

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

PROPERTY MARKET REPORT

EASY WINTER HOME PROJECTS

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

A LIFETIME OF GOLF

SPLENDOR AB OBSEQUIO

Circulation is 16,000 print copies.

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

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

July 2017

Intro

The times they are a-changing. Like it or not, our community is in flux. As new houses are built, people move in. Strangers. But there is that Will Rogers quote "A stranger is just a friend I haven't met yet." It may be easier to avoid contact with new local residents. Many people feel more secure when things remain constant. But we can't ignore what is going on around us, and consider it from the viewpoint of those new to our area. "Where have you come from and do you have family living nearby?" may be a good ice-breaker after you have nodded or smiled at your new neighbour. Or just "How's it going?" It may be scary, but it might just make someone feel welcome and could help someone settle into the community.

So what's happening in the community? Look through the Westerly for ideas. Does gardening interest you? There are opportunities to contribute to gardening groups, and plenty of suggestions for useful activities in your gardens at this time of year. A variety of sports happen in the area. There is a local golf club you may not be aware of, and take time to read about a Great Man of golf in our community. Children can use up some energy trampolining, or older children can find rugby clubs. Perhaps you enjoy art - learn to draw or paint plants, or admire what others craft at the Kumeu Arts Centre. Learn about what the Police and Fire Brigades are up to for our benefit.

Read about what's happening in the house market, get advice on improving your house and garden, and make sure you are aware of regulations for building work. See who is the Tradie of the month.

There is no shortage of suggestions for food enjoyment, things to buy, or places to eat out. Ensure your kids are safe around dogs and read what's best for your pets. Don't forget your own health, as there is no shortage of advice for your physical, dental or mental care.

Lastly acquaint yourself with a piece of history in our midst, the background story of Hobsonville Church. As ever, our thanks are due to the team working in the background to create your Westerly magazine.

John,
Editor



the Westerly

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Community notices

Looking to play golf?

The RNZAF Auckland Golf Club is a little known local community recreational facility only 2 km from Hobsonville Point on Kauri Rd Whenuapai. The Club was formed in 1966 and is a full 18 hole course. Being on an airfield the course is primarily flat and is suitable for golfers of all levels.



There is a perception that the course, as it is on the RNZAF Base Auckland airfield, is only for Defence personnel. This is incorrect; of the approximately 410 current members only 40 are from Defence. The club is open to membership applications from anyone and the subscriptions are the cheapest of any course in Auckland. Junior members are actively encouraged and frequent coaching clinics are run for them. Saturday and Wednesdays are club days, including an active Ladies section with their own club day (Tuesday). The Clubhouse is open on these days with food available and the bar operating.

As the course itself is inside the Base perimeter security fence, 'walk-on' green fee players cannot be accommodated, you need to play with a member. Once a member, you are given access to the course, and can bring guests to play with you. If you would like more information, including arranging a visit to view the course and facilities email: rnzaf.auckland@golf.co.nz.

Ivy Cottage parties

Is your little one's birthday party coming up soon? Are you wondering what to do to keep the kids busy & happy during the party? We can help. We can even bring the kids' food and table setting. 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 of any age and we travel Auckland-wide.

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 look forward to seeing you soon.

Book or enquire online: www.ivycottage.co.nz / Email: fairies@ivycottage.co.nz / Facebook: www.facebook.com/IvyCottageParties.

Kaipatiki Project

Volunteers from the native gardening nursery group at Hobsonville Point recently planted harakeke and carex plants at Hobsonville Point Early Learning Centre. Kaipatiki Project Environment Centre has been closely involved in developing the nursery for



the past 7 years, and we are proud to work in partnership with HLC (Homes, Land, Community). Since 2010, a group of dedicated volunteers led by Kaipatiki Project staff has grown around 10,000 native plants a year at the nursery. These plants have been used to restore and enhance some of the coastal walkways and bush fragments around Hobsonville Point.

There is a volunteer working bee at the nursery every Wednesday morning from 9am to noon. The nursery is located a few minutes along from Hobsonville Point Primary School. Derek Craig, Restoration Manager at Kaipatiki Project, says "No gardening experience is necessary – learn with supervision on the job and take new skills back to your garden at home. You don't have to live at Hobsonville Point to volunteer here". If you are interested, please email Derek at restoration@kaipatiki.org.nz or call 09 482 1172 or just come along and join our volunteer community.

Top winter hair tip

Winter is a time for snuggling up by the fire and keeping warm, but most of all, it is also time keep your hair nourished. Here is one key tip from the team at Vivo Hair Salon at West Harbour on how to take care of your tresses over the cold months.

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Stay hydrated! During the winter season, the temptation for sweet drinks and food are common mainly because most people are inclined to indulge when the weather is cooler. The added sugars in these drinks and foods can wreak havoc with your hair. Ever notice your hair feeling dry and withered? That's a sign your hair needs water. Water makes for more effective hair treatments and lasting colour. Come in to see the Vivo West Harbour team for more hair tips and stunning results.

Education focus: Why teaching in small groups is successful

Many schools and tuition centres use small group teaching because:

- A shared sense of purpose is contagious. Children work better when others around them are focused, active and proud of what they are achieving. Children focus better in small groups.
- Children need to become independent learners. They will achieve this faster and more effectively if they are shown how to do it and then do it on their own. In a small group situation, the teacher can more easily monitor their progress.
- It is less threatening and therefore better for learning when children are given more space and time to process new learning.
- In a small group, children can more easily model the positive learning behaviours of others.
- Children will then move more confidently from a small group setting to the larger classroom group.

For more information on the benefits of small group teaching, contact Lynne or Roy at the Kip McGrath Education Centre Westgate. Phone 09 831 0272.

Local business gets behind Pink Ribbon

Summerset Monterey Park hosted the annual Pink Ribbon Fundraiser on May 23rd. The event was a terrific success, this year raising \$2,833 for The New Zealand Breast Cancer Foundation.

