

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

PROPERTY MARKET REPORT TIPS FOR SUMMER

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

NINJA KIWI PACKS A PUNCH

Circulation is 16,000 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

December 2017

Intro

One of the pleasures of our area is the closeness to beaches, from the wild west coast to the gentle protection of the Hauraki Gulf. The diversity of shells varies from one beach to the next, even adjacent areas offer different characteristics. Some shells are plain, others intricate and pretty. The appearances can be amazing. Admire the fractal patterns of the spirals inside some of the molluscs. Many break down to gradually build up our beaches, and go on to form an important part of the coastal ecosystem as materials for birds' nests or an attachment surface for algae, sea grass, sponges and other microorganisms. Fish hide in them and hermit crabs use them as temporary accommodation. It seems that acidification of the seawater from increased carbon levels and acids from fertilisers can soften shells and threaten those sea creatures dependent on their shells for their protection. So even sea shells, which appear to be countlessly abundant may be at risk in the local environment. So let's enjoy them.

Let us also make use of the wide range of possibilities for benefiting from the diversity of our communities and the many opportunities you will find in these pages in December and January. You should find something to appeal to all tastes here.

Although in due course we may ditch celebrating an attempt to blow up the English parliament in favour of a more relevant celebration of Matariki, for the time being we are preparing to get ready for Christmas and the holiday season, and may we all seek to make it a time of happiness and showing consideration of others. Safety in the community, at home and on the roads, is a priority. It can be a time to look back on 2017 and perhaps resolve to make the coming year a better one, and good luck with those New Year resolutions and their limited success rate!

As this is the last edition for this year, it is a good time to thank the great team who create this magazine each month, Graham, Stacey, Geoff and Gail, and to appreciate the hard work involved in putting it all together. Thanks also to all those who have penned articles to showcase the diversity of things going on in the community and to the advertisers who support us.

All good wishes from Christmas and 2018.

John,
Editor



the Westerly

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WESTGATE

Community notices

Bridgestone Westgate in the community

Thanks to all our customers for supporting our family owned business – every time you get a puncture repair, an alignment, a balance or purchase some tyres from us at Bridgestone Westgate, 1 Cellar Court, Westgate (behind McDonalds) you are enabling us to support the community. This month we were proud to be able to support Massey High School at their end of year prize giving with a \$750 prize – I went to Massey High School myself (about 25 years ago now!) and my children go to primary school locally. We see the valuable work being done at schools by wonderful teachers and support staff so the \$750 prize was our opportunity to give back. It is coming to the end of the year and the holiday road trip is around the corner – call to see us for a complementary, no obligation tyre check – we give you honest advice about the state of your tyres, the correct pressures and may have some advice to help you prolong the life of the tyres, all part of the service. Call to see us at 1 Cellar Court, Westgate or phone 09 833 8555, Monday to Friday 8am to 5pm and Saturday 8am to 1pm. We wish you all a very happy, healthy and safe Christmas and New Year's. A recent photo from Repco/Bridgestone "Show and Shine" 12 November 2017 – thanks to NZ Fijian Indian Car Club for sending some of their top cars.



It's that time again

Christmas is fast approaching ... again. I can't believe it's here already. It's very much like me to pop my head in the sand and pretend it's still a long time away, and suddenly ... here it is. If that sounds like you and you need some beautiful gifts, maybe you could think about some natural skincare. Especially popular for the ladies that have it all. And lovely little lip balm stocking fillers. Also affordable secret Santa work gifts. Most people can appreciate a massage balm, pain relief balms



or body butters. Everything will be custom made for your requirements - so don't delay if it needs to be ready for Christmas. Christmas aside - we also have natural sun screen and insect repellent to protect you over the summer months. Otherwise a happy natural safe summer and 2018 to you all! Pureallies@gmail.com or Facebook Pure Allies NZ.

Have you left the Christmas shopping a little late?

Struggling with time to get to the shops? Take the hassle out of Christmas and let them choose their Christmas gift by giving them a Precious Imprints Gift Certificate. Available online, so there's no need to wander around the shops aimlessly hoping an idea will jump out at you. Simply jump online, choose the denomination and where you would like the gift certificate sent (physically or electronically) and there you have it. Shopping.All.Done. At Precious Imprints we create jewellery that is inspired by the people, places and things you love, so your loved ones will love the sentiment and meaning behind your purchase. With a variety of styles and options to choose from they are bound to find something they love, or they can even design their very own piece. Visit www.preciousimprints.co.nz today and get your gift certificate sorted.



Massey Birdwood Settlers Association AGM results

The Massey Birdwood Settlers Association recently held their 92nd annual general meeting. Elected to the position of President for another term was Dr Ershad Ali. Vice President Colin Tucker, Secretary John Riddell, Treasurer Brian Lay and the executive are Craig Andrew, Lucie Baker, Allen Davies, Warren Flaunty, Dr Keith Hammett, June Lay and Olga Mills. At the meeting Allen Davies, Warren Flaunty and Brian Lay were all recognised for their service to the Association and Massey. The

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picture shows Allen Davies receiving his certificate from Ershad Ali (left) and John Riddell (right). The Association meets monthly on the last Thursday of the month (except December), and welcomes people with concerns surrounding Council resources in the Massey area. People can contact the association by writing to them at email masseybirdwood@gmail.com.

Gym Zone

Gym Zone is the latest offering from Gym Kids Ltd. This month we would like to let you know about our Christmas gifts options and holiday programmes. Are you stuck for Christmas gift ideas for your active child? How about a voucher for a term of gymnastics, A day at our holiday programme or some of our great merchandise including drink bottles, leotards and track suits. Please contact us for vouchers and see our online store for all our merchandise. Our popular Gym Kids holiday programme will be running at Gym Zone Hobsonville for the summer 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. Gym Zone – Where movement begins. 4 Workspace Drive, Hobsonville. Read more at www.gymzone.co.nz.



Flippin' Fun provides awesome community service – you bet!

With the school holidays around corner we got to wondering how much energy we released from kids in the two weeks of the October holidays. Based on an average kiddy calorie burn for a one hour trampolining - an astonishing 2,720,000 calories. The upcoming holidays look to be even busier so be sure to check our booking page to avoid full or sold out sessions. Of course it's not just in normal bounce sessions when you can experience the benefits of trampolining. We have a range of skills and activity classes to suit you and your schedule. Check these out for Term 4 (kindly note, except for fitness we suspend classes during the holidays). FLIP FIT CLASSES – with summer on the way it's time to start thinking about getting back that beach bod. FLIP CLASSES – Fly with the best! For age 8 yrs+. Learn new tricks to impress your friends. JUNIOR FLIPPERS – a funda-



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mental movements programme for kids aged 5 -7 yrs teaching skills core to many sports. LITTLE FLIPPERS – a super fun toddler session for the 5 & unders – no older kids allowed.

Need a cool gift ideal for your bounce crazy child? We have Christmas gift 10 entry concession cards available in store for only \$100. For pricing and times be sure to check www.flippin-fun.co.nz or call us on 09 833 6880. Also follow our Facebook page for summer specials! Flippin' Fun, 19 Fernhill Dr, Westgate.

The Mobile Car Specialists

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 nights, 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 \$99 +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 work and reviews.



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 Muriwai Golf Links - Coast Road, Muriwai

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1pm-2pm
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2pm-3pm
 Put those new skills into action in a 3 hole game, short and speedy, no rules, just have a go! Our pros will be there to guide you.

3pm onwards
 Join us in the club house for some well-earned nibbles spot prizes.

Muriwai are a family friendly club, so fee free to bring the rest of your family for 3 holes and nibbles!

Register now to receive a free women's goodie bag on arrival! For more info or to register, contact Andrew Jackson on muriwai.manager@golf.co.nz or 021 225 3907

Waitakere volunteer fire brigade

I am now working full time for Fire and Emergency New Zealand so have stepped down as Officer in Charge of the Waitakere Volunteer Fire Brigade. I still remain committed to supporting the community through the Brigade. Graham McIntyre who has been the 2nd Officer in Charge has taken on the acting Officer in Charge role until the formalities have been finalised. Rubbish fires are probably the calls we dislike the most. We often find ourselves "dammed if we do and dammed if we don't" because, if we find it necessary to extinguish a fire due to a safety concern, we often wind up with a disgruntled person who lit it. If it wasn't breaking the Fire and Emergency New Zealand regulations it frustrates the person who had put the call in because we hadn't extinguished it.



A simple guide for this summer:

- As of 1 December 2017 the Auckland mainland goes into a restricted fire season and the Hauraki Islands go into a prohibited fire season
- You can have an outdoor cooking fire such as a BBQ, hangi or umu or a heating fire such as an approved brazier. However only dry, untreated wood should be used and smoke must not be causing a safety concern
- If you wish to light a fire in the open air in a rural area during a restricted fire season, you will need to apply for a rural fire per-

mit. You can apply for a fire permit online at <http://temp.aucklandcouncil.govt.nz/EN/licencesregulations/ruralfire/Pages/applyforafirepermt.aspx>

Please use the more environmentally friendly ways of disposing of your rubbish and be aware that all fires should be extinguished by nightfall. If a prohibited fire season is imposed during the summer all fires will be banned. If in doubt, check before you light. Keep safe, Denis Cooper - Station Officer, Waitakere Volunteer Fire Brigade.

Shared space

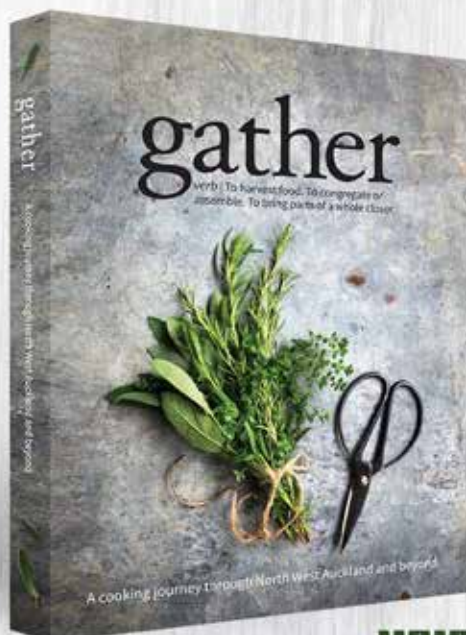
A new shared office space on Hobsonville Road opening in 2018 is the first of its kind in the North-West area and will provide up to 20 "hotdesks"



for small business owners looking for workspace, but who can't justify a full-size office for themselves. The facility will be in the brand new Kea development next to Hobsonville Primary School and features a cafe, gym, childcare centre, and retail shops. For just \$149 per week tenants can have their own exclusive-use desk with 24/7 access, use of the meeting room and breakroom, as well as using the location for their mailing address. The shared space will be perfect for those starting a business, or currently working from home who want a workplace to go to each day; and for others it could just be an alternative to the long commute to Auckland's busy business districts. You can register your interest at www.hotdesk.nz or contact Daniel Williams on 021 320 180.

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People:places

Ninja Kiwi packs Kumeu punch

Globally successful Bloons game maker Ninja Kiwi started life in Stephen Harris's spare bedroom at Muriwai Beach about 11 years ago.

Now it's a thriving mobile and online video game company based in its own two-storey building in Shamrock Drive, Kumeu, employing 32 staff there and further 30 in its Dundee office in Scotland.

Brothers Stephen and Chris Harris were heading down different career routes when they came up with the game changer.

"I was working in banks for a while, with an interest in personal financial planning and advice," Chris (pictured) says. "I got a bit disenfranchised with it and decided to try life as an independent advisor, founding a company Moneygym."

Stephen had completed a Masters in geophysics at Auckland University and worked for a geological research company when he also had a change of tack. In town one day he saw a billboard advertising New Zealand's first Post Graduate Diploma in Game Development at Media Design School. He enrolled, and received his diploma in about 2004.

"Everyone in the family thought he should get going on his career, but he did two years of very hard work – doing 70 to 80-hour weeks, working on a game as part of the course with the class of about 12," Chris recalls. "They made a Mad Max style game called Goliath, in which other vehicles had to take out a monster machine called Goliath."

He ended up working with an ad agency's Interactive team, doing Flash games, including some for Griffins on the brand's Cookie Bear character.

"He got in touch with me and said he wanted to try out an idea," Chris says.

Stephen had become interested in a project called The Million Dollar Homepage in 2005 where an English student sold a million pixels for about a dollar each to fund his college fees.

Many others wanted to do something similar, but Stephen went a step further and came up with the concept of a car racing game called Cash Sprint where players raced a ghost car, with the fastest winner each week receiving a cash prize. "We thought advertising and racing would go hand-in-hand, but that's where our naivety showed," Chris says. It didn't attract enough advertising support, so the brothers launched their own web games portal with the plan to build up a collection of their own games, an idea that they then expanded to include a curated selection of games from other developers.

"We started off as Kaiparasoft because I was living with views over the Kaipara Harbour," Chris says, residing at Woodhill at that time.

The brothers liked the country lifestyle, having moved from Westmere after growing up in Wellington.

They changed the company name to Ninja Kiwi Limited and the brothers started working on games from Stephen's spare room one day a week. "Stephen worked pretty much all his spare time. I was busy fitting everything in around three kids. He was doing coding and game design and I was doing the artwork, business and legal side," Chris says.

The original Bloons game was a two-dimensional physics game where you controlled a monkey that needed to pop a minimum

number of Bloons to pass a level.

The concept came from Stephen's wife who suggested a game similar to the carnival one where people throw darts at balloons. It became one of the most popular Flash games in the world in early 2007, developed later as an iPhone application by Scottish company Digital Goldfish, quickly hitting the top spot on the app store.

"We thought it would make enough money to allow us to go full-time, until we could make the next smash-hit game," Chris says.

They made a series of Bloons games, interspersed with new game attempts.

"One of the lessons from Cash Sprint was for us to concentrate on what we're good at," Chris says.

He says that meant getting other people to do what the brothers were not good at.

By 2018 the brothers needed to move out of Stephen's spare room, took on an artist as their first employee, and moved to a Kumeu main road location. Rather than thinking up to three months ahead, the brothers found they needed to plan for space several years prior.

"There was very little office space in Kumeu, so we moved to 190 Main Rd and took up the whole top floor, with about seven or eight staff."

The move to Shamrock Drive came nearly four years ago, the building getting a full refit to house the growing team.

Ninja Kiwi acquired Digital Goldfish in 2012 and renamed it Ninja Kiwi Europe.

Now the company is putting out Bloons TD 6 – its sixth TD version – and is working on another new game at the Dundee end. Both are due for release next year.

Chris says they've tried a number of other games, such as SAS Zombie Assault and a naval battle game Fortress Destroyer, but none have had the level of success of Bloons.

Another brother worked for Google for seven years, making all three involved in the tech industry.

"Kids love playing games, including our children, and I'm trying to get them into coding but they're not interested," Chris says.

