

# the **Westerly**

FREE monthly community magazine for Massey to Hobsonville

March 2016

## PROPERTY MARKET REPORT

## BUYER BEWARE

- Happy habitat
- Home and garden
- Local clubs
- Marble cheesecake

## SPOTLIGHT ON WAITAKERE TOWNSHIP

Circulation is 12,000 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@googlemail.com](mailto:jbw51red@googlemail.com)



# Intro

A couple of generations ago this area of West Auckland was deep in the countryside, removed from the bustle of Auckland. The improvements in road transport have transformed access to the area, yet away from the spread of new housing, one can still find unspoiled countryside a short distance from the noise of the traffic. This month we focus on that gem of the Ranges, Waitakere Township.

The March edition of the Westerly offers our readers a wide range of ideas and advice to get the most out of the enthusiasm of community members offering their skills and experience. There are tips to improve the image and scope of your business, together with a vast array of ways to fill your leisure hours. There are clubs for all age groups, with ideas for nurturing your health, boosting your looks; and putting you right if things are out of balance. Are you a person who likes to browse the property pages? Find out what is happening to the market in this area, take the opportunity to de-clutter and smarten up your home to sell and move on, or just a seasonal tidy up! Don't overlook your garden! Thinking of a trip to the wild west coast? Check out our newly featured tide chart.

Enjoy your community magazine!

John,  
Editor



# the Westerly

March 2016 issue

4	Community notices
6	Safer communities
8	In brief - updates
10	Plant Zero
12	Local cyber talk
14	Property news & advice
16	Area property stats
22	Health & beauty
26	Area columnists
28	Local clubs
30	Pets tips & advice
32	Insider Waitakere Township
35	Marble cheesecake
36	Home & garden
39	Rugby club

### Questions and feedback:

**John Williamson**  
P 021 028 54178  
E jbw51red@googlemail.com  
W thewesterly.co.nz

Cover Shot: Waitakere Township

Print run is 12,000 copies through Treehouse Print  
Email database is managed by Sublime NZ

**Kiwi SPANNZ**  
NEW GENERATION BUILDINGS

- Locally Owned and Operated
- Designed and Engineered in NZ for NZ Conditions
- Quality & Honesty with Zero Limits
- Any Building to Suit your Height/Length/Inclusions
- Your Entire Consent Process looked after for You
- Up to 30m Clear Span & up to 7m Stud Height

**SHEDS, FARM & LIFESTYLE BUILDINGS  
COMMERCIAL & INDUSTRIAL BUILDINGS**



**Body Builders Ltd**  
329 Main Rd  
Huapai  
Auckland 0810



PO Box 5 Kumeu  
Auckland 0841  
T: 09 412 8455  
F: 09 412 8458

**FREEPHONE: 0800 870 078**

**E: rodneym@kiwispannz.co.nz**

**0800 870 078**

**www.kiwispannz.co.nz**



**“QUICK,  
GET THE SLOW  
ONES FIRST!”**



**IF YOU HAVE A FELLOW EARTHLING WHO NEEDS 'SAVING'... GRAB A SAUCER EXEMPTION CARD FROM CLUB PHYSICAL RECEPTION. IT GIVES YOUR FRIENDS **7 DAYS FOR JUST \$7** WITH PROCEEDS GOING TO NZ WOMEN'S REFUGE.**

**CLUB PHYSICAL**  
you belong

[clubphysical.co.nz](http://clubphysical.co.nz)

*Real people, real results*



# Community notices

## Yoga and Pilates classes

Vinyasa yoga and pilates classes are running for 2016. Yoga is a fantastic way to balance the body, mind and soul - you will be guided through poses and stretches and leave feeling refreshed and re-energized.



Pilates classes focus on core strength and you will learn to move intelligently from your core, while toning and shaping your body. Maria is an experienced teacher and will guide you through a fun yet challenging work out. Classes are open to all levels. Bring your own mat.

Monday - Pilates: 7.15-8.15pm - Whenuapai Village Hall

Tuesday - Yoga: 7pm-8pm - Sunderland Lounge, Hobsonville Point

Wednesday - Pilates: 7.15pm-8.15pm - Whenuapai Hall

Thursday - Yoga: 7.15pm-8.15pm - Whenuapai Hall

Cost: \$15 - casual; \$50 - 5 class pre pay card (valid 5 weeks); \$100 - 10 class pre pay card (valid 5 weeks).

For more information visit [www.elementalyogaandwellness.co.nz](http://www.elementalyogaandwellness.co.nz) or call Maria on 022 195 4734.

## Welcome to the fascinating world of Herbs

Join our classes and learn their history, growing techniques, and how to use them in your cooking, cleaning, beauty products and medicinally. Monthly meetings include practical workshops, speakers, lending library and plant trading table. Meetings will be held on the first Tuesday each month.



Meeting at the Whenuapai Village Hall, 41 Waimaire Rd, Whenuapai Village. Two sessions commencing Tuesday 1st March \$5 per session. Day group 9.15am to 11.45am. Night group 7.15pm to 9.15pm. Phone Diane on 021 135 9613 or email [hobsonville-herbgroup@gmail.com](mailto:hobsonville-herbgroup@gmail.com).

## Hobsonville U3A

U3A stands for University of The Third Age, a self-help study organisation for people no longer in full time employment, providing educational, creative and leisure opportunities in a friendly environment.

The Hobsonville U3A meets on the third Thursday each month in the Hobsonville Bowling Club Rooms, Clarks Lane, Hobsonville. The meeting commences at 10.00am with a main guest speaker and mini speakers from within the club.

Hobsonville U3A has a large variety of study groups from French Culture, Navigation, Gourmet, Play Reading, Creative Writing, Mah-jong, Computer, and Walking History to Wine Appreciation. The study groups generally comprise of up to 10 people, often home based and the learning topics are selected and planned by the group members. There are no compulsory activities, no examinations and meetings are held during the day. The main qualifications required is enthusiasm and the desire to keep the grey matter working.

To learn more about Hobsonville U3A go to [www.hobsonville.u3a.nz](http://www.hobsonville.u3a.nz).

## Otimai Volunteer help needed

Otimai is an historical Guide Home in the Waitakere Ranges. It needs a dedicated team of gardeners and woodsmen to care for its grounds. We need people to assist with weeding, trimming and pruning of the gardens and eradication of noxious weeds. M.T. and Lunch are provided. If you would like to help and are happy to meet every first Wednesday of the month from 9am to 2pm, please contact Alison Hucke, [whucke@slingshot.co.nz](mailto:whucke@slingshot.co.nz) or phone 021 138 3341. Next gardening bee is on Wed. 2nd March. Please support our generous sponsors – Mitre 10, Westgate and Palmers Planet, Westgate.

## Sea Cadet unit

TS (training ship) Bellona is a sea cadet unit, part of NZ Cadet Forces, based in Hobsonville. They cater for young people from West Auckland and the North Shore. The unit is run by volunteer officers and a support committee of a bunch of volunteer parents. This group of dedicated teenagers work super hard and have so much fun. Their activities include all things that young

**Susan Annett**  
LICENSED SALESPERSON





**P** 09 416 6900  
**M** 021 345 788  
**F** 09 412 9603  
**E** [susan.annett@mikepero.com](mailto:susan.annett@mikepero.com)  
[www.mikepero.com](http://www.mikepero.com)

Mike Pero Real Estate Ltd. Licensed REAA (2008)  
2 Clark Road, Hobsonville  
Auckland

“is this your space  
\$75+gst”

Contact John Williamson on 021 028 54178 or  
[jbw51red@googlemail.com](mailto:jbw51red@googlemail.com) to book

you will receive a months worth of local exposure

people love: sailing, shooting, military style training, first aid, for which they can also gain NCEA credits. It is really a fantastic organisation - and all for a good cause. You can find them on [www.facebook.com/SeaCadetsTSBellona](http://www.facebook.com/SeaCadetsTSBellona) or go to [www.tsbellona.org](http://www.tsbellona.org).



## Yoga classes at Herald Island

Yoga classes at Herald Island Hall have started for 2016! My name is Dawn and I am a qualified Yoga Therapist offering Yoga for all levels of health and fitness.

Yoga is very beneficial to the whole body not just the muscles, we can stimulate the functioning of our internal organs, oxygenate the cells as well as preserving our joints and increase our flexibility.

If you've never done Yoga before no need to be nervous! The classes are structured to suit beginners, we start off gently focusing on joint movements and gradually build up the poses. Classes are on Tuesday evenings at 7pm and Friday mornings at 9am.

Cost is \$12 per class casual or \$10 block booking of 6.

Herald Island Hall is situated on Ferry Parade Herald Island (neighbours to Whenuapai). For more information contact Dawn on 021 038 1261.

## SeniorNet NorWest

SeniorNet NorWest thoroughly enjoyed our Speaker for February, Sue Blomeley with her experience in Hypnotherapy amazed SeniorNet Members, leaving us all so relaxed and feeling pleasant. For those requiring help, just contact Sue, [sblomeley@vodafone.co.nz](mailto:sblomeley@vodafone.co.nz).

She will make you feel much better, help solve your problems, help you relax.

I am sure Sue will be a regular speaker at our St Chad's days.

Entry is \$3. Everyone is invited, not just Members, pop in just before 10am, free coffee/tea & Biscuit, Raffles (plural) \$2. For 1, \$5 for 3.

The Speaker at St Chad's on Monday March 7th at 10am - Grant Sidaway from the Federation will be amazing us once again with his knowledge of computers and gadgets, that we will leave St Chad's buzzing with excitement, to head home and try out some of his knowledge.

Don't forget to mark your Calendar for the Wednesday 6th April to find out from Bev and Denece how to download and install the free PICASA photo program, find out how you can improve



**Mark Stuart**  
General Manager

Mobile: 021 667005 Ph: 09 4118454  
[muriwai.manager@golf.co.nz](mailto:muriwai.manager@golf.co.nz) [www.muriwaigolfclub.co.nz](http://www.muriwaigolfclub.co.nz)  
P O Box 45 Waimauku 0842, Auckland, New Zealand

the **Westerly**

your photo's, then create your special photo into one you can hand colour creating an enlargement of for your wall.

Anyone wishing to become a Member of SeniorNet phone Joan on 09 416 7172 to find out more about our Club.

## Berba Croatian harvest festival

The nets have gone on, harvest is coming up, which of course means our annual Berba Harvest Celebration is only just around the corner. Don't forget to mark the dates out in your diaries; Easter Saturday 26th, Sunday 27th & Monday 28th of March. There will be plenty to do at Soljans Estate to celebrate the Croatian Harvest Festival.

Grape stomping, entertainment, winery tours, great food, new wine available to try. Keep an eye on our website and Facebook page for more details.

Berba Croatian Harvest Festival @ Soljans Estate Winery - Easter Weekend, March 26th, 27th and 28th (closed Good Friday).

In other news our Head Chef Paul Reid has achieved the highest culinary standard in beef and lamb, receiving the 2016 Beef and Lamb Excellence Award. This is the 10th time Soljans Estate Winery has won this prestigious accolade and we're very proud of the dishes our fabulous chefs have created. [www.soljans.co.nz](http://www.soljans.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](mailto:jbw51red@googlemail.com).

**SOLJANS**  
ESTATE WINERY

**BERBA**  
CROATIAN HARVEST  
CELEBRATION

**EASTER WEEKEND**  
Sat 26th, Sun 27th, Mon 28th March

🍇 Grape Stomping 🍇 Winery Tours 🍇 Folk Dancing  
Live Music 🍇 Novo Vino 🍇 Wine Tasting 🍇 Gift Shop  
🍇 Croatian Style Food 🍇 Wine Specials & More

Soljans Estate Winery & Cafe, 366 State Highway 16, Kumeu  
check our website for the full programme  
[www.soljans.co.nz](http://www.soljans.co.nz) ph. 09 412 5858

# Safercommunities

## Road safety focus continues

New Zealanders may be back at work but the summer focus on safe driving continues.

With 23 deaths on the road already in 2016, Police staff continue to concentrate on the most common factors in serious injury and fatal crashes – speed, fatigue, alcohol, distraction and lack of restraints.

Enforcement of the reduced 4kmh threshold will continue until the end of January.

Inspector Peter McKennie, Acting National Manager Road Policing, says motorists need to keep safety front of mind as they switch back into 'business as usual' mode after the holiday.

"Twenty-three deaths on the road represent a terrible burden of grief and suffering," he says. "So many fatal crashes could be avoided if motorists made the smart decisions which allow them, their passengers and other road users to reach their destinations safely."

Motorists are urged to stay sharp by avoiding alcohol before driving and taking rest breaks to avoid fatigue.

It is the driver's responsibility to ensure passengers are properly restrained and to always drive to the conditions.

"Remember the speed limit is the maximum speed you can travel safely in ideal conditions," says Peter. "Conditions are often far from ideal and drivers must respond accordingly."

"We're still out there enforcing the law – but the prime responsibility for safety on the road lies with the road users themselves."

## Waitakere Fire Brigade report

2016 is a good year to assist a local community group. If you or your family are not presently volunteering in your community then make a call to donate some time to help yourself through your community. The benefits include:

- meeting new people with similar interests
- developing new skills and experiences
- getting a greater sense of personal achievement
- a feeling of involvement and participation in the community
- having a number of buddies to do things with
- engaging on a business, social and personal level

If you have a few spare hours a week and want to volunteer some time on a part time or regular basis it starts with a phone call to the group.

With Easter just around the corner and a nice 4 day weekend if

you are going away then please turn off any appliances at the wall. Take care on the roads and allow for extra travel time. This is also a good time to start thinking about autumn and winter preparations such as fire wood, chimney swept, stock fenced off from water ways and check your smoke alarms.

Denis Cooper, Officer in Charge - Waitakere Volunteer Fire Brigade . Phone 09 810 9251.

## Volunteer for St John

Outreach Therapy Pets is a joint initiative between St John and SPCA Auckland. The programme involves volunteers and their pets visiting rest homes, hospitals and other health services.

Animal-assisted therapy has been shown to promote emotional wellbeing in hospitals and rest homes. It's also used as an added therapy for children suffering from a variety of illnesses. Contact with gentle animals provides comfort and helps people to be happier.

At the moment, we operate in Auckland, Kerikeri, Waihi and Thames. The programme involves more than 300 people and animal volunteers visiting rest homes, hospitals and other establishments to bring comfort to residents and patients.

Two kinds of therapy are offered through the programme: animal assisted activity and animal assisted therapy. A variety of animals are involved - cats, dogs, rabbits, guinea pigs, hens, donkeys and miniature horses.

The benefits of contact with pets

- Animals don't judge or criticise
- They treat everybody equally
- They aren't shocked by human ailments, frailties, handicaps and confusion
- They can reduce the stress and fears associated with illness or old age
- They offer unconditional love and friendship

What skills and training do our volunteers have?

Outreach Therapy Pets volunteers understand the need for care and want to make a difference to people in the community. St John and SPCA Auckland provides animal expertise, training and ongoing support to all our volunteers and their animals.

Would you like to find out more about using the Outreach Therapy Pets service?

To find out about visits from Outreach Therapy Pets, call us on 0800 000 606 or email [enquiries@stjohn.org.nz](mailto:enquiries@stjohn.org.nz).



**Mike Holt**  
Business Development Manager

Quinovic-Apartmentsonline  
Quinovic- Takapuna  
Auckland Central: 136 Customs Street West  
Takapuna: 31 Auburn Street

**T:** (09) 972 2820

**M:** (021) 844 531

**E:** [mike@apartmentsonline.co.nz](mailto:mike@apartmentsonline.co.nz)  
**P:** PO Box 91 629, Auckland 1142

## BOOKKEEPING SERVICES

Accurate and efficient accounts and administration services.

Accounts Receivable, Accounts Payable, Payroll, Fixed Assets, GST, PAYE, Profit and Loss Reports, Cash Flow Reports, Job Costings and much more.

Anna Reid  
021 033 9856  
West Harbour, Auckland

Member of NZICA







**Mike Pero Real Estate Hobsonville**  
0800 900 700  
hobsonville@mikepero.com

**“Sell with us  
& we could  
save you  
thousands”**

Our fees are 2.95% up to  
\$390,000 thereafter 1.95%  
+ admin fee + gst.

Most other brands charge  
up to and around 4%\*.

Mike Pero Real Estate Ltd. Licensed REAA (2008)

*Mike Pero* | REAL ESTATE

\*Rates, fees, terms & conditions may vary between brands, branches and specific transactions.