A Ballantynes fashion show was the main feature. Eight of our ladies modelled clothing from Ballantynes in Westgate and eyewear from Hobsonville Optometrist. Many of the local businesses donated items and vouchers to the 'blind auction' which followed the fashion show and was very popular with both residents and staff. The day was rounded off by musician



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Allan Gould, who had everyone up dancing to his toe-tapping tunes.

Summerset staff and residents would like to express their sincerest gratitude to the local supporters and sponsors of this year's prizes: Ballantynes, Countdown, The Coffee Club, Hobsonville Kitchen, Golden Silk, Hobsonville Optometrists, West Liquor, Hobsonville Pharmacy; along with our fabulous hairdresser Janelle Tork (Style at the Point), and freelance makeup artist, Sarah Munro.

All of this couldn't have happened without the effort of organisers Jacquie Fisher and Pam Ninness, as well as the amazing residents, staff members and construction workers who gave so generously to the cause, and really got into the spirit of the day.

The Little Mermaid - theatre

The original animated film of "Disney's The Little Mermaid" is arguably one of the best of the Disney canon. With songs written by the incredible Alan Menken and Howard Ashman it marked the rebirth of the Disney animated musicals. This version with a reworked book and score and much improved staging which is currently being offered at the Playhouse theatre in Glen Eden from 15 - 22nd July. The production has a magic of its own showcasing the most layered, honest, real and adorable Disney Princess ever. Tickets are \$15 and can be obtained by www.iticket.co.nz or phone 09 361 1000.





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Safercommunities

Waitakere Volunteer Fire Brigade

On Saturday 1 July 2017 urban and rural fire services will be amalgamated into one organisation - Fire and Emergency New Zealand.

This will be the most significant change in the past 70 years and while the fire trucks will still go out the door whenever someone requires help we will get some much need support that will include:

- Greater co-ordination within and between fire services, and more consistent leadership at operational and management levels.
- Greater consistency of investment decisions, based on the risk in an area, rather than who delivers the service.
- A more cohesive culture across urban and rural areas and also among volunteer and paid firefighters.
- Formalising the relationship between FENZ and volunteers, but with continued local leadership to better engage and retain volunteers, and support and recognise their work.
- A reliable funding mechanism (the fire levy) to fund both urban and rural fire services. This will remove the complicated and inconsistent funding arrangements for rural fire services.

Over time the fire stations, fire trucks and uniforms will be re-branded as shown below. This is an exciting time for us all.

Keep safe, Denis Cooper - Officer in Charge, Waitakere Volunteer Fire Brigade.



Message from Massey Police

Waitemata Police proudly held its first ever District Pay Parade event, accompanied by a District Awards Ceremony on 23rd June.

The Pay Parade is a time-honoured street march by police staff and included more than 150 police officers marching through Henderson town centre.

The parade also included police dogs, horses and motorbikes alongside sworn and non-sworn police employees.

Previously, the Waitakere, North Shore and Rodney areas have held their own Pay Parade events, but this was the first time the three areas joined together for a Waitemata District Parade.

The tradition of the Pay Parade comes from the requirement for Police officers to march to the local magistrate's office every fortnight in their dress uniform and pass inspection before getting their pay packet.

The parade also featured two children, one from West Auckland and one from North Shore, who won a Facebook competition run by Waitemata Police to march at the front of the parade alongside the Waitemata District Commander, Superintendent Tusha Penny.

Superintendent Penny described the Pay Parade as a great community event. Families of all ages attended and witnessed this unique occasion.

"Police officers are the guardians of our community and the Pay Parade provides our staff with a great opportunity to present at our best for our communities. I was pleased to see our Waitemata community come along and show their support for the work our staff do to help keep our communities safe," said Supt. Penny.

The parade began on Great North Rd outside the Henderson Baptist Church and travelled through the town centre on Great North Rd before finishing on Henderson Valley Rd. After the parade was inspected, the Waitemata District Awards Ceremony took place at the Council Chambers on Henderson Valley Rd.

Police Commissioner Mike Bush and Defence Minister Mark Mitchell (representing the Police Minister) attended the ceremony as well as local council representatives and community members. The Police see the ceremony as their opportunity to recognise the outstanding work and bravery of our staff, as well as members of the public who have undertaken heroic feats.

Fire Station Open Saturday 1 July

The Waitakere Fire Brigade will be open for inspection from 2pm to 4pm on Saturday 1 July. Come down to 10 Township Road, Waitakere Township to get involved: try on the protective clothing and breathing apparatus. Drag the hose and dummy.

Fire engine ride. See the new specialist tanker. Guided tour of the station. Discuss FENZ and what it will deliver.

For more information please contact Graham McIntyre, Station Officer, Waitakere Fire Brigade on 09 810 9251 or 027 632 0421.



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People:places

A lifetime of golf



By Geoff Dobson

Malcolm Cooper has spent a lifetime in golf – and that's not just playing it either.

An outstanding golfer in his younger days, Malcolm has devoted nearly 40 years of voluntary work to the Muriwai Golf Club alone.

The 81-year-old has been – and still is – a driving force behind the Muriwai club and the North Harbour Golf Association, honoured as a life member of both.

Further honour has come with Malcolm receiving the inaugural Mike Pero Real Estate Kumeu Award for Outstanding Contribution to Muriwai Golf from the agency's brand owner Graham McIntyre.

The new annual award is for those who have served their community well.

"It was a bit of a bolt from the blue," a surprised Malcolm says. He can add that to his 2002 North Harbour Sporting Excellence Award for services to sport and a 2002 Sporting Goods Industry Association trophy for services to the betterment of sport.

Malcolm's spent countless hours involved in golf administration, has held many committee and officer positions while also being a selector and team manager – particularly for the North Harbour Masters' team.

One of his more recent efforts was helping with the Masters World Games golf at Muriwai.

