: Police AOS – Armed Offenders Squad, St Johns, Police Dog Handlers, Fire, Booze Bus, Mobile Police Base, Police Search and Rescue, Speed Radar Gun – (to see how fast you child is), Massey Com-



munity Patrol, Neighbourhood Support, Team Policing & Paddy Wagon, Coast Guard and Surf Lifesaving – Piha, to name a few. Please come along and support your local heroes, have some fun and experience this great new town square. There will be a speed laser gun to see how fast your children really are, and also a colouring competition with the winner receiving a chauffeur drive ride to School in a Police vehicle. The main message I want to send is all about prevention of crime and most of all how we can all look after one another and how we can all really make a difference in our neighbourhoods. It's the same with vehicle crime – even when that vehicle is parked in your driveway please always lock your doors. I really want to endorse the importance of our Police Partners and the difference they make in our Community, particularly Neighbourhood Support and the Massey Community Patrol. I can't highlight enough how important these organisations are in assisting Police to ensure your community is safe. I applaud all of you that really want to make a difference in your community to join up to both of these groups. If you want be part of the great Massey Community Patrol please call into the Massey station or call Maree on 09 302 6400 and she can help you out from there. It's a great way of getting out there and being involved in the safety of our community. Police want to hear about what's going on in your neighbourhood - if we don't know, we can't do a lot about it. We don't monitor Facebook or other Social Media Sites so if you have something to report please don't hesitate to contact us.

A reminder

The Kumeu Police wish to remind the public to be vigilant in regards to their property. Lately there has been a spate of burglaries where sheds and out-buildings have been targeted, mainly in the Taupaki area. Please keep an eye out for any suspicious activity day and night and report it to the Police. This may include people driving up long rural driveways who may have made up an excuse to visit the property. If you have a phone or camera it is a good idea to take a photo, or note vehicle registrations and descriptions down. Otherwise it is essential to ensure your valuables are locked securely and that alarms are on and checked to make sure they are in good working order. Please take note of all your property serial numbers and identifiable features as we are often conducting search warrants and locating property that is obviously stolen. This property can then be returned and also the offender(s) can be prosecuted and held accountable for their crime. Please don't hesitate to call us on 09 412 5192.

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EXCITING NEWS!

helloworld Hobsonville will be opening on 26 September 2016. We are a fabulous bright new brand, and have access to exclusive deals and exciting specials. We would love to meet you in our new store and help to make your travel dreams a reality.

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InBrief updates:events

Hobsonville Land Company

Hobsonville Land Company recently invited a voluntary group called 'Community Fruit Harvesting' to harvest the fruit from fruit trees that are being removed (along with houses) in the former 'off base' housing area at Hobsonville Point as part of the wider Hobsonville Point development. The group picked about 6 boxes of fruit, weighing approximately 25kg each, of lemons and grapefruit. It was great to see this fruit harvested and being put to some good. Community Fruit Harvesting is a charity that picks unwanted fruit from backyards and orchards around New Zealand and shares it with those in need. www.pickfruit.co.nz Although it is sad to see these fruit trees going, fruit trees have been and will continue to be planted in parks at Hobsonville Point including citrus, feijoa and apples, accessible to the community. If you want to talk to Di Celliers, the coordinator, her contact details are: pickfruit@xtra.co.nz 021 228 9020. They are happy to come to private homes, even for just one tree.



Precious Imprints

Do you feel like you get caught up in the "busyness" of life & that in that moment you tend forget what's most important to you? Feel like the days, months, years are racing by, the kids are growing up WAY too fast & you just want to make it all stop? Yes? Then Precious Imprints Personalised Jewellery & Keepsakes can help. Wearing a piece of personalised jewellery from Precious Imprints gives you a sense of comfort. It allows you to stay connected to your family while you go about your daily activities. Hearing your pendants jingle as you race around, or catching a glimpse of your personalised ring while running errands, brings you back to what's most important to you - your family. Feel the connection & take comfort in having your family close, always. Visit our



website www.preciousimprints.co.nz & begin creating your very own piece of comfort today.

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For quality VW and Audi repairs and maintenance see the experts from Euro West Ltd. Serving West Auckland since 2000 this family owned and operated business specializes in vehicle servicing to VW/Audi factory standards, Computer diagnostics, Electrical fault finding and repairs, Brakes and suspension repairs, Engine and transmission and Immobilizer key programming. Rainer and Edith Zeltwanger, the company owners, have got some very exciting news. Their team has just been joined by German auto electrician Andreas Zickert. Andreas has a wealth of knowledge in fault diagnosis, vehicle electrics, modern can bus systems and even hybrid vehicle technology (Audi e-tron). Andreas worked previously at Giltrap Group in VW technical product support, Porsche technical support and training and as Audi technical trainer teaching franchise technicians from all over New Zealand the latest technology. Two first places in the New Zealand VW technician of the year competition are further proof of his outstanding ability. Euro West Ltd will continue to serve West Auckland with quality workmanship without the franchise dealer price tag. A courtesy car is available by appointment. Please visit their website eurowest.co.nz or call them on 09 832 0064, 021 266 3602 (Rainer), 021 255 4678 (Andreas) for bookings.



Featherwood Furniture

With a furniture market flooded with overseas variety, Ken Marshall of Featherwood Furniture still believes local is best. Apart from the obvious reason of reducing your carbon footprint, he knows that there is so much more to be gained when your furniture maker is situated 'just up the road'. The Featherwood Factory is located in the foothills of the Waitakere Ranges and while Auckland is its greatest market, they also send furniture all over the country. "We are able to deliver furniture ourselves within

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the Auckland region and quite often assemble beds and bunks for our customers," Ken adds. "There is nothing more satisfying than standing back and admiring a piece of furniture settled into a customer's home." He says that it is quite common for a piece of furniture to be custom made to fit into a specific space. "Now you just don't get that with a stock standard imported piece." Having made children's furniture for the past 20 years for the TomTomJak range (formerly Treehouse), Featherwood is able to repeat discontinued lines, match existing furniture, repair and repaint tired pieces or quite simply continue to make the styles that have remained popular over the years. "They're our patterns at our fingertips." Featherwood can turn an order around in 3 weeks - no waiting for shipments to arrive. The best service of all though, is the aftercare. If an item is not sitting quite right or maybe the family dog has chewed the handle, Featherwood will remedy the problem. They are prompt and reliable and will always find a solution.

Salty River Farm

Salty River Farm is a small farm beside the Whanaki River - a tidal arm of the Kaipara Harbour, raising goats for meat, genuine free range hens and a small amount of beef cattle. We bring to market our eggs and goat meat, our region's best lamb and beef



- and our range of preservative and gluten free sausages. Being a small farm, we can give our animals the attention they deserve. We are committed to producing happy, naturally raised animals who free-range our hills and flats. Our goat bucks are a New Zealand meat breed called Kikonui, developed to have good parasite resistance and strong feet in our (often) damp conditions. Salty River Farm goat meat is from animals under 18 months old. This ensures the meat is mild in flavour. Goat meat is lean, so is perfect to be cooked slowly in a Tagine, curry or stew. We started selling at the Hobsonville Point Farmers Market 6 months ago, and customers told us that a preservative and gluten free sausage that tasted great was hard to find. So we've developed a range of goat and lamb, and aged beef sausages that contain only meat and seasonings - no fillers or preservatives. Our sausages are really tasty and meaty! We source beef and lamb locally, enabling us to have a connection with the breeder - who are often our neighbours. All the animals we use are grass fed and free to roam paddocks. Brahman, Galloway, and Highland beef breeds are currently being used. All three are noted for their superior marbling, and the beef is aged for at least two weeks, so the meat we bring to market is full of flavour. Our friend Scott farms beautiful Southdown lamb, so that's where our lamb comes from. We use a small boutique ab-

attoir just one hour away - ensuring traceability and less stress to the animals. Salty River Farm is at the Hobsonville Point Farmers Market every weekend.

Planting for the environment at Hobsonville Point

A team from Jalcon Homes, Ockham Residential, Panuku Development and AVJennings recently joined Kaipatiki Project and Hobsonville Land Company at Te Onekiritia Point (Bomb Point) to plant 700 native plants in a bush area alongside Bound-



ary Road, an area popular with walkers at Hobsonville Point. Derek Craig, Restoration Manager at Kaipatiki Project, says "This area is one of the most important native forest remnants in Auckland. The Hobsonville Point coastal forest is the central stepping stone of native bush blocks that link Tiritiri Matangi in the north to Ark in the Park in the west as part of a region-wide action called North West Wild link. The increased habitat and shelter we are creating allows native birds to move across Auckland safely. With the increasing housing development going on in Hobsonville and Whenuapai this precious coastal forest is even more important for the long term wellbeing of Auckland's local native fauna. By planting up the coastal forest we are providing year-round food for native insects, lizards and birds and a safe diverse place for them to live in." A team of volunteers meets from 9 a.m. to noon on Wednesday mornings to propagate local native plants at Engine Bay Community Plant Nursery, Bomb Point Drive, Hobsonville Point, just along from Hobsonville Point Primary School. New volunteers are welcome. You don't have to live at Hobsonville Point to volunteer here. If you are interested, please email Derek at restoration@kaipatiki.org.nz or call 09 482 1172 or just come along and join our volunteer community.

Kip McGrath Education centres

As parents and teachers, we all know that some children just need that little bit of extra attention to their individual needs in order to keep up with the expected standards. These children benefit greatly from small group tuition by qualified teachers in a non-competitive and non-threatening environment. Some children also just need their confidence boosted, and the results of this are often surprising. Witness this comment from one of our very young students who initially lacked confidence and

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struggled in most aspects of his school work. "You think learning is hard – yes? But after you come to Kip McGrath you will change your mind. The teachers are nice, caring and awesome. Kip McGrath can help you with maths, English and reading. I have learnt as much as a person would in a year, and I've only been at Kip McGrath for just six months. The experience at Kip McGrath is worth trying. Like, if you are low in a subject, Kip McGrath can boost you up by miles. I learned that 'ea' makes the 'ee' sound and when you add 'ing' to 'try' you keep the 'y'. So go to Kip McGrath and become the smartest in your room at school. Come and visit Kip McGrath – you won't regret it. Kip McGrath Education Centres Westgate & Henderson, phone 09 831 0272 or 09 836 9061.

Ivy Cottage parties

Captivating parties at your place. Is your little one's birthday party coming up soon? Are you wondering what to do to keep the kids busy during the party? We can help! We'll bring our enchanted fun and games to your party and channel the children's energy into dressing up, magical stories and craft activities, treasure hunts and other fun activities that have been designed to captivate their innocence, creativeness and imagination. It's all about making your child's day extra specially magical and allowing you to sit back, relax and watch the children having a wonderful time! We'll come to your home (or chosen venue) for 1 or 2 hours and keep the kids absolutely captivated. We have 3 different packages and prices to suit your budget ~ and to make things even easier for you, we can even bring everything for the kids tea party. Our parties & events are suitable for boys, girls & adults of any age and we travel Auckland-wide. Book or enquire online: www.ivycottage.co.nz or email our friendly team: fairies@ivycottage.co.nz. Like us on Facebook! www.facebook.com/IvyCottageParties.



Hobsonville Point Cricket Program 2016/17 season

The Takapuna District Cricket Club's initiative to start up cricket in the Hobsonville Point area during last summer was a wonderful success thanks to the combined efforts of Hobsonville Point, West Harbour and Greenhithe residents, Hobsonville Land Company and Takapuna DCC. TDCC-HP project made some excellent progress through the Hobsonville Point Youth team taking part and performing well in the Auckland Cricket Associ-

ation competition. TDCC also organised coaching clinics at the Hobsonville War Memorial park to develop the game through Cricket Blitz and Have a Go Cricket. The beautiful Hobsonville War Memorial also hosted a limited over cricket game between the TDCC -Hobsonville Point Youth team against the touring Jan Jac District Cricket team from Melbourne. TDCC are committed to develop cricket in Hobsonville Point area further during this coming 2016/2017 cricket season with similar programs to last season. Please contact your local TDCC member Sandra Atkins on atkins@ak.planet.gen.nz or TDCC Director of Cricket Amita Weerakoon doc@takapunacricket.co.nz Phone 027 336 3363 for further information. November-December program details are as below.

Hobsonville Point Junior Cricket Program – Nov/Dec 2016 - Cricket Blitz Y7/8 & Y9/10 (suitable for new players). Wednesdays 4.00 - 5.30 pm. At Hobsonville War Memorial Park - Coaching by Takapuna DCC Coaches. Program dates: November 2nd, 9th, 16th, 23rd, 30th, December 7th, 14th. Cost: Free. This is a free service offered by Takapuna Cricket Club.

Have a Go Cricket (Y3/4) & Kookaburra Development (Y5/6) Program - Fridays 5.30 - 7.00 pm - At Hobsonville War Memorial . Program dates: November 4th, 11th, 18th, 25th, December 2nd, 9th, 16th. Cost: Free. This is a free service offered by Takapuna Cricket Club.

Takapuna-Hobsonville Point (Y8-Y10) team – Matches played every Saturday afternoon during summer as part of Auckland Cricket Association competition. Team coaching led by Tim Simmons and managed by Sandra and Ian Atkins. Point of contact: Sandra Atkins atkins@ak.planet.gen.nz. Subscriptions: \$100 (full season: November 2016 – March 2017).