He says there's "something great about working for yourself and giving people jobs in the industry".

"Many dream of getting into games – a lot of the people we hire have always wanted to do it."

Chris expects more change in the business during the next five years than in the past decade.

"I think people will always want to play games."



InBrief updates:events

SeniorNet West Auckland

As we approach Christmas and the holiday period we will not be starting any new classes, these will recommence in February 2018. Membership fees are now due for the coming year. There has been a small increase and is now \$30.00 per person for the year. The enrolment forms can be found on our web page www.seniornet-west-auckland.org.nz. Payment can be made on line. You can also ring our office at the Learning Centre, 09 837 7600, and leave a message requesting one to be sent. We look forward to meeting up with you in the New Year and wish you and your family a safe and happy holiday from all the team at SeniorNet West Auckland.

The Hobsonville Heritage Project

The Hobsonville Heritage Project is a joint project between Hobsonville Point Secondary School and The Hobsonville Heritage Trust. The purpose of the Project is to find out, and then inform the community about the rich history of the Hobsonville and Point area. Over the past two years, a variety of school groups have worked on a number of different projects, such as building a website to provide information about the local heritage to a wider audience; an app, which takes you on a trail around the point to look at places of interest; and a range of children's books which will be published very soon. There is also the possibility of some informational signage popping up



around the area. One of the more exciting aspects of the Project has been the archaeological expeditions to the brickworks in Limeburners Bay and the aeroplane wreckage by the Upper Harbour Bridge. Both of these involved intrepid exploring and lots of mud, and students came away with some interesting and authentic evidence of the past. It is hoped that at some point in the future, there might be the possibility of a small museum space on the Point, where these finds could be displayed. The website just needs a couple of tweaks but will be functioning by the end of the month. It will be found at www.hobsonville.net. The app is already up and running and can be downloaded from the Apple App Store and Google Play - Hobsonville Pt History Trail. If you would like to share your Heritage knowledge, please contact tracey.abbott@hobsonvillepoint.school.nz.

Making community connections

Here at Monterey Park, we are fortunate to be in a beautiful spot, surrounded by water. Our residents can sit on their patios and look out over the estuary; watching the tide roll in and out. The inlet is home to many birds and, on any one day, we are visited by herons, kingfishers, spoonbills, oystercatchers, godwits and many more.



When Whenuapai Primary school approached us to ask if their students might visit the village and spend time with our residents, the idea was met with much enthusiasm. Each week, a different group of Year 5/6 students come to the village where they are met by the residents who are happy to share their wealth of knowledge with the students. The goal is to build a relationship with the Summerset community and to enrich students' learning by developing Key Competencies: Relating to others, Thinking, Participating & Contributing, Managing Self, Using Language, Symbols and Text as well as embedding our values through interactions.

The students are currently studying the Rocky Shore; this is very fortuitous for all involved as we have our local birds on our door step, as well as our very own bird expert, resident Paul Asquith. Paul talks to the children about what they may see on the coastal walk. They discuss why each bird is the way it is, why their wings are short or long, why the spoonbill has a spoon for a bill! These discussions are very animated and informative. Students



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then get to look at and touch a taxidermied tui, morepork, little blue penguin, a shining cuckoo, and a stoat. After talking about the birds, resident Patsy Schwabe shows the children her amazing collection of fossils. Many of the fossils hold plants or creatures: A shark's tooth coming out of a rock, delicate ferns and, who would believe it, fossilised hailstones from when Mount Taupo erupted. The time the children spend here is much enjoyed by the residents. The children have a wonderful time and commented, "I hope my kids have enough money for me to live here when I'm old." Next year, we are going to have 'Show & Tell' visits. Many of our residents have amazing life stories that they are very keen to share. We really value the time and effort put in by the school's staff to facilitate these visits, and are very pleased to have these talented and clever children spending time with us. Here are what some of the students have had to say to date: "We really enjoy visiting Summerset, they were very welcoming. Paul taught us about birds and took us on a walk to do some bird watching. We are really glad that Summerset are happy to have us. It is the favourite part of our week!" Vettori Haskins, Neve Kelly, Amelia Dawson.

Fancy Frocks

Andrea still has a large number of her gorgeous collection of beautiful wedding gowns, ballgowns and bridesmaid dresses for sale after closing down her business. This is a great opportunity to find the perfect dress for your next event or special occasion - wedding, ball, black tie function or gala dinner. You don't have to spend a fortune to look like a million dollars. Andrea will find the one that suits your style and budget. You will look absolutely fabulous. Contact Andrea at www.fancyfrocks.co.nz or www.facebook.com/FancyFrocksNZ.



All Things Bernina

Is now located at 3/7 Westgate Drive, Westgate Outlet Centre. We offer a comprehensive range of both Bernina and Bernette sewing machines and overlockers. There is an onsite technician who services and repairs all Bernina's and Bernette's and some other models and makes. Currently we have our Christmas sale on with Bernette sewing machines from \$199.00 and includes a 5 year warranty plus we will show you how to use your machine. Bernina sewing machine start at \$999.00 and include a 10 year warranty, 2 free services and a lesson on how to use the machine. Next year we will be offering sewing classes as well as patchwork and quilting classes, so call in and sign up for the

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newsletter to be kept informed. Or give us a ring on 09 832 6994.

Why Dads Babywear

Are you looking for an unusual Christmas present? Jess and James Williamson from Waimauku have just published a book with 100 reasons why dads carry their babies. Slings and carriers can be a fantastic tool for parents of small children. The reasons fathers use these tools are much the same as why mothers do; it can help comfort our children and give them a sense of security, carried babies tend to cry less and settle more quickly, it can help with reflux and other digestive issues, it saves your back - carrying a child in an ergonomic, well fitted carrier is much better for your posture and spine. For dads specifically though, carriers can help them share the load of a new baby in their family. It can facilitate bonding and can help dads feel the same sense of closeness that the mother has felt during pregnancy. Using the quotes and photos of fathers from around the world a series of images collected online has been put into a book showcasing the reasons why dads babywear. The books cost \$20 plus \$5 postage in New Zealand. Purchases can be made online here - www.babywearingwithjess.com/product/why-dads-babywear-100-reasons-from-dads.



Indian Summer

In Hobsonville Point has reached almost a year in business, and we have been overwhelmed with the support and rapport that we have developed with the community. With the Christmas





Wishing you a festive holiday season and a very happy New Year

From the team
Jillian, Lin and April

Store Hours
 Christmas Day **CLOSED**
 Boxing Day 10:00am - 5:30pm
 New Years Day 10:00am - 5:30pm
 2nd January 2018 10:00 - 5:30pm

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 Shop D9, Westgate lifestyle, 57-61 Maki Street, Westgate, Auckland
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season coming up, we are urging our customers to make reservations for any large functions or bookings as early in advance as possible, as availability will become more and more contentious as time goes on. Thanks again for the continued support, and the Indian Summer staff would like to wish you a safe and happy holiday.

Kiwi tennis

From the 18th – 22nd of December we will be running a multi-sport Christmas themed camp at West Harbour tennis club in Picasso Drive, West Harbour. This is ideal for children aged 4+ and is a perfect way to learn new skills and make friends in a multitude of activities and games. With both half-day bookings and full day bookings available for people who just don't want to leave, we can fit around your plans to make sure your child doesn't miss a thing. We will also be running camps from the 15th - 19th and 22nd -26th January to welcome in the New Year. We have been running camps all over Auckland for 5 years and our experienced staff will guarantee to cater for your child's needs and expectations. If you would like to find out more about us and our camps log onto our website at www.kiwi-tennis.co.nz where you can also book for the holiday camps by following the links to West Harbour Tennis Club. We look forward to seeing you on the courts in the not too distant future.



Luxury one night stay

Time for a break? Only 25-35 minutes from the city centre, this secluded hideaway is the perfect solution for couples wanting to escape a busy life for a night. Surrounded by native NZ bush, you will start to relax the moment you enter the gateway to the property. Relax in your luxurious private suite, or walk down to the outdoors spa bath to luxuriate in natural surroundings. Go for a quiet stroll down the bush track and enjoy your time together in this beautiful setting. For dinner you can dine out at a nearby restaurant, have a meal delivered to you or pre-order a prepared meal so you can cook it at your own leisure. Only 15-20 minutes from Kumeu and 5 minutes from Albany. View online warblersretreat.nz, or contact Barb Milina, 09 414 4503,



027 543 0288, info@warblersretreat.nz.

helloworld

Japan is best known for the Cherry Blossom season but it is a beautiful place to visit any time of the year. We started in Tokyo and took a Trafalgar Tour from Tokyo to Kyoto on an 8 day tour. I am glad we did, not that many people spoke English! Japanese are one of the most polite and hospitable people you will ever meet and we had the chance to experience a lot of the local culture on the Trafalgar Tour and the food was great. After the tour we took the bullet train back to Tokyo and embarked on an 8 night Princess Cruise around Hokkaido. We had one port in Russia and we found that fascinating with guns for sale in glass cabinets in the local shopping mall. You can't wander around on your own in Russia and can't get off the ship without being on an organised tour unless you have arranged a Russia Visa beforehand. For more information or to organise your Japan visit come and see us at helloworld in Hobsonville. Phone 09 416 1799 or email hobsonville@helloworld.co.nz.



NorthWest Cluster Cultural Extravaganza

At the NorthWest Cluster Cultural Extravaganza in November, ten local schools performed live in the food court to a large crowd. The night was all about celebrating young local talent, and giving kids the opportunity to perform outside of school and grow their confidence in front of an audience. The schools performing included Colwill Primary, Waitakere, Don Buck, Taupaki, West Harbour, Hare Krishna, Hobsonville, Massey Primary and St Paul's school.



Waitakere GreyPower

Waitakere GreyPower Association is having its last General meeting for this year on Wednesday 6 December 2017 at 10.30am at the Swanson RSA, 663 Swanson Rd, Swanson. Our Guest speaker is from the Ranui Neighborhood Policing Team. At the con-

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clusion of the meeting all members and friends are invited to stay on at Swanson RSA for our pre-Christmas lunch at 12.00 midday. Please phone 09 838 5207 with number attending by 5 December 2017. Also please remember to pay on the day, as our Office is closed for renovations. Waitakere GreyPower Association is an advocacy group for people in our community 50 years old plus. We advocate on National Superannuation, rest homes and hospitals, and their care and facilities. We were also responsible in achieving rates rebates for those on National Superannuation and low-income earners. We represent the local community at Local Board and Auckland Council meetings when issues arise. All Associations lobby Parliament and all political parties on advocacy issues as they arise from time to time, without fear or favour. We welcome new members and if you are keen to join Waitakere GreyPower Association we are located in the Te Atatu South Community Centre, 247 Edmonton Rd Te Atatu South 0612. Mate Marinovich President Phone 09 838 5207.

Ivy Cottage Parties



Captivating parties at your place. Is your little one's birthday party coming up soon? Are you wondering what to do to keep the kids busy during the party? We can help. We aim to bring our enchanting magic to your party and channel the children's energy into dressing up, magical stories, treasure hunts and other fun activities that have been designed to captivate their innocence, creativeness and imagination. It's all about making

your child's day extra specially magical and allowing you to sit back, relax and watch the children having a wonderful time. We'll come to your home (or chosen venue) for 1 or 2 hours and keep the kids captivated with our magical games, flying lessons, stories and activities. We have 3 different packages and prices to suit your budget. Our parties & events are suitable for boys, girls & adults of any age and we travel Auckland-wide. Book or enquire online: www.ivycottage.co.nz or email our friendly team: fairies@ivycottage.co.nz.

The new Jesters popeye gluten free pie is here!!

We now have a vegetarian option in our popular gluten free range. With garden fresh spinach, button mushrooms, and feta cheese, the POPEYE is available frozen to take home or heated to order. Jesters New Zealand is now a certified licensee of Coeliac New Zealand's Crossed Grain Logo Programme. Our gluten free pie pastry is made with rice flour and the pies come now in 5 different flavours: Popeye, Billy T, Southern Man, Maharaja and Kentucky Delight. Gluten free pies also come in frozen 2 packs for you to enjoy later! Grab yours in our Westgate store today! Jesters Westgate - Next to Countdown, Westgate Shopping Centre 09 832 6060.



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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	800,000	693M2	80M2	978,200
Hobsonville	445,000	0M2	83M2	658,000
	1,275,000	1003M2	329M2	1,588,000
	700,000	965,000	200M2	965,000
	450,000	127M2	83M2	745,000
	485,000	119M2	99M2	759,000
	940,000	300M2	268M2	1,466,000
	640,000	154M2	160M2	950,000
	670,000	408M2	201M2	803,000
	680,000	277M2	169M2	955,000
	680,000	175M2	197M2	965,000
Massey	390,000	706M2	130M2	680,000
	500,000	536M2	90M2	706,000
	405,000	404M2	90M2	670,500
	365,000	402M2	87M2	620,000
	560,000	761M2	165M2	912,000
	900,000	451M2	257M2	1,011,000
	770,000	508M2	217M2	1,090,000
	410,000	455M2	160M2	650,000
	425,000	616M2	100M2	710,000
	700,000	378M2	200M2	1,198,000
	700,000	932M2	220M2	965,000
	660,000	453M2	193M2	900,000
	480,000	450M2	120M2	685,000
	420,000	1124M2	90M2	717,180
	790,000	338M2	219M2	1,170,000
	470,000	355M2	113M2	725,000
	455,000	709M2	110M2	700,000
	605,000	1017M2	110M2	1,027,000
	540,000	638M2	161M2	795,000
	630,000	679M2	245M2	925,000
	420,000	340M2	110M2	550,000
	640,000	600M2	210M2	888,000
Royal Heights	395,000	0M2	80M2	621,500
	720,000	457M2	208M2	905,000
West Harbour	940,000	599M2	229M2	1,125,000
	990,000	650M2	330M2	1,490,000
	660,000	557M2	210M2	900,000
	720,000	578M2	230M2	1,267,000
	900,000	1355M2	260M2	1,330,000
	710,000	1795M2	170M2	1,075,000
	550,000	0M2	110M2	710,000
	760,000	748M2	140M2	965,000
	1,050,000	706M2	293M2	1,600,000
	640,000	454M2	190M2	860,000
	810,000	635M2	200M2	1,100,500
Waitakere	340,000	0M2	70M2	497,000
	510,000	5211M2	80M2	725,000

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

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Propertynews:advice

Market report

New Zealand Media have an insatiable appetite for news and gossip on Auckland's housing market.