Malcolm took up golf at 14 while growing up in Wellington. He won the under-21 Wellington junior championship. A Manor Park member, he was good enough to make the 1959 New Zealand Open at Paraparaumu, then known as the NZ Golf Championships when amateurs played alongside professionals. Others there were Sir Bob Charles (they're the same age and regularly socialise) and Australian professionals Kel Nagle and Peter Thomson.

Malcolm became involved in golf administration at the age of 19, and his work in the sporting goods industry led him to Auckland in 1978 where he joined the Muriwai club. "I was looking for a good golf course and it was a particularly wet season. A friend suggested Muriwai (the sand course wasn't so badly affected) and I fell in love with the place."

He joined the Muriwai committee in 1980 and has been on the management board ever since, now club president after first being elected in 1990-91, then again from 1997.

A highlight for Malcolm is winning extra land from the former Auckland Regional Council after protracted negotiations throughout the 1990s to extend the Muriwai course. It was rapidly losing most of its first nine holes to erosion.

Then manager Ray Barnett, Malcolm and the club's solicitor were at the forefront of the negotiations. Most of the club's land was held in perpetuity, but the council didn't want to provide the same forever deal, finally settling on a 99-year lease for the additional property.

"People don't realise now just how significant that was," Malcolm says.

He's delighted Muriwai is now a world class 18-hole links course which hosts a number of big tournaments.

One is, appropriately, the Bob Charles Tour. Greg Norman also visited in December 2012, joining his former caddy Steve Williams of Huapai and guests for a charity tournament.

Malcolm used to play alongside Steve William's dad.

Now retired, Malcolm remains involved in golf administration and does odd jobs at Muriwai with friend Bob Hunter. He continues playing, twice a week when he can, walking the eight kilometre course.

Wife Loxi plays golf too, but none of their four boys appear as interested.

Fewer younger volunteers are available these days either, but Malcolm intends carrying on.



InBrief updates:events

e-pack is packing our own stuff up and we are on the move

18 months after setting up in business e-pack is moving to our new facility at 5b Wookey Lane, Kumeu on the 1st July. Since we started we have had huge support from the local community shipping everything from saddles to car parts, chairs and cakes. Thank you.

In May this year Kathy and Mike and the team were really humbled to have won a Highly Commended award in the North West business awards and are nominated for the Westpac awards. Since then the company has taken on several new large companies to do their fulfilment work for them so we need more space to grow into.

e-pack works with online sellers by receiving their products, storing them and then shipping out as they sell online to customers around New Zealand and the world, this saves businesses time and money and allows the owners to focus on their business growth launching new products and working on their business not in it.

With over 2000 shipments leaving e-pack every week we benefit from discounted rates from the courier companies and these we pass on to our customers, whether you are a business or a local.

We ship everything from a DLE size track pack to a pallet size item, we can pack and wrap pretty much anything.

We will be the same old e-pack but with better facilities we can provide even better service levels and support the locals even more. Our business goal is still to support small to medium businesses in the area be as great as they can be

We will be opening our new Islands Direct outlet store in August with a range of products from books and DVD's to home-

ware, clothes and bedding, all brand new and all at prices as much as 80% less than RRP To check out some of the items look us up on trade me as we have nearly 2000 positive feedbacks from happy customers.

If you have an online business in the area come and talk to us about how we can bring value to your business, it costs nothing. If you sell on trade me and need a way to ship what you sell we are always happy to quote you before you list your items. e-pack - making shipping easier from the northwest.

Health & Safety

Today, more than ever before, there is a need for New Zealand business owners, directors and managers, to know, and understand, how they, and their contractors, perform against the new Health & Safety at Work Act 2015, says local H&S consultant John Riddell.

The owners and senior managers of businesses in New Zealand are now liable for the safety of all workers, whether they are their own employees, or a contractors employees, who are undertaking work controlled by that organisation.

Q: "What do I need to know about the Health & Safety of our contractors?"

- What their Health & Safety policies say
- What training have their workers undertaken?
- Whether their workers have the necessary certifications & qualifications for the tasks they are undertaking
- How good their Health & Safety history is
- Whether their business insurance cover current & adequate
- And more...

To help you review your own H&S performance and understand the H&S performance of your contractors, Securo has introduced a fully automated online Health & Safety Audit.

You can contact me, John Riddell, on 027 477 9750 or by emailing securo4@securo.co.nz or visit our website on www.securo.co.nz to find out more information.



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derson Valley Road, but do not have your own transport we are pleased to say that with the start of the new bus timetables in West Auckland we now have two buses, numbers 141 and 142, travelling passed our Learning Centre with bus stops close by. They run from the station every 30 minutes, so check out the timetable.

There are all kinds of tablets available now but only one iPad by Apple; we do have classes for these and other tablets like Galaxy and also smartphones. It can be confusing so please check when booking classes that you have the right one for you.

Our Windows 10 and Apple Mac classes are ongoing so do ring Pam or check on our website for the latest details, www.senior-net-West-Auckland.org.nz. Also give some thought to taking a spread-sheet workshop. These are not just for people adding up columns of figures but can be used for recording and sorting all sorts of information. Once you have done one of these workshops I am sure you will find lots of possibilities for their use.

Our classes are at 67 Henderson Valley Road. We have a monthly meeting at the Kelston Community Centre, Awaroa Road, Kelston on the third Tuesday of the month, the next one being July 18th at 10am. For just the cost of a \$2.00 raffle ticket we have a guest speaker and morning tea and a chance to win one of 3 prizes. Everyone is welcome, members and non-members alike. We look forward to meeting you there. For classes and workshops please ring Pam on 09 827 2156. Please leave your contact details if there is no answer and she will ring you back.

Massey Birdwood Settlers Association

The Massey Birdwood Settlers Association is very proud of its history and what it has done for the residents and ratepayers of Massey.



