

# the **Westerly**

FREE monthly community magazine for Massey to Hobsonville

**PROPERTY MARKET REPORT**

**COMMUNITY POLICING CENTRE**

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

**THE SHOW GOES ON**

Circulation is 16,000 print copies.

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

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February 2017

# Intro

Like a series of overlapping circles, we each have our own connections with those around us. And those are just the ones we know about. It seems that we are genetically connected to just about everyone whose geographical origin we share. Everyone's connectedness is different. And I don't mean just connected via an electronic device on social media. While the closest links will be with family and whānau, and those we work or study with, community involvement also provides support. So a community magazine can be a resource for discovering what's around to join, share or do.

Look in this month's Westerly to see what areas of the community you might be able to support or join in. There is a rich pick of opportunities to cater for all tastes. You can dance the night away, or enjoy a full range of places to eat in our area. Find suggestions for travel, clubs to join, home and garden, retail therapy or advice for your health. As always there is information about property and building. We are also looking ahead to March for the Kumeu Show and music at Hobsonville Point.

Thanks as we move forward into the year to our strong team, Graham, Stacey, Gail and Geoff, and we welcome contributions from our editorial writers and advertisers in 2017.

John,  
Editor



# the Westerly

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# Community notices

## Overseas Pension Transfers – is good news just around the corner?

People who have transferred their UK pension into a NZ QROPS (Qualifying Recognised Overseas Pension Scheme) may be about to get greater access to their funds. According to the UK's



draft Finance Bill (5th December) the "70% rule" – which stipulates 70% of the transferred monies cannot be withdrawn at age 55 but must be retained to provide an "income for life" – is going to be removed. GBPensions' director Tony Chamberlain explains, "Potentially this is good news! It looks as though clients in QROPS, depending on regulators, could soon be able to withdraw 100% of their monies at age 55."

A pension transfer to a SIPP or NZ QROPS may not be relevant or appropriate in all circumstances. GBPensions recommends that all clients seek independent financial and tax advice, personalised to their individual circumstances. Disclosure Statements for GBPensions' financial advisers are available without charge or obligation.

## The herb column

THYME is an easy to grow spreading plant that makes lovely ground cover and likes drier conditions.

There are over 400 varieties of thyme. It can be grown from seeds, root division or cuttings. There are all sorts of thyme available, lemon, silver, golden, orange and ornamental carpet thymes. Plant a strip of thyme between fruit trees to attract bees and between cabbages to repel cabbage moths.

When buying or planting thyme there are two main types - ornamental and culinary. Most varieties are ornamental. The three most common types of culinary thyme are French, lemon, and caraway.

The easiest way to propagate thyme is by root division.

Long ago a mixture of thyme and garlic were sewn into the clothes of Swedish bridegrooms to protect against bewitchment on their way to the church.

Further information on Thyme or herbs, Hobsonville Herb Group meets at Whenuapai Hall on the 1st Tuesday of every month. Contact: Diane 021 135 9613.

## Why volunteer with CAB Massey?

All sorts of people volunteer for many different reasons. Whether you're at university or retired, working or job hunting, there's a rewarding role for you at a Citizens Advice Bureau.

Ten great reasons to volunteer

1. Make a difference

It can be incredibly rewarding to contribute something non-financial to a cause you care about.

2. Boost your confidence

Trying something new and getting out of your comfort zone every now and then can do wonders for your confidence levels.

3. Do something interesting

Don't let your spare time trickle away – fill it doing something interesting and challenging.

4. Meet new people

Tired of doing the same things with the same group of friends? Widen your circle and horizons by meeting people you might not normally.

5. Improve your prospects

Having volunteering on your CV demonstrates that you're someone with initiative and a rounded life. Nearly one third of the volunteers who leave the service each year go on into paid work.

6. Get to know your community

Whether you've lived in a town for 20 years or have just moved there, you'll develop a great feel for the people and the place at a Citizens Advice Bureau.

7. Put your talents to use

Use it or lose it! Got the gift of languages? Volunteer as an interpreter. The possibilities are endless.

8. Enjoy free training

CAB trainee advisers can gain through their training, and other skills like PR, can be learnt on the job in a supportive environment.

9. Gain office-based work experience

Get ahead of the competition for jobs and university places with some real-life experience. Law students, for example, can use the CAB as a Community Placement.

10. We need you!

Ninety per cent of the people who work in the Citizens Advice service are volunteers, and we simply wouldn't be here for our clients without them.

The Citizens Advice Service at Massey/Westgate needs volunteers, if you think this rewarding voluntary work could be for

**Susan Annett**  
LICENSED SALESPERSON





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## Gym Zone

Gym Zone is the latest offering from Gym Kids Ltd. Your child's love of movement begins at our purpose built gymnasium offering gymnastics, tumbling & trampoline, rhythmic gymnastics, parkour, preschool classes, birthday parties, holiday programmes and school programmes.



Gym Kids was created in 2011 by Tania and Pablo Donnianni. Pablo, head coach/director has over 20 years of gymnastics experience, a gymnast himself; he also has a Bachelor in Physical Education and Sport.

Our team of experienced, enthusiastic and qualified coaches are trained to bring out the best in your child. With backgrounds in physical education and gymnastics they have the skills to deliver fun and safe classes that will keep children engaged.

Gym Zone – Where movement begins.

Opening 7 February 2017, 4 Workspace Drive, Hobsonville.

Read more at [www.gymzone.co.nz](http://www.gymzone.co.nz).

## The sound of leather on willow is here to stay at Hobsonville Point

Takapuna District Cricket Club's (TDCC) initiative to play cricket in the Hobsonville Point area has made further progress during the first half of the 2016/2017 cricket season.

The TDCC – Hobsonville Point Year 9/10 team (under 15) taking part in the Auckland Cricket Association (ACA) tournament for the second consecutive year performed very creditably during the pre-Christmas tournament. This team will



be taking part in the ACA Year 9/10 tournament starting on the 11th February and will be coached by Tim Simmons and managed by Sandra Atkins.

Add to this success, during the 2nd half of this cricket season, TDCC will be entering a senior team from the Hobsonville Point area to be played in the ACA Sunday T20 competition. This T20 competition will be played during the 22nd of January to 26th March 2017. The games will be played from 3.15 pm – 6.00 pm. TDCC are looking for more players from the Hobsonville Point area to join this Youth and the Senior teams. Any players interested in joining these teams could contact Amita Weerakoon, Director of Cricket on [doc@takapunacricket.co.nz](mailto:doc@takapunacricket.co.nz).

Several youth players from the Hobsonville Point area were given the opportunity through the North Harbour – Takapuna Academy (NHTA), to play against touring Australian junior cricket teams during the first two weeks in January. Mitchel Atkins, Harrison Wills, Darroch George-Boodle, Rustin Langford, Ben Stuart and Alfie Jones performed well against the touring Shaun Brown U15 Academy (Melbourne), Jason Gillespie U15 Academy (South Australia), St Patrick's College U17 (Brisbane) and St Joseph's College Gregory Terrace U17 (Brisbane).

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# Safercommunities

## What a fantastic summer so far

The long hot summer days are great for the beach but this also means we all need to be very careful not just with sunburn but also with fires. The main land is in a restricted fire season which means that outdoor fires require a permit that can be applied for through Auckland Council. The Hauraki Islands are in a prohibited fire season.

We attended a 4Ha shrub fire on the 5th January 2017 which took two days to extinguish. The Waitakere Brigade was one of many volunteer crews that gave up their Christmas holiday break to work at West Coast Road near Makarau. Brigade members also attended the fire on Kawau Island on Saturday 7 January.

As a fire fighter you train to acquire a wide range of skills that allow you to respond to the varying incidents with ability and confidence. If this interests you and you live in the Waitakere Township area, like to work in a team environment and wish to assist the community please contact Officer in Charge Denis Cooper on 027 562 6942. Keep safe, Denis Cooper, Officer in Charge - Waitakere Volunteer Fire Brigade, phone 09 810 9251.



## Community Policing Centre

Police want to hear from you if you suspect someone in your community is growing, manufacturing, or selling drugs. I have seen firsthand what drug use can do to individuals and to society and it is no secret that it ruins lives. Drugs and crime go hand in hand and drug use often leads to violence, "taxings", burglaries, and theft to support their habit.

This is a fantastic community, but like all communities, it is not immune to the drug trade. Rural properties and industrial areas are popular places for criminal behaviour as they are often isolated and hidden away from the view of the general public. If you suspect your neighbours, or someone you know is growing cannabis or manufacturing "P", look out for suspicious activity such as strong chemical smells or the smell of cannabis, blacked out windows, lights on and activity all through the night, cars coming and going from the address, a humming noise from equipment, empty chemical containers and lots of recycle bins, deteriorating health, lifestyles that don't match the income, and

Gang activity.

If you have any information please call CRIMESTOPPERS on 0800 555 111.

## Keep safe this summer with St John

As New Zealanders look forward to relaxation over the summer period, St John is gearing up for one of the busiest periods for the emergency ambulance service.

St John Director of Clinical Operations Norma Lane is asking New Zealanders to look after themselves and help St John by celebrating sensibly this holiday season.

"Ambulance officers see many accident and emergency incidents that are preventable at this time of year. I encourage everyone to keep safe and to take care of each other," Ms Lane says. St John has seven safety messages this season: Keep safe around water, please wear life jackets when boating and to supervise children at the beach or swimming pool. A pre-existing medical condition can quickly become an emergency if medicine isn't available. Remember to get your prescription medicine supplies from your GP before going on holiday. St John frontline paramedics all too often attend people who are suffering the consequences of too much alcohol. "If you are going to drink, be sensible and enjoy yourself. Have a sober driver, drink equal quantities of water, and above all know your limits," Ms Lane says. Be safe on the roads, watch your speed, be courteous to other drivers and drive responsibly. Familiarise yourself with your location when on holiday. Know your address in case you need to call for help. Be prepared; travel with a St John first aid kit.

St John has an additional message for the public this summer, 'keep your hands off our ambos'. The organisation launched a social media campaign to raise awareness of assaults on ambulance officers.

Ms Lane says assaults on St John staff increase during the summer period.

"Please look after yourself, your friends and family and look after our St John ambulance officers," Ms Lane added.

St John wishes everyone a safe and enjoyable holiday season with friends and family.

Free health advice is available from registered nurses, 24/7 through the Healthline number, 0800 611 116. Always call 111 in an emergency.

**Lyndsay Kerr**  
LICENSED SALESPERSON





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# InBrief updates:events

## Hobsonville Point Coastal walkway

In December, Hobsonville Land Company and students from the Hobsonville Point Primary school held a BBQ to thank those involved in the design and construction of the two bridges that form part of the Hobsonville Point Coastal walkway – Te Ara Manawa. The students and contractors enjoyed



walking the bridges, being some of the first people to experience them. The bridges have been designed by Isthmus Group in consultation with Iwi. They have been constructed by Fort Group. The construction was challenging due to the curve and height of the bridges. The railing - thin steel poles with a timber top handrail - is intended to represent native plants kiekie and supplejack. The bridge floors extend past the railing, creating a softer line to the structures. While the major structures are steel, the bridges have been designed to give the impression they're made entirely of timber. The bridges are due to be open to the public this summer.

## 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 enchanted 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](http://www.ivycottage.co.nz) or email our friendly team: [fairies@ivycottage.co.nz](mailto:fairies@ivycottage.co.nz).

## Massey Library Chinese Club Launch 1 February 2017

Massey Library has recently set up a Chinese Club to provide opportunities for those interested in the Chinese culture to come together. Many activities have been planned including traditional Chinese exercises, music, dance, guest speakers and a lot more fun and healthy activities. If you are interested in knowing more about the Chinese culture or you would like to learn traditional Chinese dance come along and give it a try.



It is free to join the club although some activities will have a small charge to cover the venue hire.

If you have any suggestions that you think would be helpful for this club or you would like to organise an activity, you are more than welcome to talk to us at the Massey Library.

All activities will be held at the Massey Library and Leisure Centre at the corner of Don Buck Road and Westgate Drive. The club only runs in the school term.

- Talks and presentations in Massey Library meeting room, Wednesdays 10:00am-12:00pm. No charge.

- Chinese dance and fitness exercises at YMCA Don Buck Room, Monday and Wednesdays 1:00pm-3:00pm. \$10 per month or gold coin donation to cover the room hire.

The launch ceremony will be on 1 February 2017 at the YMCA John Lawson Room in the Massey Library building. Please call the library at 09 839 2260 for any queries.

## Ontempo is a local business

We have lived and worked in West Auckland most of our working lives, brought up families who are now bringing up families. 17 years at Westgate and now a move to Huapai probably says it all. Our final destination is Kumeu when the rebuild in working

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## Auckland Council Music in Parks

A musical event is being staged at Hobsonville Point Park, Buckley Ave, Hobsonville Point on 5 March from 1pm to 4pm.



Auckland Council Music in Parks presents Anna Coddington, Miller Yule Music and Sunny Ray.

Next to Catalina Café sits a peaceful reserve with big trees offering a wonderful space to sit, relax and enjoy a picnic with friends while listening to live music by Anna Coddington, Miller Yule and Sunny Ray.

Well-known for her songwriting prowess and enchanting live performances, Anna has sung her way around the country, thrilling crowds at many of NZ's top music and arts festivals.

Miller Yule, a once-shy singer-songwriter took years to come out from behind a drumkit and perform front and centre, and he's not afraid to sing about his feelings "which is pretty cool for a New Zealander".