# Nick Vitasovich

- I work hard with your best interests at heart always.
- Over 20 years experience in the local real estate market.
- My aim is always to exceed your expectations.
- Talk to me about our fees as they are always competitive.
- Harcourts is the largest real estate company in New Zealand so you can be rest assured that your property will have a fantastic reach.
- Call me to discuss my fantastic free marketing offer of up to \$2000 (Terms and conditions apply).
- I will provide you with a simple easy and comfortable selling experience.

P: 0274 41 77 03 E: vitaso@xtra.co.nz

**Harcourts** Hobsonville Realty

Hobsonville Realty Ltd Licensed Agent REAA 2008

# InBrief updates:events

## Flame Gourmet Pizzas and burgers

Brendon Marsh the owner of Flame Gourmet Pizzas and burgers has been overwhelmed by the support of the local community from the first day the new store opened in Hobsonville point. With 5 delicious vegetarian pizza options available there has been a surprising demand for these pizzas and being able to offer gluten free 12" bases has also proven to be popular amongst our customers.



Brendon and his team invite you to join them in store to enjoy a lovingly crafted gourmet pizza or one of their very popular burgers, with some exciting new options coming soon to the menu. Flame are offering 2 x beef burgers for \$10.00 all day every Tuesday and introducing a Saturday lunchtime family picnic deal that can be enjoyed in the park opposite the store get 2 x beef burgers, 2x 12" regular pizzas, a side of oven baked fries and a 1.5 litre drink for just \$40.00 that's a \$9.00 saving available from 11:00am until 3:00pm. You can find us on the corner of De Havilland Rd and Baffin St in Hobsonville point, go to [flamepizza.co.nz](http://flamepizza.co.nz) for menu details and call through your orders on 09 416 1906.

## Happy Habitat

Fewer pests, more birds, and the presence of hedgehogs are some of the findings of the latest biodiversity monitoring at Hobsonville Point. Bordering the sensitive Upper Waitemata Harbour, Hobsonville Point has rich natural habitats. Hobsonville Land Company has been monitoring biodiversity since 2008 to understand impacts of development, and to improve the habitat value of the area.



The home of sensitive flora and fauna, vegetation at Hobsonville Point includes mānuka, kānuka, tōtara, and karaka. There are also exotic plants such as gorse, wattle, and woolly nightshade present. Hobsonville Point is frequented by a variety of birds, both indigenous such as the silvereye and North Island fantail, and exotic such as the blackbird

and sparrow, and ground fauna such as weta. There are also rats, possums, rabbits and hedgehogs that threaten the indigenous flora and fauna.

HLC commissioned Wildlands Consultants to undertake biodiversity monitoring at Hobsonville Point. The first monitoring assessments took place in November 2008, and another assessment took place in November 2015.

The latest survey enlisted the help of students from the Hobsonville Point Primary and Secondary Schools who inspected artificial homes installed to monitor activities, and record their findings. There were no geckos or skinks present on the survey trips, but spiders, slaters, leaf-veined slugs, and a wētā were observed and had the students intrigued.

The results of the latest survey have been positive. Fewer rats and possums were tracked than in 2008, which may indicate the pest programme being carried out by HLC is making a difference. However, hedgehogs were present this year, which did not make an appearance in the 2008 survey. Hedgehogs are also a pest as they prey on eggs and chicks, posing a significant threat to ground nesting birds. Thirteen indigenous bird species were recorded in 2015, an increase from eight in 2008. The most commonly encountered one was the silvereye. The vegetation mainly either remained unchanged since the 2008 report or had seen positive change where native planting took place. A small number of areas experienced a decrease in indigenous plants but this can be addressed with continued restoration planting and pest management programme.

Photo is of Tim Martin of Wildlands with students from the Hobsonville Point Primary School and Secondary School.

## Roller Skating - great fun and exercise for all ages and abilities

Auckland Waitakere Roller Sports Club runs "Learn to Skate" classes, for young and old, at The Trusts Stadium (Central Park Drive, Henderson) 5:30pm every Tuesday during Term 1.

Whether you want to learn to skate around the waterfront for fun and exercise, or want to be NZ's next champion roller figure skater, we can help you out!

We also have a team purely for Mum's & Dad's, great fun, great fitness and open to all levels of skating abilities.

The cost is only \$6.00 per session and this includes hire of roller skates.

From these classes you can progress to our club training sessions

**UHY Haines Norton**  
Chartered Accountants

THE LOCAL ACCOUNTING SPECIALISTS YOU CAN RELY ON

- > Accounting and Taxation
- > Farm Accounting
- > Business Planning and Development
- > Audit and Assurance
- > Business Valuations
- > Succession Planning

Free  
taxation review  
for farms & lifestyle  
blocks



UHY Haines Norton (Auckland) Limited  
329A Main Road, Kumeu t: (09) 412 9853  
e: [kumeu@uhyhn.co.nz](mailto:kumeu@uhyhn.co.nz) w: [www.uhyhn.co.nz](http://www.uhyhn.co.nz)

### ANYTIME PEST CONTROL

FLIES, ANTS, COCKROACHES, FLEAS

RATS, MICE, SPIDERS, WASPS ETC.

WEEDSPRAYING

**KEVIN MORRIS** REGISTERED TECHNICIAN

PHONE: 09 411 7400 MOBILE: 027 277 7143



and individual coaching for artistic dance, figures, freeskating and precision team events. (LIKE our Facebook page for updates on our "LEARN TO SKATE" classes) [www.facebook.com/AWRSC](http://www.facebook.com/AWRSC). Come down and give it a go – see you there!

## The Brendon Ham Band

Acclaimed NZ country act, The Brendon Ham Band is proud to be invited to play alongside and share the stage with legendary NZ fiddler and recording artist Marian Burns for the iconic 2016 Kumeu Fire Brigade Hoedown event Saturday 16th April at Kumeu Showgrounds. Well cemented on the Kumeu Fire Brigades calendar, this fund-raiser hoedown party is pure party central cowboy and cowgirl kickin' fun with dancing, spit roast dinner and fully licensed bar facilities to boot.

Having shared the stage with international artists as Kenny Rogers, Ricky Skaggs and the Topp Twins as well as influences from the honesty of a few generations of real music, award winners Brendon Ham and Marian Burns along with supreme band, live and breathe the music they love and have deservedly earned the respect of a growing fan base across the ages and genres eager to enjoy the unique package that these dynamic performers deliver.

Be sure to dust off your best cowboy boots, buckles and tight jeans - not forgetting the essential cowboy hat! The band kicks in at 8:00pm and along with headliners Brendon Ham and Marian Burns there will be a guest appearance from Janine Beatty. Tickets available from Norwest Liquor, Kumeu. Ph: 09 412 2953. To catch them live at their next gig, join up to the newsletter or to enquire for your next function or event, please visit [www.brendonham.com](http://www.brendonham.com) or [www.marianburns.co.nz](http://www.marianburns.co.nz).



## Music lovers raise more than \$18,000 for Hospice

Supporters of Hospice West Auckland enjoyed a loved up Valentine's Day at its annual fundraising concert Jazz in the Vines, held at Oratia's Artisan Wines Vineyard. Attendees were serenaded by the heartfelt and soulful voice of Leza Corban & Friends and the Parisian chic of French Toast, enjoying antipasto platters, fine wines and picnics.

Thanks to the generosity of its supporters, Hospice West Auckland raised \$18,000 on the day, through ticket and platter sales,

on-site donations, silent auctions and a pop-up hospice shop. Hospice West Auckland Chief Executive Barbara Williams says Jazz in the Vines has become a fixture in the West Auckland summer. "We've seen the event go from strength to strength, and were so pleased to see a broad range of supporters there this Valentine's Day. It's thanks to the generosity of our supporters, and the sponsors and suppliers that help make the event possible, that we're able to provide free palliative care to the people of West Auckland.

"Every day I see the lengths our supporters to go to make a difference, and I thank them for it."

Each year Hospice West Auckland must fundraise approximately 60% of its total budget to provide specialist care to its patients and their families/whanau in West Auckland. Fundraising events like Jazz in the Vines are an important component of Hospice West Auckland's fundraising activities. To learn more about Hospice West Auckland and how you can help please visit [www.hwa.org.nz](http://www.hwa.org.nz).

Jazz in the Vines is generously sponsored by Davis Funerals, Artisan Wines Vineyard and iTicket, and supported by a range of suppliers that help ensure the amount raised is maximised.

About Hospice West Auckland

Hospice West Auckland is a registered charitable trust founded in 1985 to provide support and specialist palliative care services to West Aucklanders experiencing a terminal or life-limiting illness. Our care extends to families/whanau and carers and is offered at no cost to patients, their families and people whose loved one has died.

We offer practical, physical, emotional and spiritual assistance, help and support - we are here for people at end of life.

## Buyer beware

Facebook can be a great way to keep up with what your friends and acquaintances have been getting up to. While you're there, you could get some shopping done too.

"If you buy goods or services from someone via Facebook,

## The Riverhead ...its your local



Family Fun Day,  
Our 5th Brithday  
Sunday, 20th March  
The Nukes,  
Ukulele Band 2-6pm with  
workshop beforehand.  
Gates open at 11am



Susan Annett  
LICENSED SALESPERSON

Mike Pero  
REAL ESTATE



P 09 416 6900  
M 021 345 788  
F 09 412 9603  
E [susan.annett@mikepero.com](mailto:susan.annett@mikepero.com)  
[www.mikepero.com](http://www.mikepero.com)

Mike Pero Real Estate Ltd. Licensed REAA (2008)  
2 Clark Road, Hobsonville  
Auckland

then what your consumer rights are pretty much boils down to whether the seller is considered a professional trader or not," says Barbara Guy of Citizens Advice Bureau Massey. "You're covered by the Consumer Guarantees Act and the Fair Trading Act for goods or services sold by a trader, even if you bid for it in an auction. If the seller is not a trader then it's classed as a private sale, which means you don't have much protection. In general, if someone is selling a lot of items online, then they are a trader. If you're not sure about a particular Facebook seller, check out their Facebook page. If they seem to sell a lot of similar kinds of items, and have sold a lot of items in the past, then they are probably a trader rather than an individual just having a household clear-out.

Barbara Guy says there are things you can do to minimise your risk when considering buying from a private seller, for example if at all possible try to inspect the item before you hand over your money; ask the seller a lot of questions about the item so you know what to expect; look for feedback from past customers; for the expensive items (like a car) it would pay to check the Personal Property Securities Register in case it has been used as security for someone's debt. Also, pay by credit card or, if it's going to a New Zealand account, by Internet banking rather than by cash or telegraphic transfer so your payment can be tracked. Lastly, it makes good sense to get the full name and address of the seller in case the trade goes pear-shaped and you need to track them down.

"If you have a problem with something you've bought it's always best to talk to the seller first. But if you haven't been able to sort it out by talking to them, come and see us at the Library Building, cnr Don Buck Rd and Westgate. We're open 9am until 4.30pm Monday to Friday. You could also phone us on 09 833 5775 or toll free on 0800 367 222, or send us an email [massey@cab.org.nz](mailto:massey@cab.org.nz). We also have information about consumer rights on our website [www.cab.org.nz](http://www.cab.org.nz).

## Plant Zero Florist

March is here already and we now have available Potted Asiatic and Oriental Lilies at our Plant Zero Florist Shop @ only \$7.50 each (RRP \$12.99) when you mention this article. We have limited numbers available so be in quick. We also carry single stem Lilies along with our lovely roses. If you are looking for wedding flowers then come and see us as we can make up gorgeous Natural and Eco-Friendly Bridal bouquets, mixed petals, button holes, corsages and source flowers for you too. We are starting to carry a new range of Linden Leaves Skincare range that you can buy



With lots of controversy regarding use of chemicals on our skin and food, and research pointing to long term health ailments, there's never been a better time to consider using nourishing purely natural alternatives. Pure Allies NZ can help guide you and custom make

from the shop or add an extra special something to your bouquet order. Remember we can deliver flowers to most parts of Auckland and you can also pick up from us @ 108 Station Road, Huapai. Follow us on facebook by searching The Flower Barn by Plant Zero.

## Riverhead rampage

Hallertau Brewery proudly present the 3rd annual Riverhead Rampage. Join us on Sat 12th March for a 5km, 10km walk / run or 21km run in Riverhead Forest. Teams welcome. Wind down afterwards with a cold beer at Hallertau Brewery and catch some running themed films from the Reel Wild Film Festival. All monies raised for Riverhead School. Sign up via [www.riverhead-rampage.co.nz](http://www.riverhead-rampage.co.nz).



## Power of promotional product

The power of a promotional product is often underestimated. Think about what you've seen people carrying when you're out and about. Take a look around your home, office or car. How many items are close to hand with someone's (not yours!) logo and contact details printed on them?

Here are some facts you probably didn't know about promotional products:

80% of consumers own between one and ten promotional products. Out of this 80%, 53% use a promotional product at least once a week. 60% of these people will keep a promotional product for up to two years. Only one in five people will throw away an unwanted promotional product.

Tea Larsen, ASAP Promo's Director, has been part of the North-West Auckland community for over 15 years. She is an expert at creating effective solutions for your brand merchandising, all within your budget. Give her a call on 09 973 4352 and talk to her about helping your business grow. [www.facebook.com/asappromonz](http://www.facebook.com/asappromonz).

## Pure Allies NZ

With lots of controversy regarding use of chemicals on our skin and food, and research pointing to long term health ailments, there's never been a better time to consider using nourishing purely natural alternatives. Pure Allies NZ can help guide you and custom make



## 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](mailto:ryan@treehouseprint.co.nz)

P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland



any products you need.

We strive to keep products affordable, with minimal but sustainable packaging. From natural sun screen, deodorants, baby wind relief, moisturizers thru to lip balms, insect repellents and pain relief balms, just to name a few. Look them up Pure Allies NZ on Facebook or pureallies@gmail.com.

## Art Movements exhibition

On until Saturday the 12th March 2016. Celebrating the artistic ideals, styles and technical approaches to art through the centuries. Materials and Poems - An exhibition by Greer Olsen

Monday the 14th March - Sat 26th March 2016

Greer has been painting for over 20 years and has been strongly influenced by Kandinsky's principle of inner necessity.

Her process is intuitive and often layered rather like an archaeology of the subconscious.

The works are oil/acrylic on canvas, semi -abstract with titles that are a key to the painting.

Visit our website [www.kumeuartscentre.co.nz](http://www.kumeuartscentre.co.nz) for more information on upcoming events, exhibitions, workshops and classes for both adults and children.

## Top tips for building and growing a small business brand

Our community is full of small businesses and sometimes it's hard to know where to start in regards to growing your brand -without breaking the bank!

- Make sure you know what your brand is... it's more than your logo or products, it's the experience that customers have with your business! Word of mouth can be your greatest lead generator .Essential in a small community.

- Be reliable – do what you say you are going to do... every time!

- Build a network on social media– this doesn't cost a cent and is a great way to gain trust and build awareness for your customers.

- Participate in events such as fundraisers, charities and sponsorship in your local community, goodwill can't be purchased. It is earned. If the community can see you are supportive you will garner support

Smashing Promotions are currently marrying up corporates that want a social presence in the community with sports teams and clubs that are wanting corporate support, just relay your interest for either , and we will assist you to make it work , by providing branded apparel , bottles and the like , giving you an ongoing physical presence. Check out what we are doing on Facebook [www.facebook.com/smashingpromotions](http://www.facebook.com/smashingpromotions) or give us a call on 09 412 6235 for more information.

“is this your space  
\$75+gst”

Contact John Williamson on 021 028 54178 or  
[jbw51red@googlemail.com](mailto:jbw51red@googlemail.com) to book

you will receive a months worth of local exposure

## The executive for the 91st year

The Massey Birdwood Settlers Association is the one of the oldest resident and ratepayers organisations in New Zealand, formed in 1925.

The Association own and manage a hall on the corner of Don Buck and Red Hills Road and have been responsible for many of the early roading initiatives in Massey, establishing the Massey library. The CAB and the playground in Triangle Park.

The executive of the Massey & Birdwood Settlers Association for its 91st year. Left to right Warren Flaunty; John Riddell ;Ershad Ali;Steve Quedley; Allen Davies; Ronald Hachache; June Lay; Ian Miller and Brian Lay: Absent Olga Mills and Jay Chand.



## Summer driving tips with Bridgestone Tyre Centre, Westgate

Tyre Pressure - it is best to check your tyre pressures regularly, including the spare. Driving on tyres that are under inflated creates excessive stresses and heat and may compromise the tyres. Please feel free to call in and see the Team at Bridgestone Tyre Centre, 1 Cellar Court, Westgate (behind McDonalds) Tel 09 833 8555 we can check your tyres with our equipment and ensure that the pressures are correct. Many of our customers call in once a month to ensure their pressures are at manufacturers recommended pressure, this is a free, no obligation service and it often leads to extending the life of the tyres.