Formed in 1925 as a resident and ratepayers' association, which it still is, the founders of the Association had the vision to plan for the future needs of the area and in 1954 were able to obtain crown land on which to build and manage a community hall. The hall was built in 1956.

The hall, while it can be hired for parties, has very strict criteria and mainly used for soft use such exercise classes, English language school, housie and indoor bowling, cake decorating, church services quilting and much more. As an Association it has led the community in fighting for better transport back in the 1940's (Whenuapai Bus Company) through to today (lobbying Auckland Transport), the Massey library first started in the hall, as did the Massey CAB, and members of the Association

were responsible for the three roundabouts in Don Buck Road (Royal Road, Triangle and Red Hills Road), being installed.

Celebrate your friendship

Do you have a dear friend that you just don't get to see as much as you'd like, a friend who always seems to be there to help when you need it most, or a friend whose birthday is coming up?

Well, International Friendship Day is coming (Sunday 30th July) and what better way to show your friend you care than with a piece of jewellery made especially for them.



Choose from our range, or design your own piece that represents your connection. A popular friendship item from our "Messages" range is our hand sawn Sterling Silver Star pendant, boxed with a message card with the quote "Good friends are like stars, you don't always see them but you know they are always there".

Pendant styles and quote cards can be personalised to your needs. So feel free to email me at jo@preciousimprints.co.nz to discuss your requirements today.

New children's programme at Flippin' fun trampoline park

Junior Flippers is a programme suitable for children aged 4 – 8 years old and designed to develop the Fundamental Movement Skills in your little ones. These are intrinsic to all sports and include; – locomotion, spring, landings, rotation, statics and manipulative skills.



Classes are taught in a fun and safe environment and are non-competitive allowing children to progress and learn at their own pace. The programme will build your child's confidence, strength, and flexibility as they gain new skills and make new friends. The Junior Flippers programme is designed to lead in to our Flip Class Level 1 classes.

Alongside this is the Schools Movement Programme and is de-

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signed for Year 1 – 4 students. The Ministry of Health recommends at least 60 mins of moderate to vigorous activity per day for children. Such activity aids learning as kids are apt to be more settled in the classroom environment. Available to schools either as a condensed 1 hour class or an expanded 5 visit programme.

Trampolining is already one of the best activities children can do. Give them a head start in the sporting world and enrol them now. More details are online at www.flippinfun.co.nz or call 09 833 6880.

Have you ever wanted to improve your drawing skills?

Come to my classes and learn to accurately portray plants in graphite, ink and watercolour, all at your own pace in a supportive environment.

I am a local botanical/natural history artist who loves drawing and painting all the incredible beauty and detail Mother Nature has provided. Have you ever really looked closely at a flower or seed pod? Come and have a good look – I promise you, you will be hooked.

I love teaching complete beginners and intermediate students the 'tricks of the trade' at my weekly Friday morning classes at Kumeu Art Centre. I occasionally run weekend workshops too, so why don't you come along and have a go.

Interested? Contact me, Lesley Alexander on 021 161 7070 or email me at lesley.alexander.smith@gmail.com.

For examples of my work pop by my FB page and say 'Hi' – Lesley Alexander Art.



Woodside Community Garden

Woodside Community Garden is located in Woodside Reserve at 28 Woodside Road, Massey. The garden is communal; we all work together. It's completely volunteer-run under the umbrella of the Riverpark Action Group, a local community group. Working bees are held on the last Saturday of each month but volunteers also come at other times; Saturday mornings are very popular. Benefits include learning about garden-



ing as well as physical activity, healthy eating (the produce) and the all-important social interaction, a lot of talking goes on. It's a great way to get to know people in your community. We run workshops from time to time like the fruit tree pruning workshop, held on Sunday 11 June. The garden is located adjacent to the Lower Swanson Stream and there is a Trees for Babies orchard alongside. More volunteers are always welcome. Contact rag.riverpark@gmail.com and/or check out our garden website woodsidecommunitygarden.wordpress.com.

ing as well as physical activity, healthy eating (the produce) and the all-important social interaction, a lot of talking goes on. It's a great way to get to know people in your community. We run workshops from time to time like the fruit tree pruning workshop, held on Sunday 11 June. The garden is located adjacent to the Lower Swanson Stream and there is a Trees for Babies orchard alongside. More volunteers are always welcome. Contact rag.riverpark@gmail.com and/or check out our garden website woodsidecommunitygarden.wordpress.com.

Food and wine in Hobart

Carolyn Hedley was recently in Hobart exploring wine and food in this region. We were only there for a couple of days on a flying visit. This is a lovely city, quite cold as it is on the same latitude as Christchurch, but there is lots of history here and lots of lovely old buildings. Explore further outside of the city and you will discover gorgeous food and wine. We went to a chocolate and cheese factory which also has a café and specialises in food from the paddock to the plate. We could watch them making the chocolate (yum) which of course I had to purchase. We went across the road to a Winery and did some wine tasting which is where this photo was taken, it is spectacular scenery. We also went to the MONA art gallery, a lovely ferry ride from downtown, this is a must do for visitors to Hobart. You need to allow at least a couple of hours, but you can spend a day and have lunch and more wine tasting. There are lovely restaurants to discover as well and we only went to two which were fabulous. Tasmania is popular with people that want to self drive but there are also tours if you don't want to drive yourself. To find out more contact Carolyn.hedley@helloworld.co.nz or phone 09 416 1799. Helloworld Hobsonville, Hobson Centre, 124 Hobsonville Road.



No Drippy IceBlock Buddy

The NZ designed No Drippy IceBlock Buddy is changing the way children & those with gripping difficulties, eat iceblocks. They are working just how I designed them



to and they are making lives so much easier. The large handle gives a better grip on thin, slippery (regular sized) iceblock sticks. Gone is the need to wrap tissues or flannels around the stick. It also acts as a counter balance to take some of the top

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heaviness out the iceblock - so no more dropping iceblocks. The drip tray catches drips and puts a barrier between the hand and the iceblock, and the flat bottom allows the iceblock to stand up instead of being laid on the carpet or couch. Perfect for little hands, arthritic hands or hands with gripping difficulties. Head to www.nodrippity.co.nz now.

