

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

PROPERTY MARKET REPORT SPOILT FOR CHOICE

- People & places
- Home & garden
- Community notices
- Food & beverage

MADDREN HOMES

Circulation is 10,000 print copies.

Editorial contributions are free from cost. Advertising starts at \$85 plus gst for a business card size.

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

April 2019

Intro

Making comparisons with other people is often part of daily life. Their house, their appearance, their clothes, their conversation, the achievements of their children. Usually unfavourably. Finding inspiration and learning from others is wise, and while comparisons may give us encouragement and motivation, they can erode our self-esteem. Successful people have their own struggles, despite their idealised posts on social media. Think about the air-brushing that goes on with the images of models which can lead to unrealistic expectations of beauty and success. Nobody is perfect, and no-one is leading a painless life. There may be times when competition is appropriate, but life is not one of them.

Some of the greatest treasures in this world are hidden from sight: love, humility, empathy, selflessness, generosity. For all our shortcomings, we are just as capable of greatness in our own way. As Jordan Peterson says in his book, 12 rules of life: an antidote to chaos (available from Auckland Libraries), "Compare yourself to who you were yesterday, not to who someone else is today."

Hopefully you may be inspired by some of the activities and services promoted in this month's Westerly. There is so much variety, everyone should be able to find something that they can relate to or would like to try. There are plenty of interests catered for across our area, covering all age groups, from kids to teens to Grey Power. Join in one of the sporting groups, take a walk, play tennis or try karate. You may wish to relax at the art group, watch the dancing, or check out the new Citizens Advice Bureau office at Te Manawa, the library and community centre just opened by NorthWest Shopping Centre.

Graham will keep you up to date with the property trends, and there is guidance about how to avoid trouble with various property and employment issues. See where to eat on the Point and further afield, and if things seem out of balance with your health, help is not far away.

Please mention the Westerly if you contact one of the services you have read about. People like to know that their efforts in writing about what inspires them have been worthwhile; and why not make your own contribution to the magazine if you would like to see your words in print?

Have a peaceful Easter break, and enjoy your Westerly.

John,
Editor



the Westerly

April 2019 issue

- 3 People & places
- 4 Community notices
- 6 In brief - updates
- 8 West Harbour tennis
- 10 Summerset
- 12 Property news & advice
- 14 Area property stats
- 24 Hot property
- 26 Home & garden
- 28 Hobsonville Point
- 30 Build new
- 32 Food & beverages
- 34 Gemütlichkeit
- 36 Health & beauty
- 38 NorthWest Physio +
- 40 Optical accessory
- 42 Area columnists
- 44 Kanika Park
- 46 Gym Zone
- 47 Tide chart

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People:Places

Maddren Homes



At our core, we are passionate about building beautiful homes. Maddren has a long heritage as builders within the Kumeu area dating back to the late 1890s.

Nowadays we are known for our contemporary, award-winning homes that provide lifestyle and comfort for many families. We take the time to understand how our clients live, what they want from their home and how they wish to feel in it.

We work closely with the client and architect, using our experience to bring strong ideas to the table and custom design a home that fulfils these needs.

That is true design and build.

We don't want our clients to share the same house as the rest of the neighbourhood.

A home is an extension and expression of the individual who owns it, so we craft houses that are unique.

We see the value in using the right products to achieve the best outcome and will never compromise on quality and workmanship.

Our strengths lie in our expertise in the craft of building and providing an exceptional customer experience.

As traditional craftsmen, we understand that the most important part of building is a strong foundation and that it's the unseen details that make the difference.

We place a big emphasis on quality control and internal processes so that our clients have peace of mind throughout the journey and a premium home for years to come.

When people walk through the door of a Maddren show home, they can expect to feel the warmth and professionalism of our sales staff and can visibly notice the quality and attention to

detail that goes into our houses.

Our people are our business and as an established family-owned New Zealand company, we not only build houses but strong relationships with our clients.

We have a strong commitment to over-delivering on clients' expectations.

This extends through to working to a clients budget, delivering the project on time and ensuring that the journey has been an enjoyable one.

Urban legend says that building a house is one of the most stressful things you can do, so we feel pretty chuffed that our clients enjoy the experience so much, many want to build again with us.

Because we are not a franchise, we are agile and have the flexibility to offer out of the box solutions for clients and the expertise to take on complicated projects and sites.

We believe in honest communication and our reputation is built on integrity and quality, evident by the flow of customer referrals and positive feedback we continually receive.

Word of mouth has driven our business for a long time, due to our consistency in the quality we deliver and the service we provide.

While we won't negotiate on quality, we do deliver on value with competitive pricing and a genuine desire to help our clients get into the home of their dreams.

We are old hands in the industry and feel honoured to be recognised as an example of excellence with the numerous House of the Year awards we receive each year.



“is this your space
\$85+gst”

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

you will receive a month's worth of local exposure

Community: Notices

After your support

Massey resident, secretary of the Massey Birdwood Settlers Association, and current member of the Waitakere Licensing, John Riddell, is contesting for a seat on the Henderson Massey Local Board this year.

John lives in Massey, with his partner, and is the father of three children and grandfather to two. He enjoys motorsport, has a pet dog and is a member of the Henderson Rotary Club.

Chair of the Massey Community Board prior to local Government reforms in 2010, John believes his experience puts him in a unique position to be a strong advocate for the people on local issues. As a health and safety consultant he has to ensure things get done quickly, efficiently and safely.

As a member of the Waitakere Licensing Trust he knows the difference between governance and management and the benefits for the community and community groups from an organisation that cares.

You can contact John through his Facebook page or website or by email riddell.family@xtra.co.nz. He looks forward to people making contact during the local government campaign.



paign.

A time for everything

When my husband John and I first moved to Bannings Way in Hobsonville 10 years ago we not only looked out at an amazing sea views and the Marina but also rolling fields with cows in the distance. We loved the semi-rural feeling of it and the friendly community. I had previously worked as a psychic medium however, established my business Spiritual Decisions, worked from home seeing customers who were often locals offering them readings, healings and tutoring.

We were both delighted with appearances of local cafes, Countdown and other amenities. In no time the community was really buzzing with new development and increased population.

John and I are firm believers in manifestation and have always had a desire to live by the beach, which has happened and so we are off to Red Beach 1 April.

We would like to thank you for the support of the Community with both our businesses: Spiritual Decisions and Callander Electrics Ltd and for the opportunity to submit editorial to the community magazine, The Westerly Au revoir blessings and good luck.

Kerry-Marie and John Callander.



Turning the Tide fundraising walk

There will be plenty of feet pounding the sand of Muriwai Beach on Sunday 28 April for the third annual Turning the Tide fundraising walk.

The walk, which aims to Turn the Tide on family violence, raises money for the Kia Timata Ano Trust, a local women's refuge serving the area from Taupaki through to Woodhill, including Muriwai and Waimauku.

The event sees participants walk 17-kilometres down Muriwai



*Massey High School's
50th Anniversary*

SEEK THE HEIGHTS

*18-19th October 2019
A Celebration of 50 years*

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Designed by Jayden Mesich THCO

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you will receive a month's worth of local exposure

Beach, with a shorter 4-kilometre option also available for those who still want to support the cause but who aren't up to the full distance.

The \$16,000 raised at last year's walk combined with a grant from SKYCITY Auckland Community Trust allowed the refuge to employ its first male advocate.

Organisers are hoping for an even bigger and better event this year with more locals prepared to join the walk and make a public show of solidarity for a community that's free of family violence.

Tickets are available now at www.turningthetidewalk2019.eventbrite.co.nz.

A touch of the military runs the rats out of Hobsonville Point

Army retiree, Peter Tohill from the Waterford Retirement Village is out on manoeuvres once again and this time the campaign is against Hobsonville Points Pesky Pests, in the form of rats and possums. Working with Neil Henderson from Kaipatiki Project, Auckland Council Parks and an intrepid band of Chinese, English language students



from Millwater, Peter has had traps set around the Retirement Village since January. So far the volunteers have caught ten rats, two possums and a couple of hedgehogs. Peter, because of periods of ill health, has relied on his young crew to really step up on occasions, and has been particularly impressed with 16 year old Jack (Ruichen) Li, who has now taken over the squad for the remainder of the present "Pulse".

The "pesky Pests" trapping program originated last year with the Ecopoint Environment Group. Peter's crew ended up being the first off the blocks, establishing a trapping program tailored to the special urban setting of Hobsonville Point.

Kip McGrath Education Centres: A reputation for excellence

Kip McGrath Education Centres have been improving and extending the learning outcomes of NZ school children for over 40 years and is now a global institution with over 40,000 students in 20 countries. New Zealand centres, however, tailor their lessons to the NZ Curriculum framework to ensure consistency with school programmes.

This reputation lies not only in the professionalism and compassion of the teachers that tutor at our centres, but also the quality, curriculum-based learning programmes we create to meet each child's specific needs.

At Kip McGrath you will see your child, enjoy learning, develop confidence in his/her natural ability, make real progress and achieve better results at school and finally 'get it' and smile.

NZ relevant assessments and teaching methods

To ensure your child gets the right help with learning, we will assess him or her against the National Curriculum and use teaching resources and activities best suited to your child's learning style.

A positive learning environment

Your child will also love the friendly, kind, positive reinforcement of our carefully selected teachers whose goals are to see that every child gets results, loves learning and grows in confidence.

Testimonial: "We cannot thank you enough for all the time and effort you have put into our son. He is now a confident young man and knows he can put his mind to anything - and succeed! His latest school report is the best he's ever had." Mrs M.

Call today for a free assessment. 09 831 0272 or email westgate@kipmcgrath.co.nz.

Is your child settling in to the new year OK?

How is your child settling into kindy, day care, school or even university this year?

My Miss 9 found settling in to school a little hard again this year. Spending so much family time together over the summer, she really missed that connection to us when she returned to school. Within the first week of school she was complaining of a sore



tummy and not wanting to go to school. So we pulled out our special "Connected" bracelet set, that I had made for her and I last year. We sat down together, read through the card and popped our bracelets back on. She thoroughly loved the idea of knowing that we share this connection throughout the day. So anytime she's feeling a little down she can look at her bracelet and know that I'm there for her and thinking of her which gives her confidence and strength to get through the day.

Stay connected with your children with one of our "Connected" Bracelet sets available at www.preciousimprints.co.nz.

Vote for John Riddell in the local government elections 2019

For the Henderson Massey Local Board

For the Waitakere Licencing Trust

View his Facebook page www.johnriddell.co.nz.

Authorised by Dr E Ali, 3 Jammen Drive, Massey, Auckland

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In Brief updates: Events

House of Travel Hobsonville

We've been booking some epic trips this year and we realise what a wonderful industry we work in. Our clients are appreciated, and we do our best to make sure we deliver, wherever and however they like to travel on any budget big or not.

Along with the good times, travel also has its challenges. It is often when things go wrong that people who booked on the internet realise that, what may have been convenient at the time of booking, could quickly become a stressful and time-consuming nightmare. When something goes wrong, who do you call? If you can find a phone number, how long will you wait on hold, and will the person who answers really care about you and your trip or have any accountability?

When you book with us, we look after you before, during and after you get back. If the unforeseen happens, we will be right here in our store, looking after you, giving good advice, so you can get back to enjoying your trip. We even have a 24-hour emergency phone number.

On a different note, Hospice West Auckland is raising much needed money by selling these eye-catching tea towels and shopping bags for \$15 each. Money raised will go towards providing free end-of-life care to the community of West Auckland. We will take all forms of payment and have stock at our store. Please pop in any time. Thanks for your support.

Mike (Buzz), Bev, Sam and Tania, House of Travel Hobsonville Point. Corner Hobsonville Point Road and De Havilland Road. 09 416 0700 Hobsonville@hot.co.nz.



3. Inspect battery and cables; test all electronics.
 4. Inspect fuel lines and fittings, squeeze primer bulb till firm, while checking for leaks.
 5. Check under the cover of motor, looking for fire damage inside cowling.
 6. Inspect all gaskets around cylinder head and exhaust plates for corrosion.
 7. Tilt motor up to inspect engine mounts, swivel points and propeller for wear.
 8. Run motor and place your hand on the cylinder head and exhaust plates. They should feel very warm, not hot to touch.
- Contact GT Marine on 09 412 8348 to book a pre-purchase check, or for more tips go to gtmarine.co.nz.

Best Musical Theatre Performance in the Female Youth category

Local West Harbour resident Monica Ellmers was recently awarded the 2018 NAPTA, Best Musical Theatre Performance in the Female Youth category, for her outstanding performance as Belle, in *Beauty and the Beast Junior*, performed at The Playhouse Theatre in West Auckland. The prestigious NAPTA (Northern Area Performance Theatre Awards) had six nominations in this category, proudly sponsored by Music Theatre International Australasia. Reviewer, Monica Moore from *BWW (Broadway World)* wrote "Monica Ellmers performance of Belle encapsulates the meaning of true beauty. She is the full deal; beautiful in both her physicality and integrity to the role. Her voice is exquisite and has a maturity beyond her years. She's captivating." You can see Monica Ellmers' next performance as Liesl in the *Sound of Music (Sondheim Cast)* at the Harlequin Theatre in Howick, from 30 March to 13 April 2019. Tickets available at iticket.co.nz.



Buying a second-hand powerboat? Here's what to check first.

If you're in the market for a second-hand powerboat or out-board only, it's a good idea to arrange a pre-purchase inspection from a qualified mechanic. But before you do, there are some checks you can do first.

1. Make sure you can start the motor and it idles smoothly.
2. Check the controls aren't seized. Likewise, check steering isn't seized by turning lock to lock.

Backyard movies on the Point

The Hobsonville Community Trust proudly presents "SING". This film will be shown at the Rifle Range along Bomb Point Drive on Hobsonville Point on Friday 12 April. The venue opens at

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6.15pm and the movie begins at 6.45pm. \$5 per adult (18+) - under 18yrs come free. Includes 1 free popcorn (for the first 200 people only). The rain date will be Saturday 13 April if postponed. Sponsored by the House of Travel, Hobsonville, the Upper Harbour Local Board and Ryman Healthcare.

Massey Birdwood Settlers Hall and the Massey Library history

With the Massey Library opening up over in the North West shopping area on the other side of Fred Taylor Drive it is worth noting that the Massey Birdwood Settlers Association brought the Library Service to Massey in the first place and where the Library started was in the Massey Birdwood Settlers Hall commonly known as the Massey Hall.

The Library started in a cupboard in the Hall and was run by volunteers, before moving into a wooden shed that was positioned where the carpark for the scout den behind the hall is.

The shed was a consultancy room used by a Dr Blakely and brought up from Lincoln Road. The library was still being run by volunteers.