Bridgestone Tyre Centre Westgate - keeping you safe on the roads!


## ORTHODONTICS



Give kids a lifetime of  
**Beautifully Straight Teeth.**

Give your kids a lifetime of confidence with orthodontics ('braces') at Fraser Dental in Hobsonville. Our dentists have the experience and expertise to set your kids on the path to a confident, straight smile.

**Call 416 5050** for a consultation about teeth straightening.

 FRASER DENTAL

[www.fraserdental.co.nz](http://www.fraserdental.co.nz)

# Localcybertalk

Desperately seeking Smooch - Smooch is an 18 month old brown spotted (rosetted) Bengal.

He went missing from our home on Glen Road, Ranui, when his outdoor enclosure was accidentally left unlatched. Unfortunately, he went missing during the two days of downpours last week, so he may have become disoriented, and lost his way home.



Our home backs on to the stream and council reserve that runs through from Glen Road (opposite the Massey Pony Club) to Swanson Road. He could be anywhere in this area, or perhaps even further away.

Smooch is never usually allowed out unsupervised, so he's an inside boy, or in his outdoor enclosure.

Smooch is a friendly boy, and is microchipped. Could you please check your sheds and garages in case he's been accidentally locked in.

If the worst has happened and Smooch has had an accident and been killed, I would very much appreciate knowing, as I will worry about him forever. Not knowing is worse than finding out that he is gone.

If you have seen Smooch, or you know someone who has "acquired" a Bengal as a new pet, could you please txt or call me (Kim) on 021 44 8866, asap. I would be very happy to receive a txt and to call you back, so you don't have any mobile charges. Email for more pics or information about Smooch, or to report sightings: jamberrynailwrapsnz@gmail.com.

We are currently looking for an experienced Barista to join Muffin Break Northwest.

The ideal candidate must have strong Barista experience, with the ability to produce excellent coffee. This person must also possess fantastic customer service skills, have a reliable hard-working and proactive work ethic, and is able to work independently as part of a high-energy team. This can be a fast-paced role and is suited to someone who produces great coffee consistently and quickly under pressure.

The current vacancy is shift based rostered work averaging 20-30 hours per week with the opportunity to increase to 40 hours as the business grows. You will be required to work at least one weekend day and one late night per week if needed.

If you have suitable barista experience and a passion for producing great coffee then we would love to hear from you.

This position is available now so please apply by submitting your CV (with references) and a cover letter via email to riverbreaknz@gmail.com

Hi I'm Alana and I own Tails and Trails a Dog Walking/Sitting company based in your area! Coming into the new year we are bigger and better with exciting things ahead and we have some spots available now! Check out our page to see more about

what we do and don't hesitate to contact us on 021 108 7149.

Looking for quality and affordable house cleaning? Leave your free time to enjoy with family and we will manage the house chores. I have a few available spots during the week. Contact Medelyn on 021 024 27524.

I prepare meals that can be purchased frozen for Children aged between 2 and 7 years and a meal could be shared between 2 small children. Currently I have happy customers that I deliver to in Hobsonville and over Auckland North Shore. I do deliveries every second Sunday. If you would like to enquire about prices and menu meals please email me at heidi@heidiskitchen.co.nz or heidipols@gmail.com or on 021 205 8971 or 09 476 4507.

Please be aware that if you are travelling down Fred Taylor Drive in Westgate on your travels that an extra set of lights has been activated close to the strawberry farms. So don't go screaming down there really fast, as you may just have to stop quickly smile emoticon (and I don't want a whole bunch of accidents outside my front gate! though always willing to help if it happens).

Don't go out Friday nights? Me neither!! But found a Zumba class at West Harbour Primary School, these guys do it for the love of dancing, and man what a crackup!! We had so much fun. So, if you're not up to much Friday evenings come and join me. Yep! This is gonna be a regular outing for me. Cost is a gold coin donation to help pay for the hall.

Thank you to the member that had put a post on here about Dr Seham Ayad (I can't seem to find the Original post) Because of the feedback on that post and also hearing good things I took my newborn to see her and she was fabulous! She was so good with him (and me) and how great to have a pediatrician as your GP. She doesn't treat you like a number and what she is trying to achieve at the centre is a breath of fresh air. We have now transferred from our medical centre to her. If you are looking for a GP / or thinking of transferring I recommend you giving her a call (yes she will actually talk to you on the phone) thanks again for the recommendation, visit <http://hvpm.co.nz> for more information or call 09 222 0381.

Anyone interested in Badminton?

We play every Thursday night at the Waitakere Badminton Hall (163 Royal Rd, Massey - next to Royal Rd onramp), which is "just around the corner", from 7-9pm. Just come by, costs are \$10 per night and there are all playing levels from beginner



to advanced. Once you're there go to the left 6 courts and let someone put your name on the board ask for Tony or Svenya. It's fun and we are a nice bunch of people!



# AREA PROPERTY STATS

Suburb	CV	Land Area	Floor Area	Sale Price
<b>Herald Island</b>				
	1,200,000	809M2	240M2	1,725,000
<b>Hobsonville</b>				
	390,000	0M2	70M2	475,000
	450,000	0M2	105M2	545,000
<b>Massey</b>				
	800,000	419M2	202M2	585,100
	360,000	360M2	110M2	545,000
	590,000	3895M2	160M2	1,250,000
	400,000	423M2	80M2	550,000
	425,000	371M2	91M2	573,500
	375,000	0M2	80M2	530,000
	430,000	0M2	100M2	515,000
	530,000	621M2	160M2	775,500
	650,000	483M2	217M2	715,000
	535,000	809M2	130M2	750,000
	445,000	943M2	130M2	640,000
	580,000	831M2	100M2	900,000
	345,000	0M2	100M2	505,000
	520,000	530M2	142M2	650,000
	620,000	453M2	177M2	850,000
	520,000	607M2	100M2	650,000
	490,000	814M2	160M2	675,000
	540,000	0M2	140M2	646,817
	440,000	640M2	100M2	728,000
	400,000	809M2	100M2	651,000
	405,000	547M2	170M2	745,000
	660,000	503M2	172M2	860,000
	320,000	480M2	0M2	496,000
	410,000	0M2	90M2	542,500
	470,000	610M2	170M2	640,888
	550,000	0M2	250M2	785,000
	1,325,000	4HA	193M2	1,778,000
<b>Whenuapai</b>				
	1,255,000	3984M2	270M2	1,450,000
	1,295,000	4806M2	276M2	1,657,000
	3,230,000	4.1HA	199M2	7,600,000
<b>West Harbour</b>				
	1,800,000	988M2	290M2	2,190,000
	620,000	854M2	160M2	938,000
	580,000	660M2	150M2	830,000
	1,000,000	201M2	400M2	1,300,000
	990,000	902M2	410M2	1,330,000
	1,425,000	1568M2	390M2	2,050,000
	580,000	770M2	190M2	730,000
	520,000	622M2	100M2	661,000
	580,000	787M2	100M2	747,000
	740,000	724m2	210m2	797,500
	760,000	745M2	200M2	960,000
	490,000	850M2	130M2	674,520
	660,000	641M2	180M2	550,000
	530,000	674M2	150M2	738,000

"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.

"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

Mike Pero Real Estate Ltd Licensed REAA (2008)



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](mailto: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.

# Propertynews:advice

## Market report with Graham

The Auckland market has undergone some degree of cooling off, while in other areas, Whangarei, Hamilton and Tauranga have undergone a wave of Auckland buyer activity. This is clearly a signalling from Auckland Investors that there may be better gains in provincial New Zealand. Although supply has been slower than previous years it is evident that buyers are very aware of where individual value resides. Our prediction of a more reserved and stable price platform is proving accurate with price movement only being a result of multiple buyer interest. There is a lot of discussion by buyers about the lack of planning and infrastructure in the area which is impacting on developers. Developers have been unable to negotiate infrastructure upgrades from Transit or Auckland City Council. This may reduce or stall the demand for new subdivisions in the area, buyers not willing to tolerate endless queuing and poor access to motorway connections. So let's see what has caught our eye this month:

Hobsonville had light trading last month with some older homes selling around \$500,000.

Herald Island and Whenuapai enjoyed several sales between \$1,450,000 and \$1,750,000

West Harbour sales continued strongly at \$ 545,000 to \$785,000 in Massey fringe areas and \$ 1,300,000 to \$2,000,000 in harbour areas.

Massey sales continue to demonstrate the most volume with sales at \$540,000 to \$ 900,000.

Two strong buyer groups are early nesters and mature downsizers, both groups very active. While the supply of properties remains lower than normal and buyer sentiments remain cautious about the value that a property represents we suggest that Sellers consult with us on changes in the market, the indicative value and the best process of going to market. No one size fits all, so be open minded, and stay current with the market. This is a market in change, and change is about being nimble on your feet and understanding of the market. We'll save you a minimum of \$2,000 on your commission and provide a \$6,000 multi-media marketing campaign. Phone 0800 900 700 or view [www.grahammcintyre.co.nz](http://www.grahammcintyre.co.nz) Licensed REAA (2008).

## Money matters

A new year often brings about new personal goals and health

challenges but apart from saying "this year I want to save more and spend less" we often overlook the need to do a thorough check on the health of our finances. For most of us our mortgage repayments represent our biggest monthly outgoing and hence this area provides the biggest opportunity to save money with the right home loan structure in place. Whether it is sacrificing a few coffees each week to pay a little extra off the loan balance or really negotiating hard with the banks to get a little bit more off the interest rate, it is surprising how little changes can save you thousands over the life of your mortgage. For a free, impartial, no obligation review of your home loan call us. 09 411 9251 or 027 411 9255 or [david@davidlloydmortgages.co.nz](mailto:david@davidlloydmortgages.co.nz).

## AT Home Staging - lets declutter

Decluttering requires a willingness to eliminate the unnecessary. It means ruthlessly pruning out everything that you don't need to make room for the things that matter. It is as much a material change of lifestyle as a mental one. The more you eliminate, the more you will treasure and use what's left over.



A more minimalistic approach to decorating allows for more visual and physical space. People are naturally attracted to clutter-free homes.

A few decluttering tips:

- \*Change the junk room into a guest room or study.
- \*Clear kitchen clutter and create space for the items you use most often.
- \*Create a haven in your living room by removing all unnecessary items.
- \*Remember your dining room is just that, a dining room – take out your computer desk and any other paraphernalia that is inhibiting the space.

For any further information please contact Anna or Tracey on 021 136 3750 or 029 200 9011.

## Trustees and running a family trust

Trustees have an obligation to account for the assets held in



David Lloyd  
Director

David Lloyd Mortgages Ltd  
Tel: 09 411 9251  
Mob: 027 411 9255  
Email: [david@davidlloydmortgages.co.nz](mailto:david@davidlloydmortgages.co.nz)

[www.davidlloydmortgages.co.nz](http://www.davidlloydmortgages.co.nz)



“is this your space  
\$75+gst”

Contact John Williamson on 021 028 54178 or  
[jbw51red@googlemail.com](mailto:jbw51red@googlemail.com) to book

you will receive a months worth of local exposure



the trust. Usually this is quite easy to achieve if the only asset is a family home. However, charging rent and claiming interest means tax accounts will be necessary. Trusts which own a business should generally do this through a limited liability company structure - supported by legal and accounting advice. This is generally to keep the business risks contained within the limited liability company. The trust tax accounts will show that the trust has investments in the company - including showing the extent to which the company has paid dividend income to the trust.

Increasingly, beneficiaries are asking for Trustees to disclose the trust tax accounts and resolutions made by the Trustees. The theory behind this is that beneficiaries have the most to lose if the Trustees make poor decisions about trust assets. Many trustees are surprised to learn that that the court supports beneficiaries who take steps -often with legal help to make those Trustees accountable for the assets of the trust.

Luke Kemp - Kemp Barristers & Solicitors phone 09 412 9600 or email [luke@kempsolicitors.co.nz](mailto:luke@kempsolicitors.co.nz).

## Top tips on getting your house 'open home' ready

You've made the decision to sell. You've interviewed a handful of local real estate agents and chosen The One you trust to expertly navigate you through the sale process.

Now to ensure your home looks its absolute best the minute it goes onto the market...

Top Tip Number 1 - First impressions are crucial and you only get once chance to make a positive impression so make sure your home's exterior looks excellent.

Be objective; imagine yourself as a buyer pulling up to the curb and viewing your house for the first time. Accentuate the positives and eliminate the negatives. From the post box to the front door make every step a buyer takes toward your home a positive experience: trim your shrubs and trees to showcase the house without allowing them to block walkways or prevent light from entering the house. Mow lawns, weed the flowerbeds, straighten sagging fences, treat decking and concrete for mould, weeds or moss. Fix any peeling paint and keep the walkway clear. Consider refreshing the paint on the front door and door step. Choose a colour that blends well with the house exterior and the internal entrance area. It could be eye catching (without being too loud) or as simple as a clean stylish white.

Remember - many buyers spend a lot of time viewing houses online and then from outside the house. Make sure your home looks well cared for and beautifully presented. And lastly be sure that viewers can clearly read the house number!

For more information contact Susan on 021 345 788 or email [susan.annette@mikepero.com](mailto:susan.annette@mikepero.com). Licensed REAA(2008)

**Graham McIntyre**  
LICENSED SALESPERSON  
BRAND & TERRITORY OWNER





**P** 09 412 9602  
**M** 027 632 0421  
**F** 09 412 9603  
**E** [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)  
[www.mikepero.com](http://www.mikepero.com)

Mike Pero Real Estate Ltd. Licensed REAA (2008)  
327 Main Road, Kumeu, Auckland  
2 Clark Road, Hobsonville, Auckland

## 6 hot tips to ensure your property sells

Imagine yourself as the buyer walk around the property as if it's the first time, make notes on anything you notice that needs attention and repair or replace any items as required.

1: Repaint the walls neutral colours - As much as you love that bright red dining room, it could turn off the majority of buyers. So repaint in neutral tones such as whites and tans, so buyers will focus on the spaces not the colours.

2: Simplify the décor - To assist buyers imagine themselves in your space remove any art work or other décor that might turn people with different tastes off, such as that bear skin rug or that large nude painting above the bed.

3: Remove Personal Items - Buyers need to be able to imagine themselves living in your home so remove anything that is over personal such as walls of family photos in the hallway or the 6ft parrot cage in the kitchen.

4: Tackle that must do list - All those little jobs you've been meaning to do? Buyers will notice them and they will detract from the value of your home. Set aside a day to fix that broken hinge tighten the loose door knobs fix the leaking tap and paint the scuffed wall etc.

5: Keep it flowing - The last thing you want is buyers bumping into furniture as they tour your home, this will disrupt their focus and make your spaces look cramped. Do a dry run yourself walking around your home so it flows well and tweak anything that disrupts the flow.

6: Curb Appeal - More than one buyer has decided not to view a house based on its curb appeal. Ensure hedges and shrubs are trimmed lawns are always neat and tidy and keep entrance way clear paint the front door if necessary and delineate front pathways.

Contact Ian Sneddon for more information on 027 209 0789 Licensed REAA (2008).

## NZ'S LEADERS IN Eco Sustainable Sewage Systems

**Wanting  
Power Free  
Sewage  
Treatment?**



- ✓ **No Power** in treatment processes
- ✓ **Natures Active** 'Bio-system'
- ✓ **Odourless, quiet** operation
- ✓ **Extremely low** maintenance needs
- ✓ **Modular** with low site impact
- ✓ **Free Onsite Assessments**

  
eco-wastewater & sewage systems  
by Waterflow NZ Ltd

Call us now for a free info pack

**0800 628 356**

[www.naturalflow.co.nz](http://www.naturalflow.co.nz)



## WESTGATE 'S BEST OF THE BEST - FLETCHER BUILT

3 2 2

Enquiries Over \$919,000

### 8 Cinnabar Place, Westgate Enquiries Over \$919,000

An outstanding Fletcher Homes show-piece offering elaborate space, high stud and light and breezy living with uncompromised alfresco living to the north west. The home over three levels delivers defined spaces through lounge, open plan kitchen dining and separate bedroom wing, delivering generous three bedrooms, bathroom and ensuite and open perspective. Fully fenced the property would suit a family or investor wanting a higher spec property. Great neighbourhood and cul-de-sac environment minutes from transport, schools, shopping and parks. 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](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX689652](http://www.mikepero.com/RX689652)



Graham McIntyre  
027 632 0421  
[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)

Susan Annett  
021 345 788  
[susan.annett@mikepero.com](mailto:susan.annett@mikepero.com)



## BUY, BORROW AND BUILD - DEVELOPER OPTIONS

4 2 1

By Negotiation

### 111 Metcalfe Road, Ranui By Negotiation

This original 1960's bungalow, positioned to the front of the section offers excellent position and sound building integrity. Four rooms, open kitchen and dining leading to separate lounge. Concrete drive to an independent double garage, the land at 809 sqm (more or less) offers excellent opportunity for further enhancement. We have an independent opinion from Terra Nova planners for development consideration. 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](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX684522](http://www.mikepero.com/RX684522)



Graham McIntyre  
027 632 0421  
[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)

Susan Annett  
021 345 788  
[susan.annett@mikepero.com](mailto:susan.annett@mikepero.com)





ELEVATED TUDOR STYLE ON ELIZABETH DRIVE, NEAR WESTGATE

3 2 1

Enquiries Over \$719,000

**33 Elizabeth Drive, West Harbour**  
Enquiries Over \$719,000

From the first time you lock eyes on this property it resonates a special connection, a sense of family fun and a statement of classic ambience. The section is elevated, boasting approximately 760 sqm, fully fenced front and back yard with a peppering of mature shade and fruit trees. An extensive patio with servery windows from the modern and fully renovated kitchen, the open living feel of the home makes it easy for family living and entertaining. Offering three generous rooms and detached double garage it is not short of space for the family nor the toys. The home overlooks Midgley Park and offers easy access to North West Mall, Westgate, West Harbour School, Transport Links and motorway access.