J3 Black – Kumeu rugby

Fundraising is well under way for this group of 8-12 year olds who are proud to be representing Kumeu Rugby Club at the Global Games to be held in September this year in Taupo.

We have been overwhelmed with community support towards our fundraising efforts. A big thank you to those businesses that have donated and also to those that have contributed products towards our raffle prize. The team are full swing into selling tickets, with the prize draw to be held September 2, 2017.

Raffle tickets can be purchased at Mike Pero offices in Kumeu and Hobsonville, \$20 per ticket with over \$8500 worth of prizes to be won. The main prize draw is a fully registered trailer packed with bucket loads of goodies valued at over \$6,000, there is also second and third prizes to be won. This prize could make someone's Father's Day extra special, so make sure you get your tickets today!



July at Kumeu Arts Centre

July 3rd – 15th. Paintings by Michelle Demblon.

Muriwai based painter Michelle was born in Zimbabwe and moved to New Zealand at the age of fourteen. Michelle says that "I take an expressionist approach to exploring landscape, atmospheric natural elements and movement such as dance and the flight of birds, often hinting at the subjects and relying on emotion to reveal the soul of my work. I let intuition lead my practice, and in my current body of work I hope to portray free spiritedness and the 'inner child' all of which Muriwai beach bring forth in me."

July 17th – 29th. 'Get Fired' Ceramics exhibition.

With a range of work on display from their talented members



this annual ceramic exhibition always has lots to offer visitors. Holiday Programme - Kumeu Arts Centre will have some exciting new classes during the July school holidays. Be sure to check out their website for listings.

Kumeu Live – This regular night of live music, featuring some amazing acts for \$20, is the best kept secret in Kumeu.

www.kumeuartscentre.co.nz.

New Zealand First public meeting

New Zealand First leader the Rt Hon Winston Peters will be having a public meeting in Kumeu to talk about the issues around transport and lack of infrastructure in the Helensville electorate plus New Zealand First's aims and direction leading up to the election.

Kumeu Community Hall, 35 Access Rd, Kumeu, Sunday July 2nd 2017 - 1.30pm to 2.30pm.

Kumeu Garden Hub

It may be cold outside but still plenty to do in the garden. So wrap up warm and enjoy the fresh air. Time to prune your roses. Remember to remove dead diseased and dying material with good sharp clean secateurs. Cut above an outward facing bud. Check YouTube for valuable tutorials. Come and check out our new rose delivery. Lots of colours and perfume to choose from. We also have our barefoot fruit trees arriving any day. Planting now will ensure trees get there roots down before the dry summer. Apples, pears, plums etc. Not too late to plant your garlic, try the elephant variety for large bulbs but milder flavour. Top up your pots with colour or purchase a ready to go pot. Don't forget to call at the gift store for reasonable gifts and home-ware. Check out our Facebook page for updates and specials.

Pure Allies NZ

Do you know, that in winter the sun still produces some damaging rays?

It's still beneficial to wear a face cream with a small sun-screen factor. Especially if you're out walking the dogs or taking kids to and from school and generally working outside. Here at Pure Allies we make a lovely day moisturiser with sun protection for all skin types. Purely natural of course. And don't forget the lovely chamomile and lavender night creams or serums. pureallies@gmail.com or Facebook Pure Allies NZ.



Peter Carson
LICENSED SALESPERSON





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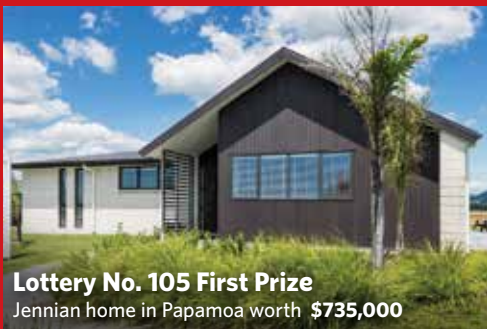
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area property stats