School Visits and demo sessions – available on request at no cost. This is a free service offered by Takapuna Cricket Club.

These coaching programs are organised and managed by Amita Weerakoon, Director of Cricket, Takapuna District Cricket Club. doc@takapunacricket.co.nz Phone 027 336 3363.

GirlGuiding NZ

At GirlGuiding NZ our vision is that girls and young women in every community are inspired and empowered to turn their dreams into reality. To do that we need fun and



energetic volunteers to run high quality groups! You don't need any experience you just need to be someone who is good at building lasting relationships with children and families; enjoys planning and delivering fun activities to help girls thrive; wants to empower and motivate girls to be the best version of themselves; loves to get involved in the local community. There is a range of ways that you can get involved. You will be given free leadership training and all uniform is provided. We have groups

Special thanks

We have a number of pick-up-boxes in the area and we would like to thank the following companies for their support:

Countdown Westgate
The Warehouse Westgate
Mitre 10 Mega Westgate
Countdown Hobsonville
Countdown North West
Mike Pero Hobsonville



RYAN JACKSON

M: 027 498 6202. E: ryan@treehouseprint.co.nz

P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland

running all across Auckland so we can find somewhere that suits you. Alternatively you could start your own with a group of friends and we will support you all the way! Email Erica on erica.fishie@girlguidingnz.org.nz or call on 0800 484 331.

Bike Barn Westgate

Bike Barn Westgate, is one of 20 Bike Barn stores located right throughout the country making them part of New Zealand's largest bike and bike accessory retailer. Bike Barn Westgate are stockists of leading international cycling brands like, Merida, Lapierre, Marin, Kona, Redline, Radius and Rocket as well as importers of leading part and accessory brands Mavic, JetBlack, Michelin Tyres, Limar Helmets and much more. Get the Right Bike for You! Whether you ride a mountain bike, a road bike or a touring bike, bike to work or just for fun, at Bike Barn we'll make sure you get the right bike for you, at a price that suits your budget. Where and when you intend to ride, your cycling goals and any special health or physical needs you have are all important factors that we consider when we recommend the bike for you. We measure you up for the correct sized frame.



Custom made hats and t-shirts on sale

Summer is approaching fast and here at ASAP Promo we love putting custom-made branded hats on heads. Do you? What do you do for your staff or customers? We still have our most popular T-shirts on sale until the 30th of September. These shirts are priced from only \$6.95 + gst (unbranded). Many shirt colours are available and you can personalise these garments with any logo or design you want. Conditions do apply so give us a call to talk about what you want to achieve. To learn more about ASAP Promo and what we do, please visit our website at www.asappromo.co.nz, email us at info@asappromo.co.nz or find us on Facebook www.facebook.com/asappromonz. Telephone: 09 973 4352.

Not sure how to complain?

At the Citizens Advice Bureau in Massey we get many people who are not sure how to complain, or who to complain to, when they have a problem. There are some rules of thumb which will mean that you are likely to succeed with your complaint. Firstly you need to be clear in your mind about what the problem

is and what you want – within reason. You'll also need any information to support your complaint such as receipts, emails, photos etc.

Be calm and polite – its best to raise your issues in writing, as then there is clear proof of what's been said. If you can't reach agreement, then you'll need to look at going to the appropriate complaints body. For example – tenancy complaints, would go to the Tenancy Tribunal, complaints about your phone service would go to the Telecommunications Disputes Resolution Service, and complaints about electricity would go to the Electricity and Gas Complaints Commission. If you're not sure where to complain there is a Complaintline website www.complaintline.org.nz. Or you can contact us at 09 833 5775, or 0800 367 222 or massey@cab.org.nz. If you think you'd like to be part of the team helping people with problems such as this contact Barbara at massey@cab.org.nz.

Soljans Estate Winery

With the beautiful wedding season around the corner, it is the perfect time for those newly engaged couples to start searching for their ideal wedding venue. Soljans Estate Winery has a wealth of experience as a successful wedding venue and would like to showcase their stunning grounds at the Soljans Wedding Expo on Saturday 15 October 2016 from 10am to 2pm. Enter the architecturally designed winery that reflects their Dalmatian heritage, wander the surrounding home vineyard and experience the ambience of the rural setting. Come and talk to the dedicated staff about Soljans wedding facilities and gather contacts from recommended vendors. If you have any questions, please do not hesitate to email or call our Wedding Co-ordinator Brittany on 09 412 2824 or weddings@soljans.co.nz. Saturday 15 October 2016, 10am – 2pm. Soljans Estate Winery, 366 State Highway 16, Kumeu, Auckland.

Caitlin Smith

The Kumeu Arts Centre is running a series of concerts in the lead up to Christmas to assess the interest for further events next year. Kumeu is changing quickly and the expectations of an increased number of local events is also increasing. Caitlin Smith and Paul Symons will be playing some of their original songs at the Kumeu Arts Centre on 24th September at 7.45pm. So grab a bottle of wine and spend the evening listening to great original music. \$10 at the door. Caitlin is one of Auckland's best known jazz vocalists. Paul Symons lives in Kumeu. He played his first gig in his late teens in Dunedin. His first album "Spaceman" was released in 2005 to a warm response.



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People:places

Walk the talk



A national community service award sums up what Graham McIntyre is all about. The Taupaki resident of 26 years leads the team at Mike Pero Real Estate Kumeu and Hobsonville, and they definitely walk the talk. They earned the Mike Pero Real Estate national sponsorship and community involvement award 2015-16, presented recently. A key reason for the win is Graham and wife Gail's philanthropic approach with their monthly magazines the Kumeu Courier and the Westerly, the latter covering the Hobsonville-Westgate area. Their idea was to promote community groups, charity events and not-for-profit ventures, while creating an advertising vehicle to invest thousands of dollars in community activities. That ranges from helping local fire brigades and sports groups to individuals with health and welfare issues. The McIntyre's felt other media weren't giving local organisations and causes the support they often desperately needed. "So we give community groups free editorial and a photo in our magazines, usually around what they do and any events coming up," Graham says. The Kumeu Courier started six years ago with four pages and 1000 copies. Now it is 48 pages in colour going to 10,000 households and numerous drop boxes for people to pick up. It's a similar story for the 48-page the Westerly, celebrating its first birthday. "We set up the magazines not only to provide good value to advertisers but to provide a feel good factor, so that profits are invested back into the community," Graham says. Examples include helping with the planned planting of flowering cherries along State Highway 16 entrances to Kumeu-Huapai, underwriting a Kumeu Fire Brigade fundraising event for cystic fibrosis, donating money to the Waitakere Fire Brigade, investing in sports equipment for the Kumeu Rugby Club and sponsoring the season start for the West Harbour Tennis Club. Money has also gone to help sports people develop their talents, and to local people with major health issues. "It won't change the world but it will help a few people," Graham says. "It allows people to have a voice and for groups to work together to achieve more." Not just content with helping people through the magazines – and through Mike Pero Foundation grants – Graham takes an active role in his community too. He's

station officer and second in command at the Waitakere Fire Brigade – where he's one of the longest serving. Graham's also called when needed at Kumeu and is part of an Auckland rural firefighting international deployment team available to help fight major scrub fires in Australia and New Zealand. Graham coaches the Kumeu junior rugby J4 Black team, in which sons Jack, 10, and Ben, 8, play - named the club's team of the year. Graham's head coaching input alongside his coaching team was recognised as the team where acknowledged as the coaching team of the year. Both boys attend Taupaki School where Gail is Parent Teacher Association co-chairwoman. That means she's involved in the annual Monster Fireworks school fundraiser at the Kumeu Showgrounds. An example of Graham's overlap in various roles happened when he came across a car in a ditch on his way home from rugby. It involved a parent and player. He ensured they were OK before being summoned to the Waitakere fire station and returning to the accident in his firefighting capacity. Graham's firefighting side developed from when he spent about six years on the children's charity fundraising Variety Bash, where he was responsible for five fire engines. "I was filling a fire engine with water at the Waitakere fire station when they said I could have the water, so long as I joined their brigade." So began 14 years of involvement. "In a small community, it's what you do. I know that when the bells go someone needs your help." Perhaps some of the skills Graham has developed in that line come from when he served in the British Army Territorials, graduating to the parachute regiment. His publishing knowledge isn't new either. Graham was publishing manager at APN Holdings (Herald publishers) for some years and worked with Profile Publishing led by Reg Birchfield before that. He's been involved in publishing about 18 years now. Graham's sales career started when he left school in Auckland, working for Kingston Press then several other firms. After moving to Taupaki in 1990, Graham's seen many changes in the area. Most notable was the investment in flood protection. "We would have massive flooding about twice a year, until the council identified the bottlenecks and invested in improving the water flow." Graham founded the Kumeu Art in the Garden for Rotary project for charity and continues to work hard for the community. Email graham.mcintyre@mikepero.com or call 0800 900 700.



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REAL ESTATE

This page is sponsored by Mike Pero Real Estate, Hobsonville

Graham McIntyre • 0800 900 700 • 027 632 0421

Mike Pero Real Estate Ltd. Licensed REAA (2008)

AREA PROPERTY STATS

Suburb	CV	Land Area	Floor Area	Sale Price
Herald Island				
	945,000	809M2	180M2	1,225,000
Hobsonville				
	620,000	235M2	164M2	920,000
	760,000	187M2	182M2	935,000
	870,000	1119M2	320M2	1,725,000
	650,000	451M2	154M2	920,000
	510,000	0M2	126M2	699,000
	620,000	323M2	131M2	985,000
Massey				
	420,000	437M2	90M2	610,000
	530,000	1419M2	184M3	836,000
	430,000	654M2	100M2	749,000
	510,000	451M2	154M2	780,000
	325,000	860M2	70M2	510,000
	610,000	746M2	147M2	730,000
	730,000	460M2	229M2	865,000
	680,000	618M2	169M2	920,000
	450,000	617M2	100M2	715,000
	470,000	467M2	120m2	728,000
	540,000	1092M2	165M2	745,000
	625,000	484M2	228M2	884,000
	480,000	855M2	130M2	850,000
	465,000	704M2	180M2	650,000
	510,000	648M2	173M2	746,000
	480,000	721M2	90M2	700,000
	610,000	499M2	170M2	920,000
	550,000	605M2	164M2	850,000
	430,000	1156M2	170M2	725,000
	400,000	733M2	110M2	745,000
	550,000	735M2	160M2	800,000
	520,000	1158M2	140M2	855,000
	515,000	587M2	130M2	770,000
	530,000	826M2	150M2	886,000
	530,000	826M2	150M2	886,000
	480,000	665M2	118M2	770,000
	405,000	404M2	90M2	630,000
Royal Heights				
	460,000	743M2	130M2	706,000
	390,000	787M2	170M2	579,000
West Harbour				
	790,000	714M2	190M2	1,247,000
	425,000	658M2	80M2	811,000
	870,000	696M2	360M2	1,550,000
	440,000	1095M2	120M2	741,000
	530,000	728M2	100M2	819,000
	455,000	410M2	91M2	795,000
	720,000	809M2	110M2	1,205,000
	750,000	770M2	200M2	1,224,000
	550,000	447M2	110M2	905,000
	455,000	646M2	100M2	817,000
	500,000	714M2	190M2	956,000
	615,000	440M2	160M2	795,000
	455,000	1143M2	80M2	1,220,700
	660,000	587M2	160M2	1,072,000
	735,000	642M2	120M2	1,180,000
	520,000	146M2	46M2	816,000
Whenuapai				
	885,000	2529M2	190M2	1,660,000

“we’ll save you a minimum \$2000 commission and give you a \$6000 multi-media marketing kick start”

“We also provide statistical data, free from cost to purchasers and sellers wanting more information to make an informed decision. Phone me today for a free summary of a property and surrounding sales, at no cost, no questions asked”

Graham McIntyre
Brand & Territory Owner

Mike Pero | REAL ESTATE

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Every month Mike Pero Hobsonville assembles a comprehensive spreadsheet of all the recent sales in the area that reviews the full range of Residential and Lifestyle transactions that have occurred. If you would like to receive this full summary please email the word “full statistics” to hobsonville@mikepero.com. **This service is free from cost.**

Disclaimer: These sales figures have been provided by a third party and although all care is taken to ensure the information is accurate some figures could have been mis-interpreted on compilation. Furthermore these figures are recent sales over the past 30 days from all agents in the area.

“We charge 2.95% not 4% that others may charge” “We also provide statistical data, free from cost to purchasers and sellers wanting more information to make an informed decision. Phone me today for a free summary of a property and surrounding sales, at no cost, no questions asked” Phone 0800 900 700.

Market report with Graham

1 month of selling time before the Christmas slow down. A change in season always brings about interest in property, values, listings and buyer demand. The new Auckland Council plan and its associated boundary lines will in turn create change and opportunity. We sense that there is a calm before a storm of activity. The market is in constant change and we encourage you to consider the value that is represented within refurbished homes and that history dictates that it will never be cheaper to build than it is today. Let's see what the market has achieved this month: Herald Island residential from \$1,225,000. Hobsonville residential from \$699,000 to \$1,725,000. West Harbour residential from \$741,000 to \$1,550,000. Royal Heights residential from \$579,000 to \$845,000. Massey residential from \$510,000 to \$1,190,000. Waitakere lifestyle from \$330,000 to \$1,286,000. Whenuapai lifestyle from \$1,660,000. If you are considering a real estate change you would be well advised to talk with Mike Pero Real Estate because of some very clever and sensible offers: Your commission is very sensible (saving you thousands of dollars). A free marketing offer including TV, magazine, online, print exposure. Exposure to our extensive local, national, international buyer database. Service standards that revolve around you and your needs. Further to this we have a number of exclusive Trademe special offers and digital upgrades to ensure you get the very biggest marketing exposure with a very low commission rate. See more at www.grahammcintyre.co.nz or phone 0800 900 700. Mike Pero Real Estate Hobsonville - It's not about the talk, it's walking the talk. Licensed REAA (2008).