In 1979 the library moved into the area that now houses the Red Hills Community Kindergarten following hard work by members of the Massey Lions Club, the Massey Birdwood Settlers Association and the Waitemata City Council. Current Massey Birdwood Settlers Association executive members, Brian Lay and Warren Flaunty who provided their labour and Allen Davies who provided his expertise as an electrician to prepare the area for use. The library was now a professionally run institution and remained in the hall until it moved into the purpose-built rooms across the road in Triangle Park where it remained until 2003 when it moved to the leisure centre.



Waitakere Grey Power

At the GreyPower Zone Two meeting held at the Waiheke Bowling Club on Wednesday 27 February 2019 there was an election for Zone Two Director between Bill Rayner the incumbent and Mate Marinovich President of Waitakere Grey Power. The first vote was a tie 8 votes to 8. In the second ballot held after lunch Mate Marinovich was duly elected as Zone Two Director by 9 votes to 7.... Mate and Waitakere Grey Power Association will continue our Advocacy work in our community.

A reminder that Annual Subscriptions of \$35 a couple and \$20 single are due. We welcome new members. Subs are due from 31 March 2019. Mate Marinovich, President Waitakere Grey Power Association and Zone Two Director Grey Power. Office

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The Mobile Car Specialists – making cars look awesome again

Take a look at your car's headlights and take note of their condition. Are they foggy? Cloudy? Yellowed? There is a good chance they are, or they're showing the first signs of ageing creeping in.

Foggy headlights occur sooner or later in all cars with polycarbonate lens covers (which is pretty much all cars these days). UV rays and pollutants break down the lens



coating causing them to deteriorate to the point that road lighting is impaired at night, and your local garage will fail a W.O.F. Headlight units on a typical modern car tend to cost around \$1000 to replace – ouch! Or... for between \$99 - \$159 +gst you can have us come to you, restore the lens clarity on both lights, and apply a UV protective coating to prevent any erosion setting in too quickly. This brings back the lens to like-new condition – without the huge cost!

We are a fully mobile operation, meaning we come to you to make your life easier.

Contact us on 0800 20 30 20 for a quote, or visit www.TMCS.co.nz to see our 5 star work and reviews.

Escorted small group - 11 night Greece intensive cruise August 19

Cruise on the small ship Azamara Pursuit with a maximum of only 700 people onboard. The group departs Auckland 22nd August 19 and will be escorted by Carolyn Hedley, owner of helloworld Hobsonville.

Explore Greece like never before on this gorgeous cruise visiting some of the islands where Mama Mia 1 was filmed. Five late stays, one overnight and 10 incredible ports of call to discover, starting in Athens. Take in Mykonos'



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sun bleached houses with brilliant blue shutters and vibrant bougainvillea. Travel to Paros, with its stylish resort towns. Visit Skiathos, a lush island oasis with more than 60 beaches. Cruise to the city of the Argonauts, Volos before sailing on to Thessaloniki. Set your gaze on Kavala, a beautiful whitewashed city crowned by a 15th century Byzantine castle. In Kusadasi, discover Odeon, the Amphitheatre where St. Paul preached. Rhodes offers sandstone buildings and the cobblestoned Street of the Knights. Journey to the charming, sun-soaked island of Santorini for one last day of adventure. Cruise Athens return to Mykonos (overnight), Paros, Skiathos, Volos, Thessaloniki, Kavala, Kusadasi, Rhodes and Santorini.

You can return home after the cruise or stay on in Europe, you decide.

There are only 2 cabins left for this group so be quick and contact Carolyn on 09 416 1799 or email Carolyn.hedley@hel-loworld.co.nz.

West Harbour Tennis

If you're interested in tennis out west, look no further than the West Harbour Tennis Club, situated on Picasso reserve in Picasso Drive, West Harbour.

The club boasts 9 AstroTurf courts, 4 of which are floodlit, and a large modern clubhouse/function centre with bar, fully-equipped kitchen and dance floor.

The club welcomes players of all ages and abilities. Juniors wishing to have a go at tennis can email the resident coaching team at coaching@kiwitennis.co.nz or phone Anna on 022 898 1212. Seniors are welcome to come along at no obligation to our social tennis at 6:30pm on Wednesdays or 1:30pm on Sundays.

More information is available on our web site www.whtc.co.nz. We have an April Holiday Camp for children at the Club from 15-18 April (9am-12.30pm, drop off from 8.30am). Cost \$45 per half day. All ages welcome. Book online at www.kiwitennis.co.nz (where you will find more details).

Our function centre is also available for hire for special birthdays, engagement parties, kids parties etc. – see the Facility Hire section on our web site for more information."



SeniorNet West Auckland

On the second and fourth Tuesdays of every month we have a Help Session at our Learning Centre where members can come along and get any help they need using their computers, lap-

tops, iPads, phones and Tablets both Android and Apple. This is a great way to refresh your memory, perhaps a class you had some time ago and can't quite recall one particular aspect of or something you are having trouble trying to do. Our tutors are on hand to help and we try to ensure all aspects are covered. To get assistance at these sessions we do ask for a donation of \$5. And that you are a member of SeniorNet. You may join on the day or please bring your membership card if you are with another branch. You will be very welcome. The dates for April are Tuesday the 8th and 22nd.

The Help Sessions are also good for anyone non-members or members to pop in to get in-formation about us and what we do. Also what classes are coming up that you may wish to take. Our Learning Centre is in the Henderson RSA, 66 Railside Avenue, Henderson, right opposite the railway station. Call in anytime between 10am to 12 noon, you do not have to book. If you have any questions our office phone number is 09 837 7600, there an an-swerphone as the office is not always manned, and we will ring you back. Our web site is www.seniornet-west-auckland.org.nz.

T.S. Bellona

February saw five of your local Navy Cadets competing at the National Navy Cadet Skills Competition. Able Cadets Wong and Jones, and Ordinary Cadets Price, Pace and Bell represented T.S. Bellona based out of Hobsonville Yacht Club.



Held at the Tamaki Leadership Centre in Whangaparaoa, the event gathered 92 cadets from 12 units from over New Zealand. Cadets competed in sailing, sea skills, navigation, charting, shooting, team and fitness skills. The winners of 2019 were T.S. Achilles (Auckland City).

The National Skills competition is one of several events T.S. Bellona has lined up for 2019. Anzac commemorations at Browns Bay RSA, Armistice events at Cambridge and the annual Navy League Regatta are three other key events. Several weekends a month the cadets and officers take to the water from Hobsonville Yacht Club in the crown and feva boats, take part in other group activities or practice shooting at Waitakere Small Bore Range.

This term we welcomed four new cadets to T.S. Bellona. We'd love to welcome some adults into our unit as well and are actively recruiting for Officers. If you're a boatie without a boat and want to help lead our cadets come by and meet us.

For more information on how you can get involved. Cadets aged 13-20 years and officers aged 20+. Email ts.bellona@cadetforces.org.nz or see you at Hobsonville Yacht Club, Thursday

WET&FORGET

Part TimeSales Person wanted

Our Northwest store (near Westgate) seek a confident, experienced salesperson to join our team.

The roll is 2 days per week with weekday and weekend flexibility, as well as extra hours as available. Would ideally suit someone living local to the area.

If you are not ready to completely leave the workforce, still enjoy the buzz of selling, and would enjoy providing the best outcomes for our customers, we would love to hear from you.

Contact Grant 021 455 748 grant.sewell@wetandforget.co.nz



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nights at 6.45pm during school term.

GKR Karate Philosophy

GKR Karate has a simple approach to teaching and training.

Students from all walks of life can enjoy training in a friendly, comfortable atmosphere amongst other students. Our instructors are keen to help each student develop their skills and gain from the many benefits that training in a martial art such as GKR Karate has to offer.

Above all, the philosophy of GKR Karate is an extension of the Founding Father's personal philosophies on life, training, and humility. Kancho Robert Sullivan and his top instructors personify what it means to be a humble teacher and promoter of the art.

GKR Karate prides itself on being a family club. Students as young as 5 years of age can train along side their parents, or grandparents, with some of the oldest members well into their 70's!

Although karate training promotes self-defence and fitness, it also promotes discipline, confidence, inner security, character development and an improved feeling of well-being. In this day and age, people of all walks of life, male and female, can partake in GKR Karate classes with the knowledge that they are in a room with other like minded people and an accredited in-



structor whose goal is to help them improve themselves both physically and mentally."

We currently have classes at Hobsonville Primary, West Harbour Primary, Lincoln Heights School, Birdwood Primary, Riverhead School and the Community Hall in Helensville – among others. Please contact:- Sue Barrett, 020 4175 3658, sue4gkr@gmail.com, www.gkrkarate.com if you are interested in booking a free trial class.

The Hobsonville Art Group

The Hobsonville Art Group meets every Tuesday at the Hobsonville Community Hall, 397 Hobsonville Road, from 9.30am til 12.15pm.

The Group has been running since 2005 and has many members over the years. Exhibitions of members work have been held in the community hall over these years.

We are a friendly, enthusiastic and diverse group of people who enjoy the companionship and artistic sharing that each morning brings. Painters work in acrylic, oil, watercolour and/or pastel. As there is a wide range of art styles and experience within the group there is always someone on hand to assist with advice or guidance if needed. We currently have a couple of tutors within the group who come along to do their own painting however they run workshops or classes as and when required. We have a stock of books on hand at the hall for inspiration.

With the rapid development of the area the group would like



Massey Birdwood Settlers Association Inc.

Our hall is situated on the corner of Red Hills Road and Don Buck Road in Massey and is the of home to; -

- Massey Craft Market – last Saturday of the month from 10am to 2pm
- Redhills Community Kindergarten - phone 09 833 6401.
- Massey Indoor Bowls – Wednesday nights from 7pm
- Massey Housie – Friday nights from 7pm
- Waitakere Cake Decorating Club – second Saturday of the month
- Massey Birdwood Settlers Association (your local resident and residents and ratepayers' group)

For information about the hall and Massey you can contact our Secretary John Riddell on 09 833 6972, email masseybirdwood@gmail.com, check out our website www.masseybirdwoodsettlers.org or our Facebook page www.facebook.com/masseybirdwoodhall.



to open its doors to encourage new members to join. So come along meet the team, stay for a cuppa and a chat. If you would like some more information please feel free to contact Bev 09 4166 366 or Leesa 027 580 2010 terleskfamily@xtra.co.nz.

Summerset at Monterey Park

Summerset at Monterey Park are celebrating the opening of our amazing new apartment block! Residents are already enjoying a plethora of new facilities: flexing their muscles in our new exercise room and getting their swimwear ready in anticipation for the opening of our swimming pool...



Remember: we have Continuum of Care here at Monterey Park –Independent apartments, Townhouses, Villas and Serviced Apartments, through to Rest Home and Hospital Level Care. Come along and taste our fantastic coffee at our onsite café, or give us a call to arrange a personal tour through the village –to see first-hand all of our fabulous facilities. Phone 09 951 8922. Mob Frank: 021 246 44950 Diane: 021 246 5086.

We are moving

The Citizens Advice Bureau at Massey is on the move. We'll be moving in to Te Manawa, the new library and multipurpose facility which will serve Massey and surrounding communities. We're very excited that we will still be able to help people in the community, but from new improved premises. We will be opening at Te Manawa 11 Kohuhu Lane on March 26th. This is on the Town Square at North West Shopping Centre. We will be on the floor 2, which is up some stairs – or you can

use a lift.

It was important to us to remain next to the library, as many of our clients use both help from Citizens Advice and services the library provides. We both provide information but in differing ways.

We will continue to provide quality advice on a wide range of topics – budgeting and debt, housing, consumer problems, traffic, family issues, neighbours and so on. Or we can help you fill in a form, or just listen to you.

We'd welcome a visit to check out our new premises – so come and say hello!!

If you feel you'd like to become part of our team, you would have the privilege of empowering people because you offer them information and options. You'd have the satisfaction of helping bring about social change. Just contact Barbara on 09 833 5775 or massey@cab.org.nz.

Waitakere Health Link's Community Services Open Day

COGY (kokocogy.wix.com/gocogy) visited Waitakere Hospital for Waitakere Health Link's Community Services Open Day event. There were over 20 organisations introducing their services for West Aucklanders. Rest homes, home-care services, rehabilitation centres, advocacy services etc. It is good to know the options we have for better health. Also it was a great chance to know about conditions we have not heard about, or did not know much about. Next event will be later in the year (October or November), so keep an eye out for more info on www.waitakerehealthlink.org.nz.



West Harbour Circuit Walk

The walk circuit is short and provides a couple of viewing points east to the city skyline. Enjoy a coastal walk meandering in and around many little inlets, passing by wetlands and through native bush. If you are lucky you may see fantails and tui.



There is a nice picnic spot and children's playground at Luckens Reserve. Dogs - off leash exercise areas within the reserves. Mainly level paths and suitable for users of average fitness and

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mobility. Time approximately 60 minutes. Toilets at Clearwater Cove Marina and Luckens Reserve. Start at Clearwater Cove Marina Car Park, West Harbour. Facing the marina, head down to the right-hand side of the marina (towards the boat ramp) to join the pathway, turn right. Follow the pathway straight ahead and keep to the left (keeping the waterway on your left) until you reach Mansion Court. Cross the corner of Mansion Court to pick up the pathway on the other side of the cul-de-sac. Turn left at the fork in Luckens Reserve, then right at the next junction. Enter Renoir Street and continue straight ahead. Turn left into Constable Lane, follow to the end, and follow the pathway straight ahead. At the bottom of the hill, follow the path straight ahead up the steep incline. Turn right into Marina View Drive. Turn right into Wiseley Road. Turn right into Clearwater Cove to return to the start. See walksinauckland.com for further details.

Ethkick West: community confirms strength in diversity

“While we have heavy hearts today, we also have support and companionship amongst the diversity of the teams that bring us together today at Ethkick” is how the Hon. Phil Twyford opened this third Ethkick West Tournament on March 16th at Fred Taylor Park (Massey).



Players, supporters, families and friends observed a moment of silence in respect of victims of the Christchurch terror attack less than 24 hours before. The opening was attended by the Chairs of two Local Boards: Greg Presland (Waitakere Ranges) and Shane Henderson (Henderson Massey).

Twenty-seven teams, representing ethnic and cultural communities took part in this 7 a-side football tournament. This was not just about football, but a clear affirmation that our West Auckland diversity is a treasure, or taonga, to be celebrated.

Auckland is New Zealand’s most diverse city, and West Auckland is one of its most diverse regions.