It seems that if the market is up, it is bad, if it is down, it is bad and if a third party (namely Auckland Council) changes the RV data for rates charged, you'd think that some Auckland Land Owners just got a pay-day. Since 2010 when I started contributing and summarizing the trends and the general sales in and around Kumeu I have found that these small individual villages and clusters work independently of one another but share some connected trends and threads. I also find that some areas may be hot while others are not. New homes may be rocketing out due to reserve bank controls leaving refurbished homes languishing a little due to unfair competitive elements on mortgage lending and the loan to value ratio and the loan to income ratio. Whatever you believe and whatever you read, please bear in mind that Auckland has a huge demand for homes, this is not likely to change. Some of these homes will be refurbished, some will be do-up's and some will be new. The market is undergoing a degree of correction, in part caused by years and years of compounding house price increases and in part because confidence is a little low and mortgage funding is a little restricted. This is not new and in the past every 5 years we had a slight correction. Rest assured if you have owned a property for more than three years you will most likely sell the home for more than you paid for it. And if you hold it for another three years it will be worth more again, that is the cycle of wealth created by property. If you would like an independent appraisal on the worth of your home or investment property, without cost nor obligation I would like to meet with you and discuss the market, the value within your home and improvements that could contribute to an increased sale price. Let's take a look at the market:

Herald Island residential	\$978,000.
Massey residential	\$620,000 to \$1,198,000.
Royal Heights residential	\$621,000 to \$905,000.
West Harbour residential	\$860,000 to \$1,600,000.
Taupaki lifestyle	\$1,740,000 to \$2,800,000.
Waitakere residential	\$497,000 to \$725,000.

Upsizing or downsizing or liquidating, there are a number of things that will be important to you; a) the agent needs to be experienced and highly qualified; b) the process must attract a volume of buyers; c) the advertising plan must attract the right buyers to view the property; and d) you must feel part of the journey and involved in the success of the sale. At Mike Pero Real Estate, we provide a logical and easy solution that deliv-

ers peace-of-mind to buyers and sellers considering a property change. For more information go to www.grahammcintyre.co.nz or phone 0800 900 700. Mike Pero Real Estate Ltd Licensed REAA (2008).

Roofing tips for the summer

One of the most obvious yet most commonly overlooked parts of your home is the roof. It is seen by everyone who passes by your home and the look of your roof goes a long way in boosting the curb appeal of your home. When it comes to re-



membering to take care of your roof, there are some good roofing tips for the summer that can help make things easier all year round, especially if you work with a reputable contractor who can provide local roof assistance.

Update Your Roof - Roofs can last 20 or more years if they are well cared for but if the time has come for a new roof, look at it as an opportunity to make improvements not just to the roof but the entire home. Consider different roofing materials or colors. Certain shingles and tiles can make a roof more attractive and lighter coloured roofs help keep the temperature down inside the home and can help reduce energy usage. Look at all of your options and see which choices will best serve you and your family in the future.

Options For Waterproofing - When it comes to roofing tips for the summer, a lot of it comes down to where you live and the type of weather you experience throughout the year. If you live in a wet climate, an area with a lot of humidity, or near the ocean where the damaging salt spray can be an issue, then getting a waterproofing coating on your roof can be a great step to take. It protects against moisture damage and keeps water from getting into your home - one of the biggest issues homeowners face with their roofing systems.

Get Local Roof Assistance When Needed - To maintain your roof and keep it looking its best and functioning as it should, you need to have somebody inspect it with every change of the season. Biannual inspections are an easy and inexpensive option too for areas without major seasonal changes. The most important thing to remember is that hiring a licensed and experienced roofing contractor is the best way to take care of your roof and to get it back in shape when issues or damage are detected.

Graham McIntyre
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How to make the best use of these the free CVs

Every three years Auckland Council reviews all of the properties and a revaluation notice is sent in the post or via email in November. For property investors with multiple properties, it gives them a chance to look at how their portfolio of properties is stacking up in the current market situation and to reflect if it is time to consolidate their gains with regards to the objective of maximising their return on their investment and/or take utmost care of their portfolio where they think the gains are not as encouraging as they would like it to be. For first home buyers, it is time to assess their situation and also to provide for rates as a part of the regular budgetary expenditure which they might not be used to earlier.

As rating valuation is a mass appraisal of properties used to work out property rates and the council valuers work with independent organisation Quotable Value (QV) to determine property values, every time the revised valuations come many home owners are not happy with the revision. The council gives such owners up to six weeks' time from the date of the valuation to file their objections to the revision with their reasons for their perceived value of their home.

If you are a home owner facing a situation in which you feel that your valuations are not up to the mark, you have a range of options you can consider:

1. Accept the valuations at face value and pay the rates as per the assessment. This may not always necessarily be beneficial to you just in case you realise at a later stage that there was a mistake apparent on the face of it and you did not take any action to address this.
2. Challenge the valuation by filing an objection within the given time frame (normally six weeks from the date of letter informing you of your revised valuations).
3. In case you own multiple properties, you can choose to use revised valuations as a basic tool to examine the trend/direction of your investment and take appropriate action as you deem necessary to achieve your overall long-term investment goals.
4. Lastly, you can keep your bank/lender updated on the current valuation and if acceptable to them, at no extra cost to you, possibly ask for a review of your credit facilities including paying off your higher interest bearing credit Cards, Hire Purchase, etc. subject to lending criteria.

If you are feel based on your revised valuations of your invest-

ment properties you wish to still generate better returns on your investments based on current higher market rentals which you might not have reviewed in the last over six months, then we can certainly help you. Please contact us for a chat on any of your property management requirements. Contact Quinovic Kumeu's Franchise Owner Virendra Gupta 09 973 5527 or email VirendraG@quinovic-kumeu.co.nz.

Benefits of a cooling property market

Despite some property owners enjoying double-digit price growth in recent years, a cooling property market is not all bad news.

A cooling property market may seem foreign to some home owners and investors who are used to double digit growth but it has its benefits. Here's why:

It stabilises house prices - While those that own property like to see the value of their asset increasing, the truth is, if property prices increase too much in a short period of time, it can make the market more volatile.

With debt to income levels currently at record highs, a stemming of property growth reduces the risk that property prices will suffer an over-correction. While investors like to enjoy high-returns, they typically like to avoid suffering losses even more.

Investors will diversify their portfolios - With lower capital gains on offer in the big cities compared to recent years, some investors may choose to diversify their portfolios and buy in New Zealand's smaller country towns and cities.

Houses also cost less in the smaller towns, and with investors now requiring a 40% deposit, the lower prices in these areas are likely to make investing here more achievable.

However, investors may also look to other forms of investment, such as term deposits.

First home buyers won't feel as 'squeezed out' - As some investors look for other ways to increase their wealth, first home buyers may be able to get a foot on the property ladder.

While it is still relatively early days, we can see that first home buyers are taking up part of the slack left by investors.

Home owners can focus on paying down debt - The idea of property price growth slowing makes selling your home or upgrading less appealing, so many home owners will see the next few years as an opportunity to sit tight and pay down debt.

With interest rates still at historical lows, there has never been a better time to reduce your mortgage.

For further details or feedback feel free to contact Ivan 027 577 5995 or email ivan.urlich@mikepero.co.nz. Ivan Urlich is a registered Financial Advisor specialising in Mortgages, his disclosure statement is available free of charge on request.

Contact us for a FREE Rental Appraisal on your property.



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SUN FILLED UTOPIA AL-FRESCO BRICK AND TILE

4 2 2

By Negotiation

7 Hendrika Court, Hobsonville
By Negotiation

Hobsonville - Single level, modern, four bedroom, fully refurbished home. This is a home that delivers all the best of modern living with easy flow from open plan living to louvered alfresco patio, integrating a private spa area with easy care garden and lawn. Located minutes from Hobsonville Primary School and in a beautifully presented cul-de-sac location. Elegant entrance, four generous bedrooms, master ensuite, entertainers open plan kitchen and lounge linking to formal dining and lounge including 2 heat pumps. Double garage with internal access and the section fully fenced. Extensive refurbishment and additions includes selected double glazing, central vac, heat pump, moisture control system, upgraded light-fittings and hardware. A near new home, refurbished to a very high standard.

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UPSIZING OR DOWNSIZING - A TRANQUIL HAVEN IN WAIMAUKU

4 2 2

By Negotiation

10 Rosella Grove, Waimauku
By Negotiation

Large sheltered outdoor area, complete with in ground pool, is an entertainers delight. Expansive lawn is enhanced by easy-care established gardens bathed in sunshine from sunrise to sunset. Perfect for the long hot summer just around the corner. Built in early 2000 this home offers 4 bedrooms, dressing room, two lounges, two bathrooms (including en-suite) guest toilet and double garage. All on one level floor plan. Tree lined Rosella Grove is in walking distance to school, village, RSA, tennis courts, bowling green, parks and walking tracks and a short car ride to Muriwai Beach and Golf Club. The CV on this property is \$1,050,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1291971



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HIGH SPEC QUALITY HOME, SUN-FILLED IN HUAPAI 4 2 2

By Negotiation

11 Hooton Drive, Huapai
By Negotiation

Near new DW Homes showcase - with Master Build Guarantee. Beautifully appointed four bedroom home with study, separate lounge and open plan entertaining with alfresco views through to Riverhead Forest. Flat, fully fenced yard already planted and set for your enjoyment. If you are seeking a life less complicated and want a home that delivers relaxed, comfortable and economic living, you can not go past this impeccably finished DW Home. Solidly constructed in double brick, the unique design angles will excite. A kitchen full of modern F&P appliances and all the comfort of double glazing and a heat pump for warm winters and cool summers. Entertainers style linking seamlessly with patio area onto lawn, ready for summer socialising.



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www.mikepero.com/RX1319024



INNER HARBOUR VIEWS - EXTENDED LIVING AREAS 5 2 3

By Negotiation

14 Graceview Way, West Harbour
By Negotiation

Motivated Vendors are seeking closure on the sale of their well cared for and loved family home. The children have gone and the dream to build their "golden years" home beckons. Very big on space at 269sqm the home offers five bedrooms, three bathrooms and refreshingly open plan entertainment lounge, dining and kitchen. Extensive views to the inner Harbour from this delightful environment. The property is 640sqm delivering easy access to the lawn, off street parking and garaging while the contour provides good draining and privacy. Set off a quiet cul-de-sac location on one of the best streets in West Harbour, close to Marina View School, parks, Inner Harbour and motorway access with a short drive to Westgate, North West Mall, Albany Mall.



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6 BEDROOMS, 2 LIVING AREAS, ¼ ACRE - WAITAKERE

6 2

By Negotiation

16 McEntee Road, Waitakere
By Negotiation

Welcome to Waitakere Township, a village with a community heart and heritage. If you're looking for space to sprawl out, a home that caters for the family and the extended family, this is a number one choice. Offering six generous rooms over two levels with alfresco through to decking and family flexibility with two living areas and an open plan entertainers kitchen dining area. The home is elevated, with solar panels, enjoying views over grazing land to the Waitakere Foothills. Set on 1195 sqm, the land is peppered with mature fruit trees and lawn while the carport and workshop/ storage area is very useful for tools and toys. In close proximity to Waitakere Primary School, Transport link, Dairy, RSA and Community Hall, it is a community with a history through rail and kauri logging.

www.mikepero.com/RX1323442



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BRICK WITH TILE - NEEDS LOVING FAMILY

3 2 2

By Negotiation

2/17 Deanna Drive, West Harbour
By Negotiation

Elevated two level home up a private right-o-way, the home delivers three generous bedrooms upstairs and an office downstairs, two bathrooms, double garage and extended kitchen, dining and lounge. A no-nonsense sensible two level family home which uses the space well providing a small patio and grassed area attracting afternoon sun. Some options here to add value and stamp your mark. The integrity of the home will impress you, the location is excellent offering a short walk to Marina View School, West Harbour Marina, Parks and shopping. The CV on this property is \$950,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1289500



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OVER 55 VILLAGE, BRICK AND TILE, IN DEMAND

2 1 1

By Negotiation

18 / 64 Tapu Road, Huapai
By Negotiation

Designed, crafted and maintained for the comfort of Golden Years. Highly desirable and seldom on the market, catering for the over 55 years of age. A brick and tile two bedroom home, open plan entertainers style kitchen, dining, lounge with easy internal access to single garage, and westerly patio looking out to Huapai Domain. Maintained and easy care grounds the environment is a pleasure to stroll through, while the convenience of shopping and safe walking is close at hand, as is, a relaxed chat and a soothing cup of tea. The CV on this property is \$640,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1292166



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



FAMILY ON 4,295SQM IN WAIMAUKU

3 2 2

By Negotiation

21 Buttercup Place, Waimauku
By Negotiation

Great possibilities for the family or extended family. This majestic Queenslander style character brick home stands in easy care grounds, down a private right of way in the heart of Waimauku village. 21 Buttercup Place features a wide formal entrance, an office, 3 double bedrooms (master with ensuite), a formal lounge plus a combined family room/dinning adjacent to the kitchen. This home has a versatile layout providing lots of options for the family and for a work from home scenario. Open plan living area, spacious and light with access to an extended wrap around verandah, allowing you to follow the sun, indoor/outdoor flow at its best. The land has been landscaped, leaving you the opportunity to sit back and enjoy your new home while the kids and or your pets enjoy the space.

www.mikepero.com/RX1286702



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



BRAND NEW MADDREN HOME - FAMILY AFFORDABLE

4 2 2

By Negotiation

22 Korako Drive, Huapai
By Negotiation

Don't put things on hold, don't wait another minute, buy today move in tomorrow. Set on 737 square meters this inspired family home presents a benchmark in style, affordability and comfort and is ready for occupation. Delivering four generous rooms, bathroom and en-suite with open plan entertainers kitchen, dining and living leading onto sun drenched patio. The specification and finishing of this crafted Maddren home is at a very high level and the styling, fencing and tree planting is smart, low maintenance and seamless. A short stroll to cafes, parks, shopping, primary school and sports reserve. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1291303



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



BIG EXECUTIVE LIVING WITH STUDIO LOFT

5 2 3

By Negotiation

45 Buckley Avenue, Hobsonville Point
By Negotiation

This inspired five bedroom home commands a corner site with plenty of space, light and urban views. Ground floor entry offers open plan living into a sunny lounge, separate kitchen and dining area, with indoor-outdoor flow. Four spacious bedrooms are found on the two upper levels. Landscaped courtyards at the front and rear of the home add extra space to create a calm, relaxing environment. With 2 car garaging, carport and a studio loft, this property certainly delivers! Look no further for an ultra-modern, future-proofed home, only three years young with a 10 year Master builders guarantee. Life here includes top schools, cafes, restaurants, shops, medical centre, a lively Farmers market, coastal walks and great transport links, including ferry.

www.mikepero.com/RX1303431



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BRICK AND TILE - ONE LEVEL ALFRESCO LIVING