| Suburb | CV | Land Area | Floor Area | Sale Price |
|----------------------|-----------|-----------|------------|------------|
| Herald Island | 1,125,000 | 842M2 | 362M2 | 2,350,000 |
| Hobsonville | 445,000 | 107M2 | 96M2 | 730,000 |
| | 970,000 | 370M2 | 271M2 | 1,425,000 |
| | 1,350,000 | 4042M2 | 197M2 | 1,860,000 |
| | 560,000 | 614M2 | 100M2 | 770,000 |
| | 620,000 | 458M2 | 135M2 | 865,000 |
| | 855,000 | 316M2 | 254M2 | 1,150,000 |
| | 720,000 | 215M2 | 184M2 | 980,000 |
| | 690,000 | 327M2 | 136M2 | 1,005,000 |
| Massey | 720,000 | 592M2 | 195M2 | 960,000 |
| | 570,000 | 842M2 | 200M2 | 955,000 |
| | 360,000 | 731M2 | 70M2 | 599,000 |
| | 425,000 | 467M2 | 92M2 | 739,000 |
| | 610,000 | 607M2 | 170M2 | 872,000 |
| | 500,000 | 573M2 | 140M2 | 678,000 |
| | 410,000 | 700M2 | 90M2 | 650,000 |
| | 530,000 | 593M2 | 130M2 | 805,000 |
| | 460,000 | 607M2 | 90M2 | 680,000 |
| | 500,000 | 673M2 | 150M2 | 760,000 |
| | 520,000 | 460M2 | 143M2 | 712,000 |
| | 450,000 | 765M2 | 03M2 | 648,000 |
| | 440,000 | 830M2 | 130M2 | 747,000 |
| | 600,000 | 872M2 | 80M2 | 765,000 |
| | 455,000 | 343M2 | 83M2 | 655,000 |
| | 690,000 | 565M2 | 197M2 | 914,000 |
| | 550,000 | 458M2 | 154M2 | 800,000 |
| | 530,000 | 979M2 | 156M2 | 751,000 |
| | 415,000 | 612M2 | 100M2 | 724,000 |
| | 860,000 | 404M2 | 228M2 | 980,000 |
| | 460,000 | 20M2 | 100M2 | 845,000 |
| | 495,000 | 532M2 | 160M2 | 765,000 |
| | 420,000 | 607M2 | 80M2 | 660,000 |
| | 395,000 | 590M2 | 80M2 | 652,000 |
| | 520,000 | 809M2 | 130M2 | 790,000 |
| | 430,000 | 811M2 | 90M2 | 775,000 |
| | 555,000 | 606M2 | 150M2 | 772,000 |
| Royal Heights | 460,000 | 961M2 | 100M2 | 450,000 |
| | 330,000 | 204M2 | 106M2 | 630,000 |
| | 650,000 | 461M2 | 120M2 | 775,000 |
| West Harbour | 870,000 | 628M2 | 280M2 | 940,000 |
| | 570,000 | 635M2 | 130M2 | 850,000 |
| | 485,000 | 737M2 | 130M2 | 720,000 |
| | 750,000 | 673M2 | 170M2 | 1,162,000 |
| | 880,000 | 662M2 | 210M2 | 1,010,000 |
| | 460,000 | 476M2 | 180M2 | 710,000 |
| | 950,000 | 726M2 | 278M2 | 1,280,000 |
| | 465,000 | 906M2 | 100M2 | 860,000 |
| | 700,000 | 1013M2 | 140M2 | 1,140,000 |
| Waitakere | 540,000 | 883M2 | 135M2 | 720,000 |
| | 530,000 | 899M2 | 120M2 | 769,000 |
| Whenuapai | 890,000 | 830M2 | 310M2 | 1,300,000 |

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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. **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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By choosing tile restoration you will prolong the life span of your roof, and it will look great too. We will ensure that your tile roof is leak free. Tile restoration can usually take between 1-3 days, depending on the roof size.

The team at Precision Roofing also provide professional advice and repairs for tile roofs.

Precision Roofing and Spouting - phone 0800 002 222, email roofingprecision@gmail.com or visit www.precisionroofing.co.nz.

Market report with Graham

Auckland's housing market will provide little relief for first home-buyers nor investors amid an estimated 40,000 property shortfall which seems unlikely to be realised given a flat line by mortgage providers.

Diverting investors into building new properties was the Reserve Bank's key to alleviating the city's shortage of affordable homes but restrictions in lending and in offshore fund draw-downs for buyers has seen a significant hand brake applied to purchasing.

Auckland still needs over 40,000 new houses however demand has been largely from property migrators rather than investor buyers which has impacted directly on buyer demand and funding misalignment.

The Reserve Bank loan-to-value restrictions have been slowing the market for some time and possible rising interest rates in 2018 will consolidate that slow-down and reduce price pressure

by scaring some out of the market. Property investors have represented between a quarter and almost half of the market and the removal of this group from the market has had a direct and significant impact on the Auckland market.

Further to this, mortgage providers will need to show flexibility to allow buyers choice and confidence to invest. Let's consider the sales.

| | |
|---------------------------|-----------------------------|
| Herald Island residential | \$2,350,000 |
| Hobsonville residential | \$665,000 to \$1,860,000 |
| Massey residential | \$560,000 to \$1,450,000 |
| Royal Heights residential | \$450,000 to \$1,056,000 |
| Taupaki lifestyle | \$1,200,000 to \$2,200,000 |
| West Harbour residential | \$710,000 to \$1,056,000 |
| Waitakere residential | \$720,000 to \$769,000 |
| Waitakere residential | \$850,000 to \$1,685,000 |
| Whenuapai residential | \$1,300,000 to \$12,200,000 |

So whatever you decide and when you decide, it costs nothing to give us a call, or get us around, for a discussion about how we support you through the marketing and decision making process associated with selling your home or investment. Great thing with Mike Pero Real Estate is that you could save thousands in commissions and receive our complimentary multi-media marketing package including TV and Magazine exposure at no cost to you. Give me a call directly on 0800 900 700 or go to www.grahammcintyre.co.nz. Licensed REAA (2008).

First home buyers ready, ready set go?

Well talk about a change of pace, the Auckland property market has definitely changed down a gear!

A mixture of LVR (Loan to Value) restrictions, bank criteria, higher interest rates and election concerns, has stopped the market in its tracks. For how long is a matter of debate.

Regardless of how long this takes to pan out, first Home Buyers (FHBs) could get a chance to enter the market with less competition.

Most FHBs have less than 20% deposits, with banks rationing their lending to the "best dressed".

Below are the five Cs that lenders will look at when assessing your application.

Character - When banks evaluate character, they look at stability — for example, how long you've lived at your current address, how long you've been in your current job, and whether



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you have a good record of paying your bills on time and in full. Watch out for defaults or unarranged overdraft fees, this could be an indication that you are living beyond your income.

Capacity - The bank will need to consider all your debts and expenses when determining your ability to repay a home loan. Not many people know, but some banks use 7.85% in their calculations to see if you have enough income. In an ideal world your rent plus savings each month, should equal the new mortgage repayments.

Capital - Capital refers to your net worth — the value of your assets minus your liabilities. In simple terms, how much you own (for example, car, real estate, cash, and investments) minus how much you owe. So for a FHB try and keep your debts low to maximise your net worth.

Collateral - Collateral refers to any asset of a borrower that a lender has a right to take ownership of and use to pay the debt if the borrower is unable to make the loan payments as agreed. For a FHB, Collateral, this could include savings in the bank, Kiwi Saver, Government grants, family gifts or guarantees.