Sunny Ray's on a mission to change the world with music. She loves to sing about her travels and connection with nature and draws her inspiration from the hills and beaches of west Auckland.

Music Genre: Pop, Folk / Country

Accessibility: Limited mobility parking near playground and on Hastings St. Accessible toilet onsite.

Thanks to our major partners Zerowater and Oreo and supporting partner MediaWorks New Zealand.

Auckland Council sports fields, parks and reserves are smoke-free areas. [www.facebook.com/events/161032524356596/](http://www.facebook.com/events/161032524356596/).

## Rotalite West

Rotalite is a group of neighbours, friends and community leaders who come together to create positive, lasting change in our communities and around the world. Last year we planted

school gardens, and raised money for local community groups through various events. Our impact starts with our members – 25 to 45 year olds who are passionate about facing West Auckland's toughest challenges and greatest opportunities. With the help of Rotary International, we are promoting peace, fighting disease, providing clean water, assisting local organisations and working towards the end of polio disease within our lifetime. To find out more about Rotalite West, come along to one of our fortnightly meetings at a West Auckland pub or café near you. For details of our next gathering, contact us at [secretary@rotalitewest.nz](mailto:secretary@rotalitewest.nz) or visit us on Facebook @RotaliteWest.

## Kirsten Reid – photographer/artist

For me the natural world around us provides the inspiration for photographing the beauty of the environment. Whether it's in a coastal landscape or my own back yard, I try to capture the subtleties, the patterns and textures, nature's colours and the influence of the ever-changing light.

This exhibition celebrates florals, their symbolism and the associations they have with milestones, sadness, love and in our everyday lives. How they excite, delight, console, placate and give life with their colours, varied structures and scents.

Abstract and impressionist style images feature in this work, where details are pared down resulting in soft, fluid images. I have also created mixed media artworks using photographs, paint, ink, fabric and other objects, sometimes tearing, cutting or weaving the paper or canvas to add texture and pattern.

I endeavour to create unique artworks evoking a strong response in the viewer and warranting a closer look.

I am a member of the Kumeu Arts Centre, Kumeu Photography Group and the Waitakere Central Community Arts Council.

Website: [www.kirstenreidphotography.com](http://www.kirstenreidphotography.com).

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2nd hand parts sales.

Rainer and Edith Zeltwanger, the company owners, have got some very exciting news. German auto electrician Andreas Zickert is now part of their team. Andreas has a wealth of knowledge in fault diagnosis, vehicle electrics, modern CAN bus systems and even hybrid vehicle technology (Audi e-tron).

Andreas worked previously at Giltrap Group in VW technical product support, Porsche technical support and training and as Audi technical trainer teaching franchise technicians from all over New Zealand the latest technology. Two first places in the New Zealand VW technician of the year competition are further proof of his outstanding ability.

Together with Rainer's 30 year experience as a German car technician they have a wealth of knowledge to service and repair your VW, Audi or Skoda to factory standards. Euro West Ltd will continue to serve West Auckland with quality workmanship without the franchise dealer price tag. A courtesy car is available by appointment.

Please visit their website [eurowest.co.nz](http://eurowest.co.nz) or call them on 09 832 0064, 021 266 3602 (Rainer), 021 255 4678 (Andreas) for bookings.

## Waitemata Scottish country dancing

Join us every Tuesday evening March to end November at Kelston Community Club corner of Awaroa Road and Great North Road for a great night of Scottish country dancing.

Beginner classes: 7pm to 8pm;  
Regular dancing 8pm to 10pm.  
Coffee, tea, snacks at 9pm. No partners or experience necessary. An evening of fun, friendship, and healthy activity.

First night free! Annual fee only \$50.00. By joining you can also participate with likeminded folks in many other Scottish dance evenings at various clubs throughout the city as well as a variety of Scottish shows, musical performances, dinners, and ceilidhs. For more details call 09 838 7263.



## SeniorNet West Auckland

We are starting our classes again this month. Security and Safety is a must for everyone to ensure your personal information is secure. With mobile phones, taking photos is very easy over the holidays, so why not book into a Snapfish Class and learn how

to make great use of them by producing great photo albums and cards. We have all the usual classes covering iPads and Galaxy tablets, Window both 7 and 10, Google Drive and Libra Office. Please ring our Course Co-ordinator Pam on 827-2156. If no reply please leave a message and she will get back to you as soon as possible. Pam will be please to advise which class would suit your particular needs. Our classes are held at 67 Henderson Valley Road, Henderson during the day.

Subs are now due and we have kept this at \$25.00 for the year. Please remember we cannot take class bookings if the subscriptions are not paid.

Our Monthly meeting is held at the Kelston Community Centre Cnr Awaroa Road Kelston on the third Tuesday of the month and our next one will be on February 21st at 10 am. All are welcome to join us; we will have a guest speaker and morning tea.

## Kaipara cruises

After a busy Christmas/New Year period running our 3 and 5 hour cruises around the around the rivers and estuaries of the Kaipara, we are now looking forward to our longer cruises from Helensville to Dargaville and Pahi.



These cruises are a two day event with overnight accommodation at old time riverside hotels in Dargaville. During this cruise we visit many remote bays and inlets with some amazing scenery, accessible only by boat.

Step back in time on these two day tours as we relive the travel of the past when we retrace the original steamship routes from Helensville to Dargaville and examine the early history of the mighty Kaipara.

Visit our website [www.kaiparacruises.co.nz](http://www.kaiparacruises.co.nz) for departure dates and itinerary or phone 09 420 8466 for brochures.

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As responsible lenders David and Isabelle tailor finance solutions which meet their customer's needs, ensuring that it will not place undue financial burden on them. They see their role as one of facilitating improvements in people's lives, sitting down with you to complete a budget and arranging lending that will help you reach your goals.

## Getting away from it all in the South of France

Steeped in history, with the Mediterranean on one side and acres of vineyards on the other, the ancient village of Marseillan is the ideal place to enjoy the laid back lifestyle of the south of France. The village, with its pretty little port bordered with cafes, is one of the oldest in France tracing its history back to Phoenician times. After holidaying in the area over 20 years ago, Yvonne Dufaur fell in love with the area, with its wonderful climate, its medieval castles, sparkling beaches and fabulous array of inexpensive wines, fruits and cheeses. It was an easy decision to buy the 300-year-old 'maison de ville' (village house)

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# People:places

## The show goes on



The women are running the show. The popular Kumeu Show that is, celebrating its 95th year on March 11 and 12.

Jane Sparron, pictured left, is the Kumeu Agricultural & Horticultural Society's first woman president since it started in 1921. The Riverhead resident is backed by society secretary and show manager Lizelle Westman, centre, and long serving committee member Jenny Faulder whose husband Derry has been involved for 50 years.

Jenny and Jane blame the show's indoor division former chief steward Bev Cole for getting them involved.

Bev asked Jane to judge the baking section, as she's co-founder of Paula Jane Cakes and was NZ Cake Decorators Guild president. She later became chief steward, serving the indoor division for seven years before moving to president three years ago.

Jane's lived in the area 51 years and helps husband Stephen with his Mr Binz business. "I'm Mrs Binz," Jane laughs.

The Kumeu Show's often been about greeting old friends and making new ones, Jane saying newcomers to the area can do just that.

"Here's a chance to be involved in a local event and also keep the showgrounds for the show. Get involved so we make the 100th show in five years' time, one to remember."

A key focus is to retain the area's country feel amid rapidly increasing development.

The society owns the 34 hectare grounds, held under its own act of Parliament, so won't be selling up.

It hosts many other activities such as the hot rod show, Auckland Folk Festival, fire brigade hoe down, fireworks displays, and more.

Jenny Faulder's seen many changes during her long association.

"We used to come with our kids. The Kumeu Show was always a big event in our diary because Derry (as an electrician and member) was on call all the time. Our kids now bring their kids." Bev Cole persuaded Jenny to get involved with the cut flowers section, and Jenny also worked in the Access Road showgrounds office for 13 years, serving on the committee for 12 years.

The 20-member volunteer committee keeps the showgrounds functioning and does all the show running.

But it needs more people to join the committee to ensure the show continues to be successful in a growing area.

Jane says the work isn't difficult, with members not having to attend every monthly meeting. "It's having the manpower on show days to look after each area," she says.

The show is run as a business with the executive committee making the final decisions, Jane says.

Lizelle Westman will be managing her third Kumeu Show and looks forward to many more.

More than 35,000 people from across Auckland and beyond now visit the show. Children enjoy getting up close to farm animals. Visitors watch the likes of eight times world champion axeman Jason Wynyard in action during the timber sports, see gun shearers on stage in the sheep shearing, check out the baking, flowers, photography and more at the indoor section, and view a wide variety of poultry.

There's also a giant pumpkin contest, trade displays, food stands, carnival rides, music, and equestrian events.

Entertainment includes a military re-enactment, free style motocross stunt riding, a fire brigade display, dog obedience demonstrations and more.

Helensville MP and former Prime Minister John Key is the show patron and usually officially opens the event. Deputy Prime Minister and Upper Harbour MP Paula Bennett and Auckland mayor Phil Goff have also been invited.

The show's open 8.30am-5pm, with adult entry \$15, seniors \$10, children 5-13 \$5, pre-schoolers free, and parking free.

Visit [www.kumeushow.co.nz](http://www.kumeushow.co.nz) for more.



# area property stats

Suburb	CV	Land Area	Floor Area	Sale Price	
Hobsonville	775,000	256M2	206M2	1,210,000	
	780,000	198M2	200M2	1,240,000	
	670,000	378M2	164M2	950,000	
	740,000	200M2	172M2	1,000,000	
	600,000	0M2	130M2	780,000	
Massey	445,000	671M2	100M2	735,000	
	790,000	534M2	243M2	1,155,000	
	680,000	500M2	174M2	1,060,000	
	580,000	954M2	130M2	932,600	
	580,000	527M2	178M2	810,000	
	475,000	536M2	155M2	720,000	
	450,000	680M2	90M2	615,000	
	410,000	0M2	90M2	611,000	
	415,000	655M2	90M2	682,200	
	540,000	1796M2	150M2	820,000	
	465,000	670M2	130M2	665,000	
	385,000	0M2	130M2	560,000	
	410,000	388M2	90M2	627,000	
	560,000	502M2	163M2	829,500	
	440,000	578M2	101M2	699,000	
	445,000	607M2	90M2	638,000	
	430,000	463M2	90M2	610,000	
	660,000	941M2	250M2	1,100,000	
	470,000	592M2	80M2	620,000	
	495,000	711M2	150M2	895,000	
505,000	539M2	140M2	750,000		
530,000	576M2	179M2	855,000		
600,000	931M2	230M2	955,000		
Royal Heights	670,000	624M2	199M2	1,072,000	
	590,000	974M2	140M2	798,750	
	730,000	618M2	260M2	950,000	
	410,000	403M2	100M2	610,000	
West Harbour	750,000	838M2	200M2	1,168,000	
	580,000	759M2	217M2	890,000	
	500,000	688M2	90M2	750,000	
	570,000	0M2	150M2	936,000	
	580,000	532M2	140M2	863,000	
	870,000	682M2	310M2	1,205,000	
	700,000	451M2	178M2	945,000	
	485,000	628M2	90M2	760,000	
	690,000	586M2	210M2	1,150,000	
	730,000	0M2	164M2	1,050,000	
	830,000	677M2	220M2	1,050,000	
	Waitakere	590,000	1613M2	182M2	965,000
	Whenuapai	1,102,000	1570M2	230M2	1,235,000
1,115,000		4806M2	180M2	1,650,000	
965,000		2555M2	120M2	1,710,000	

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

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

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# Propertynews:advice

## Market report with Graham

Busy property market at present. A very active market with intense buyer interest and significant research being done by buyers wanting to fully understand, the market, their financial position, development in the area and in turn the value perception.

In my opinion values are reasonably static however buyer scrutiny is taking buyers longer in many instances to identify the true value that a property reflects. Some analysts are suggesting a drop in the market however I believe the market will continue to be somewhat stable with demand and supply being in harmony at present. An election year this year, therefore if you are contemplating a change I would suggest you make a decision sooner rather than later to avoid an extended time on market. If you are wanting to make a move, give me a call on 0800 900 700 or email me on graham.mcintyre@mikepero.com for an obligation free access mentioned of your home and the market in your area. Area sales:

Hobsonville residential \$780,000 to \$1,240,000

Massey residential \$560,000 to \$1,155,000

Royal Heights residential \$610,000 to \$1,072,000

West Harbour residential \$750,000 to \$1,205,000

Waitakere residential \$965,000 to \$1,400,000

Whenuapai residential \$1,235,000 to \$1,710,000

See more at [www.grahammcintyre.co.nz](http://www.grahammcintyre.co.nz) or phone 0800 900 700. Mike Pero Real Estate Hobsonville - It's not about the talk, it's walking the talk. Licensed REAA (2008).

## Money matters

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



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## Relationship property & Trusts

It is a common mistake to hope that a trust protects property from all claims. Yet, there has been a long standing expectation that a house owned by family trust is always safe even if only one party to the marriage or relationship is the trustee and beneficiary. However, property created during a relationship or enhanced in value by the actions of the parties to the relationship is particularly vulnerable to a claim -if the relationship comes to an end. Such claims against apparent trust owned property have a chance of succeeding if it can be argued that the provider of the property did not have the freedom to place the property in the trust in the first place - without taking into account the claims of the relationship property partner. Also, under stat-



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ute, property transferred to the trust during relationship could be regarded as a settlement for the benefit of the children and non-trustee partner

Usually, it is necessary to make a relationship property agreement identifying specific property as separate property as between the parties in order to pave the way for such property being transferred to the family trust. This is area for specialist legal advice in order to make sure such agreements are properly enforceable.