4 1 2

By Negotiation

51 Cloverfields Drive, Waimauku By Negotiation

Set on a private and tranquil half acre, at the end of an exclusive use driveway is this stunning property, a home and a haven, quiet and restful. This quality 200sqm brick and tile home is stunning and style and class are evident throughout. The designer cottage kitchen is the hub of the home. The open plan dining and living leads out to a large sun filled deck ideal for entertaining with pull down blinds and delightful outlook. Two living areas, three double bedrooms and a spacious modern family bathroom complete the main part of the house while a separate wing, gives this home options galore. Here is a large third living area, fourth double bedroom, bathroom and office nook, with internal access to the garage.

www.mikepero.com/RX1330244



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



SELLING, SELLING..... WAITAKERE TOWNSHIP

2 2 1

Offers Over \$649,000

57 Waitakere Road, Waitakere Offers Over \$649,000

Elevated, split level and cost effective. Set on 876sqm this private home enjoys generous sunshine and privacy, while the elevated position allows for extensive views to the west over farm land and native bush backdrop. A light and open layout combining cathedral ceiling with open plan living linking to a central hallway with two bedrooms, bathroom, toilet and laundry upstairs and an office downstairs. A small section, off street parking and independent double garage adds great value to this affordable and practical family home. Close to Waitakere Township and Swanson transport links, shopping, café, parks and schools the location is ideal for an active family wanting freedom and flexibility without extensive home chores.

www.mikepero.com/RX1154898



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



THE PERFECT LIFESTYLE PROPERTY

4 2 2

Asking Price \$1,298,000

87 Zanders Road, Waimauku Asking Price \$1,298,000

This is the most sought after lifestyle property, 1.9HA (5 acres approx.) nestled in a quite rural cul-de-sac in the Ararimu Valley, 10 mins from Kumeu or Waimauku villages. Spacious, Maddren four bedroom, two bathroom brick home with internal access to a large double garage. Large wooden deck accessed by two double bi-fold doors and a ranch slider provide great indoor - outdoor flow. A double bi-fold door opens onto a concrete courtyard, from the large kitchen / family room area. Land is easy to moderate contour and enjoys a pleasant rural outlook. The grounds are neatly laid out, featuring fruit trees and palms. Pasture is divided into 4 paddocks of improved pasture. The fencing is to a good standard. A small dam is at the bottom corner of the block.

www.mikepero.com/RX1323109



Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com



CHARACTER BUNGALOW - Oozes Charm

4 1 1

By Negotiation

104 McEntee Road, Waitakere By Negotiation

Big back yard, big front decking, a family home with the trimmings. Four generous bedrooms, open plan entertainers kitchen that links to dining and lounge with French doors to alfresco, extensive sun soaked decking and spa. The home is fully fenced with a standalone garage and carport as well as sleepout/office, delivering great options for tools and toys while you have easy care grassed lawn with established trees for privacy. Close to Waitakere Primary School, Waitakere Park, RSA and transport links. The CV on this property is \$730,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1330249



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



BRING THE HORSES AND THE KIDS - WAIMAUKU

5 2 2

By Negotiation

108 Valley Road, Waimauku By Negotiation

Elevated lifestyle property overlooking Muriwai Valley to the West, offering space, privacy and options to play or work from home. The home is positioned for the sunshine and the views offering the Owner to look over the land and get the most out of the country landscape. Five generous bedrooms, two bathrooms and open plan living and entertaining, this home offers the right family mix. In addition an office/gym room and double garage ensures options to work or work-out. Two stables with wash-down concrete pad, round arena and large half round barn does provide ample improvements to cater for tools and toys. This 3.5 hectares (8.7 acres) of gentle-sloping land is a mix of sandy loam and clay base and drains off to provide workable pasture all year round.

www.mikepero.com/RX1289283



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



MOTIVATED VENDOR SEEKS OFFER - WAITAKERE

4 2 1

Offers Over \$695,000

114 McEntee Road, Waitakere Offers Over \$695,000

The family can have their cake and eat it too, space, sanity and super-sized. Four bedrooms, two living rooms, delivering easy split living space making the adult and the kids-zone effective and workable. A traditional bungalow with clinker-brick over weatherboard, offering low maintenance living on 857 square meters (more or less) of lawn with improvements. An independent double garage and wood-shed ticks the boxes for a happy, warm and desirable home. Close to Waitakere Primary School, Bus link to Swanson Rail, Convenience shopping, parks and RSA. The CV on this property is \$675,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1176091



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

Home:garden

Forest Furniture

The saying goes: "Good Friends, Good Times, Good Food and Good Wine" are all part of seasonal celebrations. To help keep your wine at its best before serving, it is well known to store bottles on their sides. This helps to keep the flavour but also



horizontal racking is a space-efficient way to store bottles.

Forest Furniture has a large range of wine racks which can help organise your wine store over this busy season. There are three main styles: the upright storage stack for 6-12 bottles; a cabinet which can be made any size to suit your space and needs; then a cabinet with a hanging glass-holder.

See the full range of Wine Racks at Forest Furniture Store, Shop D9 Westgate Lifestyle, Maki Street, phone 09 216 7674 or visit our website www.forestfurniture.co.nz

Remember all Furniture is solid Kauri, Rimu and Oak; NZ made; with 10 years warranty.

Laser Plumbing & Roofing Whenuapai

Laser Plumbing & Roofing is your local plumbing company based in Whenuapai. We are committed to servicing our local community families and businesses with great service at reasonable rates.



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 unblocking service. In addition to these services, we have 24 hour service available for any plumbing emergencies. We have some excellent staff at Laser Whenuapai, ensuring every member is either qualified or studying towards a certificate in their chosen field.

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 of-

fering warranties, and always use quality New Zealand made products.

No job is too big or too small for Laser Plumbing & Roofing 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 a full solution to any plumbing, roofing or drainage issues.

To contact Laser Whenuapai, phone 09 417 0110. We are open five days a week from 7am-5pm and are located at 45 Brigham Creek Road, Whenuapai. Whenuapai.laserplumbing.co.nz.

West Auckland business launches product which may ease Auckland's housing crisis

Developments Made Easy has been launched to simplify property development for local homeowners

Thomas Consultants LTD, a consultancy based out west, has launched a product called Developments Made Easy (DME). DME is a fresh approach to developments in Auckland, enabling home owners to do more with their land.

With recent changes to the Auckland Unitary Plan, which aimed at addressing Auckland's housing crisis, many property owners and small developers have still found obtaining council consents to be hard work. DME offers a one stop shop which provides the right solution for local home owners and ticks the boxes for council to grant consent. DME provides an easy and fast route to getting approved resource consent. A significant number of properties in Auckland are properties that can now be developed, an outcome which will work to alleviate the Auckland housing crisis.

A PCBU

In our last article we talked about a PCBU, however did not say what the letters PCBU stands for or means.

While most people in business would know what the letters stand for, a PCBU is a Person Conducting a Business or Undertaking.

Even if you're not in business you should remember the letters PCBU and understand who a PCBU may be. It may be a sole trader or self-employed person; however, it usually refers to a business entity such as a company, or an undertaking such as a not for profit organisation.



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An owner driver of a transport or courier business is a business and is responsible under The Health and Safety at Work Act. The mechanic down the road, the dairy owner, the lawyer in a legal practice, an importer of Chinaware on selling them to shops, the owner of the McDonalds franchise, the self-employed person painting your house, cleaning your house and the person mowing your lawns would all be examples of a PCBU as well as the local plumber.

Government departments (Winz, the IRD), the local Council a school or an organisation and a charity like the SPCA or Barnardos would be classed as undertakings.

A volunteer association such as the local Lions or Rotary club would not be classed as PCBU or Person Conducting a Business or Undertaking. However, if the volunteer association has one or more employees it becomes an undertaking, even if that worker is part-time.

If you are regular volunteer for an undertaking, you are covered by the primary duty of care, that the undertaking or business must provide to its workers whether or not they are paid or volunteers. Thus, if you have volunteered to read to children at the local school, the school is responsible for your safety while you are at the school. The Lions club does not have a primary duty of care if you are taking part in a fund-raising activity with them. John Riddell, Securo Health and Safety Consultant phone 09 303 3477 or 027 477 9750.

Changing the way you BBQ

We know Kiwis love entertaining outdoors, so Grasslands are proud to release the award winning series of BBQ's from Zeigler & Brown. Distributed in New Zealand by Masport, these very smart BBQ's take the high domed hood system to a new level. The firebox and egg shaped domed hood are die-cast from thick, heavy duty aluminium. Ziegler & Brown offer models from the compact portable grill to the powerful triple grill. With the optional cooking formats, these are the most versatile BBQ we know of. Roast racks, pizza stones, smoker box & skewers are some of the popular accessories. They are backed by a comprehensive 5 year warranty. A key feature is the high output burners with flame thrower easy start ignition which allows for cooking with hood open or closed. See the Ziggy in store now at Grasslands, 20 Shamrock Drive, Kumeu – 09 412 7880.



Christmas checklist

Christmas is just around the corner – are you ready? We have

George Arona
outboard motor specialist
09 412 8348
156 main road, kumeu
www.gtmarine.co.nz



some helpful tips that will help you get through the silly season. To rain or not to rain – that is the question! Water tank empty, catch you by surprise? Install a tank level Indicator. Water pump noisy? We have a wide range of domestic household, submersible, bore hole pumps, pond pumps, pumps suitable for small to large homes. Drinking water safe for the whole family this holiday season? UV Filtration for 99.99% Protection. Pool green – test your pool water free at KPL and remove the green. Sprung a leak, toilet blocked and you have friends on their way for dinner – call us. We hold a 24/7 service for any emergency. If it involves water, we have you covered. From the Team at KPL we wish you all a very Merry Christmas! Thank you for your business. Kumeu Plumbing Ltd (big blue building) 156 Main Road Kumeu 09 412 9108.

Let's talk rubbish

Looking for an economical solution to get rid of your household rubbish now that orange bags are no longer sold in your area? Econowaste understands one size doesn't fit all when it comes to rubbish so offers choices that suit you.

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Econowaste is a 100% Kiwi owned and operated waste and recycling company that recognises not every household has the same requirements when it comes to rubbish.

Sign up online now, or contact us today and find out how much you can save! www.econowaste.co.nz or 0800 499 246.

Independent pre-purchase house inspections

Our inspections - A complete and thorough visual inspection of the entire building includes: The roof and gutters and valley trays. Cladding and all joinery. Foundations, floor and sub floor framing (including for insect infestation). Floor to ground differentials. Inside the roof space checking the roof, roof framing, insulation and ducting etc. Moisture meter readings taken on the inside of all exterior walls (leaky building). Moisture meter readings taken around showers baths toilets etc. (plumbing leaks). Our Promise To You: Your inspection will be carried out in a thorough and professional manner by a very experienced and competent builder. We will provide a verbal report by phone, and via e-mail a detailed written report (including photos of all fault), clearly outlining all findings. A certification is given with each report that the inspection has been carried out according to NZ Standards 4036:2005. We are totally independent and

Peter Carson
LICENSED SALESPERSON





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M 027 277 1904
F 03 355 3682
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www.mikepero.com

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2 Clark Road, Hobsonville, Auckland

work only in the interest of the perspective purchaser. We cover the entire Auckland area, from Wellsford to Pukekohe and beyond. Reports are promised within 24 hours but are usually sent on the same day as the inspection. Competitive prices – from \$350 (single level, verbal only). Decks and pergolas. Fences, retaining walls, separate garages and carports etc. Impending maintenance or repairs needed. Council inspectors ensure that the house is built according to the building code, but not necessarily to a high standard of workmanship or attention to detail. I believe it is necessary and wise to have a pre purchase inspection carried out prior to purchasing any home. Older homes may present problems such as subsidence, insect infestation or leaky building issues etc. but almost all the faults I find on new houses are workmanship related, many of which are easily remedied but some not so. Our inspectors Kevin and Keith have over 100 years building experience between them. There is a lifetime of experience behind our eyes. To speak to Kevin call him on: 021 288 0101.

Tank water

The summer season is almost here. Rainfall has already decreased so there is less water entering your tanks. Try to monitor your levels on a weekly basis so you are aware of your consumption and to prevent being caught out with an empty tank. Bear in mind that if you are low on water many others may be as well.



It is not uncommon to be waiting up to a week for a water delivery in the height of summer. The hotter days can also affect the quality of your water. These days many tanks are sited away from the house resulting in underground collection pipes to the tanks. These pipes continually hold water. If it doesn't rain for a week or two, this water can become stagnant, particularly if mixed with organic leaf matter. So when it does rain, this contaminated water ends up in your tank. Try to flush or drain your lines by removing the flush cap on a weekly basis and keep your gutters clean. If you do run out of water and your tank is dirty, allow 2-3 hours for the sludge to settle out after the water delivery. Using the dirty water straight after a fill can result in filters, pump impellers, and domestic appliances blocking up. Sometimes smelly tank water can be remedied by running a garden hose into the tank to recirculate and oxygenate the water. Be careful if the tank is dirty as you could be stirring up the sludge in the bottom making matters worse. Remember for summer - clean gutters and regular pipe flushing.

I am an experienced owner/operator and happy to provide assistance with any tank water problems. My core business is pump repair/sales, filtration and tank cleaning/repair. Joe Hall, 021 420 9236, www.healthywatersolutions.co.nz.

Relationship property agreements and unfairness

Agreements about property between partners are different from normal agreement because there is an intimate relationship which is absent from business arrangements. Accordingly, a property agreement which may be justified as a business arrangement could be overturned by the court even if both par-

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 <p>Kadai Firebowls and Accessories</p> <p>20% OFF</p>	 <p>Mad Millie Cheese Kits</p> <p>20% OFF</p>	 <p>Spa Pool Clearance great deals on floor stock models</p>	<p>Weber BBQ Demonstrations In store Saturday 10am-2pm</p> <p>Come and experience the amazing Weber taste for yourself</p> 

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ties had lawyers who fully advise each party. Part of the reason for this is that the act requires a lawyer to consider potential future unfairness arising from the agreement. Or, if there is a challenge to a property agreement, the length of time since that agreement was made and the change in the circumstances of the parties due to time. For instance, a change in your health or income earning ability may make it unfair that you have no interest in the family home which was owned by your partner prior to the relationship. These considerations can also be relevant if there is a challenge to the agreement after the death of one of the parties to the agreement. That is, the surviving partner may then challenge the beneficiaries of the estate by challenging the fairness of the property agreement. Luke Kemp phone 09 412 6000 or email luke@kempsolitors.co.nz.

Are Pre-Nups in danger?