Conditions - Lenders consider a number of outside circumstances that may affect the borrower's financial situation and ability to repay, for example what's happening in the local economy. If the borrower is a business, the lender may evaluate the financial health of the borrower's industry, their local market, and competition.

Some lenders develop their own loan decision "scorecards" using aspects of the 5 C's and other factors.

For further details feel free to contact Ivan on 09 427 5870 or 027 577 5995 or email ivan.urlich@mikepero.co.nz.

Ivan Urlich is a registered financial adviser specialising in mortgages, his disclosure statement is available free of charge on request.

Home staging is worth considering

There are many things that you can do to prepare your home for sale such as tidying the garden, decluttering, spring cleaning, and carrying out repairs and maintenance. However, these days the expectations of buyers are very high and if you want to sell your home quickly and for the maximum price, you need to make sure that your home looks great and appeals to the right buyers – remember you only get one chance to do it right.



Home Staging can help to prepare and showcase your home properly for sale, and it is not just for the high-end properties, any property can benefit from quality staging.

So, what exactly does a home stager do, and how can home

staging help to sell your home?

What does a home stager do? Home stagers are similar to interior decorators, except that they are not focused on creating a home that suits your personal taste, instead they are skilled at creating the right first impression of your home.

They will work out the right look for your house as a whole, as well as room by room, so that your home appeals to a broad range of tastes and is perfectly positioned for the type of buyer that will be most attracted to your property.

They may suggest a full staging of your home or simply to replace the odd piece of furniture, and to rearrange the layout, with the focus more on decluttering and assessing what works and doesn't work.

They may even recommend repairs and help add finishing touches before photos are taken or for open home showings.

There are many good reasons why staging your home can help sell your home, including:

Make your home easier to sell - Home Stagers will help make your home look its best in photos, and photos are the best way to market a home.

Whether the photos are online, in print, or on TV, if your property looks great in the photos, it will attract more buyers to ask for information, and to come along to the open homes, and that creates the buzz you need to get the best price.

Stand out from the competition - Home Staging will help differentiate your home from other homes for sale in your local area or within a similar price range.

When a staged home looks great and is move in ready, home buyers will be impressed and competing homes will pale by comparison.

Sell faster and for a higher price - Presenting your home at its very best will attract more viewers to your open homes. The more people through the door and the greater the buzz, the better and the more likely you are to get an offer and the best price.

Save you money - Yes, a home staged right could help you save money on expensive renovations like removing walls, painting rooms or installing new carpet. A staged home, using artwork and floor coverings can freshen up a tired space, and by putting in the right scale furniture you can maximise space and demarcate specific areas.

Your Real Estate agent will help to guide you. If you do decide to hire a home stager, make sure that you shop around and get quotes, as there are plenty of companies providing this service and they all have different options available. It is also important to check out their portfolio of work beforehand, as every home stager has a different style and different furniture available for hire.

A partial stage could cost as little as \$1,000, but the average tends to be around \$3,000 to \$4,000. Mike Pero Real Estate phone 0800 900 700. Licensed REAA (2008).

Graham McIntyre
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REFURBISHED 4 ROOMS, PRIVACY ON 2600SQM IN WAITAKERE TOWNSHIP

3 2 1

By Negotiation

2A Northfield Road, Waitakere
By Negotiation

A beautifully presented, 2600sqm with a fully refurbished and modernised three bedroom plus sleepout home. A new kitchen, bathroom and laundry certainly delivers the oohh aaaah factor. Open plan living and entertaining out to alfresco decking with a distinctly private and serene backdrop. The home enjoys an easy-living style including a study nook, a large sleepout and double garage with ample storage. Good transport links including train from Swanson and School bus close to drive. Seeking some semi-rural space and peace, then forget Titirangi and Waitarua, this property may be just the ticket. 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
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX1092569

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MODERN - MASONRY OVER BRICK IN WAIMAUKU

3 2 2

By Negotiation

25 Buttercup Place, Waimauku
By Negotiation

Open plan living, with expansive decking and alfresco leading on to partially fenced lawn areas, perfect for the pets or children. The home has a formal entrance opening to two lounges, dining and kitchen. Three generous bedrooms and a study nook with complementary bathroom and ensuite. The home has the added benefit of internal accessed double garage with exclusive drive off a quite cul-de-sac street. Close to Waimauku School, convenience shopping, parks and transport links. The CV on this property is \$780,000. 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
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX952890

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AFFORDABLE, SUNNY, SEMI-RURAL LIVING - WAITAKERE

3 1 1

By Negotiation

29 Bethells Road, Waitakere
By Negotiation

This spacious sun drenched family home offers significant value to a family wanting the very best of fun, function and features. A home that gets all day sun, with large open plan lounge and dining linking seamlessly to elevated decking with rural views. Three bedrooms, fully renovated bathroom upstairs and a workshop, study or office with carport and garage downstairs. Internal access makes this house function well and provides options for a growing family. Set upon 1014 square meters the land is fenced and has secure parking for a boat, trailer or motorhome, plus raised bed gardens. A stone throw to Waitakere Primary School and neighbouring parks the home delivers space in a location that is easy to get to convenience shopping, transport links, walking tracks and wide open spaces.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

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ELEVATED EAST FACING ON 809 SQM - KUMEU

4 1 2

By Negotiation

49 Matua Road, Huapai
By Negotiation

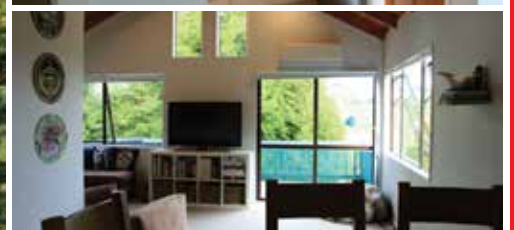
This immaculately presented home is split over two levels to allow for a separated living environment. Three bedrooms upstairs with kitchen, dining room, bathroom and lounge leading out to a back entertainers area. Downstairs contains one bedroom, lounge and bathroom, perfect for the teenage or guest 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.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX1033818