**Graham McIntyre**  
027 632 0421

graham.mcintyre@mikepero.com

**Susan Annett**  
021 345 788

susan.annett@mikepero.com

[www.mikepero.com/RX646151](http://www.mikepero.com/RX646151)

Mike Pero Real Estate Ltd. Licensed REAA (2008)

[www.mikepero.com](http://www.mikepero.com)

# Mike Pero Real Estate Hobsonville is delighted to welcome Susan Annett.

Susan Annett is currently working in your area.  
Want to know what your property might be worth  
in today's market?  
Contact Susan for a no obligation FREE appraisal.

**Susan Annett**

021 345 788

susan.annett@mikepero.com

Office Location: 2 Clark Road, Hobsonville

[www.mikepero.com](http://www.mikepero.com)







**CHARACTER COTTAGE IN WHENUAPAI - 1135M2 OF LAND** 3 1 1

**By Negotiation**

**58 Waimarie Road, Whenuapai**  
By Negotiation

Cute as a button, this two level board and batten cottage has plenty of character and room to spare, resting upon 1135 square meters of flat land. The home enjoys three bedrooms (one up, two down), open plan lounge and entertaining leading out onto patio and gardens. If your next home is about character and personality, this is a must see. An independent single garage with carport delivers additional value. A short distance from convenience shopping, restaurant, schooling, parks and inner harbour. The CV on this property is \$675,000. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).



**Graham McIntyre**  
027 632 0421

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)

**Susan Annett**  
021 345 788

[susan.annett@mikepero.com](mailto:susan.annett@mikepero.com)

[www.mikepero.com/RX625777](http://www.mikepero.com/RX625777)



**LAND FOR BANK OR FOR LIFESTYLE - NEAR KUMEU** 3 3 2

**By Negotiation**

**81 Foster Road, Kumeu**  
By Negotiation

Whether you are seeking an investment for the future or a property with multiple incomes this idyllic lifestyle property offers a tantalising 4 hectare (10 acre) gentle sloping backdrop with which to buy and hold or buy and invest. The land has a three bedroom brick home, storage sheds (that are rented) and cool store. The property also has a water bore for a buyer wanting to use the land for horticultural use. Close to schools, parks, convenience shopping centres and transport links. The CV on this property is \$1,125,000. 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](mailto:graham.mcintyre@mikepero.com).



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)

**Lyndsay Kerr**  
027 554 4240  
09 412 9602

[lyndsay.kerr@mikepero.com](mailto:lyndsay.kerr@mikepero.com)

[www.mikepero.com/RX688266](http://www.mikepero.com/RX688266)





**BREATHTAKING HIDEAWAY CLOSE TO MURIWAI AND WAIMAUKU** 4 2 2

**Set Date of Sale**

**37 Hamilton Road, Waimauku**  
**Set Date of Sale - 5pm, Wednesday 9th March 2016**

This three bedroom plus study home is freshly decorated and provides superior indoor/outdoor flow. With a large open plan kitchen dining leading onto a paved courtyard area, the living and separate lounge area with woodburner open out to decking as does the main bedroom, with ensuite and walk in wardrobe. Internal access is from a large double garage. The land at 2023sqm is landscaped and easy care providing great living with all the benefits of being in the country. The CV on this property is \$840,000. 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](mailto:graham.mcintyre@mikepero.com).



**Graham McIntyre**  
 027 632 0421  
 09 412 9602

**Ian Sneddon**  
 027 209 0789  
 09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)

[ian.sneddon@mikepero.com](mailto:ian.sneddon@mikepero.com)

[www.mikepero.com/RX690299](http://www.mikepero.com/RX690299)



**VILLAGE OUTLOOK - COLONIAL DESIGN - WAIMAUKU** 4 2 2

**Set Date of Sale**

**8 Mabbett Lane, Waimauku**  
**Set Date of Sale - 5pm, Wednesday 23rd March 2016**

Looking for a country aspect with a traditional 1/4 acre section, neighbourly quiet country lane and services and high decile schooling close by? Look no further than 8 Mabbett Lane, Waimauku. A country style home with 4 bedrooms, 2 bathrooms, open style living and dining opening to decking to the North and South. Elevated cul-de-sac living environment, single garage, and minutes from Waimauku Primary School, parks, convenience shopping and transport links. The CV on this property is \$580,000. 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](mailto:graham.mcintyre@mikepero.com).



**Graham McIntyre**  
 027 632 0421  
 09 412 9602

**Ian Sneddon**  
 027 209 0789  
 09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)

[ian.sneddon@mikepero.com](mailto:ian.sneddon@mikepero.com)

[www.mikepero.com/RX693911](http://www.mikepero.com/RX693911)



**TUSCANY IN COATESVILLE PLUS BIG BARN ON 2 HECTARES** 4 1 2

**By Negotiation**

**557 Ridge Road, Coatesville**  
**By Negotiation**

Idyllic setting, nestled north west, enjoying all day sun from an elevated position looking over grazing land and native bush environments. This 1920's old charming bungalow has character, presence and delivers a relaxed and social environment. Outdoor living flow steps out to extensive entertainment decking to the north-west, to enjoy the sun but provide shelter from the wind. Four bedrooms, two bathrooms (one traditional and elegant), integrated kitchen/dining that makes the most of the space and the view. In addition the property also has a large 150 sqm barn that provides extra space and options for workshop projects, storage or stables.



**Graham McIntyre**  
027 632 0421  
graham.mcintyre@mikepero.com



**Ian Sneddon**  
027 209 0789  
ian.sneddon@mikepero.com

[www.mikepero.com/RX649015](http://www.mikepero.com/RX649015)



**1 HECTARE LIFESTYLE BLOCK CLOSE TO KUMEU**

**By Negotiation**

**Lot 3 Access Road, Kumeu**  
**By Negotiation**

Often hunted but seldom found, this beautifully presented, boundary fenced 1 hectare block offers an idyllic lifestyle opportunity to those wanting to build a brand new home within an established lifestyle area, a short distance from Kumeu Showgrounds and Kumeu Village. Post and rail fencing on the road front, concrete access way and heavy designer gate provide the perfect start for you to build upon. Services including power and water at the roadside. The CV on this property is \$555,000. 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](mailto:graham.mcintyre@mikepero.com).



**Graham McIntyre**  
027 632 0421  
09 412 9602  
graham.mcintyre@mikepero.com



**Lyndsay Kerr**  
027 554 4240  
09 412 9602  
lyndsay.kerr@mikepero.com

[www.mikepero.com/RX672087](http://www.mikepero.com/RX672087)





## LIFESTYLE LIVING NEAR WAIMAKU

4 1

By Negotiation

**1548 State Highway 16, Woodhill**  
By Negotiation

A delicious hard to come by Woodhill lifestyle property of 1872 square meters which has plenty of room for the family, pets and friends. This undulating property offers gardens, native and mature fruit trees. The 1950's bungalow allows for easy living and a pleasant rural outlook. Elevated north facing decks and lawns give a private setting with great outdoor living. The home features 4 bedrooms, 1 bathroom, and multiple car parking (there's even room for the boat). The CV on this property is \$540,000. Please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) for recent sales in the area.



**Graham McIntyre**  
027 632 0421  
09 412 9602  
[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



**Lyndsay Kerr**  
027 5544 240  
09 412 9602  
[lyndsay.kerr@mikepero.com](mailto:lyndsay.kerr@mikepero.com)

[www.mikepero.com/RX666090](http://www.mikepero.com/RX666090)

Mike Pero Real Estate Ltd. Licensed REAA (2008)

[www.mikepero.com](http://www.mikepero.com)



## ELEVATED FAMILY HOME WITH PANORAMIC RURAL VIEWS

3 2 1

\$660,000

**13 Hand Road, Helensville**  
Asking Price \$660,000

This well appointed brick and tile family home is looking for new owners. Set high on a large 1305 sq metre section with glimpses of the river this home is an entertainer's delight offering three bedrooms, main bathroom and double garage. Great decks, great gardens and a well appointed granny flat further enhance this lovely home. There is so much on offer you really need to come and have a look. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [lyndsay.kerr@mikepero.com](mailto:lyndsay.kerr@mikepero.com).



**Lyndsay Kerr**  
027 5544 240  
09 412 9602  
[lyndsay.kerr@mikepero.com](mailto:lyndsay.kerr@mikepero.com)

[www.mikepero.com/RX691583](http://www.mikepero.com/RX691583)

Mike Pero Real Estate Ltd. Licensed REAA (2008)

[www.mikepero.com](http://www.mikepero.com)

# Health:beauty

## Hobsonville Chiropractic Centre welcomes a new Chiropractor

Dr Lynnette Orrell (DC) has operated the Hobsonville Chiropractic Centre for over 16 years and is excited to introduce their new Chiropractic Associate Dr Aimee Strickett (DC) who will be working along side Dr Lynnette at their newly renovated office, located at 295 Hobsonville Road. Dr Aimee is a local resident who grew up in Hobsonville and attended Hobsonville Primary & Intermediate Schools. She completed her 5 years of training at the New Zealand College of Chiropractic and currently lives in Whenuapai. Aimee has a passion for working with families and has completed extra Chiropractic study in the area of paediatrics and maternal health.

As an introduction to the Community Dr Aimee would like to ensure your child is starting the School year the right way with a "Back to School" promotion. All children booked in for an Initial consultation (for new patients) or check up (for existing patients) in the month of February will get a complimentary gait assessment and School bag fitting included for no additional charge.

Chiropractic is a natural form of healthcare that focuses on the function of the spine and nervous system. The nervous system (brain, spinal cord and nerves) controls and coordinates every function and action that your body does so it is important that this is functioning optimally, especially during the childhood phase of growing, learning and developing.

Call the office today on 09 416 7589 to make an appointment for you or your families Spinal Assessment.



and notified every second Friday commencing 11th of March. To be in the draw simply phone our friendly team to make an appointment for your child to have their eyes examined. Phone: 09 831 0202 or visit our website [www.westopt.nz](http://www.westopt.nz).

## Protein powders

Protein powders are important for everybody, every day. Protein plays an important role in healthy energy levels and also the recovery and repair of muscle and body tissue; very important as we age.

Insufficient protein can cause muscle deterioration, lethargy, dry skin, poor digestion and irritability. A diet which contains more protein and less carbohydrates triggers the production of dopamine. This aids in the balance of blood sugar levels, which in turn reduces irritability and positively affects your mood.

There are hundreds of different protein powders available on the New Zealand market. Whey protein powders are most common and are a by-product of turning milk into cheese. With lactose (sugar) and dairy being allergens which affect many people, using whey protein can result in poor digestion and inflammation.

'Clean Lean Protein' is made from golden peas grown in Northern France. Golden peas are the highest source of plant proteins. It is allergen free with no gluten, dairy, soy, nuts, eggs, fillers, additives, preservatives, no added sugars or artificial sweeteners. It also contains all nine essential amino acids, as well as being particularly high in glutamine which is important for post-exercise recovery and prevention of muscle loss as we age.

It is also one of the few alkaline protein powders available with a pH of 7.8. An alkaline pH can aid cleansing your body, improve bone density as well as delaying the lactic acid build up during exercise. It is also a slow digesting protein, so will keep you fuller for longer – perfect for weight management.

If you need further advice or want a free sample, come in to see us at our new pharmacy Hobsonville Point Pharmacy (3B/160 Hobsonville Point Road, 09 222 0319 or find us on Facebook).

## Giveaway

To celebrate our recent change of ownership we are giving away sunglasses for children under 12 years! Here at Westgate Optometrists we recognise the importance of UV protection especially for children. Research has shown that up to 50% of a lifetime's UV exposure occurs before the age of 20.

This offer is only valid while stocks last! Winners will be drawn



## Weekly health classes

Alive wellbeing Centre organizes weekly classes to benefit your body and your mind.

Look after your own health and learn these simple, safe and effective standing practices. These exercises will help you to be-

**WESTGATE OPTOMETRISTS** Phone: 09-831 0202  
www.westgateoptometrists.co.nz



*'Outstanding service, comprehensive eye care and high quality eyewear.'*



**"is this your space \$75+gst"**

Contact John Williamson on 021 028 54178 or [jbw51red@googlemail.com](mailto:jbw51red@googlemail.com) to book

you will receive a months worth of local exposure



come more flexible and powerful whilst getting into shape. You will also learn how to relax your mind, reduce stress and gain the ability to control challenging life situations.

Based on thousands of years of Chinese knowledge this practice (named Yuan gong) is an effective practice for everyone.

Your teacher Dorrie van Roij has a background as a sports teacher and has undertaken serious and ongoing training in Qi Gong for many years. Dorrie is a fully qualified Yuan Gong teacher.

Tuesdays from 10.00-11.15 am and Thursdays from 16:30-17:45 pm. 59 B Bannings Way Hobsonville. For more info: email: joost-dorrie@gmail.com or phone: 021 517 197.

## An invitation

You are invited to come and browse amongst our New Arrivals! Hobsonville Optometrists - Glasses and Gifts, at 413 Hobsonville Road, offers something unique. Our Optometry practice offers not only eye examinations, a large selection of frames, contact lenses and sunglasses, but also gorgeous quality home-ware and gifts. We have a tasteful and extensive selection of Men's gifts and we stock Dion Nash's Triumph and Disaster cosmetics for men - cool! Open Monday to Friday 8.30am - 5.30pm and Saturdays from 9am onwards.



## Is function fitness for you?

Do you live to exercise? Unless you're an elite athlete, you probably answered no to that question. Most people, in fact, would say they exercise to improve their quality of life. And that's the focus of functional fitness. Functional exercises are designed to train and develop your muscles to make it easier and safer to perform everyday activities, such as carrying groceries or playing a game of soccer with your kids.

What is functional fitness training?

Functional exercises train your muscles to work together and prepare them for daily tasks by using common movements you might do each day. While using various muscles in the upper and lower body at the same time, functional exercises also increase core stability and improve your posture. For example, a squat is a functional exercise because it trains the muscles used when you get up and down from a chair or pick up low objects. By training your muscles to work the way they do in everyday tasks, you prepare your body to perform well in a variety of common situations.

What are the benefits of functional fitness training?

Functional exercises tend to be multijoint, multimuscle exercises. Instead of only moving the elbows, for example, a functional

exercise might involve the elbows, shoulders, arms and back, such as push ups. This type of training can make everyday activities easier, reduce your risk of injury, improve balance and strength thereby also improving your quality of life.

What are examples of functional fitness exercises?

Now you know why functional exercises are great for you, but what exercises are functional?

Here's are some examples: Lunges, Squats, Push Ups, Dips, Bench Press, Step Ups....

Are functional fitness exercises for everyone?

Functional exercises can be altered for all levels of fitness or skill. It's always a good idea to start with exercises that use only your own body weight for resistance. As you become fitter and ready for more of a challenge, you can add more resistance in the form of weights, resistance tubing or performing movements in the water. As you add more functional exercises to your workout, you should see improvements in your ability to perform your everyday activities. What better investment than one that improves your quality of life.

If you have any questions or unsure where to start, give me a call 021 798 435 or flick me an email info@benefityou.co.nz.

## Do you love your job?

Have you ever wondered how you could start a job for a few months and absolutely love it, then in a very short time, find that your boss irritates you! Your work colleagues seriously 'annoy the heck out of you' and yet when you first met them you really thought you'd love working with them.