A recent Australian case may have set alarm bells ringing for couples with pre-nuptial or contracting out agreements. The Court threw out a pre-nuptial agreement that followed all the technical rules for such agreements,



because the Court said the power imbalance between the parties at the time of signing meant it was unfair to hold the weaker party to it. But can a pre-nup or contracting out agreement be overturned in New Zealand simply for being unfair? The answer is: yes it can. But this is nothing new. In New Zealand, pre-nuptial agreements have always been able to be overturned for "serious injustice". The Aussie case is *Thorne v Kennedy*. In that case, a prenuptial agreement signed by a wealthy Australian man and his Russian "mail order bride" was found to be unenforceable for being an 'unconscionable bargain'. The Court wasn't willing to allow the wealthy partner to hold his bride to her promise to receive a small lump sum rather than a division under Aussie law. It said that when she signed the pre-nuptial agreement, it wasn't a 'fair fight', as her precarious immigration position made the power imbalance too great. The case has highlighted that just because it is signed and sealed in front of a lawyer doesn't mean it will stand up to challenge. The main threat to certainty of contract is unfair agreements. The take home message for kiwis is: if you want to put your own arrangements in place in case of a separation, you need to make sure the agreement is firstly, fair and reasonable and secondly, that it stays that way i.e. it is responsive to your changing relationship. The New Zealand Courts have shown in recent years that they will step in to look after the non-asset owning spouse where pre-nuptial agreements or trusts depart too radically from the philosophy of our Property (Relationships) Act. The philosophy of our Act is to recognise the equal contributions of each partner, and to

provide for a just division of property upon separation taking into account the interests of children. To be enforceable it is now clear that agreements need to be fair out the outset, but they also need to respond to changes in a relationship such as children. Even though *Thorne v Kennedy* isn't likely to change the way we look at pre-nuptial agreements here in NZ, it is a timely reminder that if you want your pre-nuptial or contracting out agreement to stand the test of time, make sure it is fair and reasonable and is designed to remain fair, in the changing circumstances of your relationship. Taina Henderson and Shelley Funnell are your friendly local, mobile lawyers. Check us out on Facebook or call us on 09 281 3723.

We've all been there

Gathered at the neighbourhood barbeque, long refreshing drink in hand, enjoying the delicious seasonal dishes... when over the quiet mingling chatter you are subjected to a blow by blow account of a new home building project gone horribly wrong. Entrusting a team to take care of you throughout the build process on your journey to creating your brand new family home is a big decision. The most important decision you will make. It will be the difference between having a great experience and having one you can't wait to forget. For 15 years we've been building homes for a variety of delighted NZ families and creating better barbeque stories. Ensure your own personal building story is one you can tell with confidence at your next summer barbeque. If you are motivated to start creating the home you have always envisaged, then this is for you. Talk soon Scott - www.compasshomesrodney.com.

Tradie of the month

A great work ethic and an eye for detail have earned builder Edwin (Chook) Smith the Maddren Homes Tradie of the month nomination. Chook's been in the building game a while and his can-do attitude and quality workmanship have not gone unnoticed. It's bringing values like these to the job every day that contributes to a positive culture and houses built to a superior standard; a win-win for everyone. Chook's hard work sees him walk away with a voucher from proud sponsor Western ITM. Keep up the great work Chook, you're one in a million.





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Dan's Tips

December 2017

It's the festive season and a great time to get out in the garden with the family.

Spuds are ready, plant leeks and pretty up the outdoors with some potted colour - plus protect those berries from the birds!



Seasons greetings from all of us at Central Landscapes!

We wish you all a safe and happy Christmas break. Keep an eye out for our new branding launching in the new year!

In the Veggie Patch

- **Christmas spuds:** early potatoes may be harvested when their foliage starts to yellow – perfect for Christmas dinner!
- Plant out **swan plants** ready for when monarch caterpillars are hatching and hungry!
- **Bird Netting** over the strawberries, raspberries and blueberries – or that's Christmas Day desert gone
- **Plant leeks** – the seedlings are best dropped into a hole the width of a pencil, or a long trench. Nature tends to fill in the soil as it drops around the leek after watering. A good tip is to trim off half of the green tip to encourage the growth.

The rest of the Garden

- **Pretty up your pots for summer outdoors** – geraniums, impatiens and petunias make excellent displays and have fun teaming them up with some basil, parsley or thyme – nice aromas around outdoor eating areas
- **Install a birdbath** and keep it topped up with water to help feathered visitors get through the summer heat
- **Going away?** Deep water, then mulch pots thickly and move them into shaded areas

Lawn

- Best rule for summer mowing is to **cut grass by one third of its length**



Cover those tasty berries!

Strawberries, raspberries and blueberries are all ripening and those birds love them!

Cover them with netting to make sure you get some!



Planning on some summer planting?

Centrals recommends you use Prolawn Aquaturf G, an easy to use, safe wetting agent for all applications including lawn, garden and container planting. It's brilliant to use on hydrophobic soils and aids drainage of ponding areas.



Seasons greeting from us at Central Landscapes!

From all of us at Central Landscape & Garden Supplies Swanson we wish you a safe and happy holiday break!

We're open through the Christmas and New Year period so if you have outdoor projects to be done check out the website for our holiday hours.



We're proudly supporting the School Garden Section of the NZ Flower & Garden Show - helping our future generations to grow.

Open Hours: Monday - Friday: 7am - 5pm, Saturday: 8am - 4pm, Sunday: 9am - 4pm
www.centrallandscapes.co.nz • 09 833 4093 • 598 Swanson Road, Swanson

Build: New

One plan, endless options

Have you ever had a suit or dress tailor made, just for you? Starting with a pre-determined cut or design, the tailor then helps you choose fabric, fit, colour and design finishings to make it unique to you and your needs. An extra pocket here, a cropped hem there, even though your suit or dress came from the same design, the final product can look completely different. Building a new home from a Signature Homes Pacific Collection plan is much the same. Your choice of plan determines specifics such as the number of bedrooms, bathrooms and overall floor plan. From there, you can modify the look and style of your home through your choice of roof shape, exterior cladding and window style, or by adding exterior details such as a feature chimney or covered deck. Take the two houses in the picture above, for example. Both options that can be built from the Marina plan, each exterior has a unique look and feel. House one has a gable roof with brick and weatherboard cladding and feature chimney. House two has a completely different look with monopitch roof and weatherboard cladding, and that's before even considering colour choice and joinery. And both homes have changed the location and entrance of the garage. Inside, there are endless options available to tailor a plan. You can add bi-fold or sliding doors to create in-



door/outdoor flow, remove wardrobes to create office space or add a kitchen island or butler's pantry to create a dream entertainer's kitchen. Some changes could alter the final cost of your home, and your New Home Consultant can help you work out whether the changes you desire can be made easily and within your budget, or whether you might be better off choosing an alternative plan. Starting with a pre-designed plan doesn't mean you get the same home as others who have started with the same plan, Signature have never built the exact same home twice. A tried and tested house plan means you can relax knowing that the bones are good, and enjoy the process of personalising your home.

Jalcon offers unique virtual tour

Seventy-nine new homes to be built in Sunderland Crescent. Experienced Auckland house designer and builder, Jalcon, has just launched its latest development – consisting of 79 new homes – at Hobsonville Point, and, in a first for Auckland, potential buyers can take a virtual tour of their new home. Known as Sunderland Crescent, the north-facing prime coastal site has views over native bush and the upper harbour and is right next to the coastal walkway. It will include a mix of standalone houses, terraces and apartments. Designed by leading architects Stevens Lawson, prices start at \$650,000 for the two bedroom apartments, \$1.075 million for the three bedroom terraces and \$1.599 million for the individual three to four bedroom homes. To demonstrate the appeal of living in the development, Jalcon



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Our House & Land packages are constructed to suit the modern lifestyle with modern building materials, in new suburbs that are designed with lots of shared green space and parks.

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- Suburban Planning – new homes are often built in new developments within close proximity to public transport, schools and community facilities
- Insulation – dry, quiet and comfortable homes
- Peace of Mind – Signature Homes offer robust guarantees

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has revamped the display room in their showhome at 7 Liquidambar Drive, Hobsonville Point, open every day from 10am to 4pm or by appointment. And, in an exciting new move, the company has created a unique virtual tour allowing potential buyers to navigate around the development and visualise how they would live there. More information visit www.jalcon.co.nz/hobsonvillepoint or call 0800 77 11 11.

Fletcher Living's stunning new showhome is now open

Come in and see us at 7 Peihana Road, open 7 days, 10am-4pm. Hobsonville Point is a peaceful and beautiful sanctuary just 25 minutes from the CBD by ferry or 20 minutes by motorway off peak. A growing and sought-after community on the peninsula, nestled between Albany and West Harbour and surrounded by the waters of Waitemata Harbour. A family friendly location with sculpture trail, parks, walkways, brand new schools, shopping facilities and a bustling Sunday farmers market all within minutes of your doorstep. Take a look around our new show home and introduce yourself to our friendly sales team. We have a range of completed homes available ready for you to view today. These homes offer a mix of two level duplex and standalone homes with expansive and light-filled open plan living, on trend kitchens and high quality fixtures. The quality build and well thought out design will be sure to impress. You will feel at home and



entertain with ease. Perfect for all ages and stages and lifestyles. Get in quick to be one of the first to view our exciting new release of homes! For more information visit fletcherliving.co.nz or call Christina Tubman on 027 334 4752.

Parkview house and land packages available now

G.J. Gardner Homes Rodney West are delighted to be building new homes in the new Parkview Development in Helensville. Here at G.J. Gardner Homes Rodney West we believe that the key factors in creating a home that is just right for you are



communication, understanding and teamwork. We respect and understand our clients' individual needs and unique requirements when building a home. In the local Rodney area GJ Gardner have built more than 1,500 homes which shows our wealth of local building experience and knowledge. We are a committed team who have built a reputation that ensures all customers will receive excellent service, quality workmanship and quality product. We have a strong local focus in the Rodney West area that allows the team to work more closely with our local clients as we continue to bring their new home ownership dreams to life with great quality and value new homes. Please feel free to call in for a coffee and discuss your ideas and dreams to bring your new home in Parkview to life.



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We are not part of a franchise. We are not owned by overseas interests. We are proudly 100% New Zealand owned and committed to building award winning new homes that are personalised to your way of life. **Call us 09 412 1000 or visit www.maddrenhomes.co.nz**



Food: Beverages

Peko Peko Japanese Takeaway

Season's greetings from team Peko Peko. It wasn't an easy year but we met lots more new customers. And thank you so much to our regular customers who have been supporting us over years, some from 2014 when we started our business. We will have completed 4 years of business in Hobsonville after the New Year and we are so glad to keep serving our Japanese food to this lovely neighbourhood. All the best wishes to everyone for this festive season and we look forward another exciting year ahead. Please check our Facebook page for trading hours especially over the Christmas and New Year's period. We are a little food truck located on 92 Hobsonville Rd, car park of Passion Produce vegetable shop. 022 431 3462.



Rolled sugar cookies

225 g Butter
225 g Sugar
1 large egg plus 1 extra yolk
480g Plain Flour
½ tsp Baking Powder
1 tsp Vanilla Essence
Cream the butter and sugar until light & fluffy. Add egg, extra egg yolk and vanilla



Essence and mix in well. Sift together flour and baking powder and beat into butter mixture. Roll mixture into a large ball and wrap in glad wrap to chill until firm. Roll out cookie dough to approx. 6 mm thick and cut out shapes – place on lined oven tray and bake at 190 for 8-12 minutes until they are just starting to colour. You can roll between two sheets of baking paper if necessary. These are great lasting cookies and perfect for your Christmas cookies designs – ice with royal icing or fondant. Recipes supplied by Wedding and Birthday cake specialists Paula Jane Cakes. Contact Paula on 021 208 8604 or Jane on 021 273 6139, email info@paulajanecakes.co.nz or visit www.paulajanecakes.co.nz.

The Herbalist Christmas gift packs

Are you looking for a stocking filler for Christmas or the perfect host/hostess gift for a barbecue? The Herbalist 3-Bottle Christmas gift packs are available now. These make a great stocking filler or gift for any craft beer fan and are a very suave host/hostess gift when attending barbecues this summer. Presented in a stylish cardboard box with a handle and featuring a selection of three of the four craft beers available from The Herbalist. With no wrapping required, they really are the perfect gift. Available at The Bottle-O Huapai, Farro Fresh stores or online at theherbalist.co.nz.



The Chippy, Riverhead

As part of Riverhead Central, The Chippy based down the lane between the two black buildings has opened. We offer fresh terakihi and gurnard, steak cut fries, beef/chicken/fish or beetroot burgers as well as tasty sides like salt and pepper squid and house salads. To complete your meal we have Dr FeelGood pops in the freezer and coming soon we will offer milkshakes too. We are a local team, serving locals and doing our best to serve quality food at a decent price. Orders are taken on the phone or in person. Either way, you can pop next door to



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see the team at Forester and have a drink while you wait. Come and see us Wednesday - Sunday evenings, check our Facebook page for more details whether it's on your way to or from the beach over summer or just as a quality takeaway option in the Nor West area. www.facebook.com/thechippyriverhead.

Celebrate summer with Soljans Estate Winery

There is nothing better than a refreshing sparkling wine while relaxing in the sunshine. So visit Soljans and pick up your perfect bubbly off our popular wine selection this summer, ranging from the most awarded Fusion Muscat, the happy-go-lucky Fusion Rose, the perfumery Fusion Sauvignon Blanc to the classic Legacy Methode Traditionnelle. These "6-pack specials" end 14 January 2018. Pick up a pack while stocks last or simply purchase a bottle to pair with an exquisite summer dish of your choice at our Winery Café. Soljans Cellar Door and Café will be closed on Christmas Day, Boxing Day and New Year's Day and will be very busy during the summer months so please call us on 09 412 5858 to make your booking.



The perfect Christmas gift for someone who 'has everything'

This Christmas, why not consider a gift pack of gorgeous gourmet chutney or relish as a tasty treat? It's always handy to have these on hand in the pantry to liven up some home cooking or serve as part of an antipasto platter when unexpected guests pop in. And if you order online, we'll give you free delivery so it couldn't be easier. The NoShortcuts range of artisan chutneys, relishes and jam are all handmade – just like mum used to make, chockful of natural ingredients and contain no nasty artificial flavours, colours or preservatives. Most are non-gluten too. You can select which of the following products you'd like in your gift pack (either 2 or 3 jars); Beetroot or Gherkin Relish, Mustard Pickle, Sambal Ulek, Tamarillo or Old Plum Chutney, Thai Tomato, or the award winning Feijoa & Ginger Jam. Just \$23.50 for the 2 pack and \$32.50 for the 3 pack. To purchase with FREE delivery Auckland wide,



- Smokey Manuka woodfired pizzas - Quality salamis and meats
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- Homemade gluten free bases available – animal rennet free cheese
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Please see our Facebook page for delivery area & Menu
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go to www.noshortcuts.co.nz.

Yum cha Chinese restaurant

The only yum cha Chinese Restaurant in Waitakere. We have more than 200 seats and affordable prices for yum cha dimsum. We have been open in our premises since November 2015. We are open for yum cha / lunch and dinner. We look forward to seeing you soon. Address: 26-30 Totara Ave, New Lynn. Phone: 09 827 8883. Go to www.elegantfood.co.nz for our details and menus. Find us on Facebook at Elegance Chinese Restaurant.