Spouting solutions

We are a family owned and operated company based in Auckland. With over 15 years experience in the industry, we have all your needs covered. Precision Roofing pursues in providing high quality work at a reasonable price. We use the highest quality materials to meet your home or businesses requirements as we understand that Auckland is prone to various weather conditions. Our team has attention to detail, so all our work is Precision quality. Precision Roofing provides complete spouting and downpipe replacement using your choice of Colour Steel or Marley products. Having a functional spouting system is important to ensure storm water is directed away from your home or business. Without a functioning gutter system you risk erosion of the foundation, and water seeping in through windows,

basements and so on. Precision Roofing will ensure the correct style and size of spouting and downpipes are installed for your property - whether it's residential or commercial. We will also ensure that the correct materials are being used for climate and sun exposure. Replacing the spouting and downpipes on your home or business will usually take 1-3 days, depending on the size of property. If your current spouting and downpipes are needing a repair or clean we can send an expert out to provide advice, a solution and a quote. Call us today on 0800 002 222 to arrange a free no obligation quote - we would love to hear from you.

Money matters

Are you self-employed and need a small cash-flow injection or looking to update plant or equipment? If so, I have access to a finance provider who specializes in unsecured business loans up to \$50,000. Applying for this type of finance shouldn't be complicated nor should you have to jump through hoops. My bank contact makes it easy and affordable, so call me for a no obligation and confidential discussion about your business needs. Phone 09 411 9251 or 027 411 9255 or email david@davidlloydmortgages.co.nz.

Electrical installations new builds

When is the best time to set up your electrics for the future? When building or doing a complete renovation. This is the easiest time to look at the use of the house and the footprint you wish to leave. We can install solar panels and batteries as well as inverters including generators if necessary to keep the power on when everyone else has none or just to run the water pump and save on your future power bills. The system can be customised to the extent that it can be disconnected from the grid at night using stored solar energy from the batteries to power the house overnight. It can then reconnect to the grid once this energy has been used up to recharge. Complement this with LEDs to minimise consumption and heat generation. Being fully-sealed, LEDs lose a minimum amount of heat into the ceiling space. At an estimated \$50 per lamp installed (dependant on size etc.), LEDs have a 25 000 hour life span so minimal changes to fittings over a 10-20 year period and a 90% less power consumption when compared to an incandescent lamp, it makes sense to start out with LEDs. We can also install alarms that con-



David Lloyd
Director

David Lloyd Mortgages Ltd
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nect to your phone so you can check the property at any time of day from anywhere with internet. Talk to us today about how to get the most out of your home now and for tomorrow. Phone Tony 021 772 756 or visit www.sparkn.co.nz.

Professional photography

We all know the old expression – a picture is worth a thousand words and if a photo is taken professionally then it can add thousands to the sale price of your home. Professional photography



is an essential strategy for many real estate agents because it can increase the likelihood of serious buyers choosing to attend an open home. The internet plays a huge role in real estate these days, with many home buyers going online to browse what houses are on the market. If you don't use an attractive, eye-catching image to entice buyers, then the battle is lost before it has begun. Being a visual medium, people will decide in a matter of seconds if they want to find out more information about a particular property and let's face it - if an image doesn't look appealing, then buyers are likely to give your property a miss. Just remember, real estate agents are hired to sell homes, not take photos. So while they may have a great camera, it doesn't make them a great photographer. Professional photography has the ability to inspire and allow potential buyers to visualise themselves moving in before they even walk through the front door. Photographers come with years of experience and training - they don't just take a photo of a room, but they highlight the best features of your property. One of the more common reasons for not wanting to invest in photography is the cost. A photographer will cost approximately \$200 depending on where you live in the country but if you think about it, it's a pretty small price to pay for a service that could increase your sale price by hundreds or thousands of dollars. Another reason we tend to hear a lot is because our sellers have a good quality camera which they think is capable of doing the job – well think again. Many people fancy themselves as a photographer because they have a great camera, but do they know how to take full advantage of that camera? Properly lit, high-resolution photos are the only type of pictures that should be used in a home marketing campaign and a photographer has the skills to use composition, colour and lighting to showcase the configuration of a home, enhance selling features and bring a room to life. When you list your home on the market, you will come up against a lot of competition who will have taken the time to invest in professional photography, so if you choose to run with photos that you took on your personal camera, then you are giving your home a huge disadvantage. Photos taken by an

agent or vendor can't measure up to the quality of images taken by an experienced photographer. So put your best foot forward and take advantage of what professional photography can add to the sale of your home. Mike Pero Real Estate phone 0800 900 700. Licensed REAA (2008).

Smoke alarms and insulation

The updated residential tenancy act requires landlords to provide smoke alarms and insulation on and from 1 July 2016. Smoke alarms are required in sleeping places – with functional batteries at the beginning of the tenancy. Thereafter, the tenant must keep the smoke alarm functional which includes replacing the battery. The new rules are intended to protect life and improve the quality of tenanted properties. As expected, there are significant fines which accompany non-compliance. There will also be insurance obligations given that fire alarms are an early warning to prevent loss of life and damaged property. A fire alarm which is not properly functional may undermine the insurability of the property. It may be appropriate for a landlord and tenant agree on a routine maintenance check on all fire alarms installed. The landlord must insulate the subfloor and ceiling over the habitable spaces of the property. The New Zealand standard for such insulation must be met. Conductive insulation such as foil appears to be banned (foil may conduct electricity). Luke Kemp – phone 09 412 6000 or email luke@kempsolicitors.co.nz.

\$75 = Exposure for a month

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 18,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at jbw51red@googlemail.com.

Graham McIntyre
LICENSED SALESPERSON
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7H Clearwater Cove, West Harbour
Asking Price \$788,000

Ahoy there! Unique opportunity to secure a rock solid, versatile and modern home located right by Westside Marina. Concrete slab terrace type townhouse with peaceful outlook to the Marina Esplanade, this two storey home offers flexible living arrangements. Two bedrooms upstairs with master arranged to access generous sized bathroom. Downstairs offers open plan living from the contemporary kitchen flowing to private spacious deck and fenced courtyard. A third bedroom also downstairs plus a large carpeted garage converted as another living space which could be returned to auto door garaging. New carpet, paint and curtains throughout. Catch the ferry to the CBD, launch your boat or enjoy the Marina restaurants and cafes.



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PICK OF THE BUNCH: SUPERB LOCATION & LIFESTYLE

4 1 2

By Negotiation

16 Meteor Road, Hobsonville Point
By Negotiation

Unique in every way, Hobsonville Point is a living example of a modern day community master minded from a forward thinking concept to stunning reality. Spread over 3 levels this spacious brick and cedar architect designed home offers versatile spaces to easily accommodate different living dynamics as well as including every feature you would expect from modern day living: 4 bedrooms, 2 bathrooms, 2 living areas. Media room or kids play room. Elegant designer kitchen with new appliances. Seamless indoor outdoor flow. Lock up auto garaging & off street parking. Private, sunny, low maintenance lock up and leave. Catch the ferry to downtown Auckland, buy artisan foods at the weekend Farmer's market, reserves and walkways by the inner harbour, enjoy the cafes and easy access to the water.



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EXTENSIVE MAINTENANCE OR POSSIBLE RECLAD TO REAP THE REWARDS!



By Negotiation

16B Ebony Place, Massey By Negotiation

Calling all builders, investors or developers - this house has water tight issues. Initial indications are that the house does certainly require maintenance and could benefit from a reclad. Elevated on a north facing site this 3 bedroom home offers wide harbour and city views from the upper level. Positioned up a ROW in a quiet cul-de-sac street in popular Massey West this property is very private. Open plan living, single car garaging with internal access and a unique opportunity to add value by restoring the exterior and improving existing kitchen and bathroom, make this a must view for the astute purchaser. Offshore vendor has enjoyed excellent rental return and now wants it sold. Thermal imaging report will be made available.

www.mikepero.com/RX885125



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Les Whale
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09 416 9600
les.whale@mikepero.com

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26C McEntee Road, Waitakere
Offers Over \$1,459,000

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www.mikepero.com/RX883782



Graham McIntyre
027 632 0421
09 416 9600

graham.mcintyre@mikepero.com



1603 SQM LAND - TWO DWELLINGS - OPPORTUNITY

4 2 2

Set Date of Sale

69 Royal Road, Massey
Set Date of Sale - 4pm, Tuesday 4th October 2016 (unless sold prior).

New planning guidelines from Auckland Council have delivered opportunity for an astute developer. A flat to gentle sloping section, with generous home, minor dwelling and separate garaging. The main home is set to the left of the section, an immaculately presented four bedroom two bathroom, two lounge home with extensive alfresco to elevated decking and views through the west. In addition a one bedroom minor dwelling delivers extra value/ income. An independent development report from Terra Nova, planners and surveyors is available to prospective purchasers. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX891433



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



SUNNY ELEVATED NORTH FACING HOME - TE ATATU SOUTH

3 1

Auction

17 Mickle Street, Te Atatu South

Auction - 1pm, Saturday 1st October 2016 (unless sold prior).

Located off a quiet cul-de-sac, set on 635 sqm section, north facing with views through to The Trusts Stadium. A delightful single level, brick and vinyl weatherboard home with good insulation and cosy woodburner. The home is open plan dining and lounge with easy access to impressive north facing decking attracting generous sun and providing a platform for excellent views. Three bedrooms and bathroom, WC off a central corridor. A separate, stand-alone office/ storage or workshop around 40sqm provides good options. The home overlooks a flat lawn, established fruit trees and easy care garden which is private and fenced. An excellent quiet and private home that is sure to impress.

www.mikepero.com/RX894954



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ABSOLUTE MURIWAI CLIFF TOP: RENOVATE OR REMOVE

2 1

Offers Over \$850,000

9 Ngatira Road, Muriwai Offers Over \$850,000

This large 1552 square meter section leads down to the Muriwai cliff top with viewing areas in place overlooking Oaia Island. The property features a 60 square meter two bedroom home moved on to the site in the 1980s, in need of some renovation or a great building site for that dream home. Nestled in one of Muriwai's most exclusive cul de sacs with views overlooking the Tasman Sea. Listen to the sound of the ocean and enjoy the amazing Muriwai sunset from your own cliff top location. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email ian.sneddon@mikepero.com.



Ian Sneddon
027 209 0789

ian.sneddon@mikepero.com

www.mikepero.com/RX823229

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KUMEU - HUAPAI FAMILY HOME - CUL-DE-SAC LIVING

4 1 2

Offers Over \$839,000

6 Tokay Place, Huapai Offers Over \$839,000

Set in a highly desirable family cul-de-sac location this brick and weatherboard home delivers easy contemporary living with significant alfresco to decking and lawn to the North. Entertainers open plan kitchen, dining area the home has living downstairs with guest WC, and laundry, while upstairs has four bedrooms, including en-suite and master and main bathroom. Generous 610 sqm section with rear fully fenced yard and attached single garage. The home is refreshed and presents to a very good condition and the neighbours within the cul-de-sac are community minded and inclusive. Close to parks, convenience shopping, café, primary school, sport fields and transport link.



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DO-UP OPPORTUNITY IN HUAPAI

4 1 1

By Negotiation

26 Pinotage Place, Huapai By Negotiation

Enjoy this 140m2 house as it is or you can add value by renovating. The property has plenty of space, large kitchen dining area opening on to lounge with cozy wood burning stove. Four double bedrooms and dedicated office. Single lock up garage with workshop and plenty of off street parking on this flat 810m2 section. Handy location in the center of Huapai close to all amenities. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email ian.sneddon@mikepero.com.



Ian Sneddon
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ULTIMATE LIFESTYLE PROPERTY - WAIMAUKU

6 2 4

By Negotiation

45 Ararimu Valley Road, Waimauku By Negotiation

Rarely will you find a lifestyle property with so much to offer. The main dwelling is a four bedroom 210sqm home and features beautiful polished floors which open out to huge decks overlooking the pool and garden. The second dwelling is a two bedroom 170sqm with great potential. These homes are surrounded by stunning gardens and ponds that feature amazing specimen trees and fruit bearing trees, figs, walnuts, hazelnuts, lemons, mandarins, blueberries, fejoia etc. Both homes and pool are heated by a state of the art central heating system. Water is drawn from an artisan bore which is bottled by a number of suppliers in the Ararimu Valley. Close to vineyards, equestrian and mountain biking facilities. Call Lyndsay today to arrange an inspection of this truly unique property on 027 554 4240.