Luke Kemp, phone 09 412 6000 or email [luke@kempsolicitors.co.nz](mailto:luke@kempsolicitors.co.nz).

## Get Off The Grass

It's fair to say it has been a long, hot summer for a majority of the country. The ground has started to dry up and the hillsides have transformed to a pale-shade of brown. This is a common scene and is particularly apparent on residential berms - the patch of lawn that separates potential purchasers from your home. The importance of curb appeal cannot be stressed enough - first impressions are vital when it comes to selling your home with many purchasers driving past a home before deciding if they will attend an open home. So if you want your berm to be the best on your block, a healthy vibrant shade of green and in tip-top condition, then here are a couple of helpful watering tips that can keep your lawn looking lush.



Maintaining your lawn requires a bit of TLC over the summer months and while it may be tempting to saturate your lawn in preparation for the imminent scorching weather - this is not the right approach. It pays to be wise with your watering - a good soak once a week should do the trick. However you will need to keep in mind that light, sandy soils may need a water every two days. The best time to water is early in the day and this will reduce fungal growth and evaporation. The most effective way to water your lawn is through a sprinkler system or soaker hose however it is also important to keep an eye on any water restrictions that you may have in your area.

It's also important to continue giving your lawns a good mow during the summer months and if you look to raise your blades then you will be doing your grass a world of good. Taller grass is generally more drought tolerant and grows deeper roots while also acting as a shade to prevent weed seeds from germinating. While this is a good way to avoid a dry lawn over the summer, preparing your lawn for growth is key and this begins in spring.

### Graham McIntyre

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Auckland

We will give you some tips on prepping your lawn in the spring towards the end of the year. Mike Pero Real Estate phone 0800 900 700. Licensed REAA (2008).

## Decorating Quick Fixes to Start the New Year off with a Bang!

After all that Christmas excess, January is a time for a fresh start. I'm going to focus on the small stuff - the quick decorating touches that uplift a room and provide instant gratification!

Get arty farty - One of my favourite go to online stores for prints is Society 6. We recently bought this awesome highland cow print for our studio and had it framed in NZ. When it comes to framing, the trick to making a piece of art look grander is to give it a really wide surround. Schwanky!

Get creative and take a punt with paint - Pick a wall (or an entire room) and take a risk. If there is normal to good natural light in a space then you have the licence to go as dark as you like. While we are here, I'm going to smash the myth that painting a small room dark makes it look smaller. If you keep your ceiling, trims, and furniture light then the dark paint will recess the walls further back making your space look airier and more spacious - anyway I'll save tricks on how to make small rooms appear bigger for another day. You don't have to go dark if that's not your thing, perhaps a fresh natural hue floats your decorating boat? Whatever it is, just take the risk and try something new!

Style your coffee table - A tray is always a good way to anchor your collection of coffee table goodies - there are some fab brass trays out there that would add instant glam factor to any space. Then start playing. Add a scented candle, some greenery, stacked books or mags, something sculptural and boom, nailed it! Whatever you use, try to aim for varying heights and use colour that reflect and compliment the rest of your room.

Stay tuned and never miss a post by signing up to the Lou Brown Design blog at [www.loubrown.co.nz](http://www.loubrown.co.nz). I'm also constantly updating my Facebook so you can keep up to date with my journey through the exciting world of interiors.

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Elevated two level weatherboard and block home on 1176sqm of land. Extensive decking allows a magnificent panoramic views through to Rangitoto and Auckland Sky Tower. Generous space downstairs with Double garage, laundry, kitchenette, bathroom and bedroom and upstairs opens to an entertainers lounge and dining with alfresco to the North and East. Three good sized rooms here, all off a central corridor and separate bathroom and toilet. The home has been redecorated, offering a refreshed and homely feel, certainly has the Ooh Aah factor. Set on a quiet cul-de-sac location off Scenic Drive, Swanson, the home is the quintessential kiwi quarter acre paradise. Close proximity to Swanson train station, Swanson Primary School, parks, bush walks and Convenience Shopping.



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Situated in a beautiful rural aspect in Waimauku this home is situated on a gently sloping landscaped ¼ acre grounds with well established raised bed vegetable gardens. The home is contemporary, open plan entertainers living, featuring a great sense of space with cathedral ceilings in the lounge dining and family room areas. The view from the kitchen and dining looks over rural paddocks and is truly peaceful. Modern designer kitchen with black porcelain bench tops featuring kitchen island and breakfast bar. Perfect for easy living with the family or entertaining. With three bedrooms, master includes walk in wardrobe with ensuite and spa bath. Separate study, independent laundry and extensive outside decking with one double internal access garage one single garage.

[www.mikepero.com/RX990687](http://www.mikepero.com/RX990687)



**Ian Sneddon**  
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ian.sneddon@mikepero.com



**Graham McIntyre**  
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## TRADITIONAL AND AFFORDABLE KIWI BUNGALOW - HUAPAI

3 1

By Negotiation

### 8 Oraha Road, Huapai By Negotiation

Don't be fooled by the street frontage, this is a big three bedroom home set on a big 869sqm. Open plan living with generous entertaining space linking to decking. A refurbished kitchen and redecorated interior provides options to buy and enjoy or continue to rent the property for healthy returns. An independent garage and workshop and carport to the rear of the home. The property has an extensive, fenced yard out back which is like discovering the secret garden, planted with an assortment of fruit trees including plums and figs. In close proximity to Huapai Shops, the area is mixed use zoning allowing for residency or business use of the property, additional data can be obtained from Auckland Council Huapai Offices. Close to transport links, School, Shops, Cafe and Park.



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By Negotiation

### 23 McEntee Road, Waitakere By Negotiation

A very well presented property with cedar home offering significant value in the affordable lifestyle market. Situated on over 3800sqm of gentle contoured land, north facing, the home is positioned to make the most of valley views, all day sun, while the property has options for a few sheep or playground. The home is split over two levels, north facing with brand new kitchen, open entertainers style, two bedrooms and a study upstairs and three bedrooms downstairs with lounges and bathrooms top and bottom. The home has excellent flow and would ideally suit a family seeking independent lounge environments. Easy access to section and paddock while an independent double garage offers excellent storage. The property is fully fenced with electric security gates.



**Graham McIntyre**  
027 632 0421

graham.mcintyre@mikepero.com

[www.mikepero.com/RX1002539](http://www.mikepero.com/RX1002539)

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### 13 / 18 Williams Road, Hobsonville

Set Date of Sale - 4pm, Thursday 2nd February 2017 (unless brought forward).

It's an easy choice with this delightful two-bedroom unit in a very convenient Hobsonville location. Located only moments from the upper harbour highway and situated within the very tidy, peaceful and well-maintained Hobsonville Villas. Enjoy the security of a close village neighbourhood, independence of home ownership and the convenience of a body-corporate, all part-and-parcel with this surprisingly spacious unit. Investors or owner occupiers alike will appreciate the well-constructed brick and cedar design, sensible open-plan layout, internal-access single garage and the low-maintenance landscaping. Warm and cosy winters with the heat-pump and cool and breezy summers with ranch-sliders, you'll always be comfortable whatever the season.

[www.mikepero.com/RX1016323](http://www.mikepero.com/RX1016323)



**Steve Cotter**  
021 171 3941

[steve.cotter@mikepero.com](mailto:steve.cotter@mikepero.com)



## HILLTOP RETREAT - VIEWS OVER CASCADE FALLS

3 2 2

By Negotiation

### 45 Jonkers Road, Waitakere By Negotiation

This beautiful home has been positioned to complement its surroundings and make the most of the expansive Valley Views over Cascade Falls and through the Bethells Valley. High on the ridge line where Tui's and Kereru's swoop and play. Amongst this delightful bush habitat is a wonderfully designed home over three levels, including double garage and workshop, three generous bedrooms, bathroom and ensuite and open plan entertainers kitchen, living and dining area delivering alfresco living and expansive views. Set on a hectare you have the ultimate in privacy, tranquillity and peace. As this home is best served in private, we welcome your interest and are happy to open it exclusively for you by appointment, but be warned you will not want to leave.

[www.mikepero.com/RX1006917](http://www.mikepero.com/RX1006917)



**Graham McIntyre**  
027 632 0421

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**ELEVATED EAST FACING ON 809 SQM - KUMEU**

4 1 2

**Offers Over \$950,000**

**49 Matua Road, Huapai**  
Offers Over \$950,000

This immaculately presented home is split over two levels to allow for a separated living environment. Three bedrooms upstairs with kitchen, dining room, bathroom and lounge leading out to a back entertainers area. Downstairs contains one bedroom, lounge and bathroom, perfect for the teenage or guest alike. Situated on 809 square meters, the section is flat and fully fenced for the kids and pets. In close proximity to Huapai Shops, close to transport links, School, Shops, Cafe and Park. The CV on this property is \$6000,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).



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**FULLY REFURBISHED, AFFORDABLE WAIMAUKU VILLA**

4 1 2

**By Negotiation**

**97 Waimauku Station Road, Waimauku**  
By Negotiation

Beautiful, open plan, timeless. Featuring 3 - 4 bedrooms, and with a separate office/guest unit or one bedroom semi-self contained for parents or teenagers. This Waimauku Villa has been lovingly refurbished with attention to detail and open plan flow to expansive decking. Offering three bedrooms, two lounges, separate bathroom, en suite and laundry the home has excellent flow whilst retaining its period piece character. An additional independent garage and workshop/office/study/sleep-out with amenities certainly provides options for income possibility or growth. A fully fenced yard for dogs and children, the home is well considered, offering an affordable option for a true character family home.



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## VILLA BEAUTY. COMPLETE THE REFURB & REAP THE REWARDS

4 1

By Negotiation

### 82 View Road, Henderson By Negotiation

Step through an ancient kauri door inside this grand View Road landmark and indulge in a villa romance of timeless style. Discover warm native timbers, a superb eleven foot stud delivering a huge sense of space and open plan living, dining and kitchen complete with a log-burner for cosy winters. You'll also find three generous bedrooms and a very useful second living area/fourth bedroom that flows onto a rear deck, with a delightful weatherproof outdoor lounge and private rear yard - with its own grove of hand-planted native bush. Move in and enjoy the full 678m2 site now, and restore as your budget and schedule allows.



**Steve Cotter**  
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[www.mikepero.com/RX1016320](http://www.mikepero.com/RX1016320)

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## HILLTOP OASIS, ALL-DAY-SUN, VIEWS

2 1 1

By Negotiation

### 124 McEntee Road, Waitakere By Negotiation

Set on four hectare of bush and pasture this delightful country cottage delivers ambience, character and alfresco living. The home enjoys all day sun, open plan living, dining and kitchen opening onto north facing decking. Two bedrooms and bathroom off a central short corridor. Outstanding views to the South East and plentiful bird life. A sleepout and independent garage provides options for storage, office and guests. The CV on this property is \$760,000. 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.



**Graham McIntyre**  
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graham.mcintyre@mikepero.com

[www.mikepero.com/RX1015805](http://www.mikepero.com/RX1015805)

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## HIDDEN OASIS IN GREAT LOCATION WITH VIEWS

4 1 1

By Negotiation

### 131A Luckens Road, West Harbour By Negotiation

Prepare to fall in love! Tucked away securely on Luckens Road ridge, this special property is hiding all sorts of wonderful surprises. From the moment you approach the tall feature front doors framed by colourful sub tropical gardens this house continues to delight throughout. Step into the foyer under a soaring high stud full of light and a stunning chandelier. Then your eye takes in the beautifully presented large open plan living areas leading to a sheltered entertaining area and landscaped gardens. 4 double bedrooms, master bedroom with views of the inner harbour and the city scape beyond. This spacious and light room also features a large walk in wardrobe and ensuite access to the main bathroom. A carpeted double auto garage with internal access completes the picture.

[www.mikepero.com/RX1035825](http://www.mikepero.com/RX1035825)



**Susan Annett**  
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**Les Whale**  
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09 416 9600

[les.whale@mikepero.com](mailto:les.whale@mikepero.com)



## SERENITY

4 3 2

By Negotiation

### 241 Ararimu Valley Road, Waimauku By Negotiation

Nestled on just under 11 acres amongst a beautiful garden and surrounded by mature trees this very private lifestyle home has every thing you need to sit back and enjoy country life. The well appointed four bedroom plus study, two bathroom home opens out onto a large flat lawn surrounded by mature English Oaks, anybody for Croquet! Four well fenced paddocks with laneways provide excellent grazing. The water troughs are fed from a deep freshwater bore. This same water is bottled and sold under a number of brands from further down the road. Access to the Ararimu stream is through a lovely stand of native bush with this section of the stream wide enough and deep enough to launch a canoe. There is a very large three door garage linked to the house.