There were five Women’s teams: New Zealand, Tuvalu, United Kingdom, Globetrotters NZ, Pacific Nations;

Twenty two Men’s teams played: NZ Indian, Fiji Indian, Gurkha FC, Nepal, Fiji, Afghanistan, NZ Men, Kaurilands, NZKA (Kaw Thoo Lei), Myanmar Zo, Tamil, Cambodia, China, United Nations, Rwanda, Zimbabwe, Maiwand, Brazil, D.R. Congo, Tuvalu, Malaysia, Korea

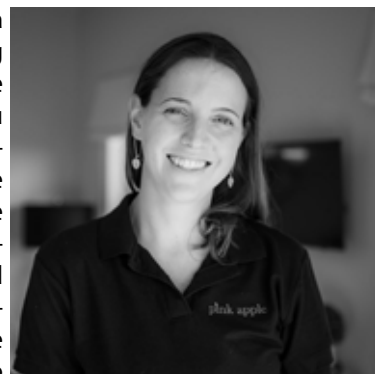
Winners of the Men’s Ethkick West 2019 Cup: Maiwand with Zimbabwe as runner-up
 Winners of Women’s Ethkick West 2019 Cup: Globetrotters with New Zealand as runner-up
 Winners of the Social Ethkick West 2019 Cup: Myanmar Zo team with Fiji runner-up

Ethkick West was organised by Community Waitakere, partnered and/or supported by: the Northern Football Federation, Waitakere City Football Club, Auckland Council, NZ Police, the Waitakere Ethnic Board, Sports Waitakere, the Human Rights Commission, West Auckland Local Boards, The Trusts Community Foundation and The Trusts.

For further information or photos please contact Maj De Poorter
 Maj@communitywaitakere.org.nz Mobile: 021 069 3594.

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Couples can select one of our pre-booked dates or alternatively choose to have the pop-up wedding/elopement at your choice location. Packages start from \$3500 and we will tailor make a package just for you! Get in touch with me today for a no obligations meeting to discuss your special day 027 200 4312 / heather@pinkapple.co.nz.

Anna Jeffs Private Investigator

Anna Jeffs is the Director of Fox Private Investigators Ltd. Fox Private Investigators Ltd is a highly professional and experienced team including ex NZ and UK Police and legal personnel, both with over 20 years of experience and ex-army personnel. We offer expert investigation services including surveillance, infidelity investigations, criminal legal support, family and civil litigation support, locating missing persons and birth parents, document process serving, GPS vehicle tracking, computer and mobile phone forensics and bug sweeping. Please call Anna for confidential advice 021 036 8417 or visit www.foxprivateinvestigators.co.nz. Licensed by The Ministry of Justice: 13-008198.

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:

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| Countdown Westgate | Countdown Royal Heights |
| The Warehouse Westgate | Luckens Road Dairy |
| Mitre 10 Mega Westgate | Massey Leisure Centre |
| Countdown Hobsonville | Whenuapai Dairy |
| Countdown North West | Hobsonville Point Dairy |
| Mike Pero Hobsonville | Season’s Market Massey |

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Property:Advice

Property market report

"There is a chance we could see a slight market correction as buyers' dictate market prices and market terms. Days on market is lengthening and more sales are conditional on attaining mortgage finance.

In an economic report in late November, ASB said New Zealand residential property price movements tend to broadly track those in Australia. Australian house prices are around 3 per cent lower than their October 2017 peak.

Yet Sydney prices more than 7 per cent below the June 2017 peaks, while Melbourne prices are around 5 per cent lower according to ASB economists.

"Given the falls evident in Australia, the concern is that similar weakness could be evident across this side of the Tasman and that overall NZ house prices fall," ASB noted.

The Reserve Bank appears far less concerned about our housing market now than it has been in recent years. Although house prices remain high compared to incomes and rents, escalation has waned since early 2017, it says.

Credit growth to households has returned to more sustainable levels. Banks are also more rigorously assessing customers' ability to service their loans. This means a gradual reduction in the risks which the LVR restrictions were designed to mitigate. And housing market pressures are expected to remain subdued, which will further reduce risks over time, the Reserve Bank says.

Market figures:

Hobsonville	\$710,000 to \$1,245,000
Massey	\$510,000 to \$911,000
Swanson	\$925,000
Waitakere	\$860,000 to \$1,500,000
West Harbour	\$615,000 to \$1,100,000
Whenuapai	\$1,050,000

Reasons to be bullish today:

- Historically low interest rates, which might stay for two years;
- Low unemployment giving job security, and mortgage repayment confidence;
- LVR restrictions easing after five years, resulting in more buyers;
- Prices have not been more stable.

Reasons to be bearish today:

- Foreign buyer ban potentially removes buyers from market;
- Tax changes for landlords, removing ring-fencing, could mean fewer sales to investors and them dumping properties onto the market;
- Current 5 year bright-line test and future capital gains tax po-

tentially on the horizon could depress prices;

• House prices are still high compared to incomes and rents. Call 0800 900 700, Text 027 632 0421 or email graham.mcintyre@mikepero.com or for more information go to www.grahammcintyre.co.nz - Mike Pero Real Estate Ltd Licensed REAA (2008).

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Asbestos and landlords

In unit title property, a landlord must identify and manage asbestos risk. In addition a landlord of other property appears to now have a general responsibility to protect their tenants from asbestos hazards (and by analogy any other similar hazards). In a recent tribunal decision a landlord served notice that a garage would be tested for asbestos. The asbestos test was positive. However the landlord then carried out asbestos removal work while the tenant's chattels remained in the garage and while

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the tenants continued in the landlord's house. For this reason the tribunal found the landlord in breach of health and safety regulations and fined the landlord \$2000 as exemplary damages.

The upshot is that landlords should get specialist advice from experts about the state of their rental property including an evaluation of any hazardous material such as asbestos, insulation on the property and the tenant's ability to heat the property. Luke Kemp – 09 412 6000 or luke@kempsolicitors.co.nz.

When is equal sharing not fair?

In November last year, the Law Commission released some proposals which it argues will better meet Kiwi expectations of fairness when a relationship ends. One key proposal is that if one partner owned the house before they became a couple, only the increase in value of the home from the start of the relationship would be shared 50:50. The house-owning party would, if the proposal goes ahead, keep the equity from the start of the relationship.



As the law currently stands, the Property (Relationships) Act 1976 provides for equal sharing of relationship property (including particularly the family home, whenever acquired). Once two people have been in a de facto relationship, married or in a civil union for 3 years or more equal sharing of relationship property will normally apply regardless of your respective financial contributions to it. That normally excludes separate property. This all seems fair in the context of a long term relationship, or where one partner takes a break from earning to care for children, but what about where one partner already owned the home due to a previous relationship, the situation for blended families or where there are no children of the relationship?

The only way to avoid equal sharing at present is a 'contracting out agreement' requiring independent legal advice for both parties – at a cost both financially and perhaps to the relationship. Given the substantial value of Auckland property and increasing propensity for multiple relationships and blended families, this can pose a serious hurdle to romance when a 'prenup' is proposed by the property-owning party.

The Law Commission's proposal may not be adopted into law. It is working through the feedback with final recommendations to the Government due sometime this year. In the meantime, and that will probably be the case for several years, the current law stands.

So if you want some sound relationship property advice, get in touch with Henderson Reeves Lawyers on 09 4304350 or email Shelley Funnell shelleyfunnell@hendersonreeves.co.nz or Taina Henderson tainahenderson@hendersonreeves.co.nz.

PAYE - Staying out of trouble

Under the Income Tax Act 2004, responsibility for the deduction and payment of PAYE to IRD rests with the employer. Under a series of provisions in the Tax Administration Act 1994 (TAA), if net wages are paid to the employee, but PAYE is not paid to IRD by the due date, then PAYE is deemed to have been deducted and deemed to have been misapplied. A person thus commits an offence if he/she "knowingly applies or permits the application of the amount of a deduction ...made or deemed made under a tax law for any purpose other than in payment to the CIR". If net wages are paid, but the PAYE is not paid onto IRD by the due date, then the physical elements are deemed to have been committed. Moreover, ignorance of the law is not a defence when it comes to the mental elements of the offence. Knowledge of the facts i.e. payment of net wages has been made and PAYE is not paid on to IRD, is sufficient. Employers can therefore get themselves into serious trouble by disregarding their legal obligations for PAYE deductions, especially during those times when cash-flow is tight, and trade creditors have a tendency to get paid first. PAYE deductions are regarded at law as "trust funds", with serious criminal sanctions for their misappropriation. IRD can criminally prosecute director(s) on multiple charges for each PAYE period, as well as take civil action to recover the PAYE when breaches occur. Given that under the TAA, criminal liability can potentially result in a taxpayer's imprisonment, especially where there is repeat offending, it is imperative that directors/employers are aware of their legal obligations, the civil and criminal penalties and get immediate legal advice. The legal team at Gina Jansen Lawyers are highly experienced tax and courtroom lawyers. We can advise and act for clients where criminal charges are laid, as well as provide support and guidance in this area to our client's professional representatives, such as accountants. Please call us 09 869 5820, or email gina@ginajansen.co.nz or visit our website at www.ginajansen.co.nz for more information.



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• PROPERTY • COMMERCIAL • TAX •

area property stats

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

Suburb	CV	Land Area	Floor Area	Sale Price	
Herald Island	1,375,000	911M2	130M2	1,790,000	
	1,950,000	809M2	260M2	1,760,000	
Hobsonville	1,150,000	264M2	217M2	1,250,000	
	515,000	0M2	46M2	548,999	
	1,525,000	454M2	328M2	1,450,000	
	1,440,000	649M2	307M2	1,415,000	
	1,170,000	325M2	242M2	1,140,000	
	825,000	167M2	118M2	835,000	
	1,025,000	225M2	182M2	965,000	
	1,050,000	259M2	166M2	950,000	
Massey	600,000	574M2	85M2	828,000	
	1,050,000	1012M2	140M2	830,000	
	600,000	956M2	110M2	740,000	
	700,000	506M2	100M2	690,000	
	750,000	540M2	141M2	725,000	
	650,000	669M2	130M2	760,500	
	810,000	704M2	260M2	777,000	
	950,000	691M2	180M2	870,000	
	760,000	867M2	150M2	752,800	
	890,000	554M2	188M2	825,000	
	660,000	675M2	160M2	735,000	
	660,000	685M2	140M2	800,000	
	415,000	450M2	70M2	595,000	
	885,000	706M2	167M2	860,000	
	760,000	673M2	150M2	840,000	
	900,000	847M2	240M2	913,000	
	590,000	0M2	80M2	617,000	
	930,000	690M2	194M2	860,000	
	830,000	0M2	100M2	660,000	
	870,000	607M2	160M2	829,000	
770,000	652M2	110M2	710,000		
810,000	599M2	170M2	785,000		
Swanson	1,075,000	3.35HA	123M2	1,057,000	
	830,000	532M2	213M2	850,000	
West Harbour	620,000	0M2	80M2	655,000	
	840,000	608M2	110M2	742,000	
	570,000	0M2	71M2	490,000	
	920,000	682M2	160M2	905,000	
	1,100,000	801M2	200M2	1,230,000	
	1,500,000	745M2	283M2	1,370,000	
	860,000	551M2	110M2	781,000	
	920,000	369M2	216M2	1,138,000	
	1,150,000	2193M2	250M2	930,000	
	1,110,000	893M2	220M2	1,020,000	
	1,550,000	699M2	280M2	1,100,000	
	Whenuapai	1,150,000	330M2	253M2	1,130,000

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WAIMAUKU SINGLE LEVEL - 5 ROOMS, 2 LIVING AREAS 5 2 2

Set Date of Sale

3 Waimauku Station Road, Waimauku

Set Date of Sale - 4pm, Tuesday 23rd April 2019 (unless sold prior).

Looking for a big home on a flat fully fenced site. This single level home delivers significant space in all areas: Five bedrooms, Bathroom and Ensuite, Two living rooms, Double garage and Separate Laundry. Great family friendly layout allows for the complete family to enjoy themselves with space on the inside and the outside. Set on a big 1100 square meter site the land is flat, with a fully fenced back yard and front yard. It has excellent all day sun and options for garden, orchard or just kicking a ball around. Situated right in the heart of Waimauku Village, moments to a café, transport links, convenience shopping and primary school.



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KUMEU - HUAPAI - EASY LIVING BRICK AND TILE 4 2 2

Set Date of Sale

8 Remana Crescent, Huapai

Set Date of Sale - 4pm, Tuesday 23rd April 2019 (unless sold prior).

Distinctively different with an emphasis on open plan living, alfresco entertaining and secure spaces. The home boasts over 200sqm of home which enjoys the best of open plan entertainers living which opens out to a fully usable and fully fenced back yard. The four bedrooms and bathroom are all off a central hallway which ties into the double garage providing options for storage or an indoor play area. Set on 743sqm section it has ample space to play and create while being easy to manage and maintain. Flat site with a grassed lawn area and option to park a boat, caravan or motorhome. A short drive to schools, shops, transport links and parks.



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KUMEU 1565SQM SECTION - BRICK AND TILE HOME 4 2 2

Set Date of Sale

10 Station Road, Kumeu

Set Date of Sale - 4pm, Tuesday 23rd April 2019 (unless sold prior).

Motivated owner migrating north looking to sell crafted family home on a large flat section. Gated and fenced for safety and security the land holds numerous options for improvement and options to add value. This fully usable flat section with established hedge line, shrubs and garden features peppering the lawn. The home is a single level brick and tile construction with open plan living dining and relaxing pre-diner area, formal lounge, four bedrooms and office. Three toilets and two bathrooms, separate laundry and oversized double garage. It is a big home, on big land seeking a growing family or a maturing downsizer coming off the land. Whatever your journey, this home and land will deliver some outstanding options for you to capitalise on. A very short walk to Huapai Primary School, shops and park.



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HERALD ISLAND BLISS, SUN AND WATER VIEWS 4 2 2

Set Date of Sale

12 Twin Wharf Road, Herald Island

Set Date of Sale - 4pm, Tuesday 23rd April 2019 (unless sold prior).

This sun trapped, beautifully refurbished home offers a large 270sqm open plan home catering for a family that enjoys quiet spaces, easy living and beautiful outlooks. Upstairs you will find the master bedroom with wardrobe, overlooking great water views, separate bathroom, second double bedroom and extra large third double bedroom. Ground level offers a fourth double bedroom with mezzanine accessed by the ladder on the wall and a big office space or fifth bedroom, main bathroom with separate toilet and laundry area. A spacious open plan, modern kitchen and dining area, and separate living areas, opens up to alfresco wrap around decking. Stroll down and relax to the outdoor seated timber area, amidst the lawn and garden. Situated on a large 842sqm section. With an internal access double garage.



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HIGHLY MOTIVATED - KUMEU - AS NEW

4 1 1

Set Date of Sale

16 Tapu Road, Kumeu

Set Date of Sale - 4pm, Tuesday 23rd April 2019 (unless sold prior).