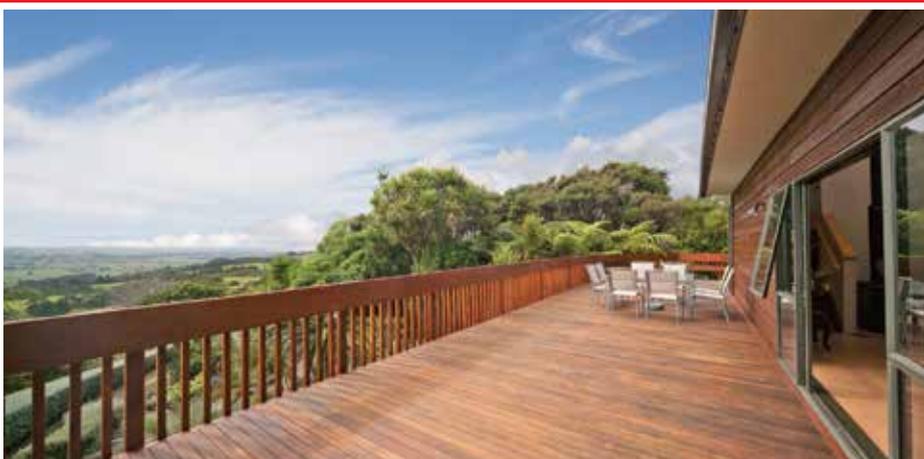
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PLENTIFUL VIEWS, CONTEMPORARY LIVING, GARDENS GALORE

3 2 4

Enquiries Over \$1,450,000

429 Kiwitahi Road, Helensville Enquiries Over \$1,450,000

Set on 1.4 hectares of unequalled and established plantings and garden, delivering enormous satisfaction to Owners and Guests alike. The property has a large amphitheater, formal walks within a range of beautiful and unique backdrops. Well acclaimed through Garden tours and regional competitions this could be the foundation for your new Wedding Venue (subject to the necessary approval) or maybe it is the good life you crave with this clean crisp air and the beautiful clear water that is drawn from the private deep water bore. The house was a finalist in House of the Year with Maddren Homes and offers a contemporary open living environment. Please email graham.mcintyre@mikepero.com for recent sales in the area.



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Susan Annett successfully sold our lifestyle property in Taupaki.

During this period, which was at times quite stressful, we appreciated Susan's excellent communication skills.

Her easy going personality and experience helped to put us at ease.

We were also buying our next property and Susan's advice regarding this was much appreciated.

We would recommend Susan to anyone who is considering selling their property.

Jan & Grant
Taupaki
Auckland



Susan Annett

021 345 788 | 0800 900 700
susan.annett@mikepero.com

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Home:garden

Standard iceberg roses and spring gardening

With spring underway, it is so nice to see the deciduous trees leafing up, along with the ever popular Standard Iceberg Roses. Awa Nursery currently has a good stock of these stunning Iceberg Standard Roses as well as some



Burgundy. These classics are looking great and are currently pruned into shape, with their new spring leaves increasing each day! Plant in a location that enjoys full sun. Early spring is the perfect time to apply a good slow release fertiliser to your existing plants ensuring bigger and healthier flowers. Regular dead heading will encourage more flower buds to develop. If you are developing your orchard, there is still time to plant fruit trees, feijoas, citrus and berries, and any other plants for that matter. It is a great time of the year to be planting, and your plants will be getting established before the dry summer months. Spray your stone fruit trees with copper to protect from leaf curl disease, and prune back your citrus after picking the fruit, to open up the plant for more light to get to the centre. It's also a good time to fertilise your plants and mulch your gardens to aid moisture retention over summer. Come and see us at Awa Nursery. Phone 09 411 8712 or visit www.awanursery.co.nz.

Dealing with moisture in homes

We will all have heard of "leaky buildings" and that some homes may be at risk - but what does this actually mean, and what can you do to manage moisture in homes?

Firstly, some facts on sources of moisture (as per Consumer NZ)

Source	Litres Per Day
Cooking (non extracted)	3.0
Clothes washing	0.5
Showers/baths	1.5 per person
Dishwashing	1.0
Clothes drying (unvented)	5.0 per load
Portable gas heater	1.0 per hour
Breathing (per hour-average)	0.2 per person
Respiration Breathing (sleep)	0.03 per person
Pot plants	what goes in comes out

*The average person can contribute up to 20 litres per day

These can have a major impact on the potential water, mold, and mildew content of a home but with a little thought and planning, this can be minimised to ensure your home remains dry, and as humid free as possible. Windows are commonly the first notification of potential excessive moisture because the internal moisture level is rising or the external temperature is dropping reducing the temperature of the internal glass. Always ventilate to exchange the internal/external air, and though it's tempting in winter to close off unused rooms, let the air flow through the house by not closing off rooms.

Bathrooms create excessive moisture, and are subject to mold so if you have an extractor fan then use it, if it is damaged then have it fixed as soon as possible. The cost for installation of a good quality extractor fan is minimal when compared to possible repairs of not doing so. A shower cap could be installed to contain the moisture, but the most effective method is to always open the bathroom windows when in use then continue the ventilation when finished by having a small flow of air via a locked but open window system.

These precautions include: installing a mechanical ventilation system, having good insulation in walls/ floors/ceilings, installing double glazing, replacing and recycling of inside air with external air, and installing a dehumidifier.

If you are considering selling your home, or simply want a no obligation appraisal, or a casual meet to discuss your property please call Les Whale on 021 411 345.

Hallway styling – must know tricks

There will be no hall passes for badly styled hallways! Hallway styling is easy! But before we smash into this month's blog, I thought I'd mention we still have a couple of tickets left for our up and coming paint colour workshop at Studio Black,



Riverhead. This event has previously sold out, twice! So get in quick and book your tickets for this fun-filled evening of wine, food, and colour! Visit www.loubrown.co.nz and hit the Colour Workshop tab at the top for more info and to book tickets.

Styling tip 1. Bench seats and hallways are a match made in heaven. Anchor your bench seat by placing artwork, a mirror or coat hooks on the wall above and don't be afraid to make a bold statement by going large and colourful! But don't just stop



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Director/Sales Manager

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there. Treat your bench seat like a sideboard and style it with stacked books, candles, urns, vases, cushions, baskets for shoes etc. You'll find some great inspiration on Pinterest for styling bench seats.

Styling tip 2. If you've got a fairly gloomy and dark hallway, draw light into the space by using a large mirror. Placing a mirror at the end of your hallway will also give your space a greater sense of depth. I just love oversized round mirrors with their curvaceous form that softens any space.

Styling tip 3. If you want your hallway to have x-factor, well-considered lighting is key. Do you have a storage unit that could benefit from a gorgeous overhead feature pendant? Or, do you have a feature wall that could be enhanced by a gentle wash of down lights? If you're an art lover, then go for a quality non-compact LED or fluorescent with high colour rendering (CRI 90+). Low colour rendering bulbs tend to misrepresent colours, making them less vibrant and more muddy, in particular, the colour red.

Styling tip 4. Repetition will make your hallway appear longer, whether it's a series of prints, a row of feature pendent lights or up lights dotted down the corridor. So, if you're trying to make your hallway seem more spacious, then repeat after me, repetition is key!

To view the full version of this blog with example images included, visit www.loubrown.co.nz where you'll also find more of my helpful interior design blog posts.

Also, if you're in the area swing by Studio Black, 1058 Coatesville Riverhead Highway. Our designer homewares store is open every Thursday and Friday 10am – 4:30pm.

Health and safety

The H&S at Work Act 2016 (HSWA) encourages a proactive ap-

proach to keeping people safe from harm but if there is a failure to do so then prosecutions or penalties may follow. This was always the case under the old legislation, however the penalties have significantly increased. It is important to note that insurance policies cannot be used to pay fines or infringements imposed. One offence is failure to comply with a duty under the Act. This could result in a company fine to a maximum of \$500,000 for not carrying out risk and incident assessments. If you compare this fine against the cost of a standard package we can provide for under \$1,500 (depending on the size of your business) then why wouldn't you consider putting in place some H&S systems? Call or email us to arrange an initial visit and no obligation quote, healthandsafety@losslink.net.nz or phone 09 837 1140.

Get the best out of your boat

Have you used your boat lately? If not, it might be in need of some TLC before summer. Regular maintenance is your best protection against common issues like seized steering, hard starting, water pumping failures and flat batteries. If you follow simple preventative maintenance you'll save on repair bills.



Contact GT Marine to receive monthly reminders to:

- Start motor and run for 15 mins
- Turn steering wheel fully for a smooth operation
- Trim motor fully up and down to reduce friction
- Operate control levers at full throttle in forward and reverse

All kids love to be outside



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Dan's Tips

October 2016

October is a great a month to set things up in the garden for a long, hot summer!

Organics: grow and eat healthy

- If you're into growing healthy food or you want to have a go, now's the time! Central Landscapes are really excited to offer Living Earth's organic certified Veggie Mix in bulk, an economic way to fill raised beds and planters, knowing that the soil in which your food is growing is chemical-free.
- And pick up some organic seedlings from your local garden centre or farmers' markets - they seem to have lots of interesting varieties - all timed to be ready to go in the garden now.
- Dan's recommendation - always liquid fertilise newly planted seedlings with a quality liquid feed, such as Living Earth organic certified Liquid Compost. It gives a good nutrient boost to the roots.

What can I plant now?

- Herbs that really save money are coriander and parsley, French tarragon and dill. Wonderful flavours for summer, they don't always last when bought in supermarkets and they're so easy to grow at this time of the year.
- Structural elements - create a bit of height and fun in your edible or your ornamental garden by adding metal plant towers or willow teepees. Plant sweet peas or nasturtiums that can be easily trained up the framework. Or, natural height is achieved by planting globe artichokes or sowing the seeds of tall sunflowers.
- Top of the list would be the summer vegetables that can be harvested in the months after Christmas. If you've got plenty of sun on your garden now, plant capsicum, chillies, zucchini and aubergines. Maybe try a cucumber from Labour Weekend on.
- Tomatoes are best planted with a stake that is around 1.8m high. Tomatoes are vines that grow quickly, particularly if you have decided to grow Sweet 100 - the cocktail size tomato.
- When we plant Supertoms, a variety of tomato grafted on rootstock that increases the growth and size of the plant, we need lots of space and plenty of stakes (or a wall) to anchor it. The benefit is lots and lots of tomatoes from this 'upsized' plant!

October is perfect lawn sowing time

- The most important aspects to sowing successful lawns are preparation (spraying out or removing weeds), the soil or mix you sow the seed into and the selection of the right lawn seed for the area. At our yards we have top quality lawn seed, starter fertilisers and that all important Ultra Lawn Mix to sow the seed into. Ask for our Prolawn leaflet that you can take away with you that will help you get started.



woolgro

Woolgro Lawn Mats

These are the Rolls Royce of lawn sowing, because all the hard work - seeding and fertilising - is already in the wool mat that you lay over your freshly prepared soil. No weeds to fight the lawn seed for space - all you do is water regularly! Visit us now to view the mats and talk to our staff.



Central's Exclusive Brazier Deal

We're helping you welcome in spring with a quality NZ made brazier deal, exclusive to Central Landscapes. Gather family and friends around this gorgeous outdoor fire and enjoy. In our yards from 01 October.



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gear (motor not running)

- Switch on all electronics, bilge pumps, lights etc.
 - Rotate winch handle and wind up or down jockey wheel
- Do not leave ear muffs left attached to your motor. This causes the rubber to crack and stretch which reduces water flow.
Contact George on 027 297 4832 or george@gtmarine.co.nz.

What you need to know about septic tanks

When purchasing a property a lot of people pay little attention and ask too few questions about the condition of the septic tank. People think that if the toilets flush and water drains from the sink everything is working fine, but this does not mean that everything will be working tomorrow. Be aware if you are moving into a house that is currently handling 1500 litres per day the system could be overtaxed if subject to twice that amount. If you have any concerns, there are companies who can inspect the system for you and advise you. You would also want to know how well the system is maintained - under normal circumstances a septic tank should be pumped clean at least every two years or so. In a properly operating system, the waste water from the house flows into the tank through the sewage lines. Once there, the solids fall to the bottom as the level of liquids rises. The liquid rises to the outlet port which is lower than the inlet pipe; it then flows out of the tank and into the distribution chamber. The effluent is then distributed into the drain field through perforated plastic pipes buried underground. Maintaining your septic tank system - Your septic tank system needs regular maintenance: some of this can be done by you and some will need professional attention. Why do you need to maintain? This needs to be kept up for the sake of your health and others in your neighbourhood. If your system is not maintained properly it can contaminate bore water, groundwater and other waterways by spreading disease and infection. Wastewater can contain a plethora of bacteria including campylobacter, salmonella, giardia and cryptosporidium to name but a few. Warning signs: Call an expert if: you notice a disagreeable smell, either from

your drains or from the soakage area; toilets are slow to flush or sinks and baths take a long time to empty; if bad smells come from toilet or drains; your soakage area is permanently wet. You can look after your system by the following: be careful what you put into your system. Limit the amount of laundry loads you do per day. Don't empty large amounts of water at once from such things as spa pools etc. Don't put strong chemicals into the system such as chlorine and bleaches. Don't put foreign bodies into the system such as tea bags, coffee grinds, plasters, paint, disposable nappies etc. Putting anything toxic into your system will impair the process of effluent treatment. Should you require any further information on this or any other Real Estate related questions please do not hesitate to contact Ian Sneddon at Mike Pero Real Estate Kumeu. Phone 027 209 0789 or email ian.sneddon@mikepero.com.