As the weeks went on the tension got out of control, you wondered why you ever took the job?

You need the job, more than anything, but this is not what you signed up for!

How could everything change so quickly?

Geopathic Stress, (GS) that is how?

GS could irritate where you sit at work and make you feel so uncomfortable that you could not imagine the possibility something so simple will drive you so crazy!

Make sure you KNOW where you sit and have the Geopathic Stress tested in your office (and your home). Do not hate your boss for nothing.

www.ClearEnergyHomes.com, phone Nicky 021 545 299 or 09 213 7309.

## CrossFit Red Dragon

CrossFit Red Dragon has now been open for a month and a fantastic group of locals have joined up, and are having plenty of fun developing their fitness with us here at CFRD! We are now

**HOBSONVILLE  
OPTOMETRISTS**  
*Glasses & Gifts*

Frank G Snell B Sc., B Optom  
Optometrist

Unit A, 413 Hobsonville Road, Hobsonville 0618  
Ph: 09 4163937. E: hobsonville@eyeteam.co.nz

**Kumeu Chiropractic**  
adjust + adapt + thrive

Dr. Chris McMaster + Dr. Nolene McMaster

412 5536  
www.kumeuchiropractic.co.nz

8 Shamrock Drive, Kumeu

running a full morning and evening schedule including Olympic Weightlifting classes 6 days per week.

Olympic Weightlifting consists of two lifts - the snatch and the clean and jerk. It's as much a mental discipline as it is physical, and although a beginner can pick up the movements very quickly, it can take a lifetime to master. Pictured is Tristan snatching 40kg on only his third session with us.

If you're interested in weightlifting, come and join us for a free class - email [team@crossfitreddragon.com](mailto:team@crossfitreddragon.com) or go to [www.crossfitreddragon.com](http://www.crossfitreddragon.com). We will expand our schedule very shortly with classes at 9 & 10am, including a crossfit class and also a stretching/yoga class. If you're interested in these email us and we will let you know as soon as they are on the programme!

## Spotlight on: facial oils

Why the use of oils on the complexion, once considered a no-no, is now a trend we should all be following.



The use of facial oils dates back hundreds of years. Then fancier face creams came along, offering similar moisturization and protection benefits. I believe some people still shy away from using facial oils because they (mistakenly) think it will result in shiny, oily skin, which may be considered unsophisticated — or even dirty. Plus, facial oils are often thought to be congestive and are associated with breakouts. The truth is that refined oils are wonderful for our complexions. The general public was under the assumption that oils were too thick and wouldn't penetrate the skin, and that they would leave the complexion greasy. Little did they know that a good oil is the best thing you can put on your skin!

I'm from Europe, where facial oils have been popular for decades. When I first started our spa here in Waimauku, nearly 15 years ago, I couldn't believe that nobody here was using them. I think people were afraid that all oils were comedogenic and would clog the pores. Plus, the trend at that time was for skin to be matte, with no shine or dewiness.

Pure oils, such as the Hydrating Pinotage Face Oil by Theravine, penetrate deeper into the epidermis because they're usually a finer blend of ingredients. When clients are in their late 30s and early 40s and their skin begins to dry out, they're doing themselves a disservice if they don't add a high-quality, pure face oil to their nightly skincare routine. I recommend putting on oils right after a shower or bath, when the skin is still moist. But they must be high-quality oils, otherwise the skin may break out or become irritated.

Find out more about facial oils, including how to select the right one and the best ways to incorporate them into skincare at home, from Paula at Spa Di Vine, Ph. 09 411 5290 or check website [www.spadivine.co.nz](http://www.spadivine.co.nz).

Come and check out our new  
Delicatessen, Coffee, Juice & Ice Cream Bar

**BORIĆ** Food Market

1404 Coatesville - Riverhead Highway, Auckland

[www.boricfoodmarket.co.nz](http://www.boricfoodmarket.co.nz)



## Do you have a hair goal?

Every year we make ourselves new goals to achieve. Whether it be to increase our fitness, lose weight, buy a new house or whatever your goal may be we need to put steps into place to get to that finish line. Hair is no different... it needs a plan or a goal to achieve what you want. Do you have curly, unruly hair that seems to be out of control and you are unsure of what to do to manage this? Do you have colours that continually fade and appear washed out even though you spend a fortune in the salon? Do you have a haircut that looks great upon leaving the salon but is totally unmanageable when you try and do it? Or do you want to create a colour that seems far out of reach for your hair right now? Zash Hair can help you put all the steps into place to achieve these goals. Small steps can make big changes and they are easier when you have a stylist to walk with you through this. Take the time today to make your appointment with us and let's set your new Hair Goals for this year. Zash Hair 021 81 4663.

## My vacation at the Dentist

My wife and I have been waiting for some time off to go on vacation. Finally we both arranged days off and the trip was planned... Here I am -3 days before our dreams were about to come true - all nervous, anxious and completely scared just of an idea of having a tooth pulled. No amount of assurances could put me at ease over the "extraction" I was facing at 9:00am that particular Monday.

After all, I have never had a tooth pulled out before. This tooth, which has been the source of dental trauma for me since I was about six years old was about to face the ultimate sacrifice.

I went Inside a tastefully decorated, newly opened dental practice. Comfortable chairs, a picture of a really big tooth with clever words of wisdom, relaxing music and fashion magazines with Richie McCaw on the cover. Not that I got to read it or anything because I was first in line! 9:00 AM and time had run out for me and my molar. In the chair and after some brief exchanges of pleasantries between us, the "MASK" was on.

Like every recipe your grandmother ever gave you, there's always a "secret ingredient" that actually made the dish pretty good, which in the case of an "EXTRACTION" would be the gas. After a few inhalations I felt like I am in the rainforest with beautifully scented trees and marmalade skies..."Yello" relaxation music was playing slightly above the sound of suction.

Every minute or two I would try to act like I was normal by looking at the dentist's instruments or staring in to her eyes to see the reflection of my opened mouth. She was holding my head with one of her arms and was approaching the end zone in my mouth with determination. I started to lose it thinking and

Susan Annett  
LICENSED SALESPERSON

**mike Pero**  
REAL ESTATE



**P** 09 416 6900  
**M** 021 345 788  
**F** 09 412 9603  
**E** [susan.annett@mikepero.com](mailto:susan.annett@mikepero.com)  
[www.mikepero.com](http://www.mikepero.com)

Mike Pero Real Estate Ltd. Licensed REAA (2008)  
2 Clark Road, Hobsonville  
Auckland



imagining all the possible outcomes when I realized THIS IS IT! She is going to pull my tooth! Then another "Yello" tune came on. It reminded me of a first date and a million other things like vacations and people I hadn't thought about in a very long time. In only seconds I thought about every place I had ever been and wanted to go.

Tenochtitlan, Singapore, London. Maybe visit Israel or China. There were just so many places that young people should visit while they can still fully enjoy it. Rebecca and I are still young. We really should get away together.

"I'll just clean it up for you" doctor said. "Clean up what?" I asked. "Well, it chipped in one place but I have the 3 roots". I was still thinking of a countries to go when I realized my tooth was already being prepared for display at home. Pretty cool.... Not only did I never feel a thing but I had traveled through a time or space that somehow allowed me to visit a lot of great vacation spots and wiped out 42 years of dental paranoia. (Forever loyal the patient of Westgate Dental Centre).

## Kumeu Show special offer

How you take care of yourself today – will have an impact on how healthy you are in the future. If you want to be healthy and active as you age, your spine and nervous system must be healthy.

Over time, your spine and nervous system can deteriorate, not because of age, but because of subluxations. Just like the tyres on your car wear down unevenly when they are misaligned, the same can happen in your spine. You may have some areas in your spine that look and feel like they are seventy years old while you have other areas that are more like a twenty year old. Researchers found that when the spine is misaligned it can begin to deteriorate within two weeks. Think about how many two weeks have passed since that childhood fall to age fifty? Is it any wonder why more than fifteen million people world-wide are

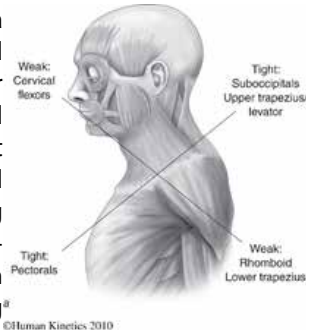
diagnosed with osteoarthritis each year?

Come and chat to us at this year's Kumeu Show and take us up on our "50% off - Kumeu Show Special Offer".

Call us now at Kumeu Chiropractic for an appointment 09 412 5536.

## Do you suffer from upper cross syndrome?

Upper cross syndrome (UCS) is a imbalance of the muscles located in the neck, shoulders and upper back. Some muscles (trapezius and pectoral muscles) become tight and other muscles (neck flexors and rhomboids) become weak. Long term this can lead to pain and dysfunction. UCS is commonly seen in people working at a desk or sitting<sup>a</sup> a lot and people with poor posture.



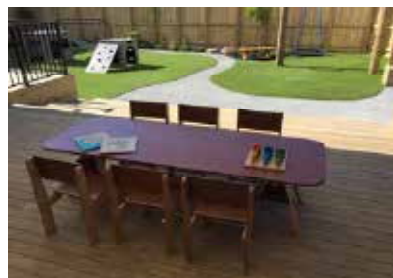
Common signs of UCS include neck/upper back pains, headaches, a forward head posture, hunching the upper back and elevated shoulders. Tips to avoid UCS:

- 1) Desk setup- ensure your computer is at eye level and your chair is the right height for you
- 2) Regular breaks to avoid sitting in the same position all day
- 3) Stretches for the pectoral and trapezius muscles (see below)
- 4) Assess your posture- is your neck forward and back hunched? They shouldn't be.

At the Body Clinic, we can assess your injury treat your problem and give stretches that can help. 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](http://www.thebodyclinic.co.nz).

## Modern Montessori for 21st century Kiwi Kids

At Kumeu Montessori, our aim is simple...to provide an innovative and modern preschool environment, where learning is irresistible and children flourish.



Our programme is based on your child's individual strengths, needs and interests, enabling them to learn in a style and at a level that is just right for them. Because one size does not fit all.

Combining the best of Montessori tradition with modern learning practices, we will help give your child a flying start, preparing them not just for school....but for life. Our day combines learning, discovery and play - the best of all worlds.

*Ask us about our 2016 pricing specials!*

p 412 9885 | 8 Grivelle Street, Kumeu | [kumeumontessori.co.nz](http://kumeumontessori.co.nz)

 KUMEU  
MONTESSORI  
PRESCHOOL

*Making learning irresistible*

# Regular columnists

## What you know right now

Right now you know a lot of things. You have knowledge. You have experience. In this moment you are immensely capable. Experts have their place – but you have lived too.

So what are all the things you KNOW right now?

I know that when I eat right I have more energy, brighter eyes and a lighter body and I smile more.

I know that when I meditate it connects me with peace.

I know that when I drink alcohol, the next day I'm grumpy and don't connect with the people around me properly.

I know that when I make the phone calls I tend to put off, I feel more alive and then I seem to make more phone calls.

I know that when I get up early I'm more organised, less stressed and have a more peaceful morning getting everyone out of the house.

I know that when I get out and exercise I have more energy and a feeling of being proud

I know that when I smile more at people I have better connections and feel happier.

(I could go on and on..)

These are the things I know. Experience and failure, happiness and utter despair have led me to know these things, and I have an inkling that if I stuck to even half of what I know I would be unstoppable! The fact that we don't implement these things into our daily lives has always puzzled me. So why don't I just put my highest desires for myself into action? So what's the problem? All our greatest wishes for ourselves cannot remain on paper or in our heads. The highest philosophies in life cannot remain in books or as feel good quotes – we could actually start living them if we wanted to!!

'To know and not to do, is actually not to know'. I have always enjoyed this quote because we all know so much. Action seems to be the hardest thing. Is there perhaps something else we need to know? Is there a level of wisdom that is missing here - because it's not will power, or lack of desire or laziness!

Go back to the first initial thoughts of wanting to change. In the beginning our desire for change usually comes from not wanting or not approving with what we have. Think about it – are we absolutely in love with ourselves and can't get enough of our life but want to change? No, we usually want something better for ourselves because a part of ourselves is not ideal or good enough anymore. Perhaps here lies the problem. Now I applaud striving to be the best version of ourselves and there are some situations that we just need to move on from - but not being happy with a part of ourselves in the first place creates tension.

We are not lovingly wanting change, we are desperately needing it to feel better about ourselves. We are giving ourselves a very strong message here and it's along the lines of 'you are not good enough, things need to change around here'. It's subtle but it's there. The goal is not created with love, it was actually created in fear - so yes, it will be like pushing shit uphill. We are a weaker version of ourselves when we operate from this place.. So all this stuff you know is invaluable and is enough to create some big life changing stuff. But I am proposing that we use our knowledge differently than before. Write down what you want in the first person. Be specific, and write it as if its already happened... and then be in the moment – this moment, not tomorrow or one day. In this moment know with every cell in your body that you are enough, that you are loved. Feel gratitude in the moment. It is this person that can now more easily live the new. This person, free of tension can more easily take actions in line with higher self. This grateful, loving person is now creating from a place that is expansive.

I love creating the new, as humans we are capable of so much. I love goals– but it's how they are created and how we focus on them that is the key. We are always 'being' something. We are always creating, sending out messages and life responds every day. If it's time to give your body and your life a different kind of message, an unchanging powerful message, then contact me for a session.

Anna Wheeler - phone 021 555 658 or email [anna@thinkyouurbest.co.nz](mailto:anna@thinkyouurbest.co.nz)

## Does your business need an app?

Today's businesses only stand to benefit by making themselves accessible via mobile devices. With a mobile web application or mobile app, businesses can boost sales and keep customers by adding ways for them to get or view information. The question is which type of mobile presence is best for your business? A mobile web application is designed specifically for smartphones and tablets. It can be accessed like a normal website using a specific address with the advantage of it being made to be viewed easily on the device's screen. The primary benefit is that it makes regular websites more accessible for mobile users. Also if you have special features on your existing website these can be adapted so they are



“is this your space  
\$75+gst”

Contact John Williamson on 021 028 54178 or  
[jbw51red@googlemail.com](mailto:jbw51red@googlemail.com) to book

you will receive a months worth of local exposure

## Thinking of Travelling?

Call your Itinerary Planning and Cruise Specialist



Carolyn Hedley  
Ph: 416 1799. Mb: 027 294 7744  
[www.luxuryholidaycompany.co.nz](http://www.luxuryholidaycompany.co.nz)



also usable by people on a mobile device. Apps are smartphone or tablet applications. Unlike a web application, an app must be downloaded and installed from an app marketplace. Although apps function a lot like a mobile website, they have the advantage of having their own corner on a customer's device. For instance, a mobile app can be closed or inactive, but still work in the background to send notifications and perform for the customer. Apps appear more professional as they display on a devices desktop and are available in one quick tap. They can also be made to work when the device is not connected up to any wi-fi network. Utopia has years of experience in all forms of mobile web applications and apps. We can discuss the options you have for your business and how to improve your sales and customer retention. If you wish to discuss this with our team please contact us here at Utopia on 09 412 2473 or michael@utopia.co.nz. We are based in Kumeu and provide website design, consultancy and app development to a range of businesses all over New Zealand.

## 5 simple tips to feeling dam healthy

- Portion sizes- Remember quality is more important than quantity. In the last 100 years our culture has increased our portion sizes dramatically. So get a smaller plate, eat less, feel lighter!
- Eat more fresh vegetables and fruit- They will get your bod in tip top shape, leaving you feeling energized and make your skin glow. Forget 5 a day, aim for 10!
- Hydrate- Insure you are well hydrated. Often when we feel hungry between meals we are really just thirsty- Ensure you are drinking enough water. Don't like water? Try chilling herbal tea for a change of flavor.
- Get Active- Movement creates energy- If your too tired to exercise chances are you're the one that needs it most. Add it to your daily routine, catch up with friends on a walk rather than at a coffee shop.
- Sleep- Important to sustain healthy energy levels and insure you are on top of your game mentally and physically. So jump

into bed that little bit earlier.

For Naturopathic and Nutrition Consultations to bring your body back into balance naturally- Contact Selena Quinn, Phone 027 448 7096, [www.damhealthy.com](http://www.damhealthy.com), Family Osteopathic Clinic, 39 Hobsonville Rd, West Harbour, Facebook @ Dam Healthy.

## India intoxicating your senses

Chaotic, Crazy, exasperating, wonderful, unpredictable, squalid, splendid, mesmerizing, daunting, overwhelming and fantastic – India is all these things and much, much more. Pick what interests you be it Luxury Trains, Food, Wellness or Wildlife Safaris to name a few and try to concentrate on those areas rather than trying to see the whole country at one time.