L'Authentique beer banger challenge winners

The 2017 Hallertau Beer Banger Challenge was once again fiercely contested by six of Auckland's finest artisanal butchers. More than 200 sausage platters served and with 350+ votes cast in a traditional first past the post system, L'Authentique were clear winners with their 'Hop Scotch' sausage. Their winning entry featured Hallertau Number 2 beer, pork scotch, bacon, red capsicum, fresh coriander, fresh garlic and spices. The winning sausage now joins the Hallertau menu and will be available on a limited basis via Farro Fresh and New World supermarkets this summer.



Summer Sparklings
COME ON IN AND GET YOUR HANDS ON OUR SPARKLING 6 PACKS
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Petstips:advice

Summer's unexpected danger to your dog. The grass seed.

Although you wouldn't necessarily think so, grass seeds are one of the most common problems encountered by pets, especially dogs. An unsuspecting owner may not realise the extent to which their pet has been affected, as the only tell-tale signs might be irritation, biting or whining. It is extremely difficult for vets to know how large the problem is, and what treatment is necessary. In some cases, surgery may be the only option of removing the contaminant. You might start to notice grass seeds as they become more prevalent from late spring up to the end of summer. They can become lodged almost anywhere on or in a dog, from their eyes and ears to the pads on their feet, and can move around inside the body. They tend to require removal, as they can't usually be broken down. It is therefore not simply enough to provide antibiotics to eradicate the seeds as although they will initially tackle the infection, it will keep returning as long as the seed remains in the body. What are the signs and symptoms? **Nose:** Continuous sneezing and rubbing of the nose or face are other signs, and the dog may struggle to breathe. A seed can damage the airways and may even move into the lungs, which is usually considered life threatening. **Eyes:** The eye will seem swollen, inflamed and red, and may also be watery. Ulcers can appear, and the dog might rub at the site because of the irritation. Seeds can even enter the eye itself. Long-term problems can result in blindness, and the eye may even be removed depending on the severity of the



problem. Ears: Your dog may scratch their ears, rub their head along the floor, shake it and walk at a tilted angle. The ear might also be sore to touch and the dog may hold their head to one side. Infections can develop at the site, the ear drum could rupture and the dog might even go deaf or lose their balance permanently. They could die if the seed travels from this area into the brain. **Skin:** The dog may try to remove the grass seed by licking and chewing a specific area. The awn might visibly protrude from the skin, which could appear swollen and red with pus or blood. From here the seed can move into the abdomen or chest, in which case surgery would probably have to be administered to remove it. **Feet:** Signs of a seed in the feet are swelling, redness and a weeping hole. The dog will try to lick or chew the affected place, and limp or hold their leg up. A seed can travel from the feet up through the leg, all the way up to the chest or joints. **Stomach and lungs:** It is possible for a dog to ingest and inhale grass seeds in a variety of ways. They might be picked up on food they eat off the ground, when they lick their coats or whilst walking or running through long grass. They can also be inhaled through the mouth and get stuck in the lungs, causing the dog to cough or retch. It is impossible to detect whether a grass seed has become stuck in the lungs until the infection is rather advanced, and the case may be that it is too late to treat. This may manifest itself in the form of a chest infection, pneumonia or collapsed lung. Grass seeds can be digested if they find their way into the stomach, but it is still possible for them to pierce the digestive tract into the surrounding tissues and organs, thereby spreading the infection and travelling to other areas of the body. A grass seed that gets stuck in the throat can cause inflammation and swelling. Reluctance to eat or refusing to eat at all, vomiting and coughing are all signs that are linked to swallowing a grass seed. How can trouble with grass seeds be prevented? It can be very difficult to prevent grass seeds from entering the body, but there are some measures you can take. Try to stay away from walking your dog in long grass as much as possible, and stick to areas where it has been cut short. This includes making sure you cut the grass in your own garden regularly. Excessive hair around the paws, ears and arm pits needs to be trimmed on a regular basis as it can pick up grass seeds more easily. Make sure to check your dog's body thoroughly for grass seeds after every walk, and take note of anything that looks unusual or any different behaviour your dog may be exhibiting. If you think they may have a grass seed stuck somewhere in their body, or they are displaying some strange behaviour, take them to the vet before it becomes too late to do anything about it. The earlier the problem is identified, the quicker it can



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RYAN JACKSON

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be treated before it spreads too far. Info sourced from Animal Friends pet insurance. Country Pets, based in Muriwai, offer small group, daily dog walking adventures. Long haired dogs are checked over after each walk for grass seeds. Contact Lisa on 027 380 0265 to see if there's a suitable group for your dog. See Countrypets on Facebook for photos and testimonials.

Dog and co

Summer is an exciting time for pet photographers like myself. I specialise in outdoor, candid images of your four legged pals, so it is always a relief when the sun comes out, the temperature rises, and the mud dries out.



Nothing beats being able to capture the joy which a dog experiences at places like Bethells Beach, and when you book a photo session with me, the choice of location is entirely up to you. Now is the time to get in touch for summer photo sessions. Alongside doing photo shoots outside, I also have a portable "dog photo booth" which I set up at markets and events around Auckland, or in the comfort of your home. Over summer I will be at Te Atatu Night Market on the last Friday of each month, as well as the new Paws In Parnell monthly dog exclusive market. No booking required and super affordable if you are after simple images of your dog against a backdrop. Finally, Pet.Kiwi will be hosting a fun Christmas party on December 16th at their store, 381 Great North Road, Grey Lynn, in which I will be doing a Christmas themed pop-up. A percentage of each photo session sold will be going towards the awesome ARAN Rescue. To book a photo session don't hesitate to get in touch with Kirsty - www.dogandco.nz.

Kanika Park Cat Retreat

Enriching Your Cat's Environment by Dr Liz Bales, Modern Cat magazine: You've gone to great efforts, you've done research - the best food, attend to every physical and medical need. But is your cat happy? Veterinary behavioural science has demonstrated that cats need more than shelter, in short - improving feline environmental enrichment. Safe Space: In nature, cats are predator and prey, being exposed can make them feel vulnerable. Give them a safe spot to retreat to with beds, boxes, perches, cat trees, and shelves. Multiple/Separate Key Resources: Cats han-



dle conflict by avoidance. They get along best when they don't have to share. Multiple "key resources" litter boxes, scratching posts, water, food sources in separate areas of the living space. Positive and Predictable Human Interaction: Play with your cat daily. Cats benefit from at least 15 minutes of daily play. Kanika Park Cat Retreat has done our homework too, we totally agree with Dr Liz Bales. We have put the above and more into each of our large spacious suites. Phone 09 411 5326 or email info@kanikapark.nz. www.kanikapark.nz.

Don't rush your dog; give them a moment to think

Don't rush your dog; give them a moment to think

'Education is not the learning of facts, but the training of the mind to think' - Albert Einstein

Don't rush your dog; give them a moment to think. You will be surprised with how much they can accomplish.



As humans we can be very impatient. Think about how annoying you find it when your email takes longer than 2 seconds to update or a video takes forever to buffer (forever being 2 seconds)...I know I get frustrated.

The issue is our dogs are not machines being given commands to do things. They are living beings with their own wants, needs, feelings, thought processes and interests. Sometimes distractions around them mean that, something they would normally find easy to do may take a little longer.

Quite often we can find ourselves in the position of micro managing our dogs. Telling them exactly what to do in all situations and wondering why they never learn for themselves. We often repeat ourselves to the point that the words we are saying become white noise with no meaning. When really all we need to do is give them a little time to think.

Put yourself in this situation: you're out walking your dog on lead, a bird pops out of the bush in front of you and your dog pulls you towards it. Most people's reaction would be to pull the dog back to them, possibly while shouting 'Leave, Buddy LEAVE!'. You're now flustered, you're dogs probably confused as to why you shouted at him and annoyed that he wasn't allowed to go chase the bird. There is a small, but definite, breakdown in communication and the relationship between you and your dog. Nobody has gained anything from the experience.

Now instead I want you to try a different way to handle the situation, a way that will involve your dog thinking and learning to make good choices in situations like this in the future.

Your dog has seen the bird and is at the end of his leash, he



Special thanks

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

Countdown Westgate	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 Real Estate Hobsonville	

can't go anywhere though; he is still attached to you. Instead of pulling the dog back or shouting something at him, just wait. Simply wait and give your dog a moment to think and make a choice to come back to you. Then if your dog chooses to come back to you have a party; reward them. They have chosen you over the exciting bird so celebrate it; build that relationship. Don't rush your dog; give them a moment to think. Try it in as many scenarios as you can. You will see how quickly your dog starts making good choices and how your relationship grows. Laura, Constructive Canines, www.constructivecanines.co.nz.

Should I feed vegetables to my raw-fed dog?

It depends. Vegetable fibre promotes gut health in humans. The same effect is seen in dogs when they ingest their prey (especially the joints and skin). For a species-appropriate source of 'fibre', a well-planned raw meaty bone diet is perfect for dogs. Green tripe is a great food for carnivores – full of probiotics and beneficial nutrients. Pet owners who can't access tripe often feed vegetables instead, but we are fortunate in New Zealand with our ready supply of high quality green tripe. Another reason for adding vegetables is to increase the range of nutrients in the diet. This may be necessary if you are unable to access a varied raw diet. Again – in New Zealand we are fortunate to have access to a plentiful wild and farmed prey species, so it is relatively easy to provide a wide range of nutrients. Some dogs may benefit from vegetables, but some may do better without them. Certain vegetables can even be toxic to dogs. If you are considering adding vegetables to your dog's raw diet,



Stand Like a Tree

If a dog runs up to you copy how Beth & Tane are standing



Stop and stay still

Wrap your branches -

Hold your elbows

Keep Quiet

**Stare at your roots -
Look at the floor**



chat to our staff first, so that we can help you figure out the best approach for your pet.

Warning for dog owners as temperatures predicted to rise

Vets are warning pet owners to be vigilant, following a warmer weather prediction for the first half of February. While the rise in temperature is welcome news to Kiwis looking to finally embrace summer, vets are expecting an influx in cases of heat-related ailments and poisoning. Vet Director Dr Allan Probert from Vetcare Group comments, "Whether heading to the beach, native walks or the local park with your pet, there are a number of potential health hazards to watch out for. "Sunburn can be a major issue so it's important to remember to apply a pet sunscreen when heading outside, and at the beach keep an eye out for algae bloom and jelly fish," says Allan. "The karaka is also now in season. The berries remain toxic after they've fallen off the tree which can cause poisoning in dogs. Symptoms are quite often delayed by 24-48 hours, but can be fatal if not treated in time. Slug bait is another watch out. Many pets are attracted to the bait due to the palatable ingredients, but the bait contains Metaldehyde which is extremely toxic to animals if ingested."

Dr Probert has collated the following tips to help care for pets during the warmer weather: Sunburn – pets that have lighter colour fur are more prone to sunburn, but all pets can get burnt if they lie in the sun for too long. Use a pet sunscreen when you know they'll be outside. Be extra cautious if you're heading to the beach or walking on asphalt on a hot day, as both can burn your dog's paws. Exercise / swimming - exercise your dog during the cooler parts of the day. If swimming, always rinse your pet with clean water afterwards to reduce the risk of skin irritation. 3) Prevent your pet from overheating – try to encourage them to stay in shaded areas and ensure they have fresh drinking water at all times. Toxic plants – aside from karaka berries, some types of decorative plants are toxic to dogs and cats. These include lilies, daffodils and poinsettia. Travel – when travelling with your pet it's best to not feed them for the 4-6 hours beforehand.

TheK9Way

TheK9Way provides elite dog training and behavioural solutions that align with the nature of dogs and make life with your dog easy. Our approach to working with dogs combines experience, common sense and science. What training is most suitable for an individual dog will depend hugely on what motivates the dog, the dog's history and what one wants to achieve. This is why we tailor our approach to fit with each dog and their particular situation. Learn more at www.thek9way.co.nz or call 021 239 0635.



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Don't leave your dog unattended in a car!

Dogs Die Every Summer
Your cars temperature is **DEADLY**



Vehicle Temperature

Outside Temp C°	Inside Temp C°	
	10 min	30 min
24°	34°	40°
26°	37°	43°
29°	40°	48°
32°	43°	51°



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Health:beauty

Hobsonville Podiatry

As the weather gets warmer, many of us are getting excited for the coming summer. During summer there are a few factors to keep in mind regarding our feet, so here are a few tips to keep your feet happy over the warmer months: Regularly moisturise your feet. When our feet come out of shoes into sandals/jandals/bare feet they dry out. Dry feet build up callus (hard skin) faster. If the skin is particularly dry the callus can split, leading to discomfort and pain. Avoid long periods of time with nail polish on. Nail polish can compromise the integrity of the nail and make it more susceptible to fungal infections. If you have a fungal infection the nail polish seals the infection in and can act as an incubator. If this is a foreign concept to you, try and go one week polish free between applications. Minimise time in enclosed footwear as fungal infections love warm moist environments. If you are stuck in hot shoes all day, use an antifungal foot powder as preventative care. Warm up and cool down when partaking in sports. The warmer weather generally brings more activity and for those that have been more sedentary over winter this can be a shock to the musculoskeletal system. It is a good idea to ease into your activities. Slowly increasing how frequently you are partaking or the duration of the activity. This will help avoid injury. Another great way to avoid injury is to do a gentle warm up prior to exercise and a cool down and stretch at the end of your activity, again this helps to lessen the risk of injury. Stretch your feet. When barefoot and in sandals there are different loads on the muscles of the foot and ankle compared with closed shoes. This can mean the muscles in your feet are working much harder. It is a good idea to stretch your feet every evening to loosen these muscles. Rolling your foot over a tennis ball or cricket ball works well to loosen the tightened muscles of the foot. If you would like some foot stretches sent to you please email: info@hobsonvillepodiatry.co.nz. Hobsonville Podiatry is located at level 1, 124 Hobsonville Road, Hobsonville. Phone 09 390 4184.

Westgate Medical Centre

The holiday season is almost upon us and we know that this can be both fun and stressful. We are here to help with the results of both. Injuries and sunburn are a feature of this time with the better weather and the celebrations – remember your “Slip, Slop, Slap and Wrap” routine and be careful out there. Happy Holidays from the team at Westgate Medical Centre. We will be

open from 8am to 8pm every day except Christmas Day for all your health and injury needs. www.wgmc.co.nz.