SPS Plumbing Services Ltd

Hi I'm Scott, the owner/operator of SPS Plumbing Services. I pride myself on high quality workmanship at a fair and affordable price. I am a Certified plumber with 11 years' experience. I do not charge a call out fee, have a very competitive hourly rate and also offer free quotes. I am based in West Auckland and will work in the greater Auckland area. I cover most aspects of plumbing and treat every job as if I was working on my own home. I strive for customer satisfaction and believe in getting it right first time. My services include - Full Bathroom renovations (I can organize the whole job including all other trades from start to finish), Kitchens, Toilets, Roofing and spouting, Solar systems, Water mains, Hot Water Cylinders, Burst Pipes, Dishwasher and washing machine installation. Scott Sutherland - Certified Plumber contact 027 430 0251 or 09 832 7267. www.nocowboys.co.nz/businesses/sps-plumbing-services.

Finding the perfect lifestyle block

In recent columns I have discussed the features you should look for when choosing a lifestyle block to suit your particular needs, such as grazing various livestock or combining that with say the ability to make hay or silage to get you through the leaner parts of the year. Now that spring is here and many of you will be looking at properties to buy, here is a checklist to help you choose the right property. Water - You can't farm without it, check the water supply. Are there sufficient tanks, does it have a bore or a stream? Fencing - Is the fencing in good condition, fencing can be expensive. Are the gates well hung? Is there electric fencing?

If fences were built well they are usually reasonably easy to repair. Soil - In this area we have good fertile soil, get a soil test, this cost very little and will give you an idea of what is needed

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to bring it up to scratch. Weeds - Keep an eye out for weeds. All properties will have weeds, if there is an infestation of noxious weeds this can cost you time and money to eradicate. Contour - If the block is steep will heavy livestock damage the pasture, flatter is better for heavy livestock and easier to work. Rolling country though can be cheaper and generally provides great views. Outbuildings - You can't have enough of them, they are expensive to build, are they suitable for your needs. Shelter - Does the block have shelter from the freezing southerlies or shade from the scorching sun, both livestock and pasture benefit from some protection. Yards - If you are planning to have cattle you will need yards, are the animal handling facilities adequate to your needs. All of these factors need to be considered when looking at a lifestyle block. An experienced Rural/Lifestyle real estate agent can help you make the right choice and ensure what you purchase is suitable for your planned lifestyle. Equally, if you are selling you need an agent who can explain the benefits your property provides and the value this brings to the purchaser. Call Lyndsay Kerr at Mike Pero Real Estate on 027 554 4240 or 09 412 9602 to help you buy the block that is right for you.

Stage managed but not staged

We are all familiar with the concept of staging a home in preparation for going to market. This almost always applies to houses that were rentals or not a vendor's prime place of residence and are devoid of furniture, art work and soft furnishings that can add colour, warmth and the wow factor to a home. Staging companies are reluctant to leave their furniture and soft furnishings in a house where people are living so for anyone feeling their own furniture is a little worn or dated there have been few

affordable options for owner's to dress their home for sale short of investing in cushions, throws, blankets and art. Given they are about to move to a new property, most are understandably reluctant to buy items for their present home when their new home is yet to be purchased or may have a very different design and décor. The great news is that there is now a new kind of staging company offering clever solutions to uplift tired décor and furnishings at a reasonable cost AND you get to keep living as normal in your home!

Stage It Yourself offers accessory packages for hire which are tailor made to uplift and perfect the look of your home. Not only do they supply the accessories they will also make recommendations on how to get your home picture perfect for photos and open homes - all as part of a \$50 plus GST consultation fee.

After your consultation you can take owner Frances O'Duffy's tips and suggestions and 'Stage It Yourself' or you can allow her to dress your home for you choosing one of her well-priced accessory packages.

Frances offers a full range of colour palettes including linen, pillows and covers for all size beds.

For further information on preparing your home for sale, the real estate market in general or for an appraisal please contact Susan Annett on 021 345 788 or susan.annett@mikepero.com.

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Build: New

Auckland's most awarded builders

During the 2016 Master Builders House of the Year Awards, Jalcon took out 9 awards from 8 entries, making Jalcon again the most awarded Auckland Builder. Among these awards, Jalcon's Cape Cod boathouse-style home, part of Jalcon's Pine Harbour development, took out not only a Gold Award but also the Local Category Award in the competitive \$650,000 - \$1 million category. "Winning this category is fantastic because it's the most difficult to win and gets the most entries in the competition," says Jalcon's Chief Executive Bruce McKinnon. "Winning a gold means the quality of build is as good as it could be," he says. "But to have the best built product in the category is so exciting."

The expansive kitchen, dining and living area feature lofty ceilings which extend through to a covered deck. The main driveway entry flows into the top floor living spaces, and all of the bedrooms are downstairs, providing an every-day holiday feel. Judges in the competition look for a quality finish, McKinnon says, along with the functionality of the design, and the way the property works with the landscape. Jalcon Homes is the lead partner in the Pine Harbour housing development and the winning house is one at the entrance to the marina on Jack Lachlan Drive. It provides an anchor for the rest of the current marina housing projects, as well as being part of the row of homes known as 'The Brae.' Designed by Stevens Lawson Architects, this group of homes was aimed at providing a stand-alone 'lock-up-and-leave' style home for people who spend long periods out on their boats or travelling overseas. "The brief was for something iconic," McKinnon says. "They came up with

the boatshed idea which was attuned to the area, featuring weatherboard and long-run iron." The houses have been cleverly future-proofed for a lift, which some owners have taken advantage of. "We targeted them to the down-sizing market providing plenty of luxury space," McKinnon says. These homes have been designed to fit perfectly in with their surroundings and the theme of the marina, even including a boatie's weather station in the kitchen. Visit www.jalcon.co.nz or phone 0800 52 52 66.

Signature Homes

Things are moving fast at Signature Homes Kumeu. We have some amazing opportunities at the moment. Our five architecturally designed terrace houses in the Hauapi Triangle are now available. These spacious 4 bedroom homes are all north facing with a private courtyard. Come in and see us to view the floorplans. Coming Soon. I have a truly spectacular site coming available soon on Te Atatu Peninsula. This is a waterfront site with views towards the Harbour Bridge. This site will be offered as an architecturally designed house and land package. If this sort of lifestyle sounds like you, get in touch with me as soon as possible. Kauri Grove: Also on offer is a house and land package available at the new prestigious Kauri Grove Estate. This is a 601sqm site with a single level



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sunny family home. www.signature.co.nz/house-and-land/rodney-west-north-west-auckland/seacrest-kauri-grove. Lloyd Hallett phone 021 175 1670 or email lloydhallett@signature.co.nz.

Rendering to reality

One of the first hurdles you face when you start planning your dream home is visualising the spaces. Traditionally you would collect together some images of things you liked and your Architect or Designer would produce some hand sketches and 2D plans to look at and try to visualise. This process would then be repeated a number of times as you refine your ideas and the plans. While this first step is critical in getting everything you want in your dream home, it can be time consuming and relies on you being able to visualise one dimensional plans as three dimensional reality. Seeing design in 3D is a whole lot easier and quicker. 3d rendering is rapidly changing both how you see your new designs and how you interact with them. Today, 3D rendering is used for analysis and approval in the building process. "3D rendering has completely changed the new home design process. Those who are not good with visualising plans find it so helpful seeing in detail how their house will look and function," says Paul Reid Maddren Homes. 3D rendering makes it simpler and quicker for architects and designers to try different design variations. Revisions and changes can be made quickly and efficiently. Changes are made in a flexible environment which means they don't involve having to start from scratch. Walk throughs, fly overs and video modelling can even show the effects the sun will have to the design of the home. "The advantages of video computer modelling are that the client gets to experience the full house and all the design features and structure that you miss between the usual still images. It also allows for solar modelling that portrays the design characteristics that have been included to further enhance the overall liveabil-

ity and efficiency of the home." Richard Furze Furze Architecture + Design. 3D rendering doesn't just shorten the design cycle though. A final design can now be viewed via the internet or captured on a USB for wider distribution to key stakeholders. Teams can work together to identify different solutions and find out what works best and the most efficient ways to build. Any feedback or changes can then be made to the original CAD file easily. Building companies have been using 3D renders to capture static renders of new homes for some time, but this new generation of 3D visualisation creates a whole new level of value. From design improvements to greater efficiency in the building process. If you would like to see how your dream home could be rendered into reality contact Paul at Maddren Homes on 09 412 1000.

G.J. Gardner Homes

Come on in and talk to us about building your dream home on a rural site! You may notice many new G.J. Gardner homes popping up in new subdivisions in and around Huapai and Riverhead, but we also have extensive experience in building large family homes on rural sites. Take a drive around rural Rodney and you will pass many well established country homes proudly built by G.J.'s. What's more, with the new Auckland Unitary Plan coming into force, which includes minor units as a permitted activity, it's never been easier to build your (and perhaps your extended) family home. Feel free to pop in and see us at our temporary office at 3C Matua Road, or visit one of our friendly, experienced New Home Consultants at our Showhomes located on Matua Road, Huapai or Pohutakawa Parade, Riverhead. Visit our website or give us a call on 09 412 5371 to find out what we can do for you.

Old Hands at Building Award Winning Homes

www.maddrenhomes.co.nz/awards



Food: Beverages

Pineapple and mango meringue pie

Sweet tart pastry:

2 cups flour

Pinch salt

¾ cup icing sugar

150 g butter

1 egg

Place flour, salt, icing sugar into food processor. Pulse till combined then add butter and process then add egg and pulse until it forms a ball. Wrap in glad wrap and refrigerate for 30 mins. Roll out pastry in between 2 sheets of glad wrap and line a loose bottom greased pie dish and prick with fork. Place in freezer for 10 mins. Bake in oven at 190° c for approx. 15 min until golden – remove from oven.

Filling:

1 tin crushed pineapple

2 peeled & chopped mangos or 1 tin mangos (strained)

¾ cup water

2 Tbsp custard powder

In saucepan place crushed pineapple and juice and chopped mangos and water. Bring to the boil. Mix together custard powder with a little water to form a paste. Stir this into the pineapple /mango mixture to thicken. Pour into pre-cooked base.

Meringue:

4 egg whites

5 Tbsp Caster sugar

½ tsp vanilla essence

Whip egg whites till very stiff then really slowly add caster sugar till well combined and glossy then beat in vanilla. Pile on top of pie filling covering all edges and fluff up to form peaks on top.



Bake for 10 mins at 190°C. Recipes supplied by Wedding and Birthday cake specialists Paula Jane Cakes. Contact Paula on 021 208 8604 or Jane on 021 273 6139, email info@paulajanecakes.co.nz or visit paulajanecakes.co.nz.

Peko Peko Japanese Takeaway

Daylight saving has started and finally we can see the summer on our way! We start our summer time trading hours for those working hard till late. Our trading hours are Lunch Tuesday to Thursday 11:30am to 1:30pm, Dinner Tuesday to Sunday 4:30pm



to 8:30pm, located at 92 Hobsonville Rd, Passion Produce vegetable shop car park. Let's enjoy more sunshine together! Phone order and pick up recommended. 022 431 3462.

Smoothies – good or bad??

One of the most common questions I get asked by women is “are smoothies bad or should I be having them more often?”

No, smoothies are not bad for you. Especially if you are not a huge fan of veggies/fruit, then this is the perfect way for you to get nutrients and more fun than eating whole foods you don't necessarily like. There are two answers to this question though. Yes, they can be bad & hinder your results IF you put too much into your smoothies or rely on smoothies only. What do I mean here? My advice is when making your smoothie, lay out the food in front of you and ask yourself this simple question “if I was to eat it in whole food (unblended) form, would I be able to eat it all?” If you cannot eat it in whole food form, then best to dial back on how much ‘food’ you are putting into your smoothie. It's not about filling the glass to the top, it's about getting the nutrients you need without over filling your energy tank aka tummy. The 2nd part to that answer, if you are simply drinking smoothies for multiple meals a day you are also depriving your body of other nutrients it requires to maintain & achieve the results you want. One smoothie yes, but remember to fill your body with whole foods too. Tip: Add some good fats into your smoothies e.g. coconut milk, almond milk, blended nuts (almonds/brazil etc), this will help you to feel fuller for longer & give you that much needed energy for your busy day too. Feel

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Kofte Kofte

The first original Kofte Kofte eatery established in New Zealand 2015, this eatery is very handy indeed in the heart of Hobsonville. I spent time with Ramazan, a genuinely lovely man that many refer to as a Ray of sunshine. Ray and his Kiwi wife Kerry have a background in cafes and restaurants over the last 23 years, and they wanted to provide a healthy food option in a takeaway, with cafe quality, in convenient options, generous portions, to take home and enjoy in the comfort of your home. Kofte Kofte menu offers balance and diverse range of healthy food options; grass fed New Zealand beef - lamb, free-range chicken, fish and vegetarian falafels are very nutritious and have all the ingredients for a healthy diet. A selection of drinks compliment the food with a mix of fair trade product sourced locally and shakes. Our philosophy is handmade, natural healthy food. Our

aim is simple – to offer our customers the freshest food using the finest quality ingredients at an affordable price. Our meat is sustainably sourced and cooked to order. Our vegetables are carefully selected and freshly hand cut daily on our premises. Our meats and salads are made entirely from natural ingredients and are great source of protein, fibre, iron, vitamins. Ray invites you to learn more about healthy balanced -diverse food options on their web site www.koftekoftenz.com. Open 11.30am - 9pm daily, phone 09 948 0500, Email eat@koftekoftenz.com

Bangers and beer 2016

The great Hallertau beer banger challenge returns for its fourth year. Half a dozen of Auckland's finest Butchers are given a different Hallertau ale to make a sausage with. Served on a platter from Oct 10th at the brewery when the public can vote for their favourite. Reigning and past champions return including Grey Lynn Butchers, Westmere Butchery & L'authentique.