We have a free seminar so you can talk to our expert from India who is visiting NZ for a few days. This is on Thursday 14th March for a morning tea, so contact Carolyn to register if you are interested in attending.

The Luxury Holiday Company website is [www.luxuryholiday-company.co.nz](http://www.luxuryholiday-company.co.nz) or contact Carolyn on 09 416 1799. Carolyn is based in Whenuapai and is available for appointments.

## About the Westerly

The Westerly is a sister publication to the Kumeu Courier. Both publications offer cost effective advertising rates, while the profits from the publication are invested locally into area beautification and memorable charitable events. Advertising in this publication is not only easy on the pocket but it feels good too. No position loadings apply and space is allocated on a first in basis. Providing a platform for locals to communicate with locals, we have pitched the Westerly as a high quality casual read that can be picked up five or six times within a month for relevant and current views, opinion and advice. To advertise please email [glms@xtra.co.nz](mailto:glms@xtra.co.nz) or phone 0800 900 700 today.



**DENTURE CLINIC**  
DENTURE SERVICES AND REPAIRS

### Smile with Confidence

See our experienced denture technician today! We offer an experienced clinical technician that provides the following services:

- Full Dentures
- Partial Dentures Plastic and Metal
- Reline on existing Dentures **Same day available**
- Repair Work **Same day available**
- Additions to existing Dentures **Same day available**
- Mouth Guards



Ground Floor, No Stairs, Wheelchair Access Lots of easy street parking

P: (09) 416 5072 • 67 Brigham Creek Road, Whenuapai E: [info@dtentureclinic.co.nz](mailto:info@dtentureclinic.co.nz) W: [www.dtentureclinic.co.nz](http://www.dtentureclinic.co.nz)

# Localclubs

## Redwood Park Golf Club

A little history on Business House. Business House was started back in 1985 by the member Wayne Green. The teams then consisted of 5 players, 4 playing with one reserve. It did not take long for the



competition to become very popular which meant the teams increased to 6 players. 25 years on the competition is still very popular, with teams now consisting of 8 players, 6 playing with 2 reserves. Business House is played on the second Wednesday of each month starting in February of each year. A sheet is posted on the notice board each January for any members wishing to join a team.

Restaurant / Bar

The Redwood Park bar is open 7 days a week. Catering facilities are available on competition days during the week and Week-end and Public Holidays, except in extremely inclement weather conditions. When closed, sandwiches are available at the bar. Clubhouse

The clubhouse offers a very comfortable and very scenic outlook over the golf course.

To hire the golf club for your special golf occasion please contact us. Junior Coaching clinic Mondays from 4.30 pm to 5.30 pm. 13 Knox Road, Swanson, phone: 09 833 8253 or email: manager@redwoodparkgolf.co.nz. Business Hours: Summer 7:30 - 6:00 Winter 8:00 - 5:00.

## Swanson Memorial RSA

Our modern and vibrant Club is the largest Returned and Services Club in West Auckland.

Members and visitors can enjoy our newly refurbished clubrooms with three Bars, Pokies and sumptuous Restaurant. We hold regular live entertainment and have a large Function Room for hire. An ideal venue for weddings and other celebrations.

Our active Sports clubs include: Fishing, Golf, Indoor Bowls, Darts and Pool. We have four competition standard pool tables, a full size snooker table and full darts facilities.

Affiliated to Clubs New Zealand

Visitors welcome!

The RSA's Restaurant "The Mess", is in the capable hands of Jus-

tin Stedman and his team.

They provide mouth-watering meals in the new, spacious, Restaurant overlooking the Golf Club.

They also provide great meals for your special occasions e.g. Weddings, anniversary, birthdays etc. The Restaurant seats up to 200 people at any one time. Lunch Buffet – Wednesday – Sunday 12 – 2pm \$17. Dinner – Wednesday – Saturday 5 – 8.30pm Carvery \$19 & full menu also available Sunday Buffet 5 – 7.30pm \$27 & full menu also available Children \$1 per year of age up to 12 years. We have a huge car-park, even buses are welcome. Menu available for groups.

663 Swanson Road, Swanson, phone: 09 833 9013 or email: theswansonrsa@xtra.co.nz.

## Waitakere Rotary

Our club is all about networking with people in our community. People who would like to help in some small way, who are keen to associate with similar like-minded people yet do not want a huge time commitment.

Rotarians devote their professional and business skills to serve in their own communities as well as internationally through emphasis on activities that help in alleviating poverty, addressing health concerns and promoting literacy and education.

If this sounds like you, we would love to have you on board.

Our club is small, fun and effective. We participate in lots of local activities to lend a hand in our community as well as national and international Rotary events.

We invite those interested to join us and find out for themselves what programs we support and are committed to.

Club President- Patrick Howard

Waitakere Rotary is involved in a number of projects in the Community, some of which are long term commitments, others vary from year to year.

Meeting Place Wednesdays at 5.45pm at the Waitemata R.F.C

Waitakere Rotary meets at 5.45pm for official start at 6.15pm with our evening meal. Rotary business and/or speaker(s) follow after the evening meal.

Our major fundraiser is the annual Soapbox Derby and this is a winner with everyone involved. It is an ideal opportunity to bring businesses and schools together, with an element of fun and education, to the benefit of the local community. The 2016 Soapbox Derby is on again and the date is the 6th of March 2016.

New Zealand's first Rotary clubs, the Rotary Club of Wellington and the Rotary Club of Auckland, were chartered in 1921,

**thewarehouse** //  
where everyone gets a bargain

The Warehouse Westgate  
Fernhill Drive  
Open 7 Days  
8.30am-9pm

“is this your space  
\$75+gst”

Contact John Williamson on 021 028 54178 or  
jbw51red@googlemail.com to book

you will receive a months worth of local exposure



16 years after Chicago lawyer Paul Harris, with three friends - a merchant, a coal dealer and a mining engineer - decided to meet regularly for friendship and business networking. They had set up their group as a stand against corruption and poor business ethics that prevailed in Chicago at the time. Other clubs soon sprung up with members rotating meeting venues hence the name "Rotary". It wasn't long before they recognized the opportunity to use their skills and business contacts to help their local communities and, later, to promote the concept of world peace and understanding.

96 Swanson Road, Henderson, phone: 021 434 611 or 09 579 1099, email: bob\_suebenzie@clear.net.nz.

## Waitakere Golf Club

The inception of Waitakere Golf Club goes way back to 1876. The land on which our course stands was owned & farmed by two families.

The Walter Sisam family farmed an area which takes in most of the first nine holes while the William Meikle family farmed an area covering the majority of the back nine.

The Sisam family built their first homestead in the paddock next to our second fairway which is now deemed the horse paddock. They proceeded to build two more homes, one around the third tee area & the last in 1909 at the back of the 9th tee, about where the ranger's house is today.

The William Meikle family homestead was built above the 16th tee where we now have our water tank.



Both families owned & farmed cattle through to 1925. It was then the council bought both properties as a Regional Park. It was agreed that they both could continue farming and leasing the land, which they did until 1940.

Waitakere Golf Club was first registered in 1948 and has a colourful history that started at Bastion Point in 1936 as the Orakei Golf Club.

In 1942 the NZ Army was given the land at Bastion Point and the club had to look for another venue to play golf. The Committee at the time decided they would continue as Orakei Golf Club but play at Chamberlain Park. In 1947 a group of members got together with the Committee and approached the Waitakere City Council to lease some land. They were able to negotiate a long term lease on the land we currently occupy. The lease was signed in July 1948 to run from the 1st of January 1948.

On the 20th February 1948 the Orakei Golf Club changed its name to the "Waitakere Golf Club".

Waitakere Golf Club is situated only 30min from the city centre. It is nestled amongst truly magnificent native bush surrounds in the renowned Waitakere Ranges and is adjacent to the Cascades Kauri Park Reserve.

The golf course has been developed with little or no change to the natural landscape with breathtaking views of some of NZ's well known native bush.

The course is only 5140 metres long but this belies the challenge it presents.

Once you visit this haven it will leave many fond memories. Whether your golf is bad or just plain terrible, Waitakere can't be faulted as a venue of pure pleasure. Falls Rd, Waitakere, Auckland. Ph: 09 810 9399, email: waitakere@golf.co.nz.



Call: 09 411 9604

948 State Highway 16, Waimauku  
(just after the Muriwai turn off)

Locally owned & operated [www.landscapesupplies.net.nz](http://www.landscapesupplies.net.nz)



NOW STOCKING

**DRY FIREWOOD**

*stockpile now for winter!*

Free  
loan trailers  
for use

Trade  
Metal  
supplies

**OPEN 7 DAYS! Mon-Fri: 7.30am-5pm Sat: 8am-4pm Sun: 9am-3pm**

**WE CAN DELIVER**

• Sand • Metal • Shell • Pebble • Scoria • Mulch • Garden Mix  
• Topsoil • Compost • Tirau Gold • Pine Bark • Cambian Bark

# Petstips:advice

## Ear disease in pets

Is your pet shaking or scratching their ears? Do their ears appear inflamed, smelly or even painful when touched? These are some of the signs of ear disease, or “otitis”, which is a common problem especially in the warm and humid months of summer.

Some dogs and cats have primary factors that make them prone to getting otitis. Anatomic factors such as floppy ears, narrow ear canals, excessive hair in the canals can make the ear harder to dry out and make a lovely warm environment for bugs like yeast and bacteria to grow and cause otitis. Skin allergies (food, contact and seasonal allergies) are often the most common underlying cause of recurrent otitis. Other causes include parasites (ear mites), foreign bodies (like grass seeds) hormonal imbalances and even tumours. With animals that get recurrent ear disease it is important to establish an underlying reason why. So get your pet checked out if they are showing any of these signs! A picture of an infected ear (left) and the culprit of that infection (right) being a type of yeast called *Malassezia*.

West Harbour Vet clinic - 77 Hobsonville Road, West Harbour, phone 09 416 6388 or email: [info@westharbourvets.co.nz](mailto:info@westharbourvets.co.nz).



discover the joys of a real food diet. 250D Main Road, Kumeu. Phone 09 281 055, email [info@rawessentials.co.nz](mailto:info@rawessentials.co.nz) or visit [www.rawessentials.co.nz](http://www.rawessentials.co.nz).

## K9 Heaven

At K9 Heaven we are a West Auckland premium social dog kennel farm stay, based just on the outskirts of Massey in Auckland. Air conditioned sleeping arrangements, social areas during the day rather than confinement, & farm walks across a 12 acre dog dedicated farm & bushland. A modern day approach to an age old tradition of Kiwi dog care in a rural setting.

K9 Heaven caters for big dogs & small dogs, all shapes & sizes. Our small dogs have their own area and own staff. K9 Heaven is no breed-bias, and therefore unlike many places - all dogs are welcome. A younger generation of professional dog care providers, with the ability & capability, fitness and dedication to deliver what it is that family dogs want. You will simply not find anywhere in NZ in an established 24/7 dog care provider, the dog exercising, fun, and exploration to levels K9 Heaven does. And we are proud to provide such a place. An extensive layer of recorded & monitored CCTV providing over watch, owner's onsite 24/7 & interacting 24/7 to dog's needs. 7 days in operation during the day, professional, qualified and dedicated staff playing, walking, health checking, and socializing with your companion & their friends daily. There is something for everyone at K9 Heaven, and likeminded social companion dogs get to actually be friends, and hang out with each other 'all day'. A 100% completely social environment which is a lot of fun for outgoing, companion dogs. Whether its day care, boarding or grooming you are looking for, K9 Heaven is your long term, caring and professional option. Perched peacefully in the beautiful and laid back Massey West, K9 Heaven dominates a lush green landscape with acres of native bush to explore. Views of the fast paced city, are as close as it gets for our happy, content, laid back members. K9 Heaven is a dog's true getaway for dogs of all walks of life. K9 Heaven provides boarding (long term or short term), doggy day care, dog grooming (qualified groomers), international pet transport (MPI Certified) & dog socialization. As well as K9 Heaven being a foster home for Auckland City Council foster dogs, and assists various not for profit groups, such as Chained Dog Awareness with fostering or socialization assistance. 103 Sunnyvale Road, Massey, phone: 09 833 1883, email: [info@k9heaven.co.nz](mailto:info@k9heaven.co.nz). Website: [www.k9heaven.co.nz](http://www.k9heaven.co.nz).

## Raw feeding - keep it simple

Processed food has become the dietary mainstay for most people and their pets. Many of us feed our pets (and ourselves) food-like products full of ingredients that sound like they belong in a laboratory – not on a plate. The thought of changing to real food can be daunting. But it doesn't have to be scary – we can re-claim our food-confidence! Nature provides a template. Carnivores (eg. wolves, lions, cats and dogs) are designed to thrive on a diet on whole prey. It is that simple.

Cats and dogs should eat real raw meat, bones, organs and tripe (from a range of prey species) that is as close to its natural state as possible; nothing added or altered. We are very fortunate to have an abundance of nutrient-dense wild prey and high quality farmed prey species in our country, so we don't need to add in supplements. So we really can keep it simple! Vet nurse, Amanda, and her team at Raw Essentials Kumeu can help your pet

**Lyndsay Kerr**  
LICENSED SALESPERSON





**P** 09 412 9602  
**AH** 09 411 7854  
**M** 027 554 4240  
**F** 09 412 9603  
**E** [lyndsay.kerr@mikepero.com](mailto:lyndsay.kerr@mikepero.com)  
[www.mikepero.com](http://www.mikepero.com)

Mike Pero Real Estate Ltd. Licensed REAA (2008)  
 327 Main Road, Huapai, Kumeu  
 Auckland

“is this your space  
\$75+gst”

Contact John Williamson on 021 028 54178 or  
[jbw51red@googlemail.com](mailto:jbw51red@googlemail.com) to book

you will receive a months worth of local exposure



## The K9 Way

Awesome dog & puppy training kept simple! Your time is precious. We make sure it does not get wasted. Independent of age, breed or behavioral problem we offer you a common sense approach to Dog and Puppy Training that works, empowers you and relaxes your dog. The focus is on the relationship between 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 & minding services will fulfill your dogs mental and physical needs. Book a free phone consultation or free Meet & Greet online at [www.thek9way.co.nz](http://www.thek9way.co.nz) or call us now on 021 239 0635. We speak dog, let us teach you to do the same!

## The dangers of 1080 poisoning for domestic pets

Fluoroacetates do occur naturally in some plants, but our main losses are to domestic animals such as dogs that have ingested baits of synthetic fluoroacetate (1080), which has been used in New Zealand for vermin control since the 1950's.



1080 as it is more commonly known is tasteless, odourless, water-soluble and kills for months after it has been dropped. It is the most commonly used poison against feral cats, rats, rabbits, possum and wild pigs.

Though it is restricted to licensed operators it is a common poisoning in dogs sheep and cattle. Because rodents require a relatively high dose of 1080 to be killed, secondary poisoning can occur to cats and dogs if they eat dead or dying rodents. 1080 has been found in possum carcasses 3 months after poisoning. Signs of poisoning may appear between 30 minutes or up to several hours after the bait has been ingested.

Signs: restlessness, hyperactivity, disorientation, sensitive to touch, aggressive, circling, barking or howling. The second stage would be excessive drooling, vomiting, defecation, urination, muscle tremors and convulsions.

Death can occur within 2-12 hours of poisoning. There is no antidote you need to contact your vet immediately.

They may recommend making the animal vomit – but you can only induce vomiting if you are sure that your pet has taken 1080 as other poisons can cause damage when vomited.

Use some common sense when you are walking your dog in areas that are known to have drops.

• Go to Department of Conservation to see where any pesticide

operations are taking place.

<http://www.doc.govt.nz/nature/pests-and-threats/animal-pests/pesticide-summaries/northern-north-island/>

- Keep your dog on a lead
- Consider a muzzle if your dog can tolerate it
- Don't let it forage or drink from streams or ponds where there have been drops
- Bath your dog if it has entered a stream or pond that may have been contaminated
- Don't let it eat dead rodents, birds or possums.
- Watch out for warning signs

Jo Clough – Director PET First Aid & Training

## Bark New Zealand

Our youngest BARK Brigadiers Blake and Adia, with BARK Buddies Ollie and Flicka, entered the Fancy Dress competition at the Orewa Fun Dog Events on Saturday 20th February. Everyone had a fantastic time and got a lot of attention (and a placing) but we do like to point out the responsibility handlers take on when participating in fancy dress. Please be sure to take it slow when getting your dog comfortable wearing accessories. Know your dog and don't force them. Don't punish them for showing they are uncomfortable, instead listen to them and advocate for them. If using face paint (like Ollie) ensure it is non-toxic and washable in water. If children are wearing face paint be sure to supervise both child and dog thoroughly. Dogs can become anxious, confused or even over excited when children dress up. (Never have children in full face paint around off-leashed dogs! You may miss vital warning signs). Make the experience positive and remove costumes as soon as possible.