The best of open plan living and entertaining with sunny North facing alfresco decking, this home has been decorated to make the most of modern living. A functional four bedroom home with single bathroom all off a central corridor delivering character, charm and easy living. The section of 442 square meters delivers a lock up and leave option with low maintenance plantings and easy care lawn while off-street parking and single garage delivers storage for car, tools or toys. A short stroll to cafes, transport links, parks, brand new primary school and shopping.



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VENDOR SAY SELL, AFFORDABLE LIVING IN KUMEU

4 1 1

Set Date of Sale

16A Tapu Road, Kumeu

Set Date of Sale - 4pm, Tuesday 23rd April 2019 (unless sold prior).

Set well off the road, this beautifully presented home delivers some significant value to an expanding family or a downsizing mature buyer wanting a one level home. Extensively refurbished the home offers generous modern open plan living leading onto decking and entertainers kitchen with good flow and convenience. Four bedrooms and bathroom off a central corridor providing easy flow and ample storage space. A single garage offers space to car, toys or tools. The property is 400 square meters which provides ample space for a lawn framing and a peppering of trees and shrubs to compliment this established neighbourhood. Close to cafes, new primary school, transport hub, sports park and convenience shopping.



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HOME AND INCOME - BRICK AND TILE IN KUMEU

5 3 2

Set Date of Sale

19 Kauri Grove Drive, Kumeu

Set Date of Sale - 4pm, Tuesday 23rd April 2019 (unless sold prior).

Seldom do you see a home that has been crafted for an entertainers lifestyle, and an environment that provides income, easy living and options for home based work life balance. This well constructed home of 312sqm boasts a beautifully finished entertainers designer kitchen and an alfresco interface that delivers the maximum value for an entertainer. Open plan kitchen, dining and lounge area with butlers pantry, opening to roofed patio area. Tucked to the side is a two bedroom minor dwelling, very well appointed and enjoying a similar open plan living, dining, entertaining linking to a private lawn area.



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AFFORDABLE CUL-DE-SAC LIVING - HOBSONVILLE AREA

3 2 1

Set Date of Sale

38A Sailfish Drive, West Harbour

Set Date of Sale - 4pm, Tuesday 23rd April 2019 (unless sold prior).

Located a small drive from Westgate, NorthWest Shopping Centre and Hobsonville shop's, the location is absolutely brilliant while the cul-de-sac position delivers safety and solidity. In zone for Marina View, Hobsonville School and Hobsonville Point Secondary School. On offer is a gorgeous fully refurbished, brick, weatherboard & tile three bedroom single level home, with all rooms off a central hallway and uncompromised alfresco to expansive and usable decking. Modern open plan kitchen and dining area opening out to alfresco to expansive decking. Master bedroom with wardrobe, en-suite and two double bedrooms. The internal access double garage offers options to be used as a rumpus, workshop, games room or traditional storage. The yard is fully fenced and very safe for children and pets.



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MASSEY - FULLY REFURBISHED 4 ROOMS

3 1 1

Set Date of Sale

72 Gallony Avenue, Massey

Set Date of Sale - 4pm, Tuesday 23rd April 2019 (unless sold prior).

This fully refurbished three bedroom plus separate office delivers great space on the outside and the inside. New kitchen and very well presented bathroom and separate laundry area. Open plan living and dining with sliders to north facing decking, the home delivers options for the whole family. Fenced for pets with a single garage and off-street parking, this is a home that will suit purchasers looking for a pleasing bush and pasture outlook over the neighboring reserve, peace and quiet and easy living over one level. Suitable for young and old. Close to transport links, primary and secondary schools and convenience shopping.

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118A Colwill Road, Massey

Asking Price \$749,000

Open plan living, three double bedrooms, outstanding outdoor entertaining areas, ample parking and great local schools. Be very impressed by quality upgrades throughout for one very lucky family. Welcome your family home to this entertainers delight - the kitchen boasts granite benchtops, coloured splashback, extra large sink with insinkerator and quality double dish drawer, oven, hob and inverter microwave. Open plan living and dining leads to a covered patio and large private courtyard, ideal for alfresco dining and entertaining all year round. Take a few short steps down to the fully fenced garden where the kids and pets can play with plenty of room for a tramp, swings and a vege garden. Three double bedrooms include a master with semi-ensuite.

www.mikepero.com/RX1786416



Cherry Kingsley-Smith
021 888 824

cherry@mikepero.com



APARTMENT BLISS, SPACIOUS PENTHOUSE WITH SEA VIEWS

2 2 2

By Negotiation

305D / 160 Hobsonville Point Road, Hobsonville By Negotiation

Fall in love with this immaculate, sunny and spacious top level corner apartment, North facing with incredible sweeping views over the park and across the Inner Harbour, from Herald Island to the Sky Tower. This is the premium Brickworks apartment. Built with the largest floor plan at 111m² and an edgy modern design with a high vaulted ceiling, large well appointed kitchen, ample storage, butlers pantry/laundry, fully tiled main bathroom and ensuite. Relax and enjoy the views and breeze from the unique twin decks, located off the living and master bedroom, ideal for that early morning cup of tea as you watch the sunrise or superb alfresco dining. A gated carpark provides security for two carparks and access to your storage locker and bike room. Lifts and stairs allow easy access.

www.mikepero.com/RX1807931



Cherry Kingsley-Smith
021 888 824
cherry@mikepero.com



THE PERFECT LIFESTYLE PROPERTY

4 2 2

By Negotiation

535 Peak Road, Kaukapakapa By Negotiation

This property enjoys north facing panoramic views of the surrounding countryside. A spacious 252 m² four large bedroom home provides plenty of room. A large open plan kitchen with breakfast bar opens out to the dining area and the lounge, there is also a large media/family room which opens out on to the two level deck. This house has great indoor/outdoor flow, there is a spa pool inset into the lower deck. This home is complimented with a high quality renovated kitchen with marble benchtops and a modern bathroom and ensuite. There is a well appointed sleepout for when guests come to stay and a large double garage which includes a workshop. There is plenty of grazing on this 3.1 ha property (7.66 acres) with four paddocks a set of yards and a loading ramp.

www.mikepero.com/RX1803721



Lyndsay Kerr
027 554 4240
lyndsay.kerr@mikepero.com



WAIMAUKU LIFESTYLE - AFFORDABLE ON 1.3 ACRES

3 2 2

Set Date of Sale

805 State Highway 16, Waimauku

Set Date of Sale - 4pm, Tuesday 23rd April 2019 (unless sold prior).

On offer is all day sunshine, green fields and options for chickens a vegetable patch or a pony and motorbike for the children. Whatever your plans, this small acreage lifestyle property delivers fantastic choice for a buyer that wants to get out of the urban jungle and have a life that is more wholesome and earth centric. The land is 5346 square meters and has options for plantings, propagation and pets, all flat fenced and usable. The land is fenced for dogs. The house is traditional kiwiana, 1950's with weatherboard cladding and painted galvanised steel roof. Generous rooms, two lounges, two bathrooms and three bedrooms, the home offers some excellent entertaining space and alfresco to north facing decking. Close to Kumeu and Waimauku Shopping, transport links, parks and schools.

www.mikepero.com/RX1820684



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



MOTIVATED VENDOR - AFFORDABLE IN RIVERHEAD

3 1

Set Date of Sale

1014 Coatesville-Riverhead Highway, Riverhead

Set Date of Sale - 4pm, Tuesday 23rd April 2019 (unless sold prior).

Often sought but seldom found is this beautifully finished and landscaped contemporary bungalow. Offering a very modern open plan living out to sunny North facing decking to melt away the autumn shades. An altogether picturesque country cottage entrance entices you through the door to an open plan integrated kitchen, dining and lounge, with good flow to decking North and South. The home boasts three generous bedrooms and comfortable bathroom off the central hallway with ample storage all on one level. If you're a mature downsizer or a growing family you'll find plenty to be impressed by. A hop, skip and dawdle to Riverhead School, Hall, Cafés, Restaurants, Parks, Inner Harbour and walks. CV has not been issued by Council. CCC is approximately 30 days away.

www.mikepero.com/RX1814073



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



FLAT SECTION, NO COVENANTS

Set Date of Sale

14A Tapu Road, Kumeu

4pm, Tuesday 23rd April 2019 (unless sold prior).

379 square meters of flat usable land with an established driveway. No covenants in place regarding this site providing options for use. The Vendor is motivated to move this site and welcomes your feedback on value and settlement to suit your individual situation. Close to cafes, park, transport links, new primary school and convenience shopping. Fantastic option for first time buyer looking to create equity.

www.mikepero.com/RX1808261



Graham McIntyre
027 632 0421



NO COVENANTS 2 ACRES

Set Date of Sale

Lot 2, Taupaki Road, Taupaki

4pm, Tuesday 23rd April 2019 (unless sold prior).

Well presented, North facing, elevated lifestyle section with boundary to a riparian strip. The land has an established access way off Taupaki Road. Gentle sloping with House site options that can make the most of the valley views and the sunshine. A short distance from Kumeu (city side) and North West Mall/ Westgate, the property is a short drive from the North Western Motorway.

www.mikepero.com/RX1732517



Graham McIntyre
027 632 0421



FLAT LAND - NO COVENANTS

Set Date of Sale

908 Old North Road, Waimauku

4pm, Tuesday 23rd April 2019 (unless sold prior).

Often sought but seldom found, this flat easily accessed 1.7 hectare site ticks the boxes for the lifestyle buyer that seeks a flat no nonsense property to create a piece of magic. It features: 1.76 hectares. No building covenants. Down a private ROW. Fenced, Flat site, In a rural glade with shelter belt trees to the south west. A short drive to Kumeu and Waimauku shopping centres, transport links and schools.

www.mikepero.com/RX1571757



Graham McIntyre
027 632 0421



2050 SQM SITE

Set Date of Sale

351 Main Road, Kumeu

4pm, Tuesday 23rd April 2019 (unless sold prior).

Set in the Main road of Kumeu, this site is one of only a handful of larger land parcels. The site is flat to gentle sloping and has a modest 3 bedroom dwelling and two double garage buildings in place. An opinion on development is available from Terra Nova Planners as is a market rent summary.

www.mikepero.com/RX1799737



Graham McIntyre
027 632 0421



SUNSHINE, SURF AND SIMPLICITY

1 1

By Negotiation

208 Bethells Road, Bethells Beach

By Negotiation

A one bedroom, one bathroom beach bach with a rustic and real feel. Recently renovated and much loved you will find a spacious open plan style living arrangement with polished concrete kitchen tops and solid timber cupboards. Upstairs is a mezzanine bedroom.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1788062



LIFESTYLE HOME WITH INCOME OPTIONS

5 6 3

Set Date of Sale

296 Taupaki Road, Taupaki

4pm, Tuesday 23rd April 2019 (unless sold prior).

The home offers a total of five rooms, two lounges, three bathrooms, laundry area and open plan entertainer's kitchen, dining and lounge. Three double garages, two box stables and a tack room certainly delivers storage and amenities for a family wanting to have a horse or a pony, and with 1.5 hectares of land it provides just enough space for a ride or a graze.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1730148



HUGE MOTIVATION - FAMILY HOME

3 1 1

Offers Over \$940,000

17 Kauri Road, Whenuapai

Offers Over \$940,000

Three bedroom bungalow with internal access garaging and workshop. The home has easy access, single living environment with alfresco to an expansive North facing deck overlooking big back yard. Large, open plan kitchen/ dining leading into lounge area. Bedrooms and bathroom are all off a central corridor. Garaging and Workshop/Storage area is all down-stairs offering easy access.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1778553



TRANQUILITY, PEACE & QUIET

4 2 2

Set Date of Sale

433 Wairere Road, Waitakere

4pm, Tuesday 23rd April 2019 (unless sold prior).

Offering four bedrooms, two bathrooms, laundry and double garage. The kitchen, dining and lounge is integrated with expansive sliders to open up the indoors to the outdoors. An easy care section, planted for pockets of colour and richness of grass and bush tones. The construction is big-brick and Decramastic tile, enhanced by shist features, planters and fish pond.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1713683

Hot:Property



Hobsonville Penthouse - Sunny Living

Apartment living is not for everyone, but for many it provides the perfect lock-up-and-leave living experience with a generous North Facing Living environment that is unique within the apartment market.

Mature downsizers and busy young affluent's absolutely love this style of living because it delivers a low cost and low time investment in cleaning and maintenance and has a generous smorgasbord of café and restaurant options, parks, walks, cycle

ways and reserves to explore and relax. Generous established trees shelter the parks and the residents show a healthy respect for all cultures and ethnicities.

There is only one premium living corner penthouse apartment. It is spacious and North facing with incredible sweeping views across the Point and Inner Harbour. Relax with your morning cup of tea as you watch the sun rise or enjoy superb alfresco dining on the decks.

Easy living with high vaulted ceiling, decks from the living area and master bedroom, a large well appointed kitchen, separate butlers pantry/laundry, two bathrooms including master ensuite, and walk in wardrobe.

The apartment comes with two secure gated car parks, your



own storage locker and access to a bike room. Lifts and stairs allow easy access. This allows for bicycle and vehicles to be used very easily indeed.

Low maintenance, energy efficient, solid brick and cedar construction assure a future proofed investment and a wonderful opportunity now for the simplicity, security and convenience of a lock and leave lifestyle in the vibrant Hobsonville Point Community with cafes, restaurants, shops, medical centre, Coastal walkway, Bomb Point, Catalina Farmers market, ferry, transport links and great schools all at your doorstep.

Take a step to a better life, the Penthouse no less.

Contact Cherry Kingsley-Smith on 021 888 824 - Mike Pero Real Estate Ltd Licensed REAA (2008).

Home:Garden

Time is precious

Back to work? Kids back at school? Sitting in that crazy traffic on State Highway 16? How will you get the time to fix that door, wall or floor? From that well used deck for much loved summer barbecues or the back door, what about the fence that needs dog proofing for that new puppy?



To all those repairs that need to be fixed, to the final touches on the renovation, and to the tricky jobs that are best solved by the experts, locally owned and operated, Fixy was born from a desire to help people with fixing, repairing and creating solutions so, people like you, can get more done in their day.

We provide the technical skill and expertise. All our technicians are trained, qualified and have police and Ministry of Justice clearance. We have comprehensive Health and Safety Policies and full public Liability insurance.

Owner Sean Doherty has been in the construction and landscape industry for over 20 years in New Zealand, Australia and Europe. You can be sure that quality workmanship is efficiently delivered. Our clients can rest with the assurance that the job is done quickly, professionally and cleanly. We are ready when you need us.

Focusing on repairs and fixing gives us the unique ability to provide a quick and flexible service. Our clients are able to source a quote directly through the website and we can usually attend your property within 2 days' notice.

Fixy is a family run company, and operated by fully qualified pro-

fessionals. We love creating solutions. On time, and on budget. www.fixy.co.nz, 022 182 2715 or 09 810 9080, sean@fixy.co.nz.