\$75 = Exposure for a month

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 18,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at jbw51red@googlemail.com.

The Riverhead's winter deals

Monday Night **Local Pool Comp** \$5 to enter, cash prizes to be won! from 7pm in
A fun way to meet other locals | The Portage Bar

Tuesday Night **The Riv's Ribs** 'All you can eat' \$32pp from 5pm

Wednesday Night **Quiz Night** A great night for friends, family, young & young at heart with prizes to be won! Bookings Essential. from 7.30pm in
The Portage Bar

Thursday Night **Two for One Pizza's** Dine in only from 5pm in
The Portage Bar

Friday Night **Cocktail Night** Why go all the way to town? from 5pm

Saturday Night **Rugby on the BIG screen** from kick off time in
The Portage Bar

Sunday Afternoon **Sunday Live** Live music from 1-4pm. Free entry most Sundays. Bring the family gates open at 12 -5pm
in The Boat House

Call 412 8902 or email our team on book@theriverhead.co.nz

www.theriverhead.co.nz

Happy Hearts

At Happy Hearts – Riverhead Early Learning Centre we have recently completed our Olympic Games focus. Many of our children have never experienced the Olympics before so this was all very new and exciting. We held our own Olympics events starting with an opening ceremony where we painted and learnt about different countries flags, and creating events where the children participated in high jump over towers of blocks, discus using paper plates, shot put with balls of newspaper, rhythmic gymnastics with ribbons and music. We learnt how to show good sportsmanship, we had a tally of medals on the wall and we figured out that you have to do lots of practise to compete in the Olympic Games. The activities we did were a great catalyst for conversations at home, and lead to many children enjoying watching the games with their family, and cutting pictures from the newspaper to share with their class. As well as having great fun during our topic, there were many opportunities to discover more about the world around us, and gain an understanding of the people in it. www.happyheartselc.co.nz 09 412 7745.



For \$75 plus GST you can be exposed to over 18,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at jbw51red@googlemail.com.

Flippin' Fun Trampoline Park

Every child's favourite place in West Auckland has a new name. Formerly Dialed Indoor Tramp Park Westgate is now Flippin' Fun Trampoline Park. Situated opposite The Warehouse Westgate, passers-by on Fernhill Drive will have noticed the bright new signage out front but for customers it's business (or fun) as usual. 40 of the bounciest tramps around, basketball hoops, foam pit, wall tramps, parkour platforms, dodgeball court create an all-weather urban adventure playground for all ages and abilities. A range of classes include the popular Little Flippers (under 5s), Flip Class for those wanting to add to their skill set and to get that beach bod in shape, Flip Fit. Flippin'Fun provides an endless amount of fun for any kind of group! Great for all ages, sports teams, Scout groups, church groups, youth organizations, corporate team building, stag or hens nights or just a group of friends looking for something AWESOME to do! As a venue where kids can burn off that extra energy Flippin'Fun can't be beaten so we continue to be popular with schools and pre-schools. Call us on 09 833 6880 or visit our new informative website www.flippinfun.co.nz. Or, come on in to 19 Fernhill Drive, Massey and see our amazing new graphics and banners.



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Deciding to sell a much loved property is never an easy decision. Selling a home can be very stressful, but I was in excellent hands with Graham listing my lifestyle block in Taupaki. Graham's ability to market the property to its best strengths is due to his wide experience in the real estate business and knowledge of the area. He knows the market very well and provides straight forward and practical advice for a vendor. Graham has strong communication skills, commitment to the job and exceptional professionalism and expertise. His energy resonated throughout the process. Whenever I had a question whether by phone, text or email, Graham responded right away. He updated me after each open home and private viewing in detail. Graham constantly went the extra mile, and was extremely knowledgeable and professional throughout the entire process. I truly felt from the beginning that I could trust him and that he had my best interests at heart. I could not have been any more pleased and impressed, and I would recommend his services to anyone.

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Pettips:advice

Dog and Company

Based in West Auckland, Steve and Marianne Antunovich, and daughter Kirsty run Dog & Co, selling top quality and brilliantly unique handcrafted dog collars imported from the USA. You can make your beloved dog stand out from the crowd with one of these collars. There are styles for dogs of all sizes and personalities, from masculine sheriff stars and studs, to pretty hearts with Swarovski crystals. Kirsty is a pet photographer who worked at Sharrows kennels while completing her media degree at Massey University in Albany, and now uses her empathy with dogs and her awareness that each is unique to capture what you love most in your pet. She'll work together with you to come up with a session that will achieve this, while keeping them happy and comfortable. Meet them at Coatesville and Hobsonville Point Farmers Markets, where Kirsty sets up a dog photo booth and the collars are displayed for sale, or she can arrange a private photography session if that suits you and your pet better. Dog&Co officially launched at the Auckland Pet Expo at the ASB Showgrounds on the 24th and 25th September. Follow at www.dogandco.nz or on Facebook @dogandcoz.

Has my pet got toothache?

If you see your dog or cat pawing at its mouth, struggling to chew on one side, drooling or has smelly breath or mucky teeth, its highly likely that he or she is in considerable pain and needs a trip to the vet to be checked out! Considering how many clients tell me their pet seems a lot happier after they have been to see us and had their bad teeth sorted out its certainly true that our pets get toothache. It's often hard to tell how your pet is feeling, if only they could talk! At Dr Bobs Veterinary Clinics

we have ultrasonic descalers to remove tarter deposits building up on teeth. If left untreated, tarter build up can lead to eroded and inflamed gums and tooth root abscesses so early detection and treatment is vital, to keep teeth nice and clean and healthy and white. After we have given them an ultrasonic clean we polish teeth for a longer lasting protection. If we discover advanced dental disease is present, we sometimes have to remove dead and dying teeth. We also have a new digital dental xray unit, allowing us even more advanced examination of teeth where something is bothering your pet but a visual examination doesn't reveal anything obvious. We sometimes discover fractured teeth for example, particularly big dogs chasing sticks and stones, or a tooth that looks healthy on top, but the xray shows a tooth root abscess or dental decay hidden underneath. Even better than having your pets bad teeth treated is preventing this occurring in the first place. Encourage your new puppy or kitten to crunch on dry food as a lifelong diet of tinned food and pouches only predisposes your pet to bad teeth. We have Hills t/d, a pet food designed by a computer to clean your pet's teeth as they eat. This is on a discount offer at our brand new branch, Dr Bobs in Huapai/Kumeu. Introduce all new food gradually, mix a little in with usual food to start with. The good news is if your pet refuses to eat t/d there is a money back guarantee. There are other products that can help with dental care. Chicken flavoured tooth paste sounds horrible but some dogs and cats actually like having their teeth brushed and it is very effective at preventing dental disease. We also stock Aquadent which is added to drinking water and can be an aid to reduce dental disease. If you have any concerns about the health of your pet's teeth, ring Dr Bobs, the nurse's advice is free over the phone and they can book you in for a full dental health check by one of our vets if this is needed. Dr Ross Milner, B.V.Sc, MRCVS. Dr Bobs Veterinary - Kumeu and Huapai Clinic phone 09 412 7577 and Waimauku Clinic is 09 411 7575.

New rabbit bait traps – know your poisons

As many of us will know wild rabbits have been declared a pest under the Regional Pest Management Strategy in the Auckland Region. Councils are actively targeting rabbit numbers in urban parks




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and reserves in rural urban areas. The active poison being used is an anticoagulant called Pindone with chronic toxicity LD50* of 2.5 mg/kg for dogs, 3 mg/kg for cats, 50 mg/kg for adult humans. It is a second-generation antico-



agulant and they have made a few alterations to the mix, which are designed to improve safety features. The addition of Bitrex which makes the poison bitter is supposed to make the pellet poison inedible and consequently will be spat out by a cat or child. Remember that most dogs don't taste their food they gulp it so this may not be an effective solution for dogs. A blue dye has also been added which is not a deterrent; but if your child or pet has eaten the poison there will be staining around the lips, which could assist in the diagnosis. In any anticoagulant poisoning symptoms may include: Hypovolemic shock – because the victim is bleeding internally the amount of blood in the circulatory system is reduced resulting in chronic organ failure and death. Less severely affected animals may show signs of: Lethargy, Pale mucus membranes – gums, Deep breathing, Excessive drooling, Lack of appetite, Vomiting sometimes with blood in it, Bloody faeces, Bleeding from the nostrils and Abdominal pain. With any poison keeping your children and pets away is the ideal solution. Any baiting should be done in strict accordance with contractual obligations and the national best practice guidelines which states: Signage is placed at the entrances to all reserves where bait has been laid and provides relevant information as to what has been applied, control dates, antidotes and contact numbers. Never allow your pets to eat any dead animals they find as they may then get secondary poisoning. If you have any concerns or suspect your animals have eaten or been in contact with Pindone get them to your nearest vet. www.youtube.com/watch?v=CFz16NGfEDg. * An LD50 is a standard measurement of acute toxicity that is stated in milligrams (mg) of pesticide per kilogram (kg) of body weight. An LD50 represents the individual dose required to kill 50 percent of a population of test animals (e.g., rats, fish, mice, cockroaches).

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you and your dog and how you can build more respect, trust and understanding. After all you want a sound solution for the issues you are facing, not a band-aid. If you are busy and do not have enough time for your dog, TheK9Way's professional dog walking & sitting services will fulfill your dog's mental and physical needs. Book a free phone consultation or free Meet & Greet online at www.thek9way.co.nz or call us now on 021 239 0635. We speak dog, let us teach you to do the same!

Sniff play run repeat

These are pretty much the standard MO for the dogs that come and hang out at Waimauku Dog Daycare. We are now exclusively a dog daycare, sharing our 16 acre rural playground with dogs everyday. Something for everyone - huge paddocks to zoom around in, a watering hole to swim in, a swamp to stomp in, a forest to snuffle in and a cozy, fully insulated, double glazed den to laze about after all that fun! Your pal will go home happy and tired...It's all about your dog here, small numbers means no overcrowding or overwhelming and are fully supervised at all times. We back this up being certified in canine behaviour and care, canine body language and pet first aid for extra piece of mind. Super value for money with at least 7 hours of good old fashioned fun. Get in touch for a free evaluation today - all the details are on our website www.runplaystay.co.nz - check out the Facebook page and Instagram as well, or give us a call 021 266 6370.

Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai. Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats. Donations appreciated at thenzcatfoundation.org.nz/ donate.

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Health:beauty

Don't ignore high blood pressure

High blood pressure (or hypertension) is a medical condition that affects many New Zealanders. Interestingly, most people who have high blood pressure have little or no symptoms. Those who do, may suffer from a headache or dizziness. I have often diagnosed this condition during routine blood pressure checks, when a patient has visited the clinic for another reason. It is important to understand that it is normal for the blood pressure to rise in healthy patients during periods of stress. If the blood pressure is persistently high, however, it needs to be monitored and treatment is usually offered. Unless the first reading is excessively high, most doctors will formally diagnose this condition after more than one high reading, each having been measured on a separate occasion. Some people become stressed when they come to the doctor. This may cause an elevation in the blood pressure in an otherwise healthy individual. If this situation is suspected, the patient may be offered 24 hour blood pressure monitoring, where they are given a machine that checks their blood pressure at regular intervals during the day. This gives a more accurate result.

But why do we worry about hypertension? The main reason is the link it has to cardiovascular disease. This basically means that having high blood pressure can increase your risk of suffering from a heart attack or a stroke. If you have other risk factors for cardiovascular disease, such as a family history; are a smoker; or have high cholesterol or diabetes, then these all contribute to increase your risk. In addition to the heart and brain, high blood pressure can also affect other organs such as your eyes and kidneys. This is why it is important to treat.

Is there anything that can be done to reduce the risk of high blood pressure? Certainly exercise can help. Excess salt in the diet can also contribute to this condition. I have had some patients who have managed to reduce their blood pressure by implementing these lifestyle changes alone. Medication is usually offered to those with persistently high blood pressure. There are many different types of blood pressure medications which work in different ways. It is not uncommon for patients to be on more than one medication. As you get older, your blood pressure may increase, which is why it is imperative that you see your doctor regularly in order to keep an eye on things. Once the blood pressure has been stabilised, then three to six-monthly checks with your doctor are important. This is because your doctor needs to monitor for side effects of medications, check blood tests and make sure your blood pressure is within the normal range.

High blood pressure is a common condition. Controlled hypertension alone rarely affects a patient's quality of life. The prompt diagnosis and effective management of high blood pressure is important because it enables the patient to maintain a healthy body and prevent problems in later years. If you are due a blood pressure check, or you have any questions, don't hesitate to make an appointment with your GP. Dr Isabelle Duck is a GP and Urgent Care doctor at Westgate Medical Centre.