And HAVE FUN! That is the point of fancy dress. Don't get upset if things don't go to plan, laugh it off and enjoy the time with your dog.



[www.rawessentials.co.nz](http://www.rawessentials.co.nz)  
RAW FOOD FOR CATS & DOGS

veterinary-owned  
new zealand-grown  
product • support • education



grey lynn  
ellerslie  
new lynn  
kumeu  
silverdale  
glenfield  
howick  
hamilton

love your dog

DOG WASH & GROOMING

Open 7 days

09 412 9026

Unit B5 190 Main Rd Kumeu - behind VTNZ & Subway

# Insider: Waitakere Township

## Denis Cooper - Waitakere Fire Brigade



What do you like about Waitakere Township? Still has the small town rural feeling but close to local amenities. You go to the local dairy and there is a high chance you will know someone there, which is really cool as this is rare in most parts of Auckland. You can still walk along a road with open drains next to paddocks with horses, cows and sheep. The other big advantage Waitakere Township has is that it is on the door step of the Waitakere Ranges and Bethells Beach. What more do you need. What would you change if you could? Closing the train service from Waitakere was short sighted. With all of the building going on in Kumeu and Riverhead it would have been a smart move to build the public transport infrastructure into the building plan. It will never be as cheap as it is today.

What are the challenges facing the district? Increased development putting a strain on roading and infrastructure. From a fire station point of view it is difficult to recruit people that are available for day crews as there is no industry in the area so people leave the area to work elsewhere.

What do you feel are some of the challenges that will face the district in the coming years? The pressure will come to develop the area once Kumeu, Riverhead and Westgate have been developed. Urbanisation versus rural living will be the area's biggest challenge.

## Carla Bennet - Zash Hair

What do you like about Waitakere township?

It is great living in an area that is removed from the craziness of a town and yet still close enough to feel part of one.

What would you change if you could?

Waitakere needs footpaths and a working train station. As the area continues to grow we also need to grow with it instead of going backwards.

What are the challenges facing the district?

As mentioned above I feel that a large challenge or obstacle right now is the removal of our trains from Waitakere. This affects so many of our youth and workers each day.

What do you feel are some of the challenges facing the district

in coming years?

It will be interesting to see if Waitakere remains a small community or if the housing sector will catch up and we will see many new areas starting to fill up with new houses. I know this is already starting in Swanson so watch this space in the future.

Changes you have noticed over the last few years?

Waitakere seems to have remained unchanged in comparison to a lot of neighbouring areas.

Waitakere has been an awesome place for us as a family to live and grow. It has always felt safe and the people are friendly and welcoming and it has been a pleasure to run a salon in an area that offers this.



## Waitakere Primary School

Heather and Denise are the brains-trust (not their term but mine) of Waitakere Primary School. An organisation that lives and breathes its values, community and vision. A well balanced extended family of students, parents, teachers, board, associations and community working with empathy and engagement. When we had the pleasure to sit down and talk, the discussions are about the harmony of a supportive community working together and linked to the PTA, environmental groups, action groups, fire brigade, neighbourhood watch and ratepayers to engage, grow and be better than today.

Waitakere Primary School's motto is "not for ourselves alone" and it resonates through the school and the school's partners. It empowers the services and empathy of working together, working on cultural understanding. It is in everything the school does in the footprint and the legacy, which has 100% buy in and support. As an outsider it is a credit to the leadership team to embrace such a philosophical position but it works.

Visitors to Waitakere Primary School understand, this is where we stand, and this is a piece of all of us. It travels with you and supports you but it also asks you a very pertinent question in life. Most people speak highly of the school.

There is a strong community and student voice within the school and decisions are made collaboratively and bought into for today and the future. It drives leadership, integrity and ability.

The creativity in changing status quo has developed boys only classes to encourage learning and a mentoring programme at the school with boys to help change stereotypes and encourage integration. Sports are encouraged at Waitakere Primary School that link with life-skills and a programme of learning that links sport and mana. This in turn delivers more balanced athletes but also keeps children balanced to consider creativity and change for better results.

Problem solvers and creative leadership, have ensured high numbers of scholarships into local secondary schools. In addition they have won the soap box derby twice and travelled to the USA to compete in the world challenge. No small feat from a smaller country school.

The school has a shared professional learning network with



other area schools, linking in a collaborative way to achieve the best teaching and management in the North West.

Teachers at the school do look at other subjects in the learning arena, in arts, and culture which may have better outcomes. An ongoing challenge is to make the budgets work with e-learning environments, a priority to ensure students are engaged with digital learning tools.

A community of learners with staff, teachers working together, spreading leadership roles. Waitakere Primary School demonstrates an open team environment and flat management style approach which touches all stakeholders.

A concern for the school is road safety and the walking school bus. These are very important areas as they represent the biggest safety issues. With this in the sights the school is actively seeking parent assistance drive change and positive outcomes in these areas and welcome all and any parents to come forward.

The school has been subject to an increased amount of vandalism, tampering and rubbish from youths in the area that are abusing the school. If you see youths loitering around the school grounds please call 111 and report this immediately to the police.

In our discussion with Waitakere Primary School we understood it inclusive stance in providing for all students of all walks of life. The children are so aware of the needs of others and live and breathe acceptance and schools values. Waitakere Primary would also encourage that all parents need to get more involved with their children's learning, at school, at home, and at sport. This will encourage better outcomes for all.

Pictured first row left to right Aiyana, Sophie, Maya, Finn, Second row left to right Heather, Denise, Alex.



## Heritage Farm

We have both lived in Waitakere city all our lives and on our farm for the past 12 years. We are passionate about our New Zealand Heritage and enjoy showing people what and how things worked in days gone by.

Our love of heritage went far beyond just machinery. We became interested in our heritage breed chickens in New Zealand and other animals which came over with settlers in earlier times. My family originally came over from Wales and Ireland in 1840 and, through genealogy, I got interested in how they managed when they got to New Zealand. This led to Gary and I belonging to many Vintage Clubs, Historical societies and establishing close contacts with MOTAT. We now go to shows all over New

Zealand for Vintage Machinery, Steam and Poultry.

We have a sustainable farm and have heritage trees which were already here when we moved in - our home is 100 years old. The bees are a lovely addition to our farm and as a species are in need



of protection from all the nasties out there. We have some lovely aparies on the farm and the bees seem to be liking it because the honey was great this year. We belong to the Auckland Bee Keeping club and enjoy our meetings and information sharing with other members. It seems that birds and bees go together somehow. We have 25 New Zealand Rare Breed Poultry on our farm and we're proud of every single one of them and the blood lines we've built up. We are more than happy to assist people with setting up their own flock of backyard chickens. We can supply the chickens, the coops and loads of expert advice.

We hope you enjoy our web site and information on Heritage Farm. With prior arrangement we welcome visitors to our farm to reminisce on days gone by and enjoy a day out with the animals. Please note that visitors to the farm need to take care as there is machinery and livestock. This is especially important when bring children out to Heritage Farm.

Heritage Farm is the source of many different quality products ranging from heritage breed chickens through to honey, pigs, beehives and more to come. We are boutique producers who treat our livestock as part of the family and we believe in maintaining our history through perservering with raising rare breeds and doing things the traditional way.

We are only too happy to provide advice to people who would like to have poultry at home - we can steer you in the right direction for accommodation, feed, care, expectations - in fact anything to do with poultry.

Gary and Raewyn Norton - Phone 09 810 8690 or email [heritagefarmnz@gmail.com](mailto:heritagefarmnz@gmail.com).

## Waitakere Property Report

Recent sales in Waitakere Township continue to highlight the diversity of real estate options that exist in the area that stretches from Tunnel Hill through to Taupaki. This small sheltered village developed as a transit point to Te Henga and Bethells Valley. The rail siding, rail cottages and small community blossomed in the 1970's with many homes being re-sited bungalows (similar to Riverhead). More recently some smaller developments



have been granted by Auckland City Council allowing larger new homes to be built in the area. The area has a dozen or so residential and lifestyle properties per annum that come onto market with demand being strong from family buyers. The village environment, fire brigade, RSA, halls, dairy and post shop all deliver a small piece of unique Kiwiana that delivers good culture and old fashioned neighbourly mucking in.

Refurbished residential homes on 800sqm to 1300sqm will cost you \$ 550,000 to \$750,000, while a new lifestyle home in the area may set you back \$1,250,000 to \$1,750,000 subject to age, aspect and acreage.

One thing is certain, Waitakere Township continues to deliver excellent value in comparison to Riverhead, Huapai and Waimauku. The Township also has three access points, therefore travel to Henderson, Massey or Kumeu is only about 10 minutes. The school, community flavour and location all feature highly in why people buy into the area. If you are wanting to purchase in the area, do register for updates on property coming to market, email [kumeu@mikepero.com](mailto:kumeu@mikepero.com). Likewise if you own property in Waitakere Township and wish to sell, we will ensure that you save a minimum of \$2000 commission and receive our \$6000 multi-media marketing offer. Call today 0800 900 700 or view [www.grahammcintyre.com](http://www.grahammcintyre.com).

## Waitakere Fire Brigade Est 1984

Early in 1984 a small group of residents met to discuss the emergency management needs of the Waitakere Township community. Feedback from the community highlighted the response times from Henderson to the township and the need to have a remote emergency and civil defence facility. The growth in population in the township was two fold, the community needed a response service and the community had a growing number of willing residents with which to recruit into the fire station. One of the founding members John Jull was at the time a paid firefighter at Henderson and had the contacts and the resources to slowly assist in the equipping of the fledgling station. Fundraising and donations of services and equipment slowly transformed the idea into a reality, with an old shed, and old Bedford Transit Van, tool kit and a few hoses, Waitakere Fire Party was responding to assist the community. It provided peace of mind for the community and engaged in other service organisations of the time including the RSA and the School. In 2011 plans were drawn up and funding secured for a brand new, state of the art civil defence and emergency response facility for Waitakere Township. The facility has the capability to be entirely self sufficient for over 72 hours and able to offer a central civil de-



fence hub and emergency management staging point. Further in November 2014 the brigade was transferred to New Zealand Fire Service which is the main management and funding provider for urban fire protection and prevention in New Zealand. This in turn provided a boost in funding, training and resourcing for the brigade and brigade members. Under the stewardship of Denis Cooper and Graham McIntyre the brigade has 15 active members and is about to embark on another recruitment campaign to lift membership numbers into 2016/2017.

If you live within 5km of Waitakere Township and would like to discuss the possibility of becoming a brigade member please phone 09 810 9251, Denis on 027 562 6942 or Graham 027 632 042.

## Waitakere Falls



The highest waterfall in Auckland Region, Waitakere Falls is located in the northern part of Waitakere Ranges Regional Park. It is an absolutely spectacular after a rain waterfall which does not receive the attention it deserves.

Waitakere Falls is roughly a 40 minutes' drive away from Auckland City. The road surface is always sealed.

You have two options to approach the carpark: either follow the road to Piha and turn right into Scenic Drive, or follow the road to Bethells Beach and turn left into Scenic Drive. The carpark, on your left if you choose the first option, is located on Scenic Drive and has a sign 'Waitakere Dam Walk'.

A relatively easy 30-minutes Waitakere Dam Walk leads to the Waitakere Dam (perfect place for a picnic). From the Dam follow Waitakere Tramline Walk for 5-15 minutes and admit the beauty of the waterfall from a distance. Return via the same track.

You have two more options to approach the waterfall:

- Combine a walking Cascade Track and a tramping Fence Line Track (roughly 2.5-3h return from Falls Rd);
- Combine a tramping Anderson Track and Waitakere Tramline Walk (roughly 2.5-3h return from Scenic Dr).

However, if you don't want or can't walk such a long track, you still have a chance to see the waterfall. Drive north on Scenic Drive until you reach Pukematekeo Lookout carpark, on your left. Leave your car there and climb on the hill (2-5 minutes) - you will see Waitakere Falls from a distance.

Don't be disappointed! Waitakere Falls is a type of waterfalls which may have little or no water at all during a dry summer. Hence if the summer is dry with no rain for a few weeks, please don't expect to see a powerful waterfall.



# Marble cheesecake with berries

**Base:**

250gm Krispie biscuits  
125gm melted butter  
Pulse biscuits in a food processor until finely chopped and pour in melted butter.

Combine together and press into a 9inch loose bottom tin and place in fridge while preparing filling.

**Filling:**

250gm cream cheese  
1 x 400gm can condensed milk  
2 tsp gelatine  
1/3 cup lemon juice  
1 1/2 cups whipped cream  
1 cup dark chocolate melts



Frozen berries to scatter on top  
Beat cream cheese until smooth, add condensed milk and beat until smooth.

In a heat proof mug sprinkle gelatine over lemon juice and leave to 'sponge'.

Place mug in microwave for 30 sec and stir until gelatine has dissolved.

Cool slightly then beat into cream cheese mixture with the whipped cream.

Divide mixture into two bowls. Melt dark chocolate melts and beat quickly into one half of the mixture.

Place spoonfuls of chocolate mixture and plain mixture randomly over the base. With a knife swirl the mixtures together to form a marble effect. Scatter semi thawed berries on top to decorate. Refrigerate at least 2 hours.

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@paulajaneakes.co.nz](mailto:info@paulajaneakes.co.nz) or visit [paulajaneakes.co.nz](http://paulajaneakes.co.nz).



## The clock is ticking

Did you know that you have a potential NZ tax liability the longer your UK pension fund remains in Blighty? However, if the funds are transferred into a legitimate NZ QROPS (Qualifying Recognised Overseas Pension Scheme) or SIPP (Self-Invested Personal Pension) you could gain access to your money in larger amounts than is permissible under UK laws, sooner than would be allowed under many UK schemes, and in as efficient manner as possible – potentially reducing tax

liabilities in both countries. GBPensions is run by British ex-pats. They have no allegiance to any particular product or service provider, which means that they offer unbiased, independent recommendations with only your best interests at heart.

For friendly and qualified advice, phone Tony and the team on 0800 427 693, or call in to their offices on William Pickering Drive. Disclosure Statements for GBPensions' advisers are available without charge or obligation.



## Woodhill Sands Aon Insurance Premier Show

The weather gods were smiling on Woodhill Sands for the Aon Insurance Premier Show with a top class line up of New Zealand and



Australian riders. The Aon Insurance Premier Horse Grand Prix was won by Australian James Arkins, with runner up Waikato's Natasha Brooks. Over 450 horses enjoyed the three day jumping festival. Photo: Action from the Aon Insurance Premier Show photo by Ned Dawson.

## \$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](mailto:jbw51red@googlemail.com).

**LIFE'S TOO SHORT FOR LOOSE DENTURES**

**GET THEM SORTED**

**IT WON'T COST YOU AN ARM AND A LEG**

**FROM \$6995\***

**BOOK NOW FOR YOUR FREE CONSULTATION APPOINTMENT**

**Dental Abroadnz Centre for superior Swiss implants & Dentures Direct**

\* Based on 2 regular real implants retro-fitted to an existing denture

Level 2, 5 Nelson Street, Auckland CBD | 0800 755 055  
[www.dentalabroadnz.com](http://www.dentalabroadnz.com) | [www.denturesdirect.co.nz](http://www.denturesdirect.co.nz)

**Ian Sneddon**  
LICENSED SALESPERSON

**Mike Pero**  
REAL ESTATE

**P** 09 412 9602  
**M** 027 209 0789  
**F** 09 412 9603  
**E** [ian.sneddon@mikepero.com](mailto:ian.sneddon@mikepero.com)  
[www.mikepero.com](http://www.mikepero.com)

Mike Pero Real Estate Ltd. Licensed REAA (2008)  
327 Main Road, Kumeu  
Auckland

# Home:garden

## Subtropical Garden

With the recent weather we have been having, it is a great time to consider the favourite of many gardeners, the subtropical garden. The warmth and humidity can produce astonishing growth rates which can appease even the most impatient gardener.



At Awa Nursery we have many plants which are tailor made for the subtropical garden, flowering spectacularly or that lush shiny foliage. Our Hibiscus are now in stock and these are fantastic, brightening up your garden with its long flowering period. We also have the Vireya rhododendrons in stock which is another plant which grows superbly in the subtropical garden. So many colours and flowering intermittently throughout the year these are a firm favourite.