How to use your tongue to strengthen your neck

I have recently started a new blog series called 'Body Hacks: Simple tips to feel, move and function better'. This is a series of posts which describe some 'body hacks' that I have learnt over the years. They are simple moves,



exercises or tips you can do that can have a dramatic effect on your body. One of the first ones was how simply poking your tongue into the roof of your mouth can actually strengthen your neck. This can be used when doing exercises, like sit-ups, or if you are in an awkward position that is straining your neck. To read the full post (it is only short) please visit the blog on our website. Your body will thank you for it. Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312. www.elevatechiropractic.co.nz.

Hobsonville Optometrists - glasses and gifts

We presume summer will come - in anticipation we want to encourage you and your children to wear sunglasses. Even if it is overcast, those damaging UV rays can harm your eyes. We encourage you to start your children wearing good quality sunglasses to avoid cataracts and macular degeneration in the long term. If you have prescription glasses, we can put your prescription into almost any frame - you get to choose the frame, the colour of the lenses, whether they are polarised or whether they change from clear inside to dark outside. We will advise you on what best suits your desires and lifestyle. We have a large selection of Maui Jim sunglasses - once a Maui Jim wearer,



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always a Maui Jim wearer. Come in and see the difference. And see more about our beautiful gift range at <http://www.hobsonvilleoptometrists.co.nz>. 413A Hobsonville Road, Hobsonville. Monday to Friday 9am to 5.30pm and Saturdays until 3pm or later. Phone 09 416 3937. We will close on Sun 24 December 2017 and will re-open on Monday 8 January 2018. Have a safe and happy break.

New doctors open on Luckens Road

We are happy to introduce our medical team of Dr Frederick Goh and Nurse June Dunn, who are both no strangers to West Auckland. Dr Fred, formerly from New Lynn, returns to West Auckland with his unique blend of personalised, primary healthcare based on his guiding philosophy of treating every patient like family. He is an experienced GP, who graduated in 1991 in Singapore and is an accredited Family Physician there. He has attained MRNZCGP in NZ and is pleased to be enrolling new and old patients alike. Nurse June worked 7 years on Luckens Road, before moving on to Hobsonville Point. She is back with her special style of child-friendly, patient-centred nursing that puts everyone at ease. Our clinic opens Monday to Friday 9am to 5.30pm (except public holidays). Call us on 09 416 4538. Website: Doctorson-Luckens.co.nz.



Popping pills vs popping to the physio

Back ache, rolled ankle, swollen knee, head ache ... the list goes on. What do these issues have in common? Pain killers! Pain killers are presently our best mate when it comes to tackling that throbbing, stabbing or aching pain. Even your doctor loves prescribing them to you and you love them for helping you out. But what if there was new evidence to suggest that a visit to your friendly Physio could be, in some cases, way more beneficial than popping some pills. We're so good that even the Royal Australian College of GP's recommends considering us over pain killer prescription. <https://goo.gl/Nww5BE>

So here are 7 reasons why we think these GP's are so right: No nasty side effects. It wins the "war" not just the little battles ... it gets to the very root of your pain to stop it, not mask it with little victories that don't last or mean anything in the end. You're not reliant upon Physio for months or years (like can so easily happen with painkillers). Physio doesn't lure you into a false sense

of "I'm doing okay today..." to be then walloped by the pain when you didn't expect it as the painkillers wear off. You don't have to sit in a stuffy GP waiting room trying to convince the receptionist you need seen right now. Our receptionist, Debs, is the friendliest and best and will ensure someone sees you. The effects of physio don't wear off after just four hours. You don't have to ring up at 8.30am every morning trying to get in, only to be put on hold, told that your call is important to them but "you're still 27th in the queue"... Nor do you have to pop out of work at very inconvenient times, just to be given a prescription. We are open 7am to 7pm so there are plenty of times available at a time that works for you. So maybe next time before you reach for the pain meds; you reach for your phone and call us on 09 416 4455 or email us on physio@hobsonvillephysio.co.nz and one of our friendly Physio's will be more than happy to help you.

A very merry Christmas with Westgate Optometrists

For the team at Westgate Optometrists, Christmas means a kiwi summer, spending time with loved ones, jandal tan lines, baches in the boondocks and eating ourselves silly. Every year we embrace Christmas by thanking our loyal clientele.



For the entire month of December, all those who purchase a complete pair of glasses will receive a gift from beneath our Christmas tree. We wish you all a very merry Christmas and may your coming year be filled with high spirits and haleness. Phone: 09 831 0202 Website: www.westopt.nz. Facebook: www.facebook.com/westgateoptometrists.

Your body is unique

Spring is here and time to deal with habits and patterns that may have formed over the winter months or even longer. Do you find yourself longing for change in your physical wellbeing, your finances or your relationships? It can even be ridding yourself of long term allergies to pollens or foods? Are you often setting goals and good intentions and then sabotaging yourself at the earliest opportunity? I can help you to clear long standing patterns of behaviour with simple, non-invasive techniques through Kinesiology, using acupressure points and NLP techniques (Neuro Linguistic Programming) you can clear



Country Spa Retreat

Ph. 09-4115290
relax@spadivine.co.nz
www.spadivine.co.nz





Merry Christmas!



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deep subconscious patterns that once served you but are now blocking your way to the future you desire. I am a professional Kinesiologist and Yoga therapist and my clinic "The Cabin" is located on Herald Island. Give me a call and have a chat about what you need to move forward in your life and see if Kinesiology can help. Call Dawn on 021 0381261, I look forward to hearing from you.

The Hand Institute

The Hand Institute now has in stock low-profile Push thumb splints. These splints support and stabilise the base of the thumb and help alleviate the symptoms of osteoarthritis in this part of the hand. By stabilising the CMC joint of the thumb gripping tasks are made more comfortable, and allow you to do more. Get in touch with us today for more information on having one of these amazing splints fitted. Call, The Hand Institute Kumeu – 09 412 8558.



DT Denture Clinic

There is still time to get a new set of dentures or even relines, tooth additions and repairs done before Christmas. If you have been thinking about getting a new set of dentures the good news is we still have time to do this before Christmas. Surprise your family with a new smile. Call us for a free consultation. Don't wait days or even over night for relines, tooth additions and repairs. Here at DT Denture Clinic we offer a same day service. We are able to do this as we have an in-house laboratory. We don't need to send your denture across town or even overseas. It's all done on premises. The great news for you, is that you do not have to wait overnight or even longer for your dentures. How the process works, is you have a morning appointment where

our clinical technician will talk you through the process, take impressions if necessary, and prepare the denture for what is needed. From your appointment the denture is given to our experienced dental technicians who will either repair, reline or add the tooth or teeth to the denture. You come back the same day in the afternoon where you will have another appointment with Mark our Clinical Technician who will fit the denture for you, ensuring a perfect fit. Some repairs are straight forward and do not require appointments and these dentures can generally be fixed in a few hours. We understand going without your dentures for a long period of time can be daunting, so if you require a repair, reline or tooth addition to an existing denture call the friendly team at DT Denture Clinic for a same day appointment 09 416 5072 or email info@dt dentureclinic.co.nz.

Pampering Christmas gifts at Spa Di Vine

Beautiful, natural skincare gift packs by Theravine. These highly concentrated products are now available from \$99 - \$149, including cosmetics travel bag. All Spa Di Vine treatments can be purchased on vouchers, such



as Theravine Facials, relaxing massages, reflexology balancing, herbal stamp massages, bamboo and stone massages as well as dollar value vouchers. Our guests love our Half Day Spas and packages for 2 and 4 guests. Spa Di Vine (est 2002) is located in Waimauku, where we offer lovely terrace seating, where you are invited to sit and enjoy a complimentary refreshment after your treatment. All treatments are performed by very friendly and highly experienced spa therapists and are always customised to individual needs. To order a voucher or skincare pack, phone Paula. Phone 09 411 5290, or send an email to relax@spadivine.co.nz.

Mums and bubs Pilates

Pregnancy and labour can take a significant toll on your body, and many pregnancy related pains do not always disappear with the birth. Consequently, your body is probably at its weakest after the birth when you need to deal with the sleep deprivation and constant lifting, carrying and bending a newborn baby necessitates. All in all, an equation that commonly equals pain somewhere – mentally or physically. So to look after your little one, you first have to look after yourself. Clinical Pilates is a safe, low impact form of exercise you can start relatively early after labour. It targets the key muscles that help to reduce

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abdominal separation and support your spine, teaches postural correction and ideally how to lift and carry your baby. As it requires a certain amount of internal awareness, it assists mindfulness and can act as a de-stressor. Come and try Clinical Pilates at Bodyfix Studio in West Harbour, and you can bring your little one too. See www.bodyfix.nz, call 027 263 9349 or email aimee@bodyfix.nz.

Injury Rehabilitation

For an acute injury, proper pain management followed by a rehabilitation and strengthening programme will help to ensure full recovery and prevent your injury reoccurring and will significantly reduce the time



it takes for you to return to your sports or recreational activity. There are 3 stages of rehabilitation: First stage - involves gentle exercise, allowing for the damaged tissue to heal. This stage should not be rushed as it will result in poor quality healing and the site will be prone to re-injury. Mid stage - involves progressively loading the muscles/tendons/bones or ligaments to develop tensile strength, producing a healed tissue that will be able to withstand the stresses and strains of everyday life and exercise. Final stage - is where the tissue adapts and is stressed using functional exercises to ensure the body is ready to return to normal function. Remember - early intervention will get you back to full fitness quicker. For advice or to book an appointment give us a call at NorthWest Physio + on 09 412 2945. www.northwestphysioplus.co.nz.

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I train with Pete because he is professional, a good motivator and has a good knowledge base. We have achieved overall strength increases, with the main benefit being that my lower back pain is almost non-existent now. Kent Sulzberger. Call NOW to book a consult and take the first step towards feeling amazing again. Peter Bristow - B3 Personal Training 027 359

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Staying safe during the holidays

Christmas holidays are full of risks. Seriously. Most of us who spent all their time working hard in the offices or driving around, or doing repetitive movements suddenly stop that and start doing something else that we are not accustomed to. We suddenly pretend to become sport stars and start kayaking every day, tramping, playing beach volleyball and so on. Or we do the opposite - lay on the beach all day eating doing nothing (we call it chilling out). Or we decide to accomplish all those projects that have been waiting to be done on the house, in the garden, in the garage...The key word here is "suddenly". The sudden change in the physical activity poses big risk of injury from overuse or becoming stiff from not enough physical activities.

To avoid injuries, the main advice - everything in moderation! Some active physical stuff, then rest. Some rest and then move again. Do your ambitious projects in small lots with a lot of breaks. Unfortunately, Family Osteopathic Clinic will be closed over the Christmas time, but only for a couple of weeks. So if, despite all our warnings :) manage to injure yourself, give us a call and we will help you as soon as we can. As a Christmas gift we would like to offer \$10 discount coupon. We don't do that very often, so use it while you can! Have a Merry Christmas and a Happy New Year! Family Osteopathic Clinic, www.familyosteoc.com.

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New provisional tax option for small businesses

From 1st April 2018, small businesses with turnover of less than \$5m per year will have the option of using the accounting income method (AIM) to work out their provisional tax payments. Although you can continue to use other provisional tax calculation options, AIM may be better for many small businesses because it uses new functionality included in approved accounting software to work out the tax payments. This means it can help small businesses to improve cash flow management because provisional tax will only need to be paid when the business makes a profit (as opposed to being based on estimations). If a business makes a loss then any refunds due will be available immediately rather than having to wait until the end of the year. Individuals, sole traders and companies are all eligible to use AIM, and you do not have to be GST-registered. For more advice on using AIM for calculating provisional tax payments, contact Mark Foster and the UHY Haines Norton team at 329A Main Road, Kumeu, on 412 9853 or email kumeu@uhyhn.co.nz.

Boardwalk completes coastal loop

Its official, the boardwalk running through the mangroves, and the final piece to connect Hobsonville Point's Coastal Walkway, Te Ara Manawa, will be completed and open before Christmas (2017 that is!). The waterside walkway, that stretches from Mill House around to Catalina Bay, provides a unique water experience allowing visitors to view to the coastal edge with the

opportunity to access water at high tide. The Hobsonville Point Coastal Walkway is a 4km walkway that forms a circuit around two thirds of the Hobsonville Point site and features opportunities for play, integrated art, resting places, and visual reminders of the area's history. It is designed to make the most of the coast for residents and visitors, and the majority of the walkway hugs the coastal edge. The boardwalk section is three metres wide and includes approximately 364 m² of public deck over two levels, using a mixture of hardwood and pine. The two viewing platforms, which come complete with in-built seating and LED lighting, will provide vantage points for users to watch the world go by or access the water. The decks and boardwalk are also being fitted with a steel and timber handrails to provide a serene yet safe experience for all to enjoy. In order to form the Coastal Walkway loop there is an inland section which crosses the site at Hobsonville Point Park. The walkway provides residents and visitors with a wide, walkable path from which they can enjoy a diverse range of sights and experiences including being: close to the harbour, amongst native bush, up high in the treetops, on a waterfront promenade, connected to the area's history; and importantly, a part of the community.

Marketing means business

Q. Why is a Marketing Plan important to your business?

A. To identify: your objectives/goals, strategies will you use to achieve these, how you will measure progress or Key Performance Indicators (KPI's) and finally the tactical/action plan which allocates the who, when and where of getting on with the job. We start your Marketing Plan by pulling together some research on your products, sales and competitors and building from there. The good news is – you carry a lot of this in your own head and what isn't there can be easily found. You need to know where your business is headed, to remain competitive and to achieve your commercial objectives. This is the very best time to begin so call Andrea, MOXY Marketing 022 327 4758 to get started on your Marketing Plan for 2018. A brief word about the (economic) Pareto Principle where approximately 80% of the effects come from 20% of the causes. When applied to a marketing context: 80% of your Sales come from 20% of your customers. Do you know who your top 20% are? How will you acknowledge their



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contribution over the year? Not just the business owners but also their frontline people who deal with your firm on a day-to-day basis. Everyone likes to be appreciated (including your own staff) and these VIP's keep you in business! Merry Christmas everyone.

Woodside Community Garden volunteers check out their water quality

The Lower Swanson Stream runs behind Woodside Reserve where Woodside Community Garden is located. We use water from the stream and children also swim here so we wanted to check the water quality. We arranged for Shelley Hackett from Wai Care/Auckland Council to show us how to do the testing. It was an interesting morning learning how to measure pH, temperature and levels of dissolved oxygen, phosphates and nitrates/nitrites. It was fun carrying out the clarity test, which involved looking down a glass cylinder with a magnet inside it while someone else drew another magnet along the outside of the tube. The point at which the internal magnet disappears is the result. Great news. Our stream is in good health. We also identified which creatures live in and around our stream using a chart. We will repeat the tests every 3 months and are now official testers; results are entered online. Visit our exhibit at the upcoming New Zealand Flower and Garden Show (<http://nzflowergarden->



show.co.nz/) Contact us at rag.riverpark@gmail.com.