The dangers of spring gardening

The Olympics are over and it's time to peel ourselves up off the sofa. Spring has sprung and amateur horticulturists across the land are itching to get back into their flower beds and rockeries after a long winter of inactivity. Pruning, mowing and weeding can be as dangerous as competitive sports. After the relative hibernation of the winter months, forgetting that our bodies, like the gardens, need to be coaxed in gently and limbered up over a period of time, many gardeners overdo things and end up needing treatment for a host of injuries including gardeners' back, weeder's wrist and pruner's neck. The most common garden-related injuries are lower back pain, sprains and strains to ligaments and joints. Throwing yourself into the hobby, without a warm up, is as dangerous as an All Black returning to competition without training. Many people do not realise how far they have strained themselves until later, when the aches and pains set in and it is too late to do anything about them. So remember; before getting started, warm-up! Body-Balance Massage & Neuromuscular Therapy, taking care of the issues in your tissues. Call Debbie - 021 120 2175.

Life coach/hypnotherapist

Sometimes our belief system can have a good go at telling us why we shouldn't try something just in case we fail. If there is someone out there in the world doing what you are wanting to do or something similar, then there is a good chance it can be done. Imagine in your mind you achieving what you really want to do. Let your imagination take you through all your senses. Imagine that goal achieved, how would you feel? Who would be in that vision helping you along? Who are your support crew? Where might you have needed to get extra resources from? Once you have imagined achieving your goal, your brain already has had a pre-run on the goal. Write the goal down in a positive sentence. What obstacles might you need

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to overcome? Where can you get support? What is your time frame? What is your motivation? Does this goal sit in line with your values? Take yourself seriously, write down your plan, your time-frame. Revisit your goal every day. Pat yourself on the back for all successes big or small. For any obstacles, see them as learnings and something that is making you stronger, never give up. It is all there waiting for you. Kim McNamara Life Coach/Hypnotherapist www.lifesuccesscoach.co.nz Phone 027 978 5970. My client base is around West Harbour, Whenuapai, and Hobsonville areas.

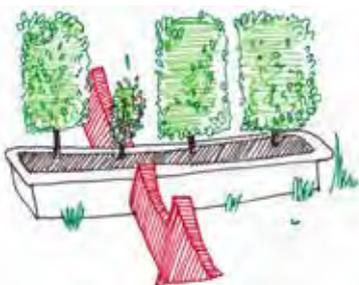
Why we wax lyrics at Shoe Talk about the Propét brand

This brand is designed to be functional and comfortable and support the foot as you go about your daily life. Some of the styles are downright funky and there are styles to suit all ages. There are specialist styles available to suit people with diabetes. Lots of styles have soft uppers which are lovely and comfortable for people with hammer toes, bunions, corns and other feet issues such as these. Propét is well known for its Travel Walker collection, I call these shoes my slippers and they come in a range of colours and are very versatile and funky! Propét has developed the patent-pending Rejuve footwear collection to bring revolutionary technology to foot care. Rejuve Motion Technology works by enhancing natural gait and helps to alleviate foot and lower body pain often associated with over-pronation and the improper functioning of the foot. Shoe Talk, 401A Great North Road, Henderson. www.shoetalk.co.nz.



Do you have stunted trees?

Have you ever noticed a line of trees or scrubs and then one is just not doing as well as the others? Have you bought trees or plants at the same time, given them the same fertilizer, planted them at the same time but one just didn't grow as well as the others? Or maybe none grew as well as they were supposed to. Did you know that Geopathic Stress (GS) affects the plants the same as it affects animals and us humans? If you notice that the plants or trees around you are not growing the same as the others or have distorted branches or limbs, there is a



high chance that Geopathic Stress is also present. For example Mint and Parsley...Mint likes the frequency of GS and parsley doesn't. Check out my book (What if it was that easy) or website for more info. www.clearenergyhomes.com. Nicky 021 545 299..

The pain free solution to unwanted hair

Oh so Beautiful is a home based salon located in a secluded purpose built studio in Swanson. Michelle is a fully trained beauty therapist and IPL hair removal technician offering a range of beauty treatments including massages, facials, nails, waxing and eye treatments. Michelle is passionate to offer her clients IPL treatments as her newest service. Using a top of the line New Zealand made machine, Oh so Beautiful is one of only four salons in Auckland who use revolutionary SHR technology- meaning your laser hair removal is virtually pain free! Oh so Beautiful is an affordable beauty salon with great services on offer. Call Michelle or find her on Facebook. Phone 021 931 731 or visit www.ohsobautiful.co.nz. Eftpos and online booking available. Book early to avoid disappointment!

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Massey Physiotherapy

As a well-established Physiotherapy clinic in West Auckland, initially opening its doors in 1985, Massey Physiotherapy has been providing high quality physiotherapy services to the Massey community and surrounding area ever since. The clinic is managed and operated by the highly qualified Maureen Betts, who has over thirty-eight years' clinical experience. Maureen and the team at Massey Physiotherapy are excited to welcome Elizabeth (Liz) Costabeber to join the experienced and dedicated team. Liz has only recently returned to Auckland after ten years working in Australia. Liz has a wide range of physiotherapy experience ranging from managing complex occupational and

mining injuries in North Queensland, to managing the Physiotherapy Department at Broken Hill Hospital in New South Wales. Liz is delighted to be back in Auckland with her family and is looking forward to getting to know the community. Liz has a special interest helping people regain function following injury or surgery. Liz enjoys seeing the progress her patients make throughout their recovery and assisting them to return to their normal lifestyle. To book an appointment and have Massey Physiotherapy help you manage your injury and improve your wellbeing please call 09 832 3619 or drop in and see us at 173 Royal Road, opposite the Mobil on the Run. If you would like to make an appointment to see Liz, mention the Westerly and you will receive a 10% discount off your initial appointment.

Gardening and your health

Gardening can be great for your health. It has been shown to help reduce stress, reduce the signs of depression, reduce the risk of dementia, it is a great form of low-impact or non-exercise movement and if you are growing fruit and veges, it can help improve your diet. There are also risks involved with lifting things, bending poorly and being in poor positions for prolonged time. If you do hurt yourself or have a few niggles, chiropractic care is a great way to get you back in good shape and back out into the garden. For more information and to read the full blog post on this, visit our website and blog, www.elevatechiropractic.co.nz. If you are wanting a checkup, call the clinic on 09 413 5312 to arrange a time. Elevate Chiropractic - Shop 1, 10 Greenhithe Road, Greenhithe.



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touch with Top Notch today! We are also currently offering \$10 off all massages for new clients. You can book online at www.topnotchmassage.co.nz or call 021 181 8380.

Are your feet getting further away from you?

With age, comes thicker and more brittle toenails making them harder to cut. We also lose flexibility, strength, dexterity and eye-sight making it difficult to take care of our feet. Higher rates of foot issues occur in those who are



older, obese, women and people with osteoporosis, diabetes, hip, knee and back pain. CJ Podiatry offers a convenient and friendly mobile foot care service in West Auckland by registered Podiatrist Carmen Whittaker. In order to stay independent and mobile call Carmen on 021 607 492 to arrange a personal 'one on one' consultation, or book online at www.cjpodiatry.co.nz. Discounted rates available to Hobsonville and Titirangi RSA members as well as Williams Street residents in Hobsonville.

New babies' gift range

We have been asked so often for gifts for littlies that we now have a special area devoted to gifts that will capture your heart. Beautiful quality and so appealing! Hobsonville Optometrists - Glasses and Gifts. 413A Hobsonville Road diagonally opposite Memorial Park. Open Monday - Saturday 9am - 5.30pm.



Do you suffer from headaches or migraines?

Headaches and Migraines are one of the most common complaints we see in clinic. Symptoms are extremely variable between people and can include, dull and aching pains, tightness/pressure around your head and tight neck and shoulder muscles. Nausea, aura, visual changes and noise sensitivity are also commonly experienced. There are many types and causes of headaches including; eye strain, hormonal, stress, whiplash, jaw problems/grinding teeth, sinus, dehydration, cervicogenic

(arising from tightness in the upper neck/back). And least commonly serious illness. Some tips to help: Keep a good posture and work station setup. Keep hydrated. Stretch your neck and upper back muscles regularly so they do not become tight and stiff. Book in to see an Osteopath. At the Body Clinic, we can help to reduce the frequency and intensity of your headaches by addressing any areas of muscle tension or joint stiffness and posture imbalances. We can also refer you to other health professionals if further investigations are necessary. If you need more advice or information please contact The Body Clinic 09 320 3803, info@thebodyclinic.co.nz or visit www.thebodyclinic.co.nz.

Goodbye Winter, hello Spring!

It's lovely to see the sun again and exciting to finally bring out those sandals that we've been hanging out to wear! Make sure to show your feet some love before bringing them out and scaring us all!! Even if it's just a nice fresh pop of colour on your toes, they will look a lot nicer and you will feel a lot prettier! Perhaps they need a total makeover, a skin peel and exfoliation can do wonders for that dry, dehydrated skin!! And if your heels are rougher than sandpaper you may want to think about a nice relaxing foot soak and heel file too! Whatever you want, our pedicures can be tailored to suit you. We know that some of you love to have your feet pampered while others hate their feet being touched! So we cater to you all. For more info or prices Contact Larissa Ph 027 407 2264 or you can message me via [Facebook.com/the PolishRoom](https://www.facebook.com/the PolishRoom).

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Small business tips: managing your debtors

Accounting software firm Xero released figures stating that in NZ only about 1 in 9 invoices issued by small businesses were being paid on time. In SMEs debtor management is a vital job that is often poorly carried out, resulting in perpetual debt problems. We recommend having a process for following up unpaid invoices promptly, such as sending an email reminder 2 business days after the invoice is due, followed by a phone call if there is no response within one week. Be aware that you don't need to offer the traditional "20th of the month following invoice date" as your payment terms – changing to "payment within 7 days" can make a huge positive impact on your cash flow. If customers admit to having difficulty paying consider letting them pay in instalments, or accepting credit card payments which are useful for providing credit while leaving the risk with the bank. Business owners should actively monitor their age of debtors and quickly take appropriate action to reduce it whenever necessary. Chartered Accountants Mark Foster and the UHY Haines Norton team are located at 329A Main Road, Kumeu. If you have accounting, tax or business finance enquiries please phone them on 09 412 9853 or email kumeu@uhyhn.co.nz.

Is your website successful?

A good website takes time and investment. Whether that investment is time or money depends on your own level of skills. Start small, be flexible and grow with your success. By being realistic with your expectations and making sure your web company understands them, you can deliver a solution that offers

you value and improves over time to deliver sustainable results. Websites are sales tools and need to offer value to your business. A good website offers a route to market for your information and products directly and quickly. So, with that in mind, your website needs to be built for the user, but, with your clearly defined business goal in mind. Whether you want them to buy there and then, sign up for a newsletter, or contact

you, your website needs a defined purpose and the appropriate build to fulfil that purpose. What is your most important "Call-To-Action"? Or what is the button you want them to press, the action you want them to take? All website paths and calls-to-actions should lead to delivering that goal. Here at Utopia we have put together a free guide to help you achieve success with your website. Go to www.utopia.co.nz/freeguide to get your own copy of the guide. We are based in Kumeu and provide website design, consultancy and app development to a range of businesses all over New Zealand. We can be reached on 09 412 2473 or michael@utopia.co.nz.

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NZs Future Olympic Competitors

The future generation at Country Bears Early Childhood Centre held our very own, unique version, of the Rio Olympic Games at the same time as our kiwi athletes competed in Brazil. Initially, the teachers introduced our tamariki (children) to the Olympics through the symbols of the Games. Symbols such as the Olympic rings, torch lighting, the spirit of the competition, medals, events and games, ceremonies and the bringing together of nations from around the globe. At the official opening ceremony of the Country Bears Olympics Games we came together as a centre and sang our National Anthem in both English and Te Reo Māori. The children then had great fun performing a haka.

An Olympic torch, made by our Bear Cubs, was paraded around the centre carpark, followed by the children from Junior Bears, Bear Cubs, and the Bigger Bears, and their teachers. Amongst the sea of international flags, it was a lovely sight to see the kiwi



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pride on all their little faces. Then the fun of the competition began! The track events were held on the nearby field and included sprints, sack races, potato and spoon races. The sandpit arena featured the field events which included long jump, high jump, shotput, and sand darts. On the mats we held balance beam and wrestling competitions. We were also very grateful to have a visit from the Riverhead Primary Kapa Haka group who performed to a delighted audience of children and teachers. At our closing ceremony we again sang our New Zealand National Anthem and presented each child with a Country Bears 2016 Olympic medal and certificate for participating in the games. We concluded the ceremony with a spirited Haka. "The most important thing in the Olympic Games is not winning but taking part; the essential thing in life is not conquering but fighting well." Pierre de Coubertin (founder of modern Olympic Games). If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual time, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our Facebook page: www.facebook.com/cbearsecc.

Being authentic vs being a liar

I overheard my 8yr old son and his two friends talking last week. 'Who's the funniest one here?' was the question asked. 'Quinn is,' they all agreed. Then, 'who is the second funniest'? After little discussion it was quickly agreed that Henry was the second funniest. It was then announced as absolute fact, 'Tai, you're not very funny.' Poor Tai was now lumped with the label of 'not very funny'. So now Tai has a choice he doesn't know he's making. He can ignore the comments and carry on with life unaffected. Or he takes it on board and lets his new label move in. Unfortunately, he will probably take the hard path because at 8yrs we don't know any different. Our brains are being unconsciously programmed. We are forming our identity. It's all guess work at this stage but a person who now has the identity of 'not very

funny' might be out to prove they are funny and becomes the joker in the group because to them it means social acceptance. Or perhaps they now steer well clear of any funny business and are afraid of telling jokes because joke telling is now potential social embarrassment. Either way they are doing themselves an injustice and being unauthentic. When we hold onto an identity that does not serve us we can't be present, we can't be real. My example is small but whether we are aware of it or not we all have an 'identity' which we affirm in our conversations and actions daily. We often adapt our behaviour when we are with others. We play roles. We please our partners or our bosses because of a need to keep the peace or because we fear we will lose their love or respect or we need them to think highly of us. When we fear we will not appear cool or the funniest or the most intelligent we are now being inauthentic. We will dress a certain way when we know we are seeing certain people. We often don't say that one truthful thing because it will make us look weak, or vulnerable. It's like having a guard up, a front. It's actually a form of lying.