Our list of fantastic plants for your subtropical garden theme is quite substantial. Consider the Cordyline Showoff with its green and purple foliage, the strappy Clivia with that splash of orange or lemon coloured flowers, the Gardenia with that heady scent, the wonderful foliage on the Philodendron Xanadu, the Hen n' Chick ferns, and not forgetting the bromeliads! From large palms to the small black Mondo grass, there is plenty of choices for those wishing to add to their existing subtropical themed garden, or starting afresh.

Take the plunge and come and visit Awa Nursery for ideas and inspiration.

## Our promise to you

We will provide a verbal report by phone, and via e-mail a detailed written report clearly outlining all findings.

A certification is given with each report that the inspection has been carried out according to NZ Standards 4036:2005. We are totally independent and work only in the interest of the perspective purchaser. We cover the entire Auckland area, from Orewa to Pukekohe and beyond. Reports are promised within 24 hours but are usually sent on the same



day as the inspection.

Competitive prices – from \$350 (single level, verbal only). I have 44 years' experience as a builder in the residential sector of the building industry - in new house construction, additions and alterations of existing homes, and the renovation of older style villas and bungalows.

In more recent years I have been a site manager, supervising the reconfiguration and renovation of retirement villages for Housing New Zealand. Call Kevin today to book your comprehensive building inspection on 021 288 0101.

## Deanos house wash

Soft house-washing and also commercial buildings, gutter cleaning, gutterguard, roof treatments, roof painting, spider treatments, waterblasting decks, fences, concrete, rubbish removal and much, much more! Pensioner rates available. Phone Dean on 021 149 7049 or Danni on 021 205 4013 or email: deanoshousewash08@gmail.com. Please feel free to phone, text or email for a no obligation quote.

## Central Landscapes

Building up to a great harvest

- Apples, Pears & Quinces – in the final days to picking and eating make sure that the watering is deep and fairly regular. A good tip to test for ripeness is to pick up and cut open the wind-falles to see what stage the fruit is at.
- Verrucosis on citrus trees – Unsightly pustules in the leaves and scabbing of the skin (sounds delightful) are generally a sign of citrus verrucosis. While this is not a serious disease it is easily remedied by spraying the tree with copper two or three times a year.
- Best fig forward: The nicely forming figs are going to become very attractive to birds in a month or so. Once they're the size of a walnut consider covering the tree with bird-netting to save the crop.
- Kiwifruit care – While they need excellent drainage it is absolutely vital that kiwifruit plants do not dry out now, especially the small cocktail kiwis.
- Plant a green crop – lupins, mustard seeds – in areas where the soil could do with a nitrogen boost and some good structure Hot Orange for the autumn garden
- Gather seeds of favourite flowering plants and vegetables (1), when they are dry and rattling in their pods.

# MULCH IT

FOR ALL GRASS AND SCRUB MULCHING

RANDAL FINLAYSON

PH: 021 532 447

EMAIL: rcf@xtra.co.nz

“is this your space  
\$75+gst”

Contact John Williamson on 021 028 54178 or  
jbw51red@googlemail.com to book

you will receive a months worth of local exposure



- Collect on a sunny day when conditions are nice and dry
  - For tomato seeds sieve the pulp until you have only the clean seeds left, then dry them for a couple of days
  - Place in paper bags or envelopes or in wooden trays
  - Store in a cool, dry and dark area.
  - Good seeds to collect from flowers in the garden: the umbelliferae – Queen Anne's Lace and bronze fennel, plus poppies, cerinthe (honeywort), asters and Echinacea
- Remember that F1 hybrid vegetables and flowering annuals will not necessarily be the same plant next season – they may revert to the stronger parent in their cross. Collect from heirloom vegetables and perennials.

## Lou Brown Design

Before I start, I have some exciting news to tell you! Lou Brown Design will be holding a workshop in our brand new studio on COLOUR!

Take the guess work out of selecting paint colours and gain the skills to confidently select the RIGHT colours for your home. Learn how to put tones together, current trends, how to push the boundaries, use bold colours, tricks of the trade and more!

More details will be revealed soon, but for now please save the date Thursday 26th March at 6:30pm at Studio Black, 1058a Coatesville Riverhead Highway. Strictly limited spaces. Send me an email to express your interest hayley@loubrown.co.nz.



Right, let's talk bedding. Experts say that you should not make your bed during the day. Pulling your sheets back and allowing your bed to be aired kills those moisture lov'n mites.

I tend to air my bed during the week days, making it early evening so I still get that hit of satisfaction seeing my bed clothed in all its glory. During the weekends, when it's more likely to "bug" me seeing it unmade, I can't help but make it in the morning.

Here's another trick, when you do decide to make your bed, place your fitted sheet facing the right way up and your flat sheet the wrong way up. This way when you fold the sheet back you'll see the right side up.

Anchor it. The three key areas of opportunity you have to anchor your bed are the head, foot and above. With the head of the bed, you can use a headboard, wallpaper, artwork or a bold wall colour to achieve weight.

Next step. Your bed needs balancing at the foot; a rug under the bed, a throw or two on the top of the bed or a bench seat will do the trick. Now for the cherry on top – pendant lights. This could be an oversized, low hanging light centered over your bed. Or perhaps one or more feature pendants hanging to one side (or both sides) of your bed.

If wiring up is going to be a nightmare, find freestanding lights that will offer you height variation in your room.

Styling your bed. There are a multitude of ways you can successfully style your bed depending on what look you want to achieve; messy, minimalist, luxurious, traditional and so on. Delving into how to achieve each look is a post I'll save for another day.

One of the easiest techniques I use is the triangle. Start off large with a couple of Euros (you can use three if you have a king or larger), then continue to layer more cushions, decreasing their size and quantity until you're left with one front cushion – the

SPRING IS  
HERE



# CENTRAL

LANDSCAPE & GARDEN SUPPLIES

- SCREENED TOPSOIL • METAL • SCORIA • SAND • BARKS • DECORATIVE PEBBLES
- STONES • REHARVEST COLOURED MULCHES

# START PLANTING WITH LIVING EARTH GARDEN MIX OR ORGANIC VEGE MIX

\*WHILE STOCKS LAST \*SWANSON YARD ONLY



## Stockists of Living Earth Organic Vegetable Mix, Organic Compost both Bio Certified!

Open 7 days with a 7 Day delivery service

\* Swanson yard only

598 Swanson Rd, Swanson  
PH: 09 833 4093  
www.centrallandscapes.co.nz

# 0800 TOPSOIL

shining jewel!

Just don't go overboard with cushions – your husband will resent you! I tend to stick with no more than 5 cushions and I make sure the fabric packs a punch! Find out what bedding style you like best by taking a look at my Bedding To Die For Pinterest board.

Feathers do wonders. Feather cushion inners instantly turn your cushions from bland to yummy – promise. There's simply no point in spending your precious time and money to find the right fabric or cushion covers, only to stuff them with lumpy, lifeless polyester. Feather inners give your cushions an undeniable sense of elegance and fullness.

Here's a trick of the trade, make your cushion cover slightly smaller than your feather inner, this achieves the ultimate plush look. Feather inners don't have to cost the earth, Queen B is a great online shop.

Never miss a post by hoping onto my website [www.loubrown.co.nz](http://www.loubrown.co.nz) and clicking the subscribe button to receive my weekly gems of interior wisdom. I'm also constantly updating my Facebook so you can keep up to date with my journey through the exciting world of interiors.

Hayley - Anne Brown – Phone 021 814 329 or visit [www.facebook.com/loubrowndesign](http://www.facebook.com/loubrowndesign).

## Annual Autumn upkeep

Spring isn't the only time of year to have a thorough clean out of your home. Autumn presents the perfect opportunity to have everything ship-shape and prepared for the impending wintery weather.



**Maintain Your Home Heating** - With the cooler weather on its way, it's safe to say that your wood burner and heat pump will get a little more attention. Therefore, it's now the best time of year to call in the professionals to inspect and clean your heating solutions.

**Wood burners** - While you can clear out ash and charred wood from your wood burner, a chimney sweep will perform a number of tasks that include cleaning the flue, ensuring the vents are clean and in good condition and they will also check that the damper is tightly closed to reduce draughts. This is just a few of the jobs they will undertake, but all will ensure the safety and efficiency of your chimney.

**Heat pumps** - Annual maintenance is also essential for your heat pump and it will ensure not only efficiency but that your home is circulating clean, fresh air. A professional will clean dirty air filters, vents and check both your indoor and outdoor unit to ensure your heat pump delivers continuous comfort.

**Clean Your Gutters and Downspouts** - Clearing out your gutter-

ing is a necessary chore associated with the cooler months of the year and it will prevent debris clogging your gutters that can result in water drainage issues around your property. Safety is paramount, so if it's a job you choose to undertake yourself then it pays to be extra careful when using a ladder. Alternatively, it could be a job that you leave up to the experts.

**Caulking the Cracks** - Take a look around your windows and doors to make sure there aren't any gaps that could let in cold draughts. If there are, then you will need to apply exterior caulk. This preventative measure will ultimately keep your house warm while also reducing your power bills.

## Deck & Fence Pro



After withstanding all sorts of weather for years, wooden decks, fences and outdoor furniture can look decidedly unattractive. Replacing them completely or trying to restore them yourself can involve lots of time, expense and frustration. But now there's another option that's not only affordable, but will also bring them back to their original beauty, just in time for summer. Deck and Fence Pro specialise in the complete restoration of weathered decks, fences, garden furniture and more – and the results are so good they astound customers says local franchise owners Zane and Jaimi Scott. Fully trained in the latest techniques they employ professional cleaning and restoration technology which is environmentally friendly. They use Deck and Fence Pro's own range of special cleaning solutions before applying the companies specially formulated range of linseed oil-based stains - or paint if you prefer, to make the restored items look like new. Removing UV damage, lichen, dirt and stains is no problem and the service is quick and efficient. The company also cleans and restores brick, block and plaster fences, as well as water blasting to clean driveways, garden paths and other outdoor areas. Deck and Fence Pro also supply and fit garage carpet, an option that appeals to an increasing number of people using their garage as extra living space. Carpet can be professionally fitted in just half a day and will transform the look of your garage.

Call your local Deck and Fence Pro Specialists, Zane and Jaimi Scott for a free no obligation quote, on 022 096 3172 or email [zane.s@deckandfencepro.co.nz](mailto:zane.s@deckandfencepro.co.nz).

“is this your space  
\$75+gst”

Contact John Williamson on 021 028 54178 or  
[jbw51red@googlemail.com](mailto:jbw51red@googlemail.com) to book

you will receive a months worth of local exposure



**BLAZER Engineering**

On-Site Repairs & Servicing

Mowing Machinery (Ride-on etc)

Mechanical

Military

Marine & More

**John: 021 663 669**



## Kumeu Rugby Club

Kumeu Rugby Club has been in the Kumeu district area for 52 years, we have over 260 junior players from the ages of 5-13 and field 6 senior teams from the Western Pioneers, Premier Reserves, Presidents, Under 85's Restricted Grade, Under 21's and our new Under 19's. We also run a large successful touch rugby module during the summer months which attracts many adult and kids teams. Our Vision is to build on the club's strong traditions, remaining country and community focused. Kumeu's family friendly atmosphere fosters the growth and development of rugby talent within the community providing our members with the facilities and environment required to achieve at a high level. Kumeu Rugby Club has an exciting year planned for 2016, we have a Junior Sevens tournament on Sunday 13th March which is the first of its kind for Junior rugby at the club. Girls Rippa rugby grades are also being launched this year for U12, U10 and U8 girls wanting to take up rugby. Schools are eligible to enter Girls Rippa rugby teams through Kumeu Rugby Club with games being played on Saturday mornings. Registrations for Junior rugby will be kicking off soon and there will be signs going up around our area. Registration Dates are: Wednesday 2nd March 2016 - 5.00pm-8.00pm, Saturday 5th March 2016 - 1.00pm-4.00pm. Muster - Wednesday 9th March 5.30pm (if raining 4.30pm J5-J8 and 5.30pm J1-J4). For more information go to <http://kumeurugby.co.nz/index.php/our-juniors>.



## Massey Athletic Club

53 Granville Drive, Massey. Email: [info@masseyathletic.org.nz](mailto:info@masseyathletic.org.nz)  
The Massey Athletic Club provides to the Massey Community the following. Our summer programmes is Junior athletics running from October to March and our winter programmes with Cross Country running from April to October. With an adult section for walking and running on Sunday mornings, 8am to 9.30 all year round. The Massey Athletic Club organise the Club Physical Whenuapai Half Marathon (Westie Classis) This year is their 29th year and is on the 3rd April 2016. Registration can be made at [whenuapaihalf.co.nz](http://whenuapaihalf.co.nz). A lot of competitors use this event as a starter to their fitness regime or as a lead up to their next big goal, a full marathon.

## Waitemate Scottish country dancing

We invite you to join us every Tuesday evening starting 3 March through to end November at Kelston Community Club at corner of Awaroa Road and Great North Road for a great night of Scottish Country Dancing. Beginner classes: 7:00 PM to 8:00 PM; Regular dancing 8:00 to 10:00 PM. Coffee, tea, and snacks at 9:00 PM. No partner is necessary. It is an evening of FUN, FRIENDSHIP, and HEALTH ACTIVITY. First night is FREE while the annual fee is ONLY \$50.00. In addition by joining us you have the opportunity during the year to participate with like minded folks in many other Scottish dancing evenings at various clubs throughout the city as well as a variety of Scottish shows, musical performances, dinners, and ceilidhs throughout the year. For more details call 09 838 7263.

## Nick Vitasovich

Based in the West Harbour office I have been selling real estate locally since 1994 and also I live locally. I am consistently a top achiever within Harcourts nationally. My achievements are the result of passion for the business. A deep understanding of the industry and the wants and needs of the many individual clients I deal with. I know there is a solution to selling every property and through listening to you and understanding your needs we can create a successful campaign that will help you achieve the best possible price for your property. I also make sure the public knows your home is available by using innovative advertising and marketing techniques to attract the buyers. Call me today to see what I can do for you. Nick Vitasovich, 027 441 7703.

**YOUR LOCAL SCAFFOLDING COMPANY**



**ROMAN**  
**SCAFFOLDING**

safety · reliability · service

- ▶ Free Quotes
- ▶ Competitive Pricing
- ▶ Great service
- ▶ Small and big jobs

**Freephone: 0800 ROMAN 1**

E: [scaffold@romanscaffolding.co.nz](mailto:scaffold@romanscaffolding.co.nz)

W: [www.romanscaffolding.co.nz](http://www.romanscaffolding.co.nz)

 **BAYAUDIOLOGY®**



PREVENTION IS BETTER  
THAN COPING

Exposure to noise can cause hearing loss. Lawnmowers, weed eaters, chainsaws, firearms, power tools, machinery etc you need good hearing protection.

Talk to us about hearing protection and **fully funded** ACC hearing solutions.

Call 0800 800 864

**Bay Audiology- Kumeu**  
Unit 3, 190 Main Road  
[www.bayaudiology.co.nz](http://www.bayaudiology.co.nz)

**SUPER DEAL · SUPER DEAL**



Box includes a handle and wheels for easy transport



**DREAMTIME**  
Single  
'Mattress In A Box'

EVERYDAY LOW PRICE

**ONLY \$99**

**ONLY**

**\$599**  
SAVE \$300

**RANIKA**  
Recliner chair



ONLY \$6.68 PER WEEK\*

**BIG Comfort RANGE**

Rug and accessories not included.

**ONLY**

**\$699**  
SAVE \$300

**LUDDEN**  
Recliner chair



ONLY \$7.62 PER WEEK\*

**BIG Comfort RANGE**

Rug and accessories not included.

# massive march CLEAR OUT

Offers valid 9 to 28 March 2016.

**CLEARANCE**

**PARAMOUNT**  
3 seater chaise  
Upholstered in Wester fabric in 4 colour options.

SAVE \$1000

ONLY

**\$999**

ONLY \$10.44 PER WEEK\*



**ONLY**

**\$999**  
SAVE \$1000

ALL SIZES  
HALF PRICE

**RECHARGE**  
Queen mattress + base

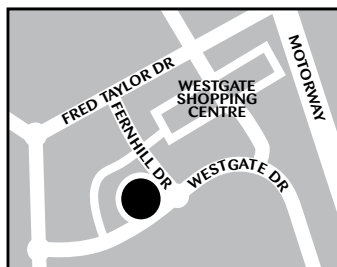


Come in to our Westgate Hyperstore at  
**19 Fernhill Drive**

also featuring AvantiPlus Cycles and Paleo Cafe.

Phone 09 973 2794

**OPEN 7 DAYS**



[www.bigsave.co.nz](http://www.bigsave.co.nz)