[www.mikepero.com/RX961787](http://www.mikepero.com/RX961787)



**Lyndsay Kerr**  
027 554 4240

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



## INVESTMENT OPTION - HOUSING NZ LEASE

4 2 2

By Negotiation

### 211 Metcalfe Road, Ranui By Negotiation

Split over three levels this four bedroom brick and weatherboard home provides a solid investment for a purchaser wanting a secure 5 year lease arrangement with Housing NZ over a home constructed in 2006. This elevated sun-filled home offers 4 bedrooms, 2 bathrooms, double garage, open plan living environment. Set on 382sqm of fully fenced lawn with generous sunshine and secure within a ROW environment. Close to Ranui train station, amenities, shops, schools and parks it delivers immediate income and long term options. The CV on this property is \$550,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX896243](http://www.mikepero.com/RX896243)



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## SUN FILLED AFFORDABLE APARTMENT LIVING WITH VIEWS! - HOBSONVILLE POINT

2 2

By Negotiation

### 301A / 160 Hobsonville Point Road, Hobsonville By Negotiation

Seldom available, this well presented two bedroom Brickworks apartment delivers a convenient home or rental property for the discerning property buyer. North facing with extensive windows and alfresco deck with gorgeous views across the park through to the Inner Harbour, this property has plenty to celebrate. Whether you want lock-and-leave or the simplicity that this property can give you, the decoration is peaceful, loads of sunshine, two secure car-parks and access to your own storage unit and a bike room. Close to cafes, Hobsonville Point Farmers Market, Bomb Point reserve, coastal walks, parks, shops, ferry landing, great schools and transport links.

[www.mikepero.com/RX1021087](http://www.mikepero.com/RX1021087)



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# Home:garden

## Summer Colour in the Garden

At Awa Nursery it is hard not to notice the splash of colour from those fantastic summer flowers. If you are looking for easy care, bright cheerful colour in your garden there are plenty of options to choose from.



escallonia, lavender, hibiscus, vireya, and gardenia are just a few which are showing their best side at the moment. There is also plenty of foliage colour to choose from especially with the latest range of cordylines.

Summer in the garden is a good time for some basic maintenance. Top up your mulch to prevent moisture escaping, and aid with weed control. Keep any weeds at bay, as they also compete for water.

We have in stock Daltons Compost in the 40L bag which makes a great mulch, plus improves soil structure and revitalises by adding organic matter and nutrients to your garden. The worms love it.

Be sure to water deeply every few days in dry weather which encourages roots to grow deep into the soil, where they are least likely to dry out. If you only water little and often this will promote shallow, drought sensitive roots.

Don't water in the middle of the day as most of the water will evaporate. Morning watering is great for nutrient absorption, as plants tend to be most active at sunrise. Take care to water the soil rather than the foliage.

## What is sustainable landscaping?

Creating a beautiful long lasting landscape which requires a minimum of maintenance.

At Sustainable Landscapes, we will offer you free landscape design as we carry out your landscaping project.



Our services include earthworks, stone and timber work, gardens and features, drive and walkways. Creating a low maintenance, long lasting landscape that you will be very satisfied with is our aim.

As a husband and wife team we have a policy of working on

one project at a time. This way we can deliver a good service to our clients which includes Auckland Council where we often get asked to carry out more complex projects.

Our purpose built 4 x 4 crane truck enables us to take the heavy burden out of our work. By having greater access to difficult sites and by having easy lifting capacity for carrying and placement work, we are able to work quickly, efficiently and effectively.

View our work at [www.sustainablelandscapes.co.nz](http://www.sustainablelandscapes.co.nz) or talk to us, 027 543 0288.

Sustainable Landscapes supports Variety the Children's Charity. (Photo taken on Variety Bash)

## Total Cover Shade & Shelter

It's that time again, time to stay protected from the sun and enjoy the outdoors for at least the next 4 months... here's hoping. The classic Kiwi Summer usually consists of a few beers or vinos, a BBQ and a great outdoor area to relax and entertain



our family and friends. Summer is a great time to make the most of your outdoor area as we are lucky enough to have the perfect climate to be able to enjoy hot summer days and mild summer nights.

Total Cover Shade & Shelter are a family owned business who have been in the shade and shelter industry for over 20 years. We aim to offer every Kiwi home an invaluable product to protect you from sun damage and give you a place to enjoy your outdoor area all year round.

Pop into our new showroom located at 8b Piermark Drive, Albany or contact us today on 0800 100 019.

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Scott Sutherland - Certifying Plumber, phone 027 430 0251 / 09 832 7267. [www.nocowboys.co.nz/businesses/sps-plumbing-services](http://www.nocowboys.co.nz/businesses/sps-plumbing-services).

## Maddren Homes strikes gold

This year has begun with a golden glow for a Kumeu company.

Long established builder Maddren Homes ended last year with four gold awards in the 2016 Auckland Master Builders House of the year awards and then scooped a national award in the \$300,000 category.

The 100 per cent hit from four entries means Maddren has now gained a gold recognition nearly every year among the 26 awards since Tony and Terena Anderson of Huapai took over running the company in 2010. Their three sons, Jake, Taylor and Keegan, are also involved.

The four additions to the framed certificates filling a two-level wall at the Main Rd office have also delighted general manager



Rodger Scott and sales and marketing manager Paul Reid. Rodger says it's great recognition for the effort put in by the team of about 200, which includes the many subcontractors.

Trained as a carpenter, Rodger was managing an Auckland scaffolding company and often worked on Maddren Homes. He liked the firm so much he joined about five years ago and now lives in a Maddren home.

"We've gone from building about 12 homes a year in 2011 to doing about 50 annually, and from nine staff then to 23 now."

It's the firm's work ethos which appeals to Rodger most.

The company works closely with its customers right from the early planning and design stages and follows a computerised programme schedule which means the subcontractors and everyone involved is up to speed with the next step among some 700 key tasks in providing a quality home to suit each client.

"The secret to our success is understanding clients' differing requirements and celebrating their individuality through good design," Paul Reid says.

"We are old hands at building new homes," he says of the company formed in the 1930s.

Maddren Homes uses tried and tested materials for its homes, like timber framing, brick and weatherboard. "If it hasn't been around 10 years or more then we don't want to know about it," Rodger says.

Paul was also attracted by the company's team ethos, which he rates as "second to none".

He worked in the industry for 15 years before joining Maddren Homes.

"It's not about getting the end result as quickly as possible but about setting the expectations right at the start," Paul says. "So people can see us with whatever their budget is and then we work hard to keep to it and meet their expectations. Any initial problems are sorted at the start."



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# Dan's Tips

February 2017

Things are heating up - don't forget to give your garden lots of water to keep it thriving. It's also time to start sowing your autumn vegetables.

## Growing Food

- **Leeks:** Poke a hole in the soil with a pencil or bamboo stake to a depth of 18cm. Drop in a leek seedling, but don't throw in soil to fill the hole. This leaves space for the leek to fatten as it grows and when you water the hole fills up, bit by bit.
- **Vegetables for autumn/winter:** Sow seeds of the brassica family in trays to plant out when the temperatures are cooler. Brassicas include cabbage, broccoli, bok choy and cauliflower plus there are some fun new ones such as Broccoli Romanesco (more cauli -like), purple sprouting broccoli and the foodie darling - broccolini.
- **A basil crop will last for months:** If you didn't get a crop going before Christmas, now's the time. It needs regular water, but generally grows quickly in this heat.

## Other Work

- **Tropical flowering plants are cool and colourful:** Canna lilies, hibiscus, bougainvillea and bird of paradise plants are so lush and they come into their own this month. Makes you feel like you're in your own island paradise. Keep them well watered.
- **Hose only at night or early morning** - during the day can be a waste, as heat evaporates the water quickly.
- **Party Planning for your roses:** if you've a big event coming this Easter, then it pays to remove all flowers and buds off roses at the beginning of this month, to just above a 2nd or 3rd leaf node on the stem. 60 days on, you should have plenty of blooms!
- **Top up water regularly in the birdbath** for your feathered visitors and keep a bowl in a shady spot for your domestic pets
- **Put a Bell Collar on Puss:** Young birds are attracted by the array of fresh produce in summer gardens and they make easy targets for the resident feline!



## The Lawn

When it's hot, lawns stress a bit. Smart irrigation is a deep soak, twice a week, when the sun is off the grass



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Rodger says fixtures and fittings are also "top notch", the same applying to what goes behind the walls, like plumbing. Just because the firm uses tried and tested products doesn't mean it rules out innovative technology and ideas. Every month the company has a compulsory lecture by a trade representative explaining a new product.

That also maintains relationships in the trade, and anyone at the meetings can provide input too.

Site visits are also held Friday afternoons, so people working in the office or on various construction stages can see for themselves how it comes together, Rodger says.

A new Kumeu showhome is opening soon, providing a three bedroom contemporary design. Even this can be customised.

"We rarely build the same home twice," Rodger says. "Everyone has got something different they want."

Rodger says a trend is for more parents to live with their children, or vice-versa.

And they get a number of questions about sustainability, including the use of solar power.

Times have changed greatly since the 1930s, also revealed in a framed building contract and consent plans from that period held by Paul, right, and Rodger.

They're just a page each – unlike the nearly 50 pages needed now. Visit [www.maddrenhomes.co.nz](http://www.maddrenhomes.co.nz) for more.

## 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 Dr Kumeu – 09 412 7880.

## MEACT

A quintessential New Zealand summer's day ends with something cold to drink, and fish on the barbecue. Yet the viability of different fish stocks is seldom discussed. Now Forest and Bird have produced an updated Best Fish Guide for mobile; independent, handy to access, and packed with recipes. Consumer favourite snapper (tamure) for example rates an unsustainable red.

West Coast Seabed Mining Update: Record numbers of people voiced their opposition to seabed mining in the South Taranaki Bight. KASM (Kiwis against Seabed Mining), who speak for a coalition of voices against mining, has been denied charitable status, which will make it harder to receive funding. You can protest this decision – and support KASM – see [kasm.org.nz](http://kasm.org.nz)

Plastic Recycling: January looks back at the conspicuous consumption of December with sobriety. The majority of plastic waste going to landfill is post-consumer packaging waste. Rigid containers, and plastic film, are not universally collected in NZ. When collected they are often baled and exported to be recycled, or used in energy production. Reduce reuse recycle – think before you take that unusable non-biodegradable product home in 2017.

## Kumeu Plumbing Limited

Here at Kumeu Plumbing we are gearing up for summer. We are bringing the heat with some hot clearance specials. All Firenze and Kent Wood Fires Free Standing and Inbuilt available in Clean Air and Rural options are priced to go! Save hundreds! Out with the cold and in with the blue, we are Swimming Pool ready. Here at 156 Main Road Kumeu (big blue building) we can analyse your pool water and supply what you need to balance your pool for safe and healthy swimming for the whole family, this includes spas. We cater for salt pools and chlorine pools. Christmas is just around the corner, a range of stocking fillers available from pool toys for the kids to cooking utensils for him and her. Forget the barbeque, give hubby the ultimate Kiwi Cooking experience - barbeque, roast, steam and bake all rolled into one with our Barrel Barbeque! Perfect Christmas surprise. Call in and chat to the team. 156 Main Road, Kumeu. 09 412 9108.

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## Deck and fence pro



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

and other outdoor areas. Deck and Fence Pro also supply and fit garage carpet, an option that appeals to an increasing number of people using their garage as extra living space. Carpet can be professionally fitted in just half a day and will transform the look of your garage.

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

## Bright lights, less power

I hope everyone enjoyed their holidays. With so many people out using their boats and camping this is the time to look at power usage. Are you tired of watching your battery bank dwindle and having to recharge using noisy generators? The solution is using less power hungry fittings, for example, LED light fittings. LEDs provide more light for less energy consumption. They are easy to fit and require a great deal less maintenance. You will be changing lamps far less often. They also work well to light up outdoor areas for entertainment.

Not only are they a great energy saver on holiday, but also in the home. Traditional lamps are rated at about 2000 hours, where compact fluorescent lamps are 10,000 hours and LED's up to 35,000 hours. Fancy not changing a light bulb for 5-25 + years? LEDs save on power with low environmental impact. Give us a call if you would like more energy-saving solutions. Tony 021 772 756or 09 411 8526.



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Range Point. Rifle Range Point is located in the quietest area of Hobsonville Point and has the best views. Your backyard is a beautiful 11-hectare park, the city ferry and The Landing's vibrant restaurants and cafes will be just a short stroll away. This small enclave of architecturally designed well-appointed 4-bedroom homes are available from \$1,335,000. These homes have their very own private internal elevator, large open plan living spilling out to a sunny north facing deck, plus, all important car parking for three cars. Hobsonville Point is ideally located to offer you a great lifestyle close to the water with harbour access, beautiful parks and coastal walks, Hobsonville Point has a range of amenities including cafes, a farmers' market, schools, a Medical centre, Pharmacy and Countdown supermarket. Only minutes away you will find shopping at Westgate and Albany with West Coast beaches, vineyards and forests in close proximity. Build with Auckland's most awarded builder, with the best guar-

antees and have a home designed for living, built for life. 66 Master Builder House of the Year Awards. For more information, call 0800 52 52 66 or visit our website [www.jalcon.co.nz](http://www.jalcon.co.nz). Show-home: 7 Liquidambar Drive, Hobsonville Point. Open daily, 10 – 4pm.