Attracting birds to your garden

Many gardeners are nature lovers as well, and one of life's pleasures is seeing your garden provide food and shelter for native wildlife all year round. Birds, skinks, geckos, butterflies, bees, wetas, the list goes on.

Whether you have a large garden or small, there are plenty of plants to attract and feed the birds especially during winter and spring when the tui and our native wood pigeon will travel long distances in search of food.

Food sources are scarce during the winter, so by planting a couple of different varieties of plants, and your neighbour planting a couple more, soon you will have birds visiting throughout the year.

Awa Nursery has a range of plants to help you on your way to creating a food haven for the birds. Kowhai, titoki, karaka, flax, wineberry, corokia, cabbage trees, Fuchsia procumbens, putaputaweta, lacebark, Muehlenbeckia, and pohutukawa are just some popular natives to encourage the birds, providing nectar, fruit or seeds. There are many more, and we also have plenty of exotics you can consider. Encouraging insects for birds to feed can be done by providing a good layer of mulch or leaf litter on your garden. The skinks will also benefit from this. Be sure to provide fresh and clean water in a safe location away from cats. Now is the time to plant, and large or small, there is bound to be something at Awa Nursery that will fit in your garden to help feed the local wildlife.



Kumeu Garden Hub

Says it's time to plant those spring bulbs! Daffodils are about the showiest and easiest of the spring flowering bulbs. Stunning in pots or mass planted in the garden. Prepare the soil to a depth of about 30 cm by digging over and adding bulb compost mix in well. Daffs love a sunny position and free draining soil. Plant 8 to 10 cm deep and 10 to 15 cm apart.. If you have clay soil create mounds to plant them on. We have a great selection of colours and varieties available in store now. Other bulbs available in



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storeAnemones, Dutch iris, fragrant freesias, hyacinth, muscari, ranunculas and tulips Etc. Feed existing bulbs for a stunning show in spring. It's also time to plant Sweet peas. Create a climbing frame in a sheltered spot. Dig in some compost and plant 12 cm apart. We have some amazing seeds produced by the amazing Keith Hammet.

How to destroy your lawn

Chemical Strike - Grass after all is the enemy so just find some really nasty chemicals and spray it on all the edges. Weapons of mass destruction are hard to come by, so just go down to your local hardware store where you can easily find a range of harsh chemicals such as Roundup readily available to the untrained public. Be sure to wear safety jandals while applying. Other than that, just live for the moment.



Do a cowboy job - Just miss patches, let the grass grow over the concrete, line trim your trees or just don't mow it at all. If you don't want to do it yourself, just pay someone to do it. There are plenty of cowboy contractors out there who are real cheap although they may or may not show up - nobody knows. I guess you get what you pay for.

If for some reason you don't want to destroy your lawn then join the hundreds of other local residents that gave the team at 1st Class Gardens a call. They'll show up reliably each time your lawn is due and do a neat and tidy job. So for your free quote contact Chris on 0800 23 6696 or visit www.1stclassgardens.co.nz. To see ratings from real customers then check out their reviews on www.nocowboys.co.nz.

Laser Plumbing & Roofing Whenuapai

Committed to serving our local community, families and businesses with great service at reasonable rates, the team at Laser Plumbing has over 30 years of experience in providing quality plumbing, roofing and drainage services to West Auckland and beyond. Laser Plumbing & Roofing Whenuapai are your local specialists in hot water systems, roofing and gutters, plumbing maintenance, repairs and installations. We also offer a state of the art drainage un-blocking service. In addition to these services, we



have a 24 hour service available for any plumbing emergencies. No job is too big or too small for Laser Plumbing Whenuapai. We're happy to do any job from basic tap washers right into full re-piping, re-roofing, drainage or gas systems. We can provide full solutions to any plumbing, roofing or drainage issues.

So why choose Laser Whenuapai? We have been trading since 1985 - so choosing us means choosing a solid, reliable and experienced company that you can depend on. As part of our 'Totally Dependable Guarantee', we stand by all our jobs by offering warranties, and always use quality New Zealand made products. Contact Laser Whenuapai today on 09 417 0110 or whenuapai@laserplumbing.co.nz. We are open five days a week from 7am- 4:30pm and are conveniently located at Unit 4, 3 Northside Drive, Whenuapai.

Bonus free gift with Masport purchase!

FREE Morphy Richards Evoke Metallic Kettle worth \$149 with any Masport Woodfire purchase during April! Just a little something from KPL to kick off the Woodfire Season. WOODFIRES - supply, consent, install - we do it all! Free Quotes available. Reflecting on the last month, we took part in the Kumeu Show. What a great way to meet members of our community and beyond. We spoke with many families and individuals about our UV Filtration packages available for home and commercial applications. It wasn't surprising to hear your stories, many people reporting of experiencing very upset tummys suspected or proven from their untreated drinking water. Safe drinking water is something we take very seriously. UV water treatment options are the best practical solution for treating drinking water and are widely used in disinfecting the drinking supplies of not just individual homes, but entire towns. If you are sourcing water from unsecured water sources such as rainwater tanks and wells UV treatment is an excellent option to manage bacteria and virus in drinking water supplies. Call or email KPL for more information. info@kpl.co.nz 412 9108.

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Hobsonville:Point

Spoilt for choice

Welcome to the Hobsonville Point page for April. This month our story writer Sue Heggie (heggies@xtra.co.nz) and resident photographer Leanne Silver (leanne@argent.me) review the delicious brunch fare at two local cafes. Mention my name and you can enjoy a wee sweet treat, free with your next drink order in April. I am your local real estate specialist and delighted to sponsor this page. For a free no obligation appraisal of your home, contact me, Cherry Kingsley-Smith on 021 888 824 or cherry@mikepero.com.

Two local cafes and the under \$15 great brunch game



My trusty side kick photographer, Leanne Silver and I, went on a search for good value lunches at two local cafes. It was a difficult assignment, but someone had to do it.

25 ML - corner of Squadron and Hobsonville Point Road – owners David and Apple Guo

25 ML is so-named because when espresso is made, hot water flows through the powdered coffee under pressure. The pressure should be 9 bar (+/-1) and the cup should be filled with 25 ml within 25 seconds. Who knew? Not me the half-strength decaf, soy latte drinker... Andrew Choi, the previous owner, continues to supply 25 ML with their coffee as Andrew is passionate about coffee and the locals love it.



Apple and her husband chef David and coffee-maker John keep the place humming.

25 ML has heaps of great cabinet food under the \$15 mark, but we chose the courgette fritters (\$10.90) and the galette (\$7.80) to sample, and both were delicious. A galette is a French word meaning flat cake where a pastry square or round is filled with something delicious. The portions are very generous and if you are a bird-like eater then they are large enough to share. (But don't be ridiculous!). Chef David will adjust meals to suit dietary requirements and can whip up a delicious tofu dish with Asian flavours on request. The cabinet menu changes frequently and there is a daily special or two.

As I live next door, I feel I can comment with some authority on every aspect of this café. I view it as my own personal food bag delivery service and frequently pick up a veggie tart, filo roll or chicken pie for dinner. My favourite drink is the cacao smoothie made with banana, dates, raw cacao, cinnamon, maple syrup and almond milk.



Opening hours: Monday to Friday 7am-3 pm, Weekends 8 am-3:30pm.

160 Hobsonville Point Café – owners Mee Shin and Roy Zhao.



160 is on the ground floor of the Brickworks at 160 Hobsonville Point Road, hence the name.

While I consider myself the “expert” regarding 25ML, Leanne is the “expert” on 160. Here on the Point, we are spoilt for choice so having to go further than a few hundred metres seems exhausting. We do frequent each other’s cafes but there is a slight competitive edge to it. Like 25ML, 160 have an extensive menu but if you are looking for an under \$15.00 brunch it is hard to go past their dumplings or cabinet food. Mee makes the famous dumplings in significant quantities for the high demand. Well-travelled Leanne says the home-made dumplings (\$10 -12 depending on the number you can eat) are the best in the world. Several of our walking group are very partial to the date and orange scones too. 160 also offer a vegan bagel. However, I chose the Turkish pide with egg, bacon and relish with a cup of peppermint tea (\$ 13.00 altogether). Delish. Leanne had the dumplings, funnily enough, with a coffee supplied by Artisan.

Leanne’s son Sam shows a partiality for the chicken and chips (\$13) and felt it also deserved an honourable mention.

Opening hours are Monday to Friday 7am-4 pm, Weekends 8 am-4 pm.

Both cafes are kid friendly, with 160 having a special play area, for children, and both are dog friendly. Neither charge a surcharge on public holidays which is a real bonus. Both do catering on request.



Both cafes are also offering a sweet treat with your drink if you mention the sponsor of this page in The Westerly. (Hint: it is at the top of the page and her name is a kind of fruit and no it isn't Apple.)

Besides the variety of tasty fare, the other recipe the cafes share in equal measure is a huge dollop of congeniality, mixed with cheerfulness and stirred with friendly service. Many customers are greeted by name and no words need pass their lips, if they are not a morning person, as their coffee preference is already known.



Sue’s Netflix binge recommendations for the month:

A very long Turkish drama called Intersection where the little boy at the centre of it all is a very charismatic character. If you prefer a lighter vein, then you can't go past After Life by Ricky Gervais (Bad language may offend some people). The breast-milk pudding scene had me snorting with laughter but the whole series is both funny and tender and I wasn't crying, just chopping onions.

Build:New

Tradie of the month

Making sure it all goes down the drain. Kevin Maney from Jetwaste Drainage is an expert at making sure everything goes down the right drain. It sounds easy to get storm water and sewer in to the drainage system but a lot of the time it's not that simple. Recently there have been a number of complex projects that we have



worked on together that have involved complicated site and traffic management. Kevin with his wealth of experience, can do attitude and skilled system planning always delivers for us when we need it time after time. Thanks for all your commitment and hard work, enjoy your voucher from our proud sponsor Western ITM.

Love where you live but not your house?

Do you love your neighbourhood? The schools are great, you've

made friends and the community is everything you want and need. The only problem is your house is not your dream home. Maybe it's too small. The layout is strange. You want better indoor/ outdoor flow. Or even worse it's a leaky home. A Knock Down & Rebuild may be the answer. Here are our top 5 reasons to rebuild on your section. Cost - It's less than you might think to rebuild – and often comparable to what you may spend on major renovations. If you are curious, Signature Homes will organise to meet with you onsite and talk through your options, including finance plans, at no cost. With Signature Homes there are no surprises or budget blowouts. All pricing is inclusive and transparent, allowing you the ability to forward plan with total peace of mind. No compromises - When you Knock Down & Rebuild, you start from scratch. It is a rare opportunity to truly create something bespoke for you and your family - your dream home. You will work with experts every step of the way, so the final result is perfection. Your home will be architecturally designed to meet all of your family's needs and desires and our design team, including interior designers and colour consultants, will work with you to ensure all important details have been considered, including design, claddings, colours, fixtures and fittings. Ease - With a Signature Homes Knock Down & Rebuild, everything is taken care of for you. The whole process is managed – from gaining the appropriate consents to meeting a guaranteed completion date. The goal is to make the process stress-free and easy for you. And if you are in Auckland, we have Unitary Plan experts who will ensure you make the very best decisions for your property and neighbourhood. Guarantees - A Knock Down & Rebuild with Signature Homes removes all uncertainties. We understand the financial commitment you are making and in turn commit to you our very best service, guaranteeing we will finish your project on-time, on-budget and to the highest industry standards. We all know a picture paints a

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thousand words so check out Mey and Robert Brouwers recent Knock Down & Rebuild with Signature Homes in Te Atatu Peninsula, Auckland. Mey and Robert faced an eye-watering \$500,000 bill for renovation and recladding work when they discovered their home had potential water-tightness issues. Faced with this prospect they instead opted for Signature Homes' Knockdown & Rebuild service – demolishing and removing the original home and replacing it with their dream Design & Build. Phone 0800 020 600 or one of our showhomes for more information.

Working with G.J. Gardner Home

If you've ever thought of building but not sure where to start, G.J.'s have made it fun and easy with our innovative designs and very experienced New Home Consultants that will work with you every step of the way towards your new home. We've put together our top 10 list of just some of those tips and ideas. Bring us your wish list - Plans, scribbles, a scrapbook or just a mind full of ideas. We'll listen and show you the possibilities of your new home. Let's check out your section or find you one that suits - We'll take a look at your section, and what it means for the design of your home, or help analyse and find land options that will suit you and your needs. We can also organise the land reports you need. Decide what kind of home you want – prepare to be inspired! Be inspired by our wide array of plan ranges, these plans can also be simply adapted and modified without great expense. Meaning plans can be customised for your section without the need for extensive additional designs and costs. We often build from original designs, created by architects, and can also assist in developing plans from rough concept scribbles. Plans, specifications and quotes - Most of our existing plans are pre-priced so you can quickly get an idea of

the home you can have within your desired budget. Our prices show precise details, so you know exactly what's provided, or we can price your design in 24 hours. We can add or delete, it's all possible. Finance, contracts and paperwork - Your local G.J. Gardner team will liaise with your lawyers, banks and other advisors to ensure all paperwork and any issues are dealt with. Permit, consents, and red tape - we deal with councils and building authorities every day, so we make sure we are familiar with local requirements. We can take charge of all the paperwork and help with prompt approvals. Fixed Price - Once your plans have been finalised, we will provide a comprehensive set of specifications so you know exactly what materials, fixtures and fittings will be used in your home. Most importantly, we will provide a fixed price under the terms of our building contract so you know exactly where you stand. Detailed timeline: Your G.J. builder will also provide a detailed timeline so you know what will be happening when, along with a pre-agreed move in date. Warranties and guarantees: Building with G.J. Gardner Homes carries both Public Liability and full contractors indemnity insurance, alongside an industry leading build guarantee provided through Certified Builders. This independent guarantee covers loss of deposit, non-completion and defects, underwritten through Lloyd's of London, an A+ (strong) rated insurer. Trusted quality - G.J. Gardner builds more homes in New Zealand than any other builder, and our reputation for quality, integrity and reliability is second to none. Trusted service and proven performance: It's a fact that in the last 20 years no builder has built more homes and delighted more Kiwi's than G.J. Gardner Homes. We leave nothing to chance including getting your feedback. At the end of the day, it's what you say and how you feel about us, your new home and the experience that counts. Phone 09 412 8917 or come and meet the team today at our two showhomes.

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HUAPAI SHOWHOME: 3 Podgora Ave (off Station Rd), Huapai | Open Wed-Sun 12-4pm

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Food:Beverages

Siamese Doll

Siamese Doll provides a healthier dining alternative. We have a focus on real food, sustainable and seasonal farming, and support for local agriculture.