When we do this, it's like pushing the real you, the true essence to the side. We are being the version of ourselves that's worried about getting it right or being liked. It's hard to make real connections when we are being like this. We can't have authentic relationships and when we are not being authentic it's hard for life to help us out. You get more of what you focus on. Where you put your energy expands - so when we are focussing on fitting in or pleasing others or being the funniest... what do you think we are getting back in return? We are telling the world with our energy that we are not enough the way we are... then life goes and gifts us a whole lot of scenarios in line with not being enough. If you want to know what you really believe about yourself, just look at your life. The bits you don't like are telling you all you need to know. People can't really hide. The state of everyone's life - the relationships, family or money stuff is a representation of our current thinking. Self-awareness is the key here. Can you take a closer look and catch yourself when you

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are being inauthentic? To be more present with your real self and being brave enough to be it is fun, and is how life is meant to be lived. Contact Anna for a session phone 021 555 658, email anna@thinkyourbest.co.nz or visit www.thinkyourbest.co.nz.

The herb column - turmeric

This herb is proving very popular at present and rightly so. The use of turmeric dates back over 3000 years to the ancient Vedic culture of India. It has a distinctly earthy, slightly bitter, slightly hot peppery flavour and a mustardy smell. Although mainly used in its dried powdered form, turmeric can also be used fresh, much like ginger. Fresh leaves of turmeric can be used to wrap and cook food. It is used to impart a rich yellow colour to foods. It is used in canned beverages, dairy products, cakes, popcorn, cereals, cheeses, margarines, mustards and other foods. It is used as a much cheaper replacement for saffron. It is a significant ingredient in most commercial curry powders.

The leaf oil and extract can also be used as sunscreens and bio-pesticides. Turmeric makes a poor fabric dye as it is not very lightfast, however, turmeric is commonly used in Indian clothing, such as saris. Medicinal Turmeric has been used for thousands of years to treat a variety of ailments. A potent natural anti-inflammatory it is used for the treatment of arthritis. A natural antiseptic and antibacterial agent, useful in disinfecting cuts and burns and speeds up wound healing. Studies have shown it can prevent the spread of some cancers and it may prevent and slow the progression of Alzheimer's disease by removing amyloid plaque buildup in the brain. It can also be a remedy for gastrointestinal discomfort associated with irritable bowel syndrome, and other digestive disorders. It is used to maintain a healthy liver and has anti-oxidant properties. It has been used as an anticoagulant for prevention of strokes and heart attacks. Some traditional healers use it for the treatment of cough, or cooked with milk, to treat asthma.

Turmeric tea recipe

1/3 cup / 80 ml good, raw honey
2 1/2 teaspoons dried turmeric
lemon

lots of freshly ground black pepper

Work the turmeric into the honey until it forms a paste. You can keep this on hand, in a jar, for whenever you'd like a cup.

For each cup of tea, place a heaped teaspoon of the turmeric paste in the bottom of a mug. Pour hot (but not boiling water) into the mug, and stir well to dissolve the turmeric paste. Add a big squeeze of juice from a lemon, and a good amount of black pepper. Enjoy! Stir now and then as you drink so all the good stuff doesn't settle to the bottom, or top off with more hot water as you drink it. Turmeric can be taken in powder, drops, tincture or pill form. Turmeric can be used regularly in cooking to maintain and promote health. Learn more about Herbs. Join

your local group. Hobsonville Herb Group (and surrounding areas). Phone Diane 021 135 9613 or hobsonvilleherbgroup@gmail.com.

The future of workplaces

Ever think about what cave men and women did for work? There must have been work, because people have always needed shelter, to eat, and to empty the dishwasher. But you can bet that whatever work they did, they didn't do it for money (it wasn't invented).

The things today's researchers are finding out about why we work, are that what makes us go to work (and stay there) has 'the money' in second or even third place. The real reason we go to work is for the feeling that we are doing something worthwhile, the respect that comes with that, and the collegiality that goes with it.

Don't get those things from your work? You aren't alone. According to a recent Gallup poll only 13% of people around the world feel engaged by the jobs they do. 33% of people plan to leave their current job within six months!

But all the signs point to change coming. There have never been more non-traditional sources of work available to us in part because the internet and smart phones mean distance is no barrier to doing business.

Smart employers are realising that to retain great employees they need to offer some of the benefits of the go-it-alone work style. Collaboration between workers, flexibility of work place and time, and valuing employee's ideas make for more productive and happy workers and workplaces. If this appeals to you, why don't you challenge your employer to see what flexibility they can offer?

A case in point is law firm Henderson Reeves, with its mobile 'satellite' office now operating from Muriwai to Mt Albert and beyond. Having a mobile office shakes up the traditional lawyer model of staid legal offices and expensive overheads. Lawyers Taina Henderson and Shelley Funnell love the flexibility and going out to see clients at their work, home, or even in a café.

Responsive and productive lawyers means great legal advice without the expensive overheads. We do all areas of the law, we're friendly and local - if you need us phone 09 281 3723.

Coach touring on sale for Europe 2017

We all expect now that River Cruises have an air deal attached and this year is no different with all the major river cruise lines putting deals out. Now Trafalgar, Contiki and Insight Vacations have joined them offer a flight credit of up to \$1800 depending on the value of the tour that you book OR you can save up



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Carolyn is opening the new helloworld store at Hobsonville on the 26th September so you can call in and see her there or by contacting her on the numbers below.

There are travel specials being released all the time, if you would like to join Carolyn's mailing list, let Carolyn know by email carolyn@LHC.co.nz or phone 09 416 1799.

Dressage Waitemata rider training day

Dressage Waitemata put on a day for riders after Robin Potter and Judith Cunningham were "spurred" into action after the panel discussion held at the Committee Meeting day of Dressage NZ Conference weekend. The area is very fortunate to have these two Judge Mentors, and so it was relatively easy to set this day up as part of our annual Winter training sessions. The judge mentors worked together with a trainer. The trainer chosen was Jill Flyger. Jill trains local riders and has trained her daughter Chanel from lead rein ponies through to Prix St Georges level on two different horses. Jill has trained many horses for herself over the years, currently rides at PSG level and also has a very nice young horse in the early stages of training.

The format of the day was structured so each rider was allocated 40 minutes. They worked-in alone, as they would at a competition, then rode their test. Both judges scored it – and Jill, the trainer, watched and listened. The judges made comments after the test – and then Jill took the rider aside to work on a few key areas. The rider then rode the test again, it was scored again, and final comments were given to the rider.

The first three basics of the training scale were kept firmly in mind in discussions and in the training tips Jill gave. She also worked on horse and rider posture, which with all the riders made quite noticeable improvements.

There ended up being too many applicants for the available places – which were limited to 10 for the day. Overall the day was a resounding success with the riders ALL improving by at least a mark in most movements, and generally gained a mark more in each of the final assessment summing up marks.

As the format was so popular, the group will look at holding another day for the riders who missed out and others who are keen.

Bridge playing winners

Vanshita and Richard (pictured) are Waitemata Bridge Club members who recently presented NZBRIDGE Certificates. Vanshita with a Local Master Certificate (second step), and Richard with National Master Certificate (seventh step). As you can see members of the Waitemata Bridge Club are varied in age and experience in Bridge playing! In 2016 we installed electronic Bridge pads to keep our club up to date with Bridge Scoring technology. Results are transmitted directly from the playing table to a computer and are available at the end of play. The results are then posted on our website. We are a nice social

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friendly Bridge Club who would love to see you. Play is Monday & Wednesday evenings from 7-30 to 10-30pm, and Tuesday & Friday morning from 11 to 2-30. If you need a refresher first, come to Easy Going Bridge on Thursday (10am to midday). Bridge is a great card game that keeps your mind active no matter what your age. For young and old, bridge is a great way to spend time with others and enjoy a good game of cards. The Waitemata Bridge Club is situated in Covil Park at the end of 56 Covil Avenue, Te Atatu just off SH16. For information about lessons call Ken 021 615 626 or email us at waitematabc@xtra.co.nz. Visit our web site. www.bridgewaitemata.co.nz.

Saltbrothers Racing

After two years of not being able to race due to rain and poor salt conditions Saltbrothers Racing NZ, (Corey Bertelsen - rider, Mikey Bertelsen & Carolyn Goffin - support crew) were back at Bonneville Salt Flats in Utah USA with not one but two bike to see if we could achieve more land speed record titles. This year we had the RMC Water Valves 250cc and the Hideaway Bins 350cc. First up was Speed Week -the first racing event we attend at Bonneville. Unfortunately things didn't go to plan. After our 2nd run with the already proven 250cc we blew up the engine beyond repair! This left us with the 350cc which had never been raced at Bonneville and there were a lot of unknowns with this bike. The first two days saw increasing speed with each run and then all of a sudden we started losing speed. The race week went on and we were getting squeezed on the amount of days we had left to make changes and try and figure out what was happening with the bike - waiting in long queues to make a run and time taken to work on the bike. We got close to current record but simply ran out of time to achieve the run we needed to break it. We had a week after Speed Week to work on the 350cc some more before the AMA US Nationals race meet started. We did some testing prior to the first race day and managed to find the problem for loss of speed - our power valve wasn't opening properly - an easy fix luckily! On the first run at the AMA US Nationals we ran the 350cc in the 500cc sidecar fuel class, (you need to add 60kgs ballast for the sidecar records) and we managed to break the record! This meant we qualified to do a back-up run. This gives you the average speed which is deemed the new record. We took 10mph off the standing record but knew we could go faster so we did another run on the same record to ensure we had a the best time we could and secure that record for Saltbrothers Racing NZ! That final record being 102.702mph - up 15mph on the old record! We then changed from fuel class to the gas class and broke that record too - clocking up an average record speed of 101.289mph. We were so stoked with what we had achieved on a bike that had never been on the salt before! Most people race at the iconic salt flats for years and years and never achieve what they have their hearts set on. Saltbrothers Racing NZ would like to thank Hideaway Bins, RMC

Water Valves, Harcourts, Swift Cargo, Property Press, Colemans, Suzuki and Brand-it Plus - we would never be able to manage any of this without their support and thanking them is the least we can do. They believe in us and we are proud to bring home racing success for not only them but the rest of New Zealand. Corey and the Saltbrothers Racing team.

West Harbour Tide Chart

Date	High	Low	High	Low	High
Sat 1 Oct	-	02:080	08:33	14:25	20:47
Sun 2 Oct	-	02:50	09:14	15:05	21:28
Mon 3 Oct	-	03:29	09:54	15:43	22:06
Tue 4 Oct	-	04:06	10:31	16:21	22:43
Wed 5 Oct	-	04:42	11:07	16:59	23:20
Thu 6 Oct	-	05:19	11:45	17:38	23:59
Fri 7 Oct	-	05:57	12:24	18:21	-
Sat 8 Oct	00:39	06:38	13:07	19:07	-
Sun 9 Oct	01:22	07:23	13:55	19:59	-
Mon 10 Oct	02:10	08:14	14:49	20:54	-
Tue 11 Oct	03:04	09:13	15:48	21:52	-
Wed 12 Oct	04:04	10:16	16:47	22:50	-
Thu 13 Oct	05:06	11:17	17:43	23:46	-
Fri 14 Oct	06:07	12:14	18:37	-	-
Sat 15 Oct	-	00:40	07:04	13:07	19:29
Sun 16 Oct	-	01:33	07:57	13:57	20:21
Mon 17 Oct	-	02:24	08:49	14:48	21:12
Tue 18 Oct	-	03:14	09:39	15:38	22:04
Wed 19 Oct	-	04:04	10:30	16:29	22:56
Thu 20 Oct	-	04:55	11:21	17:22	23:49
Fri 21 Oct	-	05:46	12:14	18:17	-
Sat 22 Oct	00:43	06:39	13:09	19:15	-
Sun 23 Oct	01:38	07:35	14:07	20:16	-
Mon 24 Oct	02:37	08:36	15:07	21:19	-
Tue 25 Oct	03:37	09:40	16:08	22:20	-
Wed 26 Oct	04:39	10:43	17:06	23:18	-
Thu 27 Oct	05:38	11:41	18:00	-	-
Fri 28 Oct	-	00:10	06:33	12:32	18:50
Sat 29 Oct	-	00:58	07:22	13:18	19:36
Sun 30 Oct	-	01:42	08:07	14:00	20:18
Mon 31 Oct	-	02:22	08:48	14:39	20:59

Source: LINZ

Daylight Saving: Please note that tide times have been corrected for daylight saving time.

Disclaimer: MetService and LINZ accept no liability for any direct, indirect, consequential or incidental damages that result from any errors in the tide information, whether due to MetService, LINZ or a third party, or that arise from the use, or misuse, of the tide information contained in this website.



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