## Consider upgrading to a Compass Home this summer

Stroll through our stunning concrete show home this summer for some fresh ideas and inspiration, and kick your 2017 new home resolution goals into gear. If a brand new, spacious and functional kitchen and scullery (perfect



for concealing the preparations of the nights entertaining) is what you have been dreaming about these holidays, then we invite you pop in and check out our gorgeous 4 bedroom, 2 bathroom House & Land packages available in Huapai Triangle right now. We build in both concrete and brick/tile so the choice is yours, chat to our friendly team about moving in to a new home mid 2017. Look forward to the winter months, once summer has departed, by relaxing in a warm, cosy, energy efficient, Compass Homes home. For further details visit Compass Homes Rodney 3 Larmer Drive, Huapai or contact Scott Gordon 027 406 368 [scott.gordon@compasshomes.co.nz](mailto:scott.gordon@compasshomes.co.nz).

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## Tradie of the month

A big congratulations to Chris of Chris Mace roofing for being the first Tradie of the month for 2017. The team at Maddrens would like to thank Chris and his staff who continually exceed our expectations when it comes to meeting time frames and delivering quality. In a job that can often be affected by the elements communication with our project managers is paramount at such a critical stage of construction. Maddren Homes would like to thank Chris and the team for all the hard work and effort put in and look forward to many more roof shouts throughout the coming years.



more control over the fixtures and fittings, and it can actually be easier to get a mortgage for a new build. Not to mention all the modern features and design standards that now come as standard in new homes that can save you thousands in renovations down the track. Building new allows you to customise the home to suit your needs right from the outset, ensuring you have everything you need to suit your lifestyle. Choosing a well-established building company like Signature Homes provides you with endless options for your new home. Design and build your dream home from scratch or choose from one of our existing plans that have been developed with cost-efficiency in mind. Whatever your style and budget, we have options to suit. We know that finding land can sometimes be difficult. Our extensive range of House & Land Packages take the hard work out of building. There is no need to search for a section and each package is paired with the perfect plan to maximise sunlight, land contours and views. Best of all, through the design and build process, you can still choose your own personal touches, from modifying the floor plan through to colour choices, fixtures and fittings. All of the homes we build are backed by our market leading Guarantees which take the risk out of building a new home. You can rest assured that you will move into your new home on time with no nasty pricing surprises along the way. Further, your new home is backed by our structural and weathertightness guarantees that ensure your home will be safe and dry for years to come. When you build with a reputable company like Signature Homes, you enjoy the benefits of working with a company that has been in the game for over 30 years. Our well-established building process ensures your build will run smoothly from start to finish. This includes access to our professional team of architects, draftsman and interior designers. During the build, you will have your own project manager, to ensure you get your dream home without the stress usually associated with building.

## Build or buy? Weighing up your options

When considering a new home, there are numerous options to weigh up; location, size, features, this list can seem endless and the range of choices can be daunting. One option people don't always consider is building new. There are many benefits to building over buying a second-hand home. Better design,

*“Old hands at building award winning new homes”*

- R.S.



# Food: Beverages

## Peko Peko Japanese Takeaway

It's been great to see familiar faces again after our summer break. We have started new tapas (side dishes) for our Bento box. If you like having different tastes in one meal, try our bento box. We try to change tapas regularly so you can enjoy the "surprise". Thank you for your continuing support and we look forward to seeing you all. Located at 92 Hobsonville Rd, in the car park of Passion Produce vegetable shop. Please check our Facebook page for any updates. 022 431 3462.



## The Hunting Lodge


The Hunting Lodge is one of the newest wineries in the neighbourhood... it's also one of the oldest. Having recently purchased the land from Matua, we've been re-vamping the site and were excited to host our first wedding this month in our new Barn. We're big on family, sharing and giving local love, so are busy creating spaces that are family focused, and are keen to host exhibitions, festivals and other local events. With a funky new Cellar Door open 7 days a week, come in for a wine tasting and sharing platter, check out the ce-



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dar-wood Barn available for weddings and functions of all sizes, and chat with the team. Keep in touch via the website [www.thehuntinglodge.com](http://www.thehuntinglodge.com).

## The Flagship Bar & Restaurant

Celebrate your next special event at The Flagship. Our seaside bar and restaurant is perfect for birthdays, engagements, anniversaries and more. We take the stress out of special events so you can spend more time celebrating with your guests. Spacious layout, flexible menus and fantastic views of the Waitemata Harbour. Visit [www.theflagship.co.nz](http://www.theflagship.co.nz) to find out more.



## Soljans Estate Winery

How about dining at one of the Top 20 Best Winery Restaurants in the World on Valentine's Day? Come to our award-winning Winery Café for dinner with your loved one to enjoy the world-class cuisine. We have prepared an exclusive set menu for this special day. Our excellent service has won us repeatedly the Beef and Lamb Award in the country and Trip Advisor's 'Certificate of Excellence'. Soljans Estate Winery is located at the gateway to Kumeu Wine Country. Only a pleasant 20 minute drive from Auckland City will take you to this picturesque rural area. The Mediterranean architecture will definitely catch your eye on State Highway 16. Let us know when you are ready, we will provide you with the warmest welcome. Please call our Café on 09 412 2680 for booking.



## Yumcha Chinese

The only Yumcha Chinese restaurant in Waitakere Auckland. We have more than 200 seats and affordable prices for Yumcha Dimsum. We have recently opened at new premises and look forward to seeing you soon. Address: 26-28 Totara Ave, New



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Lynn. Phone: 09 827 8883. Website: [www.elegantfood.co.nz](http://www.elegantfood.co.nz).

## Sundowners at The Tasting Shed

Summer never felt so sweet with The Tasting Shed's Sundowners back 4pm-7pm every Sunday from the 5th of February through to the 2nd of April. Check out our new all fresco menu while enjoying the sweet sounds from renowned Auckland DJ's including Base FM's Murray Sweetpants and George FM's Cian, playing exclusively vinyl sets. Our brand new Sundowners custom cocktails will help you kick back and relax for the ultimate way to end your weekend and cruise into the working week. Come and join us for some good time summer vibes. Main restaurant dinner bookings on Sundays will commence from 6.30pm. Phone 09 412 6454 [www.thetastingshed.co.nz](http://www.thetastingshed.co.nz).



## The Riverhead

Why do we all do what is expected of us? Why do so called 'millennials' act like we expect them to or 'baby boomers' act the way they do? Why is there even a classification called 'Westies' and why are they different to 'Jaffa's'? Why are tradies any different to professionals? Ever thought of breaking the mould? The really interesting people out there are the ones that don't do what's expected of them...they're those magical people who stand out and we admire them for being different. Food for thought...or would you rather food you can digest? Take a look at our new look outdoor decks in front of The Landing Restaurant. There no better place to have brunch on the weekends than there...

## Wonderful Japanese Restaurant and café in Huapai

We offer 40% discount on our displayed photos and continue to put up new photos.



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menu to satisfy our customers and keep things exciting for you all. If a romantic dinner for two or a family dinner with the kids sounds like what you're after give us a call and book in now. Not only do we deliver delicious meals but our talented chief has previously done photography for National Geographic and has some of his work on display right here for you to come view and even purchase. All of his photography currently has a 40 percent discount. So be sure to pop in for a coffee, breakfast, lunch or dinner and check out what The Gallery Café and Restaurant has to offer. Pop online to our Facebook page ([www.facebook.com/thegalleryjapaneseandcafe](http://www.facebook.com/thegalleryjapaneseandcafe)) too find out a little bit more about us and the food on offer. 329a Main Road, Huapai 09 412 8983.

## The Coffee Club Hobson Centre

Let Greg and Rebecca Bauersch make you feel welcome as you enjoy their good food, great service and excellent coffee at The Coffee Club Hobson Centre, Hobsonville.



As Greg says, "I'm half-Lebanese and half-Armenian - both cultures that have a massive tradition of hospitality - and Rebecca is from Invercargill, so good hospitality and good food are in our genes!" The Coffee Club Hobson Centre, Hobsonville is open daily for breakfast, lunch, coffee and cake. They're also now serving a new Dinner Menu after 5pm daily with delicious meals such as Eye Fillet with Red Wine Jus, Grilled Fish of the Day with Béarnaise Sauce, Chilli Prawn & Chorizo Linguine plus more. There are also exciting Fresh Salads such as Chicken, Spinach and Quinoa Salad and Grilled Haloumi Salad. Now open until 9pm Thurs-Sat, 124 Hobsonville Road (near the new Countdown). For more info visit [www.thecoffeeclub.co.nz](http://www.thecoffeeclub.co.nz) or phone 09 416 0126.

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# Petstips:advice

## Keeping safe with your dog around horses

Summer hopefully means more time for you to enjoy getting out exploring. It's likely on your adventures you will come across horse riders. From your dog's point of view a natural response



to fright or curiosity is to investigate further or chase. Some dogs think the horse might enjoy a bit of play- typically not the case! It is worth knowing that horses weigh over half a tonne and are flight animals. Their natural instinct is to react and run, think later. A bolting horse is a very dangerous one. It is not too difficult to see how a serious accident can quickly happen with dogs around horses. Call your dog and put them on the lead. Stand to the side but keep visible, encourage your dog to stay quiet, use a diversion technique if your dog becomes excited as the horse approaches. If riders are approaching at a trot and you are uncertain of your dog's reaction ask the riders to slow. If your dog has bad recall turning in the other direction and running will get them back to you. If the rider can see you are having trouble they should stop and wait. As Muriwai's local professional dog walker I regularly come across riders during off leash adventures, and this is just one of the reasons I take small groups as your dog's safety is my main priority. Paws to Hooves provide off leash walks five days a week. Small group-big fun! Pawstohoovespetcare/Facebook. www.pawstohooves.co.nz 027 380 0265.

## Hunting for the very best in pet nutrition?

Our nutritional philosophy is simple: A species-appropriate diet promotes optimal health. Dogs and cats are carnivores. Their digestive



systems (starting with the teeth) have adapted to thousands of years of eating raw prey diets. Only in very recently evolutionary history have our pets made the dramatic shift to highly processed, carbohydrate-loaded diets. Raw meat, bones, or-

gans and tripe - from high quality prey sources - is a species-appropriate diet for dogs and cats. How does feeding a raw diet work? It is simple, and rewarding. Keep your freezer stocked up with a mix of meat, bone, organs and tripe from a variety of prey sources (we suggest three or more sources over a week, to ensure a wide range of nutrients). These products will be in minced cubes, or in pieces of bone with plenty of soft tissue attached. We will help you choose the best products, and most appropriate meaty bones for your pet. Defrost some product each day (never in the microwave or oven), following standard good meat hygiene rules - and enjoy watching your pet relish their real-food diet. There are a few guidelines to follow in order to feed safely and effectively, so we offer ongoing support and advice to all our clients. Our friendly staff are on hand to answer all your raw-feeding questions - please don't hesitate to ask. Visit [www.rawessentials.co.nz](http://www.rawessentials.co.nz) for lots of great articles and information.

## Summer can bring the risk of hyperthermia or heatstroke

How to help keep your pet safe and happy. Hyperthermia or heat stroke is an over exposure to heat or exercise raising the body's core temperature to a dangerously high level. This can be caused by multiple situations; Being left unattended



in a car, tied up outside on a hot day, inadequate water supply, poisons, illness, upper airway obstruction, over exercising or exercising on a hot day. It will also be more prevalent in the very young or very old as they are unable to thermo-regulate their body temperature as well as a healthy adult animal. Never leave any pet in a vehicle unattended. The temperature rises very quickly and even leaving a window open is not enough to keep the car at a safe temperature. Studies show that if the temperature is 26 C outside a car within 10 minutes it will have risen to 37C inside and then after 30 minutes it will have risen to 43 C. When the temperature rises over 40 C our internal organs start to shut down. Cats tend to move themselves out of the sun when they get TOO warm but keep an eye out for the cats that like to sunbathe they have been known to get locked in greenhouses or conservatories. Have a quick look around prior



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to locking up. Before you take your dog for a walk on a hot day think about where you are walking, the time of day and imagine how you would feel doing the exercise in a fur coat. Do not walk your dogs on hot pavement, concrete or sand. As well as potential hyperthermia you will be treating them for burns to the pads of their paws. If you can't walk on it in bare feet, don't make your dog. Take some time to think about your animals that are confined to one area outside such as birds in aviaries, rabbits and guinea pigs. They will need to be in a shady area where there is a breeze and they will require plenty of fresh water. The temperature inside their hutches can get very high if there is no breeze and they are in direct sunlight. If you can't move the hutch look at putting up a shade cloth or umbrella so if it gets too hot in the hutch they can still be in the shade. For those who are inside like our birds, mice, rats and fish. Make sure they are not in direct sunlight and have plenty of fresh water (yes especially the fish). There have been incidents of deaths in kennels where dogs are not provided with adequate water and shelter. If your dog is confined to a kennel when you are at work or out, check that they have shelter at all times of the day. They will need to have good airflow and a supply of fresh water. Checklist for our animals in the summer: Do they have shade? Is there a good supply of fresh water? Can they move out of the sun if they get too warm? Is there adequate airflow? Now go and enjoy this beautiful weather knowing that your animals are safe and happy. Jo Clough - PET First Aid & Training (NZ) Ltd.