Hobsonville Point Youth Cricketers experience the cricket and culture in sunny Sri Lanka

Four youth cricketers from Hobsonville Point team toured Sri Lanka part of an Auckland Cricket Selection Under 15 team during the cricket off season in New Zealand. The four players; Harrison Gobbie, Mitchel Atkins, Darroch George-Bodde and Harrison Wills were part of a thirty-two-member players and supporters group that toured Sri Lanka on a ten day cricket and cultural tour. During this tour the team played three 45 over games and two one T20 games in Negombo, Kandy and in the Capital Colombo. Though the Auckland team did not register any wins on the park, the players gained valuable experience playing in foreign conditions and playing against very talented young cricketers, especially very versatile spin bowlers. Off the park, the tour group enjoyed the scenic beauty of Sri Lanka, and experienced the very vast and rich cultural diversity, traditions and customs along with the opportunity to feast on its rich, melting-pot cuisines of Sri Lanka. The group also visited the Elephant Orphanage in Pinnawella, old Dutch and Portuguese Churches of Negombo, a tea factory and tea fields in Kandy and attended a cricket test match between



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the touring Zimbabwean International team and the Sri Lankan national team Colombo. The cultural highlight for the group was visiting the UNESCO World Heritage site of the Sri Dalada Maligawa or the Temple of the Sacred Tooth Relic (a Buddhist temple) in the city of Kandy, which houses the relic of the tooth of the Buddha. This tour was organised by Sri Lankan born Amita Weerakoon who is currently the Director of Cricket at Takapuna District Cricket Club.

The Manager of the group was Phillip Gobbie and he comments on the tour: "The tour taught the boys many things. The boys played against very talented and incredibly respectful boys from Sri Lanka. I'm sure it will be some time before our boys will need to face spin bowlers of the calibre they faced on tour but have no doubt the added coaching clinic that was given for our spin bowlers will give them a little edge back here in Auckland. "We can only hope the boys will be able to take these learnings back not only to their Auckland Cricket teams but transfer these learnings to other sports and life in general. The comradery extended throughout the family members who attended the tour which is quite frankly a feat in itself given we were all strangers to start with and left as good bunch of friends, for this Amita must be commended.

"The respect for Amita by the teams we played was also very evident. It was important for me to see not only that our team was benefiting from this incredible experience but so were the teams and families we played against. It would be remiss of me to not cover off how well in general the tour was organised. At no time did we feel unsafe or have any concern for our accommodation, food or transport. In a word the tour was very professional. The biggest test would be to ask would I go again and the answer would be yes.

"The ACS U15 team: Harrison Gobbie (Captain), Mitchel Atkins

(Vice Captain), Toby Stroobant, Rustin Langford, Jack Crook, Harrison Wills, Darroch George-Bodle, Vikram Varadarajan, Max Bauer, Nick Sparg and Caleb Burah. Hobsonville Point parents and residents Jennifer George, Gareth Bodle, Erica Wills and Sandra Atkins were part of the supporters of this wonderful Sri Lankan tour.

"Due to the popular demand for these cricket and cultural tours to Sri Lanka by Amita, he has confirmed another tour to Sri Lanka in July 2018 for an Under 17 and Under 15 teams that are open to any cricketing families or supporters. I am looking forward to join my son Harry and return to Sri Lanka with Amita's next tour".

Auckland Libraries

Kick back and relax this summer with Auckland Libraries. Hit the beach with your favourite eBook, keep the kids entertained on a Kia Māia te Whai Dare to Explore reading adventure, expand your reading repertoire with Great Summer Read or make the most of your staycation with a range of activities on offer for all ages at your local library. If you're stuck for ideas for school holiday activities, check out the Kia Māia te Whai Dare to Explore - Auckland Libraries' free, fun-filled six week adventure reading programme for 5-13 year olds. This leading children's reading adventure is designed to improve your child's learning and love of reading and exploring and encourages both the use of te reo Māori and caring for the environment. Sign up from 20 November and encourage your children's friends to join the adventure, using either the bilingual or te reo Māori only activity booklet. eBooks and eMagazines are perfect to download onto your favourite device before you hit the sand and our eAudiobooks will

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How do you mould and stretch a pair of shoes to fit your feet when you are short on time?

This is Shoe Talk's guide on how to make your new shoes fit your foot shape when you have purchased something new that you need to wear soon after purchase, please note this only works if the footwear actually fits your foot correctly to start with, shoes will only ever give in width a few mm and not at all in length. So follow the following tips: If the shoes pinch your heels you can soften the heels by gently rolling the back of the heel over with your thumbs to soften the edge. Put on a pair of socks; grab your new shoes and your hairdryer. Turn the hairdryer onto warm and gently direct the head towards the shoe, approx 15cm away be careful though as you do not want to burn the leather, if it's suede put the heat even further away. Heat the leather up to where it feels malleable. Put the shoes on your feet and walk around them as they cool. The heat will soften the leather and allow it to mould to the shape of your foot. Repeat if required. Finally notice any points that feel like they will rub on the first wear and put a plaster on this will ensure you have a great night and no sore feet or blisters.



Auckland Anniversary horse trial set to be a cracker

This year AESI have combined their spring and autumn horse trials to create one 'super event' and it's set to be their biggest yet. Scheduled for Auckland Anniversary weekend (27th/28th of January) at Woodhill Sands; previous class winners include Jock Paget, Blyth Tait, Heelan Tompkins and Clarke Johnstone. So with two days of jam-packed eventing action catering for CNC65 CNC80, CNC95, CNC105, CNC1* and CNC2* it's one not to be missed! Auckland Equestrian Sports Inc (AESI) is a group of local



riders and supporters who have formed a not for profit group to run all horse trial events at Woodhill Sands. Entry for spectators is free and the kiosk will be open both days for gourmet eats and drinks so sit back, relax and watch event riders from around the country go head-to-head for some spectacular prizes - This year winners of each class will be awarded rugs as well as a generous array of product prizes and prize money. Riders will have the opportunity to enter via www.equestrianentries.co.nz. Pictured is AESI's 2017 CNC1* winner Megan Finlayson riding Greensleeves.

Would you like to be happy?

I had this vision; a dream, if you like, of a new club that would have a strong emphasis on community involvement. Members would come together in good fellowship from within surrounding neighbourhoods. It would be open to adults and teenagers, and provide an activity that would offer a great cardio workout. But this would be no gym type workout with thumping music and individual routines; neither would it be a sport, with emphasis on competitiveness. This would be a dance club, but it would be a dance club with a difference.

For some time now, I have noticed, from within the community Facebook pages, a deep-seated yearning for communal activities. People seem to be longing for the close-knit society of the village, as opposed to the indifference of the suburbs. I saw a need for something that could unite a community with pride, that they could all feel a part of whether they were supporters or participants. But apart from local sports teams, churches, or a meal down at the RSA, what else was on offer? What other pastime could link you to the place where you lived, and give a sense of belonging, that was also enjoyable and sociable?

There is a type of dancing that has been around for hundreds of years, which came from the villages and hamlets of England. The styles of dance were unique to particular regions, and many villages had their own teams or 'sides'. Morris Dancing, as it is known, has a world-wide following these days, and I thought it would be a perfect communal activity that would help to unite residents of Hobsonville, West Harbour, Whenuapai, and Massey, with a spirit of kinship and common purpose. It is also suitable for men and women, equally.

Because it calls for both strength and grace, men and women bring their own 'flavour' to the dances. Men can be strong and virile in their execution of the movements and not feel emasculated at all, whereas women can add that graceful feminine touch.

So, I set about forming a new 'side'. The name came easily. It had to be unique to the locality and identify the community from which it sprung. The Bomb Point Dance Club was born. But I was its only member.

Myles, my fifteen-year-old son, has been performing Morris

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Dances with me for several years now. He has developed into a fine dancer with qualities of strength, athleticism and grace. He readily agreed to support this venture. Now we were two.

I bombarded the Facebook community pages of Hobsonville and surrounding suburbs, placed adds in local magazines and distributed flyers around the neighbourhood. I selected a date and booked Sunderland Lounge Community Hall. We were ready.

I was buoyed by the positive response from the advertising; I had received several phone calls and I felt sure that we would have a nucleus of about seven people on which to build a burgeoning side. On the night, however, only one person turned up. Norma, an enthusiastic 82-year-old, quickly learned some steps. But she alone had been brave enough to put her best foot forward.

The following week, our numbers would be bolstered by a married couple, who were receptive to what I was trying to achieve. Over the next three weeks Donna and Lawrence were put through their paces and were able to get into the rhythm and timing of the steps. Great success. Sadly, Norma was unable to continue. Now we are four. And that is where we are at. We would love more members. We need at least six dancers and a musician, but we would like at least twelve new members.

The dancing is enjoyable and social and fun for the family. We would like to put on displays around Hobsonville Point on weekends, and join in with other sides around the country at events during the year. These are not competitions, just great get together.

One such event is the annual Morris Dancing Tour, which will be taking place in Auckland in January 2018. This will be a truly international event with sides attending from England, America and Australia. We would love to have a brand new side to unveil

at that time.

The dancing is energetic, yet relaxed and rhythmical. The great thing about Morris Dancing is that it is performed out of doors in the fresh air, in parks and streets at fairs and galas, wherever the demand takes us. And yes, we've been known to perform at the odd pub or two as well.

Another goal is to hold regular barn dances, where the whole community can join in. The easier country dances of the English are also a lot of fun. We would hire a hall and a band, every-one 'bring a plate', and we would dance the night away. Fun for the whole family on a Saturday night. But that is further down the track. First of all we need Bomb Point Dance Club to get new members and get known among the community it wants to serve.

Recent studies have shown that these types of communal dancing release the greatest number of endorphins into the brain. People are seldom happier, one such study has shown, than when performing in unison to achieve a common goal, everyone's feet and hands in sync with each other, to music that is pleasing to the ear. Why not join us? Contact Errol on 021 184 1683 for venue and practice times.

Ignore your problems

This post is for people with a problem that doesn't go away. A thorn in the side that there doesn't seem to be a solution for. It's for anyone with a THING that just can't get worked out. We often try to think our way to the solution, but often the thinker is the creator, and it isn't going to end well when the 'fixer' is the problem. It's a giant blind spot, a strange conundrum that leads you around in circles. When we have a big thing in our lives we tend to focus on it – a lot. After all, it's our big thing. Some of us

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even love having our big horrible things. Big things get precedence over little things. We think and over-think, we problem solve and focus. We will it to change. We write lists, create pro and cons, pray, eat differently, have different conversations, say different things, google the bejeezus out of it. This is not letting up, it's nearly obsessive. It's a problem trying to fix a problem – the entire time. Is all this focus and fixing done with a sense of well-being and calm and a knowing it will be OK? No – it's done with neediness and lack. We be with our problem in anger and frustration. Looking at our problem has become the opposite of fun, it's become annoying, painful and controlling. It hurts us. Some of us are addicted to this hurt and all the habitual thoughts around it. So, now it's time to ignore it. Not ignore like it never existed, but let it just sit there without the need for it to change. I better be clear here – we are not pushing it deep down never to be looked at again. We are just giving it a rest. A loving, calm rest. Part of the problem is that we have needed it to be different so that we feel better. What we have been saying is 'I would be happier if this was different'. This is dangerous ground – putting something else in charge of our happiness. Logically doesn't make sense but we still do it. We think we are our problem and we are therefore less because of it. We have attached our worth and value to the outcome of this thing. What if you were just fine with yourself even with this giant problem? The problem isn't YOU, it doesn't define YOU - You are loved, you are enough and brilliant with or without it. Then what? Then I tell you – the problem will resolve itself. When you start feeling differently about yourself then life starts to shift. When you stop putting rules on when you can start feeling happy life starts listening. It goes 'ohhhh so we are all good – OK then, I'll give you more of that' this new tactic takes a bit of practice, but can you feel yourself un-attaching from the need to have it different? Can you just let that problem be? Having a problem and being OK with it is loving yourself at another level. When we love ourselves like that – not pretend love – not loving it so it goes away, but loving it just because you love everything about yourself even your warts. We are not pushing it down deep, it's still there, and we are just not paying the same 'needy' attention to it. You are amazing and equal with everyone else no matter what happens in your life. Time to put that thing on the back burner for

a couple of weeks while you throw energy at things that give you better feelings. Concentrate on stuff that makes you laugh. If your heart was to really sing out loud with happiness what would you be doing? What would you be eating, drinking? Who would you be hanging out with? What would you be doing for yourself? When we focus on the things that make us happy it has an effect on every area of our lives. Check out my website and Facebook page – Think Your Best. Call or email for a session 021 555 658. anna@thinkyourbest.co.nz.

West Harbour Tide Chart

Date	High	Low	High	Low	High
Fri 1 Dec	05:43	11:47	18:07	-	-
Sat 2 Dec	-	00:15	06:41	12:42	19:02
Sun 3 Dec	-	01:08	07:36	13:35	19:56
Mon 4 Dec	-	02:01	08:28	14:27	20:51
Tue 5 Dec	-	02:53	09:20	15:20	21:45
Wed 6 Dec	-	03:44	10:12	16:13	22:38
Thu 7 Dec	-	04:35	11:04	17:07	23:32
Fri 8 Dec	-	05:27	11:57	18:02	-
Sat 9 Dec	00:25	06:20	12:51	18:59	-
Sun 10 Dec	01:20	07:15	13:47	19:56	-
Mon 11 Dec	02:16	08:14	14:43	20:55	-
Tue 12 Dec	03:15	09:15	15:40	21:53	-
Wed 13 Dec	04:15	10:17	16:37	22:50	-
Thu 14 Dec	05:14	11:15	17:31	23:44	-
Fri 15 Dec	06:10	12:08	18:23	-	-
Sat 16 Dec	-	00:34	07:02	12:56	19:12
Sun 17 Dec	-	01:21	07:48	13:41	19:59
Mon 18 Dec	-	02:04	08:32	14:23	20:42
Tue 19 Dec	-	02:44	09:12	15:04	21:24
Wed 20 Dec	-	03:22	09:51	15:43	22:03
Thu 21 Dec	-	03:59	10:29	16:23	22:42
Fri 22 Dec	-	04:36	11:07	17:03	23:20
Sat 23 Dec	-	05:14	11:45	17:44	23:59
Sun 24 Dec	-	05:53	12:26	18:27	-
Mon 25 Dec	00:40	06:35	13:08	19:11	-
Tue 26 Dec	01:23	07:21	13:54	19:59	-
Wed 27 Dec	02:12	08:13	14:44	20:51	-
Thu 28 Dec	03:06	09:12	15:37	21:46	-
Fri 29 Dec	04:07	10:14	16:35	22:45	-
Sat 30 Dec	05:10	11:15	17:34	23:45	-
Sun 31 Dec	06:13	12:15	18:35	-	-

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

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

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