We proudly bring our pan-Asia influence into Hobsonville's food scene and our menus provide undeniable taste, flavour and real ingredients, while also maintaining reasonable prices.

Whether it's a quick coffee stop, lunch for two or a birthday bash for 30 people, Siamese Doll has what you need.

If you are gluten-free, vegetarian or strictly vegan, Siamese Doll offers a variety of options and can easily alter a dish to meet your dietary requirements.

Lunch from 11am - 3pm and Dinner 5.30pm- Late- Reservations Recommended can book online or over the phone 09 416 0333. Find us at 3/3 Boundary Road, Hobsonville, and follow us on Facebook.

The spot is perfect to take out of towners with the ferry just minutes away.



Jam packed with fresh fruit

Made with fresh fruit in a glass jar, NoShortcuts Feijoa & Ginger jam is packed full of new season, orchard fresh feijoas, which are antioxidant rich and hailed as the new 'super fruit'. You can literally smell and taste the difference, and it's also uniquely influenced by owner Mary Brons' Dutch East Indies roots.

Achieving this full fruit, consistent flavour proved to be a challenge, however after much trialing and testing, the recipe was perfected and the product's unique taste, smell and flavour was recognised by the NZ Food Awards judges when they selected it as a 2017 finalist.

NoShortcuts Feijoa and Ginger Jam pairs beautifully being both savoury and sweet, with cheeses as well as pork, chicken, yo-



ghurt, ice cream, cheesecake topping, cream cheese and bagel or on toast.

To order or learn more go to www.noshortcuts.co.nz or Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.

Tomato basil soup

Ingredients: 1.4kg chopped fresh tomatoes, 1 medium onion chopped, 3 large cloves of garlic, a handful of basil (leaves and stalks are fine), 2 teaspoons salt to taste, 1 teaspoon of pepper, 1 teaspoon olive oil (optional).

Heat a pan over a medium heat and add the oil or a couple tablespoons of water. When hot add the onions and garlic and cook for a couple of minutes until just starting to turn gold-en.

Add the chopped tomatoes. Continue to cook over a medium heat, stirring every few minutes until the tomatoes have broken down and are soft. Remove from the heat and add basil and salt and pepper then blitz in a blender or with a stick immersion blender until smooth. Serve immediately. Makes 4 - 6 servings. Prep time 5 minutes. Cooking time 10 minutes. Author Melanie McDonald. Follow my blog at avirtualvegan.com.



First retailers in multi-million dollar West Auckland development open

A new gastro restaurant and bar which is part of a new multi-million dollar retail development is among the first businesses to open at The Point in West Auckland's Te Atatu Peninsula.

CEO of The Trusts Simon Wickham says the growth in demand for premium food and beverage hospitality offerings in the local area presents an opportunity for the design of a new style of facility.



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“Te Atatu Peninsula has seen a significant evolution in its demographic make-up in the past two decades but until now the retail mix hasn’t caught up,” he says.

The 1,100 sqm architecturally designed development at The Point will see eight new retailers opening including a new state of the art, off license liquor store, also run by The Trusts. Leases have been signed for a restaurant, real estate agent, cafe, barber and a bottle store with a further three sites remaining.

Wickham says the new restaurant and bar will provide employment for 18 locals as well as a further eight at their neighbouring liquor outlet. He says The Trusts operate as a social enterprise and have donated millions of dollars to local charities in the past year alone.

The Herbalist Craft Beer

This is a great snack to accompany a beer whilst taking in these lovely, sunny autumn days.

Cheese Straws Recipe: 75g brown rice flour, 75g plain flour, 75g whole-meal flour, 1 tsp salt, 115g cold butter diced, 4 tbsp cold water, 70g tasty cheese grated, 2-3 tbsp oil and approx 4 tbsp poppy seeds, sesame seeds or dried herbs for topping.

Add flours, salt and butter to a food processor and mix until crumbly.

Next add cheese and 3 tbsp water, pulse until it forms a ball - add a little more water if necessary. Refrigerate for 30 minutes. Roll out to approx. 3mm thickness, cut into strips and twist or leave flat. Brush with oil and sprinkle over poppy seeds. Bake for 12-14 minutes at 200C or until golden. Serve warm with fresh tomato salsa or pesto and enjoy with a nice cold beer. Recipe sourced from diabetes.co.uk.

The Herbalist Stockists: The Bottle-O Huapai, Black Bull Kumeu, Fresh Choice Waimauku, Boric Food Market, Soljans Estate Winery, Riverhead Fine Wines and select West Liquor stores.



Soljans BERBA Harvest Celebration

Autumn is a busy time for us at Soljans Estate Winery! We have recently hand picked our Pinot Gris and Chardonnay at our estate here in Kumeu. This can only mean one thing... BERBA is coming!!



This is a traditional celebration we have every year over Easter Weekend to celebrate harvesting our grapes. Winery tours, wine



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P: 09 810 8609.
PO Box 133, Kumeu 0841 Auckland

tastings, new releases and of course, grape stomping! (for those who love to feel grapes being crushed between their toes!) Keep an eye out on our Facebook page and website for more information.

BERBA Harvest Celebration will be held Saturday the 20th, Sunday the 21st and Monday the 22nd of April. Perfectly timed over Easter weekend to make the most of your time off!

Closed Friday the 19th April.

Find us at 366 State Highway 16, Kumeu. Café bookings essential, call us 09 412 2680 or book online today.

I is for IsoCream, IsoCream is for me

Unless you are following a dairy-free diet, IsoCream has something for everyone. It's ice cream that's: reduced fat, protein rich, 99% sugar free, certified gluten free, low in calories (fewer than 90 calories per serve), low in carbohydrates, Keto friendly and refreshingly different.

Proudly made in New Zealand from 100% quality whey protein, IsoCream provides lovers of ice cream - or those simply seeking an indulgent snack - with a guilt-free alternative. Available in 7 flavours, the only headache with this ice cream will be deciding which one - or ones - to try.

Another great way to enjoy IsoCream is in a thickshake. You don't need much to create a creamy and refreshing drink - just add milk of your choice and any additional ingredients you desire.

IsoCream is available at around 190 outlets around the country. In West Auckland, these include Countdown Hobsonville, Westgate, Northwest, WestCity, Lincoln Road, Te Atatu South and Te Atatu Peninsula, Fresh Choice Waimauku and Ranui, and New World New Lynn. For your nearest store, use the convenient store locator on our website: IsoCream.co.nz.





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Gemütlichkeit Pils 5.6%

The new Hallertau beer with the unpronounceable name. Gemütlichkeit is a German word used to convey the idea of a state or feeling of warmth, friendliness and good cheer typically experienced in a biergarten setting. This beer is loosely based on the north Germanic style of dry bitter lager. A simple Cantabrian Gladfield pils malt base fermented as dry as possible with a load of new world German hops biffed into the middle of the boil for that cracking herbal hop bitterness. Pouring now at Hallertau Brewery.



Warm welcome at The Fireplace Bar & Restaurant

The Fireplace Bar & Restaurant in Kumeu is renowned as a great place to go to catch up for a meal or just a casual drink.



Owner Mike Singh of Kumeu has been in the area 15 years and has been running The Fireplace at 64 Main Road for 10 years.

"So we have seen what works," he says.

A good range of excellent food is provided with top service. Some of the favourites include pork ribs, pork belly, steaks and Cajun chicken. The bar menu has a big selection of finger food and sharing plates.

"At The Fireplace we have a special every day of the week, so just pick your favourite," Mike says.

Monday is "Curry Nite", while the popular "Pasta and Wine" is on Tuesday, followed by gourmet burgers on Wednesday and pork



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ribs on Thursday – all for \$18. Plus there's Happy Hour (or two) Friday 4pm-6pm, with \$10 desserts Saturday and kids dining free on Sundays.

Gold card specials are provided early in the week as well.

In fact, Mike – a former real estate agent - is very community minded. He offers use of a functions/meeting room at the rear to community groups such as the Kumeu Club and other community-based organisations.

Mike is also a big supporter of local schools and organisations, having some involvement in Taupaki School's fundraising cook-book 'gather', for instance.

Wedding receptions and many other functions are also catered for at The Fireplace, able to provide for 80 to 100 people at a time.

It has plenty of room with seating for about 80 inside and provision for a further 40-50 outside.

The Fireplace is a great place for a catch up with friends and work colleagues.

It's fully licensed, has a delicious lunch, brunch and dinner menu, and serves coffee from local roasters Altura coffee.

The Fireplace is open seven days, noon to 10pm. Visit www.the-fireplace.net.nz or phone 09 412 6447 for more information.

The Riverhead is a popular port of call

Riverhead's historic tavern just missed wins after being named a finalist in two categories in the Hospitality New Zealand national Awards for Excellence 2018.

The Riverhead was nominated for 'Best Destination Venue', won by Tantalus Estate (Waiheke Island), and 'Best Neighbourhood Bar & Eatery', won by the Southern Cross Garden Bar (Wellington).

"The judges all agreed that the standard was exceptionally high this year - not only the winners but the finalists as well," Hospitality New Zealand chief executive Vicki Lee says.

The Riverhead, at 160 years, is reputed to be one of New Zealand's oldest riverside taverns.

'The Landing Restaurant' has high quality gastro pub fare. The cosy 'Portage Bar' is a focal point for people to meet and 'The Boathouse' caters for a variety of functions from weddings, birthdays and Christmas parties to corporate and community events.

Previously known as the 'Forrester's Arms', the tavern was extensively renovated and reopened in 2011 under owners Stephen and Paula Pepperell.

The Riverhead won the Hospitality of New Zealand award that year for the best renovated bar/restaurant, then won another award the next year for its food.

It has won other accolades too.

Visit www.riverhead.co.nz for more information.

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Plantar Fasciitis

Plantar fasciitis is a common issue! Pain in the sole of the foot that is at its worst first thing in the morning or upon getting back up after a period of rest. Pain is localised to the arch of the foot or under the heel. Some people describe it as 'standing on glass' then pain is that severe.



Onset is often gradual with no particular cause noticed at the time. The bad news is, it is super stubborn and once it sets in it is hard to get rid of.

The plantar fascia is a rough, stretchy tendon of the foot that starts at the heel and stretches to the toes. It is a springy ligament and its function is to improve efficiency by returning elastic energy at the end of our step when we are walking or running.

Here in New Zealand we are blessed with an awesome summer where it can be hot, hot, hot so the last thing you want to do is wear some good fitting supportive shoes with socks, we prefer the barefoot or jandal approach. What's more the majority of us are more active in summer than winter. This perfect combination of sunshine and increased activity can lead exactly to the aforementioned issue above! Plantar fasciitis and heel pain more commonly present through summer, probably as peoples' footwear and lifestyles change due to the warmer weather.

So how do we minimise the risk of a pesky plantar fascia issue developing.....

1) Maintaining consistency is the key to preventing tendon injuries. Relative consistency of physical activity and lifestyle helps maintain tissue homeostasis. Too much loading too soon restricts the tissue's capacity to adapt and remodel in a sustainable way.

2) If these increased loads are maintained, they do not allow the sufficient time for tendon tissue to adapt healthily. Therefore they become angry and inflamed and sore! (Healthy tendon tissue adaptation takes at least 16 weeks).

3) The simple barefoot or jandal attire is not necessarily bad rather that it is a significant change from the shape, structure and support of the footwear we more typically wear at other times of the year. So wearing supportive footwear when you can minimises risk of injury.

So that's what you can do but this is what the physio might do:

1) isometric exercises (static contractions of a muscle). This can manipulate the cell activity within the plantar fascia and facilitate healthy tendon remodeling.

2) Building strength through the calf and foot, and leg system generally is also essential

3) Careful load management of the patients return to full activity

4) Although lacking in evidence cortisone injections and PRP (blood plasma cell) injections.

So if you feel that glass like stabbing pain in your foot after a summer of roaming barefoot or jandals it might be time to come to physio or try some of these tips above.

New arrivals! Gorgeous gifts!

- Scarves in wool/silk, cotton/silk, silk, cotton viscose

- Men's gifts including bracelets with a nautical theme

-The most amazing candle stands in every kind of finish

-Vases in a great range of materials, colours, styles and sizes

-Cards, cards and more cards! We specialise in humorous but we do have a delightful traditional selection

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Botox – start in 30's for best results

Crow's feet, frown lines, wrinkles...ageing is not a level playing field. Some in their 50's look in their 30's and vice versa. Life often begins to make its mark on our faces around mid 30's and this is the ideal time to stop deep wrinkles forming that can leave us looking tired and worried.



Some clients say botox injects them with confidence so they can put the best face forward. Georgina shared: "The only person I trust injecting me. I'm a long term client and wouldn't go anywhere else. I look younger now than I did 4 years ago...a truly capable professional injectable nurse."

Call me, Tania, for a free 30-minute consult in a private, West Harbour, setting. I would love to use my 10 years' experience to guide you through the range of services and products that will get the results you care about. Phone/text 021 0264 5157, email tania@appearancemattersltd.com or visit AppearanceMattersLtd.com.

Osteopathy is now at Top Notch!

Top Notch Massage has now rebranded to Top Notch Bodyworks - we are very excited to now have Osteopathy services as part of our business! Our experienced



osteopaths Marshall Gabin and David Liddiard can be found at our Massey clinic. If you need osteopathic treatment, massage or a combination of both, we look forward to exceeding your expectations. We can help with many problems including headaches, neck, back, muscle, joint pain, arthritis, pregnancy, occupational overuse and stress. Top Notch can now also process ACC claims for accidents and sports injuries - and you don't require a referral from your GP to see us! Marshall has extensive experience and specialises in assisting patients with long term chronic pain issues. David has worked with a multitude of sports teams and assisted at the Rio Olympics. We also can treat abdominal issues such as bloating, constipation and pain or discomfort. Both Marshall and David are ACC registered and of course, we still have our qualified therapists in therapeutic, sports and relaxation massage. So if you need an Osteo treatment or just a relaxing massage, give our team a call on 09 2128753 or 021 181 8380. To celebrate we are offering \$10 off your first treatment with Top Notch.

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Bay Audiology

Hearing loss can occur at any age and can affect your family life, social life, career, and more. If you've noticed the TV volume has crept up recently or you've been saying "Pardon?" more often, Bay Audiology can help!



Bay Audiology Henderson Clinic Manager, Ryan Johnson-Hunt says, "Many people with hearing loss put off taking action because they don't know what to expect or think it will cost too much. The first step is to book a basic hearing check which is FREE for everyone aged 18 years and over. Our friendly team will work with you to find a personalised solution for your lifestyle and budget."

Hearing aids from Bay Audiology start at \$495 with the Government subsidy (all NZ citizens or permanent residents aged 16 years and over). We also offer custom hearing protection, access to additional funding (ACC, Veterans' Affairs), and hearing aid maintenance and support.