## Some New Year's resolutions for healthier, happier pets and their owners!

The staff at Dr Bobs Veterinary Clinics would like to wish all our pet patients and their owners reading this a Happy and Healthy 2017. New Year's resolutions often involve more exercise, and a good, cheap and very enjoyable resolution is taking your dogs out for regular walks or runs. My 3 spaniels will always react with great excitement if the word walk or beach comes up in a conversation. I find dogs enthusiasm very infectious, taking them out makes you feel happy and healthy too. I would however give a word of caution, avoid walks on hot sunny days apart from early morning and at sunset, as dogs running around in the heat of the day with thick fur coats on are at risk of becoming seriously ill with heat stroke. If your dog ends up in a collapsed state panting and can't get up, then a trip to a vet is advisable. Do not hose them down with cold water as they can go into shock. Tepid water may be of benefit until they can get to a vet. Access to shade and water on hot days is essential for both dogs and cats. Having your pets coat clipped short for the summer and access to a fan are both things dogs and long haired cats often appreciate. We have a new Dog Grooming Centre



in Waimauku, Paws and Claws by Dr Bobs. It has been a great success since it recently opened. It is a good idea to take dogs somewhere where it is safe to let them off the lead. Research in London found that inner city dogs were getting obese as most dogs were walked with leads on only. If dogs are let off their leads they will travel 3 to 4 km for every 1 km that you walk, so I would suggest enjoying the lovely summer weather and getting both yourselves and your dogs out and about twice a day in the cooler parts of the day in the beautiful part on New Zealand that we are lucky to live in. If your dog is aggressive towards other dogs however I would recommend an extending lead so they can still have a run but can still be brought to heel when needed. Dog training and socialisation classes can be useful for those dogs that are not used to socialising with other dogs. Another easy way of having healthier 2017 for your pets is to have a good look at your pet's teeth. If the gums look red and sore or there a build-up of tarter on the teeth, a trip to Dr Bobs is recommended to see if they need a good descale and polish. Pets, like humans live longer and healthier and happier lives without painful dental disease. Prevention is better than cure and a variety of dental products such as chews, chicken flavoured tooth paste, water additives and complete dental dog food are available over the counter at our vet practices. Our nurses can tailor make a solution that best suits your pets. Finally, check your pet's coats for any signs of fleas or flea dirt. Cats and dogs should be treated regularly in the summer months to protect your pets from fleas and worms which thrive in the warm weather at this time of the year. At Dr Bobs we have a new flea product called Bravecto which lasts for 3 months which makes life easier than monthly flea treatments which are easily forgotten in the back of the drawer. If you require more information, please ring our friendly helpful nurses for free advice on 09 411 7575 (Waimauku) or 09 412 7577 (Kumeu and Huapai). Happy New Year, Dr Ross Milner - BVSc, MRCVS.



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# Health:beauty

## ACC cover for osteopathic treatment

Most people are familiar with ACC (Accident Compensation Corporation). Amongst other things, it helps to cover treatment and rehabilitation costs related to injuries. It is a great scheme that we have in New Zealand and everyone who is a permanent resident



is automatically covered by it. So what is covered? Any injury where a person sustained significant force from heavy lifting, falling or had a road accident. It doesn't have to be work related either. ACC doesn't cover gradual processes and illnesses like arthritis or degeneration (except some overuse problems).

ACC claims can be submitted by any health practitioner registered with ACC. Osteopaths can do it in their practices. ACC doesn't cover the full price of the treatment, but significantly reduces it. Depending on the injured part ACC can subsidize 6 to 18 treatment sessions. At Family Osteopathic Clinic we can help our patients apply for ACC cover which will reduce our fees from \$70 to \$40 per 30 minute session. Once the claim is accepted, we can also refer patients for further investigations, such as X-rays or ultrasound, under that ACC claim.

Find us at 39 Hobsonville Road, [www.familyosteo.com](http://www.familyosteo.com). Phone 09 416 0097.

## Create good habits this New Year

Most problems that we see in practice stem from some sort of bad habit, whether that be poor posture, incorrect lifting techniques, poor sleeping positions etc. If it has taken a bad habit to create a problem, it is going to require a new, good habit, to fix it. If you have some aches and pains or don't feel quite right, think what bad habit may be causing it. Once identified, you can then go about creating a new healthy habit. If you need extra help or would like a second opinion as to what the problem is, call us on 09 413 5312 to make an appointment. You can also visit our website for more information. There is one thing for sure, your body will thank you for it.

Elevate Chiropractic // Shop 1, 10 Greenhithe Road // Greenhithe // 09 413 5312.

## Hobsonville Chiropractic Centre

Your local Chiropractors at Hobsonville Chiropractic Centre are here to help our community become healthier, function better and get to the cause of whatever symptoms they may be experiencing. The beginning of the school term is a great time to ensure that your children's spines are aligned and their nerve system is working at its best. Chiropractic care can enhance immune system function (less days off school), and encourage healthy development of the mind and body through improved concentration, learning ability and IQ levels as well as naturally help issues such as asthma, digestive issues and bladder control. We can also teach you and your child how to wear and pack their school bag in a way that puts the least pressure on their spine. Chiropractic is gentle, safe and effective for people of all ages and stages of life. Call today on 09 416 7589 to make an appointment.



## Shoe Talk's advice on orthotics

So you have been fitted with a new pair of orthotics – do you know how to get your body used to them?

First piece of advice is do not just put your inserts in and march off into the sunset.

You are going to be readjusting how your body structure works and this takes time. So wear them in. The recommendation is that you wear them for an hour the first day, two hours second, three hours the third day and so on. By day seven you should be able to do seven hours.

You have tried every pair of shoes you own with the inserts and now realise 90% of them no longer work. Throw out all the unsupportive ones however keep your pretties - more on that later.

New shoes are therefore required and off you go to find them, please remember to take your inserts

First thing is that most street shoes and what I call pretties will not fit your orthotic. So now you are looking for footwear with



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removable footbeds to give you the space you need for the orthotic.

You are also looking for flat shoes, with supportive heel counters and soles that do not twist too much. This then means the footwear you are looking at is a lot more functional and has been designed to take the insert and also to give you the support you need.

When special events come up as they do my advice is to get some nice footwear "pretties" that fits correctly and to enjoy the special occasion.

## Polarised sunglasses - why??

It's all about glare. Are you still squinting when you go outside in your new sunglasses? Chances are they only have tinted plastic lenses. Give your eyes a huge advantage and invest in good quality polarised lenses. Your eyes will stop watering, you won't get wrinkles from squinting, you won't get tired and best of all, you can have them in your prescription.



If you are a beach goer, love fishing and being outdoors, choose polarised lenses. If you want the very best -choose Maui Jim. Come into Hobsonville Optometrists at 413 Hobsonville Road and we will happily show you the 'wow' factor of high quality polarised lenses.

## McIntosh Dental lights up smiles of two deserving students

Massey High School student, Sydney Eady, and Waitakere College student Bethany Brown, have been named as the winners of the 2016 McIntosh Dental Orthodontic Scholarship.



Since its establishment in 2012, the community scholarship programme has awarded \$75,000 in orthodontic treatment to college students in West Auckland. Alongside the \$5,000 in orthodontic prizes that McIntosh Dental provide to the winning candidates, the Henderson-based Dental business also supports the recipients' schools with a \$5000 technology grant.

Dental Surgeon, Dr Milan Raniga says the McIntosh Dental team love witnessing the transformation in their patients. "As soon as

the braces come off, we notice an immediate increase in confidence with these young people. They smile and talk more, and have a very positive vibe about them."

Dr Raniga takes his responsibility to improve the smiles of these young adults seriously. "Orthodontic conditions take a while to treat. It's a long-term relationship. It's important that the child and parent are comfortable that their dentist has the child's best interest at the forefront of their approach." Dr Raniga says his passion for patient care is fuelled by observing the devastating effects of not getting the right orthodontic care.

Both of the 15 year old girls have been selected for meeting the scholarship's criteria of being high achievers. They are also both involved in cultural and artistic ventures at their respective schools. Bethany, who is part of the Performing Arts Academy at Waitakere College, feels inhibited when performing, and is grateful for the opportunity to correct her teeth. "I will gain confidence when public speaking and performing, because I won't be afraid to show off my smile. I will also have a newfound confidence in everyday life. This never would have been possible without the generosity of McIntosh Dental."

Waitakere College's Deputy Principal, Brett Bradley, was the person who set Bethany's nomination in motion. "I overheard Bethany telling her peers that her remaining baby teeth were preventing her adult teeth from coming through, causing her teeth to become distorted." Listening to Bethany explain this difficult situation, Mr Bradley approached Bethany, and suggested to her mother that they apply for the scholarship.

Year 11 student, Sydney, was nominated by her solo mother, Lee Stratton, who says her daughter performs hip hop dancing with the school most weekends. "She often requests to dance in the back row, because of her teeth. I would love to see her on stage beaming with her 100% smile."

Having struggled with tooth, gum and jaw pain, Sydney recognises the magnitude of what her new braces will do for her life. "McIntosh Dental have not only given me braces to straighten my teeth, but also an opportunity to feel a lot more confident when I am dancing."

## Sore throats

Lots of people come to their GP with a sore throat. I thought I would take the time to talk about sore throats and the myths that surround them.

Firstly, a lot of sore throats settle on their own. Most of the time, a sore throat is not serious. If you have a viral sore throat you do not need antibiotics. To manage a viral sore throat, you can take normal pain relief such as paracetamol as advised by your doctor. Salt gargles may also help. You are more likely to have a viral sore throat if you have a runny nose, a cough, or sneezing at the same time.

Bacterial sore throats (usually caused by a bacterium called



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Streptococcus pyogenes) are more likely to cause a high fever, moderately swollen neck glands, and may cause a white-covering in the back of the throat (the pharynx) or on the tonsils. Bacterial sore throats usually need treatment with antibiotics because they can cause complications. These complications are very rare but include problems with the heart valves or the kidneys.

To confuse the situation more, there is a type of virus, called Epstein Barr Virus, or EBV, which can cause a sore throat, and can mimic a bacterial sore throat. EBV can cause a condition called glandular fever. Patients with glandular fever do not need antibiotics and can get a nasty rash if they take antibiotics when they have the virus.

When you go to your doctor with a sore throat it will be decided whether you need a course of antibiotics or not. The doctor may decide to start you on a course of antibiotics, but complete a test called a throat swab first. This is when they use a small cotton bud to remove some of the germs from the back of the throat in order to send this to the laboratory. The laboratory will then send a report to the doctor explaining whether the swab grew bacteria or not. If it didn't grow bacteria the GP will usually advise you to stop the antibiotics.

Germs from sore throats can be spread by sharing cups or toothbrushes, and it is advisable to wash hands regularly when there is a person in the house with a sore throat, especially if this turns out to be an infection caused by a bacterium.

If you do develop a sore throat which is not settling, go to your doctor for a check-up. They will advise on what needs to be done. Bear in mind that sore throats can also result from other causes such as acid reflux and thyroid problems. Again, your GP will advise you whether any further tests need to be completed. Dr Isabelle Duck is a GP and Urgent Care doctor at Westgate Medical Centre.

## Spa Di Vine celebrates 15 years

Spa Di Vine's owner Paula Haverkate and Team are very happy to celebrate their 15th Birthday this month and would like to thank all their clients for making this possible.

Their February Birthday Deal is the ultimate pamper package - perfect for a little rejuvenating me-time.

Bamboo Back and Neck Massage for rolling out tension spots, back scrub, foot scrub and foot massage (or choose hand scrub and hand massage). Enjoy some quiet time and enjoy an al-fresco morning tea break, with freshly brewed herbal tea, fresh fruits coupe and ice cold lemon waters. Then your face and neck





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will receive a grape derived, enzyme deep cleanse, grape seed oil face and neck lifting massage and hydrating cool cucumber mask. A light moisturiser and hydrating tint plus lip gloss to finish. You have never felt better and looked brighter.

Spa Package is for one person, allow 2 hours. Birthday price of \$199 (RRP\$285).

SPA DI VINE, Waimauku - www.spadivine.co.nz. Conditions apply, ring for further details on 09 411 5290.

## Royal Road Dental

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## Vivo

At Vivo we get excited about beautiful hair and believe that the best way to look after our clients is to look after our stylists. Vivo are passionate about being the best place to work in the hair and beauty industry. Our commitment to continuous education and maintaining a steady flow of clients for our stylists mean that as a part of our team you will have every chance to really grow as a stylist and become the best you can be.

With salons across Auckland, Hamilton, Cambridge, Rotorua, Tauranga, Palmerston North, Wellington and Dunedin, and ever growing demand from clients, we are always looking for talented stylists to join our team.

Vivo are growing so fast, our recruitment can barely keep up. We are currently looking for a senior hairstylist to cover a maternity leave role. If you are interested please email careers@vivosalon.co.nz.

## Westgate Medical Centre

It's that time of year again. The weather is settling and we are drawn to the outdoors. For many people this is a time to get maintenance jobs completed on the exterior of their homes and accidents are sadly all too common.

Falls from ladders, cuts from tools, electric shocks and even sun-



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stroke can happen so easily. Making sure you have someone to hold your ladder, or securing it to whatever you are working on; wearing a hat and drinking lots of water; using an RCD or isolating device on any electrical tools. These simple precautions can help to protect you. If you do experience an accident the team at Westgate Medical Centre are here to help between 8am and 8pm, 7 days per week.

Flu season is coming up soon. Westgate Medical Centre offers flu vaccinations for individuals or for your company – contact [nurse@wgmc.co.nz](mailto:nurse@wgmc.co.nz) to discuss your flu vaccine requirements. Vaccinations can be done at your workplace (fees apply) and early-bird discounts apply for companies who book before 31st March 2017.

## Have you tried walking backwards?

Backward walking, also known as retro walking, is said to have originated in ancient China, where it was practiced for good health.