Bay Audiology has clinics in Henderson, Kumeu, New Lynn, and Titirangi. Call 0800 600 130 today to book your appointment!

Denture and oral hygiene routine

Nightly before bed using warm soapy water and a tooth brush, thoroughly brush the denture, focusing on the fitting surface. Use a soft-bristled toothbrush with toothpaste on natural teeth and to clean your tongue, cheeks and roof of your mouth.

Try not to sleep with your dentures in. Place the dentures in water or a mild denture-soaking solution overnight.

If you have or tend to get a hard yellowy build-up or some heavy

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staining that you struggle to remove, you can use a specialised denture cleaner. Caldent or Tats Denture Cleaner are both available through DT Denture Clinic and are excellent at removing stubborn stains.

Things to avoid on your dentures:

Abrasive cleaning materials. Avoid stiff-bristled brushes, strong cleansers, toothpaste, these are too abrasive and will damage your dentures.

Bleach-containing products. Do not use any bleaching products because these will weaken dentures and change their colour.

Avoid hot or boiling water that could warp your dentures.

DT Denture Clinic offer a specialised denture cleaning service where we can put the shine back into your dentures in an hour. We are offering half price denture cleaning in April 2019. Call to make an appointment with DT Denture Clinic on 09 416 5072.

NorthWest Physio+

At NorthWest Physio+ we are excited to be getting ready a new round of NEXT STEPS classes commencing April 2019. This is a group exercise programme for men and women who have finished their main cancer treatment and want to take the next steps on their road to recovery.



The programme combines the best Pilates, yoga and cardiovascular exercises for a workout that is specifically designed to help rebuild strength, flexibility and stamina.

The classes run for one hour per week for ten weeks and is fully funded. It is suitable at any stage after any type of cancer surgery or treatment and accommodates all ages, fitness levels and mobility.

The program is delivered by Laura, our certified PINC & STEEL Cancer Rehab Physiotherapist. Weekly take-home resources and exercise handouts are included.

For more information and to register for the NEXT STEPS pro-

gramme follow www.pincandsteel.com/programs/next-steps/ or to talk with Laura our physiotherapist email: laura@nwphysioplus.co.nz.

Want to improve your balance?

We could all benefit from better balance. Over the last month I have been discussing balance. I described how balance works, how to test your balance, the link between balance and falls, how to improve your foot function (this helps with balance), how to work on improving your balance, and how chiropractic care could possibly help your balance. This was done through a mixture of blog posts and short videos which are all easily accessed through our website or Facebook page.



If you want to find out more about balance, head along to our website or Facebook page (Elevate Chiropractic) and find out more. If you have any other questions, please feel free to call the clinic, I am happy to help.

www.elevatechiropractic.co.nz Shop 1, 10 Greenhithe Road. Phone 09 413 5312.

\$3,199 M1-MTB E-Green E-bike up for grabs during April

With the sparkling autumn sunlight, do you notice increased glare, and wish you had prescription sunglasses? Reduce discomfort by opting for glasses with Transitions® Light Intelligent lenses™.

Transitions automatically and quickly adapt to changing light conditions to reduce glare. Responding to the light around you, they intelligently darken as you go outdoors and change back to clear when you return.

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into the draw to win an E-bike!

Book your appointment at For Eyes in the Kumeu Village today: phone 09 412 8172.

Three ways Reformer Pilates is more effective than you think

Reformer Pilates is gentle on your joints, you can lie down, stand up, or sit on a soft padded surface. You can change the level of resistance to be lighter or heavier to make the exercise easier or harder. Targets deep stabilising muscles - Helps your posture, balance, prevents injury, and creates lean muscle tone without appearing bulky.



Improved posture & flexibility – Stretch tight muscles, work deep stabilising muscles to support your body's functionality, and even out muscle imbalances.

Core & pelvic floor strength - Reduces back pain, supports spine mobility, alignment, and tones. A strong pelvic floor helps prevent and repair prolapse, incontinence, and assist with recovery from prostate surgery and child birth.

Studio Sixteen Pilates takes the clinical feel out of Pilates and has a faster fitness focused approach.

To connect or to book visit www.studiosixteenpilates.com.

Shoe Talk's tips to stop sore feet

- Don't wear the same pair of shoes every day. Different shoes hit different pressure points on your feet, in fact just changing your shoes when you have sore feet, will make your feet feel better.



- Adopt a foot and toe stretching exercise programme

- Treat your feet to a massage or soak them in a bowl of water with essential oils, and then sit down and put your feet up above waist height, this will reduce any chances of swelling.

- High heels can also cause foot pain, it is recommended that you don't wear higher than a 3" heel and wear ones with padding under the ball of the foot.

- Invest in a massage ball to promote the blood flow through your feet.

And the top tip is - Wear shoes that fit you properly.

This means:

Shoe Talk™ we talk shoes

Mens and Womens Footwear that fits the Kiwi foot, including wide widths! Every-thing from flats to heels, sandals to casual styles, even wide-calf boots. Stockists of the uber-comfortable Propét Walking Shoes and the fashionable Walking Cradles range. Specialist footwear is also available and footwear for troublesome feet issues too!

Shoe Talk Ltd: 401A Great North Road, Henderson, Ph: 09 835 9936
1/32 Clyde Road, Browns Bay Ph: 09 479 7807.
www.shoetalk.co.nz

- If a shoe feels painful when you try it on, it is not going to get any better.
- Shoes will stretch in width (if they are leather) but not in length.
- If you need to get additional width, go up in size, like clothing, there is no standard fits in footwear sizing either, so you won't always be a size 8.
- If you suffer with feet that swell, try shoes on at the end of the day
- You should be able to wiggle your toes, when you have the shoes on, otherwise the toe box is too tight for you.

Is your back holding you back?

Does your back hold you back when you are lifting, relaxing, driving the car, gardening, just standing, playing sport, lying in bed, getting out of bed, attending the baby, or putting out the washing.

Massey Physiotherapy invites you to come in for a consult if you have a problem with any of the above. We can assist you in having a better back with the use of "hands on treatment" and/or self-management. This is your opportunity to have individualised treatment for your back which will set you on your way to a better more active lifestyle, and if you mention seeing us in the Westerly, we will include a free tube of Natures Nurse recovery rub at your initial assessment.

Oral health in today's teenagers

Being a teenager today is tough enough without having to worry about their oral health. Therefore, every teenager should take up the offer of FREE adolescent dental care under the government dental benefit scheme.



Your child's teenage years come with great physical change, and puberty will impact on their teeth as much as the rest of their body. At this age they become involved in sports or pastimes that can lead to injury or develop poor dietary habits as they become responsible for making their own food choices, making tooth decay a concern. Getting your child on track with a healthy oral care regime will prevent these habits from creating serious problems.

The dental benefit is available to all adolescents up until their 18th birthday. This FREE treatment includes x-rays, scale and polish, fillings, extractions of baby teeth, preventive treatment and oral health education. In addition, Kumeu Dental provides orthodontic and wisdom teeth assessment as well.

Come in and visit TK, Fernanda & Leo at Kumeu Dental to get

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Changing the optical accessory game

Now available at Westgate Optometrists - Chilisi offer bright and striking designs in a new range of eyewear case and matching microfibre cloth sets. These contemporary and purposeful accessories are a great way to brighten up your look or make a bold new fashion statement. With a variety of unique designs there is something for everyone. Stop by to check out the range and have a chat to our friendly team, we're just around the corner from Robert Harris Café and opposite the ANZ. Phone: 09 831 0202 Website: www.westopt.nz.



Westgate Optometrists

Chiropractic and pregnancy

Pregnancy is a time of life where your body changes a lot. Often the changes result in physical challenges within your body. At Live Chiropractic we aim to optimize your body's function by using a gentle Chiropractic approach. If you are struggling with pregnancy comfort, please contact us to find out if we may be able to help you. Live Chiropractic - www.livechiropractic.co.nz



Do you enjoy summer sports?

What summer sports do you enjoy? Camping? Tramping? Volley-ball? Badminton? Swimming or surfing? When summer comes around people tend to enjoy more time in New Zealand's great outdoors. However, the increase in activities and participation in sport can lead to a variety of hand and upper-limb injuries including overuse, repetitive motion or sudden trauma. If you have had the misfortune of a hand or arm injury that is preventing you from participating in your summer sport then come and see us today at the Hand Institute to get you on the road to recovery and back to participating in all your summer

sporting endeavors. Our hand therapists (specially trained physiotherapists or occupational therapists) can assess and treat your hand or upper-limb injury. No need to see a doctor to get a referral we can initiate your ACC claim and send you for x-rays. Call us today for an appointment. 321 Main Road, Huapai. Phone 09 412 8558.

Any questions?

If those aches and pains are getting too much, or maybe you're just wanting a health WOF (warrant of fitness) our first stop may be our doctor. But how many times do you find yourself consulting your partner, friend, neighbour or Dr Google while you wait for an appointment?

There's a wealth of wellness information available to us. Telling us what foods to eat or avoid, what shoes to wear if we've got knee pain, what bed to buy or what supplements to take. Everyone has an opinion. And it quickly gets overwhelming. So how can we filter out this information and get the help we need to keep well?

Writing down the health concerns or questions you have is a great place to start. This helps you get clear in your mind what you want help with, and from this who is the best person to help. Your doctor is a great person to take these questions to. They can check for any underlying conditions and make sure that any other treatments you want to try won't mask the real cause of your concerns. Your doctor may be able to recommend another wellness professional who can help.

Katrina Pace is a freelance health and wellness writer and Healthy Food Guide Dietitian www.wordsforwellness.com.

Hobsonville Chiropractic Centre

On your first visit to Hobsonville Chiropractic Centre we want to determine exactly what is going on and what we may be able to do to help you. We start by talking about what you are currently



experiencing and the history of what your body has been through. We then look at how your body is positioned- your posture, and how well it can move. Next up we feel your spine and the muscles around it, we often find areas that are tight or tender and may not be moving how they should be. Depending what is going on in your body we may do more tests that give us further insight to your spinal and neurological function such as your muscle strength, your feeling or sensation in your arms/legs, how your reflexes are responding and check your balance. We carefully choose specific spinal segments to safely and ef-

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fectively adjust with our gentle techniques. If getting your spine assessed is something that interests you call our office on 09 416 7589.

Numb fingers and hand

We hear quite a lot of complaints from our patients about numbness and tingling in their fingers and hand. What is causing them? Surprisingly, there is no simple answer. You see, this sensation is conducted along the nerve fibres that run all the way along the arm, through the shoulder girdle, into the neck and up to the brain. Lesions anywhere along the fibres potentially can produce the tingling, numbness, weakness and so forth. It could be a sign of a stroke in the brain or carpal tunnel compression in the wrist. Very commonly tight muscles in the neck or front shoulder cause the hand to go numb at night waking the person up in discomfort. It can be successfully treated with osteopathic manual treatment. Tight muscles down the forearm can also be attended through osteopathic treatment. Come and see Ilya and Nataliya at Family Osteopathic Clinic who can help you in finding the cause of your numb hand and tingling. You can find them at 39 Hobsonville Rd, call 09 416 0097 to make an appointment.



Help yourself AND help others

Two years ago Tina and I received a phone call that changed our priorities. Katy from TEAR Fund invited us to come work with her for a week in Bangkok in just three weeks' time. Before I could over-think, realise we were too busy and say 'no', I said YES. And the experience changed our lives.



We witnessed the plight of women manipulated, tricked and forced into the sex-trade. And we spoke at length with the passionate rescue team members, mostly former NZ Police, NZ Army and lawyers battling the Mafia-led traffickers in their dangerous undercover work. We spent time in the slums of Bangkok understanding the culture and the challenges.

Human Trafficking is the worlds' second largest criminal enterprise. Try Club Physical before April 30th and you'll receive FIVE

days for just \$10. Entire proceeds will combat Human Trafficking through TEAR Fund. website: www.clubphysical.co.nz.

Want more pleasure and fun in your life?

How About More Restful Sleep? If you answered yes to the above questions, then you may want to think about how much dopamine your body is making. Low dopamine levels have been shown to cause anhedonia. Anhedonia means you do not feel any pleasure from normal activities, such as food, exercise and relationships.

Dopamine also provides "get up and go" for the day. People with narcolepsy (severe daytime sleepiness) usually improve with dopamine-based stimulants. Strangely, dopamine is also important for restful sleep. Dopamine is supposed to paralyse your voluntary muscles to keep your body still during the dreaming phase of sleep. People who thrash around at night or sleep walk may need to boost their dopamine levels.

Recently I had a patient mention that he moves a lot when asleep. He said he has injured his wife and has even cut himself badly while asleep. His sleep studies show that he is spending most of his night in a state of REM (active dreaming) sleep. It is common for these people to have very unpleasant dreams (when they remember them), because low dopamine is associated with activation of the amygdala signalling fear and danger. You may not have anhedonia, narcolepsy or injure yourself at sleep. But maybe you'd like to experience a bit more fun in your life, have more energy and vitality, and enjoy restful rejuvenating sleep. A boost of dopamine might just achieve this.

How Do You Boost Dopamine?

No medicines for depression target dopamine directly. I am sure this will change as the pharmaceutical companies catch up with the research on dopamine.

In the meantime, you can boost dopamine by giving your body all the raw materials required to make it. Your body makes dopamine from tyrosine and requires vitamin B6, zinc and magnesium as essential cofactors. Tyrosine has been shown to be very effective in one small study in patients with documented depression caused by dopamine deficiency.

Tyrosine can not be taken with all medicines. To discuss your health and whether tyrosine might be safe and effective for you, best to chat to the team at Massey Unichem Pharmacy, 396 Don Buck Road. Or make an appointment for a one-on-one consultation with Martin 09 833 7239.



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Health and Safety inductions

Does your company complete a health and safety induction of new employees?

Under the Health and Safety at Work Act, these are required, and is a way of ensuring new employees (workers) are aware of the risks and hazards that are involved in working for you. In addition, the new worker should be shown what to do if an emergency should occur while at work.

It is important that in taking your new worker or employee through the health and safety induction that they understand what you have told them. A simple questionnaire is a good idea to check that they have understood what they have been told. There is no specific timeframe on a health and safety induction, however it should be taken at the start of someone's employment and may take a week or more as you show them how to use particular machinery or undertake specific jobs or tasks, and ensure that they are competent before you let them lose on the job or machine by themselves.

Introduce the new employee to people that are likely to be called upon in an emergency as well as introducing them to their supervisors and managers and fellow workers. The fire warden and building warden and first aider are all important people and have specific responsibilities in an emergency and in the case of a fire and or building warden will instruct a person on what to do or where to assemble in an emergency.