Interestingly, when you walk backwards, your heart rate tends to rise higher than it does when walking forward at the same pace, which suggests you can get greater cardiovascular and calorie-burning benefits in a shorter period of time.

100 steps backward walking is equivalent to 1,000 steps in conventional walking.

When you walk backwards, it puts less strain and requires less range of motion from your knee joints, making it ideal for people who have knee problems or injuries.

Walking backwards also gives you a chance to work out all of those muscles in your legs, such as your quadriceps and calves, which take a backseat to your hamstrings and glutes during regular walking.

It also works out your hamstrings in a different way, and has been shown to increase flexibility in your hamstrings.

There appear to be benefits for your brain, too. Researchers found that when you walk backwards, it sharpens your thinking skills and enhances cognitive control

This is also where you'll fine tune your peripheral vision skills immensely. It's because you can't see where you're going that other senses, like hearing, sensing and feeling can play a bigger role.

Start slowly and gradually build up your confidence and balance.

Annie Minton - 021 815 113 - [www.bodybrainexercise.com](http://www.bodybrainexercise.com).

## Kickstart the New Year with a Body WOF

Do you suffer from aches and pains, headaches, sore muscles or bad posture? A Body WOF or tune up is the best way to start



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the year and get on top of these problems. Just like a car needs an oil change or new tyres, our bodies also need a little maintenance to keep them in optimal health.

We are all guilty of spending too much time hunched over a computer screen or on our phones. As we sit more and more in our daily lives, now is the perfect time to get your and your child's posture sorted to prevent long term problems developing.

Here are a few tips to keep your muscles and joints in good health.

- 1) Book in for a check up with your Osteopath
- 2) Regular low impact exercise such as walking, swimming or yoga
- 3) Get a massage to soothe those tired muscles
- 4) Stretch, stretch, stretch
- 5) Make sure you are getting enough sleep so your muscles can recover properly

At the Body Clinic, we can assess your posture, treat the cause of the problem and give stretches that can help. We can also advise on ergonomics. If you need more advice or information please contact The Body Clinic 09 320 3803, [info@thebodyclinic.co.nz](mailto:info@thebodyclinic.co.nz) or visit [www.thebodyclinic.co.nz](http://www.thebodyclinic.co.nz).

## Change the way you look at reading

Visual stress is a major cause of reading difficulty at all ages. When people with visual stress attempt to read, areas of the brain can be overstimulated, causing a shimmering or distorted effect over the page. The optometrists at For Eyes Optometrists in Kumeu Village can detect and prescribe colour filter lenses to treat reading problems, dyslexia and migraines.




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Children who are behind with reading or who can't concentrate on their work may be suffering from visual stress. Their eyes send the message to the brain, but when it is processed the complexity of the print causes over-stimulation of some areas of the visual cortex. Print can appear to move or fade in and out and it makes reading hard work – sometimes causing headaches.

Reading glasses with a personalised specific tint, diagnosed by Matthew Whittington on his Wilkens Colorimeter, calms the over-stimulation and dramatically improves your child's reading ability. Give For Eyes Optometrists a call today on 09 412 8172 and book an assessment for you or your child.

## Creating a brighter future for Kiwi kids

It was an exciting time for the students at Colwill School who received their new prescription glasses just before Christmas! Westgate Optometrists very own optometrist and director Ricky Lee helped to screen over 80 children at Colwill back in July, checking not only their vision but also their eye health. The students then received their glasses in a special ceremony that was opened with a haka! The Essilor Vision Foundation are bringing awareness and accessibility to eye care services to local school children in the lower deciles. New Zealand is just one of a number of other countries that have introduced eye screening to help identify vision problems when children first start school. Yet despite these and state subsidies to finance appropriate vision correction, too many students aged 8-12 find themselves struggling to learn at school due to unidentified eye conditions like myopia. With the help of local optometrists, the goal is to improve school performance nation-wide and create a brighter future for New-Zealand's children. Phone: 09 831 0202 Website: [www.westopt.nz](http://www.westopt.nz). Facebook: [www.facebook.com/westgateoptometrists](http://www.facebook.com/westgateoptometrists).



Westgate Optometrists

## Understanding the Importance of Breathing

As a massage therapist your breathing gives me insight into your posture and possible causes of your tension and discomfort.

There's a reason for the ABC's of First Aid – Airway, Breathing, Circulation – breathing is right up there because if we don't we

die! We all breathe and we generally do it without too much thought. Yet, what happens when our breathing patterns become altered?

Our breathing muscle, the diaphragm, should be working 80-90% whilst our body is at rest. It forms the top of our 'core' muscle group (attaches to the inner rib cage, inserts into the upper lumbar spine and interlaces with the lower abdominals and hip flexors) making it integral for spinal stability. An ineffective diaphragm effects your nervous system and other muscles.

Normal breathing rate for adults at rest should be 10-14bpm, in and out through the nose with tummy rising and falling. Too often it's the chest and shoulders rising, this type of breathing uses the accessory muscles around the neck and shoulders thus creating rounded shoulders, forward chin and tightness across the chest.

By not using your diaphragm to breathe you become prone to injuries, increased chest, neck and shoulder tension and disorders such as shoulder impingement or neck pain.

For any breathing or postural related issues call Debbie from Body-Balance Massage & Neuromuscular Therapy, 021 120 2175.

## Wedding season - Have you booked your makeup artist?

We've kicked off the New Year with so many beautiful, happy brides. Lauren from Fresh & Flawless specialises in bridal makeup and loves to make you look and feel amazing on your big day. Lauren understands everyone has different needs and wants for their makeup and customises every application to suit. We recommend you have a trial so we can create your perfect look and minimise stress on the day. For trials you can visit my fabulous new studio in Taupaki or I can come to you. We are also happy to arrange a hairstylist to help complete your look! 2017 is filling up fast and we have opened our books for 2018. Feel free to send enquires to [Lauren@freshandflawless.co.nz](mailto:Lauren@freshandflawless.co.nz) or for more information visit our website [www.freshandflawless.co.nz](http://www.freshandflawless.co.nz).



## \$75 = Exposure for a month

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

### Special thanks

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

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# helloworld

## INFORMATION EVENINGS



### CANADA ALASKA CRUISING

6pm, Thursday 2nd February 2017

### APT RIVER CRUISING

6pm, Thursday 9th February 2017



### INSIGHT AND TRAFALGAR COACH TOURING

6pm, Thursday 16th February 2017

Listen to guest speakers sharing their knowledge and hear about the latest specials.

If you are dreaming about a holiday, come along to our evenings for wine, nibbles and travel ideas.

Please RSVP by phone or email.

#### OUR TEAM



Carolyn Hedley  
Owner



Hayley Miles  
Consultant



Lesley Johns  
Consultant

helloworld Hobsonville  124 Hobsonville Road  
 hobsonville@helloworld.co.nz  09 416 1799

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EXPERTS IN EVERYWHERE

# Area columnists

## e-pack celebrate their first birthday!

Hard to believe that 12 months ago Kathy & Mike Parry took over an empty building at 16 Shamrock Drive and e-pack was born.

Since then the local community has embraced the many services they provide and more and more people are using them for convenience and value for money.

Sold something on TradeMe? Take it to e-pack and they pack it and ship it all in one go with prices guaranteed not to be beaten.

Do you have an online business and need warehousing and freight solutions? e-pack can save you time and money.

Saddles and horse blankets have always been a hard thing to ship, but now with the dedicated service e-pack offer that's a thing of the past, just ask the people from the riding clubs in the area that have shipped using their service. Packed and shipped prices start from as little as \$30 nationwide.

Over the last 12 month e-pack have shipped to all parts of our country. Big small, little and large e-pack has handled pretty much anything that has been sent their way.

The international services were used heavily before Christmas for shipping Christmas gifts to relatives overseas and are available all year round.

For more information - Contact e-pack today on 09 412 7018.

## Summer in Auckland

This is the time of year we have lots of ships visiting and of course the mammoth Ovation of the Seas making a splash in the news. She was in Auckland in January and I was invited to

go onboard to look around so I can better advise our guests. Wow she is huge and I was very impressed. Loads of activities for whichever type of guest you may be with the flowrider which is surfing at sea, ifly (skyjumping) and bumper cars and lots of bars/lounges or cafes (18 dining places) to get away from the crowds.

I also was invited to see a completely different type of ship. Small, boutique, explorer cruising ms Caledonian Sky. She only takes 100 guests and has 86 staff so you are very well looked after. I wouldn't call her flash but homely and comfortable and I wouldn't hesitate to cruise on her.

Carolyn has completed her study of cruising and is now an Accredited Cruise Master, one of only a handful in New Zealand and is based a helloworld in Hobsonville.

Email Carolyn.hedley@helloworld.co.nz or phone 09 416 1799 or call in to the office.

## Kip McGrath education centres - moving schools

For most children, moving schools or making that jump from intermediate to high school can be a big deal. If the family works together it can mean a lot less stress all round.

Your child will probably be experiencing a mixture of emotions ranging from excitement to a sense of loss and even fear. The move

from intermediate or full primary to high school is especially confusing in many ways. Children have to deal with both 'endings' and sadness while at the same time anticipating new beginnings. This may include feelings of excitement and nervous anticipation. Old friends may be left behind and the fear of the unknown looms ahead.

Even for well-adjusted children this can be a daunting experience. If your child is struggling in other ways due to family disruption, moving to a new location, falling behind in their school work or other problems, the thought of all the change involved with moving to a new school can be daunting. However, there is plenty you can do to make this a positive experience for your child.

• Do some research yourself so you can understand the emo-



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tions your child may be experiencing

- Remember, kids don't always know how to express their feelings, they may act out in other ways instead of talking about how they are feeling
- Put yourself in their shoes - think back to your first day at a new school or high school.
- Make sure they are confident in their school work. It's important that reading and maths skills are up to standard before they enter high school
- Ensure you are ready as a family - take care of the practical things such as uniforms, books and school bags.
- Be patient! It may take time for your pre-teen to adjust to their new environment.

Website: [kipmcgrath.co.nz/westgate](http://kipmcgrath.co.nz/westgate)

Contact: 0800 TUTORING or [kipwestgate@gmail.com](mailto:kipwestgate@gmail.com).

## Forest Furniture

Forest Furniture has a full range of desks, mobile drawers and bookcases for students returning to school or university or your home office. Desks range from 1.200m to 1.800m wide as well as space saving corner desks. Place a mobile at the side of the desk for extra space for the printer to sit on, or hide it away under the desk. These mobiles come in two designs. One with 4 drawers and the other with a hang-file drawer to maximum storage.



Bookcases come in several designs, widths and height.

Remember that Forest Furniture has their own workshop in Hamilton and is able to make any item to measure, to fit your needs. Call in to our store and our team can give you a quote. D9 Lifestyle, Maki Street, Westgate to view the range and talk to our friendly team or visit our website [www.forestfurniture.co.nz](http://www.forestfurniture.co.nz) phone 09 216 7674.

## New Muriwai Beach rescue vehicle ready

A new main emergency response vehicle has been introduced at Muriwai Beach this summer, thanks to two local businesses.

When the Muriwai Volunteer Lifeguard Service needed to replace its key rescue vehicle, a lifeline was thrown by Kumeu's Cottle Motors and North Western Toyota.

Geoff Cottle and his team have donated their time for years servicing the club's equipment. "So when they needed help to outfit their new four-wheel drive ute and equip it for life on the beach we were only too happy to swing into action and enlist the help of some other local firms also," Geoff says.

The double cab Toyota Hilux has been outfitted with surf life-saving equipment and emergency medical kits, including a defibrillator, with Cottle Motors installing warning lights and sirens, radio communications, arranging corrosion resistant undersealing and providing a preventative maintenance pro-



## New Dinner Menu! At The Coffee Club Hobsonville

Available after 5pm

The Coffee Club Hobson Centre, Hobsonville is open daily for breakfast, lunch, coffee and cake and is now serving a delicious dinner menu with dessert!

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- Grilled Pesto Bruschetta
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- Soup of the Day
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[tcchobsonville@gmail.com](mailto:tcchobsonville@gmail.com)



gramme.

"It will play a vital role in the response by lifeguards to a wide variety of incidents along Muriwai Beach, as well as in the adjoining Woodhill forest and often farther afield," head lifeguard Oliver Tyack says.

"Muriwai's operating conditions demand an emergency life-guard response vehicle of this type and standard", Oliver says. "Increasingly, we are being called to incidents a long way up the beach, sometimes as far as the Kaipara Harbour 35km away." It was used during the Francie boating tragedy in which eight men died.

The new ute is not just for surf rescues. Lifeguards frequently back up the local fire brigade and St John Ambulance first responders.

"Sometimes we are the first to arrive, and we need the proper gear to deal to situations," Oliver says.

Costed at \$40,000, the vehicle was about to present the Muriwai club with a major funding challenge. But North Western Toyota provided a sponsorship package and Avondale based Vehicle Construction and Maintenance built and installed equipment rack systems. Along with Cottle Motors' involvement, that reduced the club's cost by half.

Lifeguards are on duty every weekend and during public holidays until Easter. Paid lifeguards provide mid-week patrols from mid-December until schools resume around February 7.

Visit [www.lifesaving.org.nz](http://www.lifesaving.org.nz) or search Surf Life Saving Northern Region on Facebook for more.

## Lavender Hill

Balancing corporate and country life while developing a thriving tourism business keep Jason and Trish Delamore busy.