Take the new employee through your company's risk register, show them where the health and safety notice board, the fire extinguishers, and the first aid kit are and the assembly point is in case of an emergency evacuation. Some businesses even provide the new worker with a "workbook" that explains the various risks and emergency information and forms the basis of

the new employee's health and safety induction questionnaire. For further information contact your Securo Consultant John Riddell on securo4@securo.co.nz or check out the Securo website www.securo.co.nz.

Are you running a hobby or a business?

Do you sell pot plants or homemade jam to friends or at your local weekend market? While this may be just a hobby to you, in the eyes of IRD it could be classed as a business and therefore is eligible to be taxed. Regular sales – however small – can mean you're in business and should be declaring those sales as income.

In general terms, a hobby is something you enjoy doing in your spare time, while a business is a commercial venture aiming to make a profit.

Occasional sales of your products or services, such as to friends, neighbours, local markets and so on, or on sites like Trade Me or Facebook buy/sell/trade pages will not constitute a business because there are no tax implications for private one-off sales. However, regular sales made either in person or online, or selling with the intent to make a profit, are more likely to constitute a business from the IRD's perspective.

Mark Foster and the friendly UHY Haines Norton team are your local accounting and tax specialists. Contact them on 09 412 9853 or email kumeu@uhyhn.co.nz.

Dancing at Hobsonville Point

Forty years ago, a group of enthusiasts came together in Auckland, to learn how to perform a particular type of English dancing. This was a type of display dancing that was full of capering leaps with a strong rhythmical pulse. It had been around for



centuries in one form or another, was used to celebrate spring and had many associated rituals and customs.

This year, to celebrate this milestone, the City of Auckland Morris Dancers will be performing at various places around the city. On Mayday, they will 'dance the sun up', as usual, on the summit of Mt. Eden. They will celebrate their birthday with the obligato-

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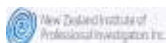
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ry dance party that they call an 'ale', for past and present members.

They will also be dancing in Hobsonville point on April 28th at 1pm.

So, as well as visiting the Farmers Market you can now be entertained by this merry band of dancers, and maybe even have a go yourself! They have a couple of dances that the public can join in on, and one in particular that kids of all ages enjoy.

So bring the family and have some ancient fun!

To find out more phone Errol: 021 184 1653.

Bush Sand and Sea

Are you needing accommodation while working in the area on short term contract, in between house moves or relocating? Our tenants will be given unique terms and conditions, subject to negotiation, and depending on the length of stay and time of year.

Bush Sand and Sea Bed and Breakfast is a self-contained and elegant accommodation at Bethells Beach and is on a private 10 acre block of land, nestled in the native bush of the Waitakere Ranges of Auckland's wild West Coast. It is suitable for a single person or a couple, no children or pets. We are 40 minutes from Auckland Central or Akl Airport, 25 minutes from Kumeu (avoiding SH16), 12 minutes from the Swanson train station, 10 minute drive to the beach or Lake Wainamu, or the local golf course. The single bedroomed bungalow is fully air-conditioned and heated, flanked with 2 decks, allowing private views of bush, sand dunes and the sea. We have upgraded the sofa in the lounge with a luxurious Queen-size tilt down bed. Easy to access and tilt away when you want to sit on the sofa.

We offer an environmentally-conscious yet luxurious escape,

and a unique opportunity to enjoy the peace, tranquility and seclusion of this retreat, away from the office or workplace.

For further information, please contact Lyn and Alan 09 8109 584, 021 1557 443, bushsandandsea@gmail.com. We can be viewed on www.bushsandandsea.co.nz.

Waitakere Fire Brigade

February and March have been a busy time for the Waitakere Fire Brigade with members attending the usual calls as well as being deployed to assist with controlling the fires in Victoria and Tasmania in Australia.

On top of this, three station members were sent to Nelson to assist with crews from all over New Zealand. The Nelson wider community were fantastic in supporting the emergency services and were very hospitable.

These deployments are a great way to use your skills in a different environment and an ideal time to pick up new ones while working with like-minded people trying to make a difference.

2019 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.

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Dennis Cooper, Station Officer - Waitakere Volunteer Fire Brigade.

Kanika Park Cat Retreat - tips for helping a deaf cat

Cats that are deaf can benefit from changes in how you interact with them. Cats can be born deaf or lose their hearing later. Some white cats with blue eyes are also deaf or partially deaf due to genetics.



Cats can become deaf as a result of several ear conditions, including polyps, cancer, and damage related to ear infections or ear mites.

How to tell if your cat is deaf:

Often, a deaf cat acts pretty normal while he's inside the house. To test for deafness, wait for a time when you are behind him and rattle keys or clap your hands. A hearing cat will show he heard the sound by moving an ear tip. If you don't see a reaction, especially if you try this several times, your cat is probably deaf.

Helping a deaf cat

If your cat is deaf, he should stay inside. Outside, many dangers exist for cats, that can't hear.

You can help your cat by training him to respond to hand signals. While training your cat, train yourself to avoid startling your cat by sneaking up on him. Avoid touching him when sleeping. Get his attention by stomping on the floor creating vibrations or getting in front of him so he can see you.

Turn the lights on and off for a visual cue that someone is present. Keep a laser pointer in your pocket, which you can shine in front of him

For the full article go to [Facebook.com/kanikapark](https://www.facebook.com/kanikapark)

Kanika Park Cat Retreat has individual suites and loves elderly cats.



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The Waitoru Zone Scouting members have been very busy over the last few months

We have had Scouts from the Waitoru Zone travel to Australia to attend the Australian Jamboree. This involved approximately 10,000 other Scouts from around Australia and the rest of the world where they experienced 10 days of adventure, making new friends as well as lifelong memories.



The Venturers attended Illuminate 2019 which brought together around 1,000 youth members from New Zealand, Australia and further afield, this was held at Kaiwaka in Northland.

Recently we had the National mud slide and water slide events for all members, brilliant weather and lots of fun had by all.

In March there is a Zone camp which involves all youth sections. This is held over the weekend of the 22nd - 23rd March in conjunction with the Military Show which is held at the Kumeu Showgrounds. It involves over 200 youth camping and partaking in military themed activities.

We have seen groups camp at our camping ground in Makarau and several other Scout camping sites in our local area.

The Te Atatu Sea Scouts have taken part in the Auckland regatta



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which pitted them against hundreds of other Sea Scouts in the region in sailing events. I'm looking forward to more stories of their adventures on the high seas.

Thank you to everyone who popped in to say hello at our display at the Kumeu show in March. We met some wonderful people and some were even brave enough to give the stilts a go.

It's been a very adventure packed start to the year, but there is lots more to come.

In the next few months Scouts will be attending ANZAC parades, taking part in more camps and learning lots of new skills. If you want to come along and see if Scouting is for you, as a youth member or a leader, feel free to contact me at the email address below.

Want to know more, then head to www.scouts.org.nz or email me zl.waitoru@zone.scouts.nz. Craig Paltridge - Waitoru Zone Leader.

Dogs, Cats, Birds, Fish are affected too

If you have a pet at home that is contained in any way, Geopathic Stress could affect them just as humans are.

You say, but my dog and cat run freely so they can't be affected. However, do you feed them in the same place each time?

I had a client last year that had two dogs, which got cancer, and I found this really interesting as dogs especially are sensitive to Geopathic Stress, but also can sense it, so will move away from it. Unless of course, they are contained in a cage. However these two weren't, so what else could it be?

Their food and water bowls?

It turned out they were both placed on the floor in the kitchen

directly on a line of Geopathic Stress, which will have affected it, therefore passing through to them.

I also remember a client who had a fish tank and couldn't work out why they all died. This also had accidentally been placed directly on a line of energy. They had no place to escape.

Make sure you (or your loved ones, even if they have fur or scales) are not being subjected to Geopathic Stress.

Call Nicky 021 545299 or check out my website. www.clearenrgyhomes.com.

Massey Community – You Be The Guide!

Adventure, conservation, technology, camping, crafts, community action and advocacy – GirlGuiding NZ is a place where girls can be girls, where they will discover their passions, contribute to their communities and form friendships in a safe and positive environment.



GirlGuiding NZ delivers their girl-led programme to Kiwi girls through an extraordinary team of volunteers around the country. The enthusiasm and energy of these generous and proactive people use fun, adventure and friendship to build girls' confidence and life skills.

Being a volunteer with GirlGuiding is rewarding. You have the chance to learn new skills, develop friendships, grow profes-

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sionally and personally and give something back to your community. And, it's great fun!

"The girls make me smile (and usually laugh out loud!) All the time - but also give me a completely different perspective on situations which keeps me learning." - Emma, GirlGuiding NZ Unit Leader

GirlGuiding NZ is looking for volunteers throughout the West Auckland area to work with girls at all ages - Pippins 5-7 years, Brownies 7-9 years, Guides 9.5-12.5 years, Rangers 12.5-17 years. Local units meet in Kumeu, Waitakere, Henderson and Te Atatu Peninsula. There is also a vacancy for an enthusiastic and committed volunteer to reopen the Massey Brownies unit. Guiding offers a range of options for volunteering that are flexible and adaptable to your lifestyle. If you are interested, check out girlguidingnz.org.nz/volunteers or call 0800 22 22 92 for more information.

Gym Zone – The home of Gym Kids

It's hard to believe that Term 1 is almost over! Our Term 2 registrations are now open. We have many different options depending of your age and skill level. Class available for age's 2-15years. Please see our time table to make a booking. <https://www.gymkids.co.nz/>



If you are new to Gymnastics or Looking for options to entertain the kids during the school holidays how about trying our Holiday options?

Gym Kids holiday programme will be running at Gym Zone Hobsonville for the April holidays. Children from 4.5 - 11yrs will have a fantastic time with us learning new gymnastics skills and having fun with great games, art and craft activities and making new friends.

Free-Play will be operating over the holidays on Saturday and Sunday, please check our website for times.



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Gym Zone – The home of Gym Kids. Read more at www.gym-zone.co.nz.

Learn French and Spanish

ABC Language Tuition offers adult French and Spanish language classes during the day or evening.

All classes are at the Kumeu Arts Centre. Beginner and Intermediate level are offered. All classes are taught by native speakers.

Small classes and a fun learning environment.

ABC Language Tuition also offer after school language classes at Waimauku, Waitakere, Riverhead, Taupaki School and HPPS.

Book your spot now www.abclanguage.co.nz or 027 490 4321.



SMART Personal Training for Kids aged 10 - 14

Kumeu Gym SMART Personal Training for Kids aged 10 - 14 is starting Tuesday 2 April 4.00pm - 4.45pm. Our SMART Kids Training programme has been adapted from our SMART Shared Personal Training System but tailored for children. The sessions will be run in a class format initially teaching kids to exercise in a safe yet fun manner, eventually progressing to supervised sessions in the gym. We have designed this system so that when our kids hit 14 and are able to exercise in the gym with their friends, they understand how to exercise and the importance of safe technique. Our programmes will change daily and will be designed to keep kids engaged with exercises and activities utilising a variety of movement patterns that all levels can tap into. We will challenge their cardiovascular system, speed, agility, balance and muscle strength while keeping it fun. Classes will be run on Tuesdays and Thursdays from 4.00pm - 4.45pm. Costs of the sessions will be \$12 per session paid up front for the term or \$15 per session on a casual basis. Bookings are essential as class spaces are limited. ****FIRST CLASS IS FREE**** Go to www.kumeugym.co.nz/smart-kids to register or call 09 412 8932.

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heading to the lounge for a glass of bubbly and to meet your shipmates, and then you're off! Headed to where the big ships can't go—in more ways than one. Be sure to pack a go-with-the-flow attitude. There are set itineraries, but in-the-moment decisions with Mother Nature leading the way will happen. No two UnCruise departures are ever the same, and they're way more personable. Travel with a companion, family, solo, or in a group, and uncover hidden treasures, meet locals (the human, feathered, and wild-and-woolly ones), and learn while having fun. Change the way you see the world.

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Spot a bear foraging for salmon on the shore and the captain swings back around so you can get a better look. There's nowhere better to be than right here.

Itineraries Alaska boasts the most itineraries of all our destinations. Whether you go for 7 or up to 14 nights, there truly is a trip for everyone.

Alaska Wildlife Humpback whales. Seals, sea lions, and sea otters. Eagles and oystercatchers. We love our Alaskan wildlife and we know you will too.

Activities From bushwhacking to skiffing among the bergy bits or kayaking along the walls of a steep fjord, Alaska is meant for active adventures.

Alaska Awakening In April and May, Alaska awakens. Share the wild with locals including deer, bears, moose, seals, sea otter pups, and returning grey whales.

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Memories to last a lifetime. Be prepared for AHA and "I-can't-believe-I-just-did-that" moments. You'll leave with lots of them.

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West Harbour Tide Chart

Date	High	Low	High	Low	High
Mon 1 Apr	05:34	11:35	17:52	-	-
Tue 2 Apr	-	00:03	06:25	12:25	18:46
Wed 3 Apr	-	00:51	07:12	13:11	19:33
Thu 4 Apr	-	01:33	07:54	13:53	20:16
Fri 5 Apr	-	02:12	08:34	14:33	20:56
Sat 6 Apr	-	02:50	09:13	15:11	21:34
Sun 7 Apr	-	03:27	08:52	14:50	21:11
Mon 8 Apr	-	03:05	09:31	15:29	21:50
Tue 9 Apr	-	03:45	10:12	16:10	22:31
Wed 10 Apr	-	04:28	10:55	16:52	23:15
Thu 11 Apr	-	05:15	11:41	17:38	-
Fri 12 Apr	00:03	06:07	12:31	18:29	-
Sat 13 Apr	00:58	07:05	13:26	19:27	-
Sun 14 Apr	01:58	08:07	14:27	20:32	-
Mon 15 Apr	03:03	09:11	15:33	21:39	-
Tue 16 Apr	04:06	10:14	16:39	22:42	-
Wed 17 Apr	05:07	11:14	17:41	23:41	-
Thu 18 Apr	06:04	12:11	18:38	-	-
Fri 19 Apr	-	00:35	06:58	13:04	19:32
Sat 20 Apr	-	01:27	07:49	13:55	20:22
Sun 21 Apr	-	02:16	08:40	14:43	21:10
Mon 22 Apr	-	03:04	09:28	15:30	21:57
Tue 23 Apr	-	03:52	10:16	16:15	22:43
Wed 24 Apr	-	04:39	11:033	17:00	23:30
Thu 25 Apr	-	05:28	11:49	17:46	-
Fri 26 Apr	00:18	06:19	12:36	18:34	-
Sat 27 Apr	01:09	07:131	13:26	19:27	-
Sun 28 Apr	02:03	08:08	14:19	20:26	-
Mon 29 Apr	02:59	09:03	15:16	21:27	-
Tue 30 Apr	03:53	09:56	16:13	22:22	-

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

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