The Riverhead couple runs Lavender Hill, the largest lavender farm within two hours of Auckland.

But there's more to this venture than just producing lavender oil for its various health properties and other uses. They are doing their first batch of limoncello from their 200 spray free

Yen Ben lemon trees. Jason hopes the lemon liqueur popular in Italy will become established here, and he's keen to talk to local restaurants and cafes about it. The first batch of about 100 professionally bottled limoncello is being tested and has received good reviews. The liqueur was also gifted to guests in their high quality four-bedroom bed and breakfast business, which includes a meeting, workshop and function space for up to 15 people.

Then there's the extra virgin olive oil they produce from their



400 olive trees, and a rapidly growing farm tour business very popular with visiting Chinese.

Products from their farm and other local producers are sold through a small shop open weekends in their bed and breakfast half-round barn. These include lavender based moisturisers, soaps, wood and leather polishes, natural insect repellent and much more.

Adding to the tourism potential are five alpacas and a few Texel sheep, which help keep the grass down.

"Chinese visitors love having their photos taken in the lavender fields (which flower in summer) and with the alpacas," Jason says. Tourists also appreciate the hilltop farm's amazing views.

As well, the Delamores are nearly finished restoring their character 1970s Ian Burrow architectural home, notable for its curved design.

Jason, 47, balances this side of his life with his Auckland Airport job as general manager of marketing and technology, while Trish is a dental therapist at Westgate, covering schools from Riverhead and Kumeu through to Helensville.

"There's never a dull day," Jason admits. "Even weekends start at dawn and finish on dark."

They bought Lavender Hill in November 2015, moving from Greenhithe.

It's ideal for them, close to work and the city, while their teenage children Thomas and Zara enjoy the rural lifestyle and help on the farm.

More visitors are appreciating what the North West offers, such as the vineyards and beaches, Jason says. "Chinese especially want to look for something to do for a few hours while in Auckland before going elsewhere."

People coming to weddings in the North West also like to stay at their bed and breakfast.

The farm has its own still for producing lavender oil and a by-product, hydrosol – a lavender solution suitable for spraying on bedding, especially for pets.

Its olive oil is pressed in Wellsford. "We've just done about 1.5 tonnes," Jason says.

Plans include bee hives to produce honey from their two lavender varieties, Grosso and Pacific Blue.

Trish also makes a lavender lemonade.

The Delamores are somewhat self-sufficient in electricity, running a 10 kilowatt solar power unit of 40 panels, which supplies their house and bed and breakfast.

There's still more work to do, but the family loves the lifestyle, and Jason's eager to team up with other businesses in the area.

"It's a great life," he says. "It's good to be producing rather than just consuming."

Jason says he's also enjoying being part of a growing tourism industry here.

Contact them on 09 412 5275 or visit [www.lavenderhill.co.nz](http://www.lavenderhill.co.nz) for more information.

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## Drones and nippers on beaches

A drone is being trialled at Muriwai Beach to determine its effectiveness in helping lifeguards nationwide.

The nearly \$8000 project has Kumeu Rotary support and, if successful, could probably

be run cheaper with similar sponsorship at other surf clubs, Muriwai Volunteer Lifeguard Service business and revenue convenor Tim Jago says.

Muriwai is looking at writing the rule book for drone use here in surf lifesaving. The club considered using balloon cameras about three years ago, but drones have become more durable, lighter and cheaper since, Tim says.

"Drones are more flexible and easier to use."

Some surf sports already use drones, and Tim says the eye in the sky could be useful in searches, rescues and for other duties.

"But we would need to be careful we don't compromise the Westpac rescue and police helicopters, so we need a policy for its use."

Trial results and any rules would be shared with other clubs. It's another possible element in the fight to reduce drownings, with 113 deaths nationally in 2015 and the tally nearing 80 so far in 2016.

But developing water safety and confidence in children is a main driver to help save their lives, and others.

That's a reason behind the junior surf programmes at Bethells and Muriwai Beach surf clubs.

About 300 children as young as 5 are expected to join Muriwai's junior surf or "nippers" programme.



"We have members from all over Auckland who come to Muriwai specifically to allow their children to be confident at a big wave beach," Muriwai junior convenor Nick Thompson says.

Camaraderie is built up, with children and parents from throughout Auckland and different backgrounds becoming a strong team, Nick says.

That and having fun through surf education and sports is what it's all about, he says.

Around 150 nippers aged 5-14 are expected at Bethells.

"It's sensible, even vital, that any child or adult interested in water sport or water recreation learn about tides, rips, local conditions and coastal dangers," Bethells Beach Surf Life Saving Patrol president Ben Challis says.

"Surf lifesaving is the leader in this type of education throughout New Zealand."

Ben has been in lifeguarding and water sports for about 25 years. "It's been a large part of my life and now my children are involved as well."

The club won the national Rescue of the Year award for 2016, the Surf Life Saving Northern Region Club of the Year and Best Patrolled Beach honours. In the Northern Region awards, Bethells club captain Ollie Irwin was Lifeguard of the Year and Jaelyn Fielding Rookie of the Year.

Ben says visitors need to pick carefully the days they go in the water, avoiding an outgoing tide where possible and ensuring they swim between the flags and heed lifeguard advice.

Upcoming events include the Junior Northern Region Championships at Orewa on February 4 and 5, and the Oceans 14 Junior National Championships at Mt Maunganui on March 2 and 5.

Visit [www.lifesaving.org.nz](http://www.lifesaving.org.nz) for more information.

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## Building a robot future

A robotics specialist firm which started life in a Muriwai Beach garage has won two business awards and just missed out on a third.

It's one of those Kiwi No.8 wire stories, yet few have heard of it until now.

When Motion Design Holdings won both the Westpac

Auckland Business Awards West section for innovation and international trade recently, and was shortlisted for employer of the year, people asked "who?"

It might be gaining global recognition, but few locally know much about it.

Friends Frank Calis and Mark Page started the company 20 years ago, sharing their passion for machine control and automation. Specialising in finding ways to improve others' business systems, processes and workflows, the company moved from Mark's garage to Frank's nearby farm where a workshop and office are based.

It now has a Waimauku office and a Hamilton branch too, employing about 20 in all.

"Our vision is to help other companies succeed with technology," general manager Gary Anderson says. After graduating from Auckland University with a mechanical honours degree, Gary responded to a two-line advertisement and has been in Muriwai about 16 years. "I like the North West and try to support the community where possible," he says.



Local school children have been shown how the company works, and it backed the Fun Palace day at Muriwai.

One of Motion Design's first projects was getting literally cutting-edge robotics into the meat industry, including a large American meat processor.

A need to diversify saw the firm provide robotic solutions for milk testing laboratories, leading to the formation of its Intellitech Automation subsidiary, now well known among dairy laboratories world-wide.

Working with soil testing laboratories has been the next step, and the firm also provides its expertise for steel forming work such as roofing

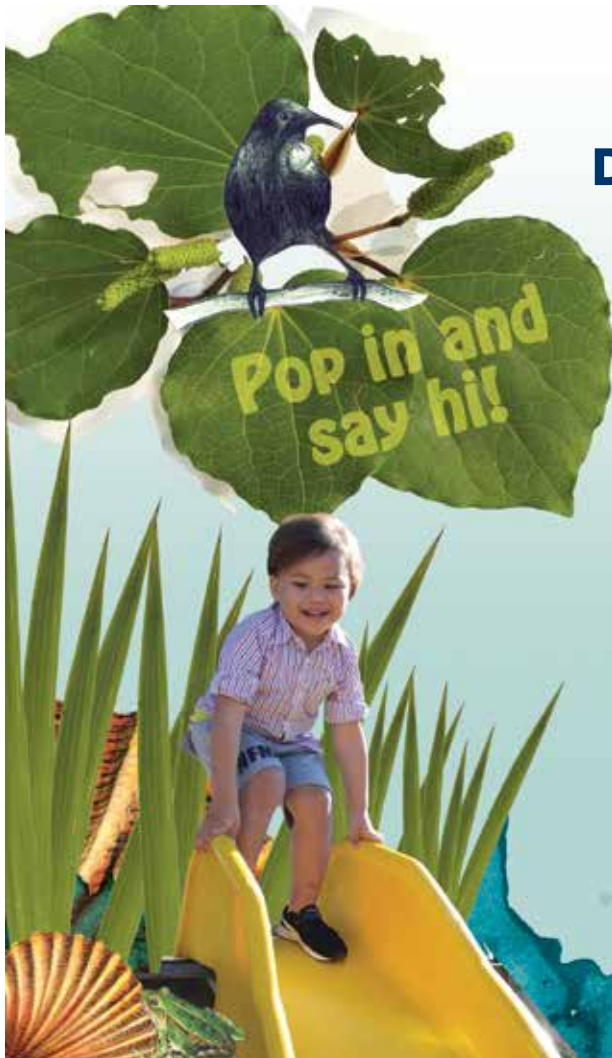
Motion Design's devices are not only labour saving, they provide crucial data quickly and easily, reduce waste and mistakes, and improve general efficiency greatly, business development manager Tim Brown says. He has a mechatronics honours degree, also from Auckland University, and has worked with the company 11 years.

Tim and Gary say they like to form strong, long-term relationships with customers and work together on improving business systems and processes and workflows, whether through software, automation or a combination of the two.

Having a good team is a big help, they say. "One of the business award judges realised money is not our primary motivation," Tim says. "We've taken a lot of risks and work hard to help others benefit."

Both Tim, left, and Gary, pictured with some of their team, say they like a challenge. They see their future doing just that, getting more into research and development, expanding into the Chinese market, and continuing to help others prosper.

Visit [www.motiondesign.co.nz](http://www.motiondesign.co.nz) for more information.



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## sKids Whenuapai is programmed for fun

Milling around the snack table with strawberry-red hands and smiling faces, it's clear the kids at sKids Whenuapai are on no ordinary holiday programme.

They have reason to smile too: having just returned from picking strawberries at

Massey Gardens, both the children and programme owner Jason Alexander are buzzing with the day's adventures.

"It was lots of fun - the children had picked so many strawberries," Jason says.

With the Whenuapai kids joined by sKids Kristin, which Jason also manages, around 50 children headed out to pick strawberries in one of the many field trips the holiday programme embarks on.

Along with field trips, the program actively engages kids with theme-based games, crafts, cooking and more, with Jason noting that children are able to experience and learn a lot at sKids. For him, another key part of sKids is keeping kids safe - with high staff to children ratio, he says children are kept within sight and sound at all times

Jason says: "We create an environment where every kid has fun with interactive activities, they learn something and are looked out for."

"It's great just seeing the fun they're having and knowing that my team and I were able to create that."

School holiday programmes are for 5-13 year olds and are run at sKids Whenuapai from 7.30am-6pm, held at Whenuapai School Hall on 14 Airport Road. During term-time, before and after-school care is offered from 7.30am-8.30am in the morning, 3pm-6pm in the afternoon.

You can contact the sKids Whenuapai Programme Manager Jessica Brooks on 021 174 8473, or Jason Alexander on 021 180 1172. Alternatively they can also be contacted via e-mail on [Whenuapai@sKids.co.nz](mailto:Whenuapai@sKids.co.nz).



We deliver free to the Northwest area, and are NAIT registered. Interested purchasers are welcome to view and select their own stock. Delivery is within 1 week of purchase. For further enquiries or to arrange a time to view, please phone the farm on: 09 411 7502 or 027 505 8598.

## West Harbour Tide Chart

Date	High	Low	High	Low	High
Wed 1 Feb	-	05:02	11:33	17:33	23:52
Thu 2 Feb	-	05:47	12:19	18:20	-
Fri 3 Feb	00:38	06:36	13:07	19:09	-
Sat 4 Feb	-	01:28	07:29	13:58	20:01
Sun 5 Feb	02:24	08:27	14:54	20:59	-
Mon 6 Feb	03:25	09:31	15:53	22:00	-
Tue 7 Feb	04:31	10:36	16:57	23:04	-
Wed 8 Feb	05:36	11:39	18:01	-	-
Thu 9 Feb	-	00:07	06:37	12:40	19:03
Fri 10 Feb	-	01:06	07:34	13:36	20:00
Sat 11 Feb	-	02:00	08:27	14:30	20:54
Sun 12 Feb	-	02:50	09:17	15:20	21:44
Mon 13 Feb	-	03:37	10:04	16:07	22:30
Tue 14 Feb	-	04:22	10:49	16:52	23:14
Wed 15 Feb	-	05:05	11:33	17:35	23:57
Thu 16 Feb	-	05:47	12:15	18:16	-
Fri 17 Feb	00:39	06:30	12:56	18:58	-
Sat 18 Feb	01:21	07:15	13:38	19:41	-
Sun 19 Feb	02:07	08:04	14:22	20:28	-
Mon 20 Feb	02:57	08:57	15:10	21:21	-
Tue 21 Feb	03:54	09:54	16:03	22:18	-
Wed 22 Feb	04:52	10:50	17:00	23:16	-
Thu 23 Feb	05:48	11:44	17:57	-	-
Fri 24 Feb	-	00:10	06:39	12:34	18:51
Sat 25 Feb	-	00:59	07:27	13:22	19:42
Sun 26 Feb	-	01:45	08:12	14:08	20:30
Mon 27 Feb	-	02:29	08:56	14:54	21:15
Tue 28 Feb	-	03:13	09:40	15:39	22:01

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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