AFFORDABLE, ELEVATED, SUNNY HOME IN WAITAKERE TOWNSHIP

2 2 1

By Negotiation

57 Waitakere Road, Waitakere
By Negotiation

Set on 876sqm this private home enjoys generous sunshine and privacy, while the elevated position allows for extensive views to the west over farm land and native bush backdrop. A light and open layout combining cathedral ceiling with open plan living linking to a central hallway with two bedrooms, bathroom, toilet and laundry upstairs and an office downstairs. A small section, off street parking and independent double garage adds great value to this affordable and practical family home. Close to Waitakere Township and Swanson transport links, shopping, café, parks and schools. The CV on this property is \$540,000. 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.



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7 2 3

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73 Waitakere Road, Waitakere

Set Date of Sale - 5pm, Monday 17th July 2017 (unless brought forward).

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Steve Cotter
021 171 3941

steve.cotter@mikepero.com

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MASSEY - FULLY REFURBISHED 4 ROOM - MOVE IN TOMORROW. 3 1 1

By Negotiation

72 Gallony Avenue, Massey
By Negotiation

Set on 474 square meters overlooking Emerald Valley Park, this fully refurbished three bedroom plus sleepout/office delivers great space on the outside and the inside. New kitchen and very well presented bathroom and separate laundry area. Open plan living and dining with sliders to north facing decking, the home delivers options for the whole family. Fenced for pets with a single garage and off-street parking, this is a home that will suit purchasers looking for a pleasing bush and pasture outlook, peace and quiet and easy living over one level. The CV on this property is \$410,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1118896



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



AFFORDABLE LIFESTYLE, 1 HECTARE, TENANTED 3 2 1

By Negotiation

78 Mairatahi Road, South Head
By Negotiation

Positioned to capture all day sunshine and rural views across rolling pasture. This three bedroom traditional bungalow is a no-nonsense kiwiana home with rich native polished floors and through large slider access to extensive entertaining deck. Recently refurbished kitchen and bathroom with separate laundry. The home has a new roof and has also been recently re-wired. Simple access off Mairatahi Road with extensive off road parking including a double skyline garage. Large scope here for the good-life, a short drive to top golf link, harbour boat ramp, café, forestry, school, parks and reserves. The CV on this property is \$460,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1115046



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



EXPANSIVE WATER VIEWS, CLOSE TO MARINA VIEW PRIMARY SCHOOL

3 2 2

By Negotiation

95 Luckens Road, West Harbour
By Negotiation

This extensive, refurbished family home offers entertainers living and excellent family space to meet the needs of adults and children's. Three levels, delivering quiet accommodation, linking to open plan family space and onto entertaining formal lounge. Breathtaking views from all levels of the home and easy alfresco to decking and patio linking to the 370sqm low maintenance section. A short distance to Marina View Primary School, convenience shopping, inner harbour access, parks and transport links. Everything has been done, buy and move straight in. The CV on this property is \$690,000. 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
027 632 0421
graham.mcintyre@mikepero.com

Peter Carson
027 277 1904
peter.carson@mikepero.com

www.mikepero.com/RX1151507

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

Mike Pero Real Estate Hobsonville is delighted to welcome Peter Carson

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

Peter Carson

027 277 1904
peter.carson@mikepero.com
Office Location: 2 Clark Road, Hobsonville
www.mikepero.com





AFFORDABLE LIVING IN WAITAKERE TOWNSHIP

4 2 1

By Negotiation

114 McEntee Road, Waitakere
By Negotiation

The family can have their cake and eat it too, space, sanity and super-sized. Four bedrooms, two living rooms, delivering easy split living space making the adult and the kids-zone effective and workable. A traditional bungalow with clinker-brick over weatherboard, offering low maintenance living on 857 square meters (more or less) of lawn with improvements. An independent double garage and wood-shed ticks the boxes for a happy, warm and desirable home. Close to Waitakere Primary School, Bus link to Swanson Rail, Convenience shopping, parks and RSA. The CV on this property is \$500,000. 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
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX1176091



AFFORDABLE LAND - WATER SPRINGS - WAIMAUKU

3 3 1

By Negotiation

122 McPike Road, Waimauku
By Negotiation

This three bedroom cottage, with office, workshop and chiller room has character and personality that is sure to impress, with kitchen and bathroom that could be developed to add value, or invest in a brand new build subject to consent on the proposed house site further up the hill. 7 hectares of flowing grasslands and established plantings for shelter and orchard ensure a lifestyle that can deliver plentiful reward for a creative couple. Bring your cheque book and imagination, our vendors are ready to seize another opportunity. The land has several natural springs which provide opportunity for horticulture. The CV on this property is \$910,000. 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
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX1037756



ELEVATED STATELY BUNGALOW - WAIMAUKU

4 4 2

By Negotiation

132 Hinau Road, Waimauku
By Negotiation

This hilltop bungalow offers generous space from the large high stud shed through to almost ½ an acre of lawn and bush. The home is split over two levels offering four generous rooms, open plan kitchen and dining opening onto extensive decking to the west. Carport and Office, Study or workshop in addition to fenced section. Located in a quiet street, away from crowds and congestion, yet a short drive to Muriwai Beach, Waimauku School and Waimauku Shops. The CV on this property is \$630,000. 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
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX1034803

Mike Pero Real Estate Ltd. Licensed REAA (2008)

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Cherry Kingsley-Smith

021 888 824

cherry@mikepero.com

Office Location: 2 Clark Road, Hobsonville

www.mikepero.com





THE SMELLS ARE BEAUTIFUL - VIEWS AMAZING

4 1

By Negotiation

183 School Road, Waimauku By Negotiation

From this elevated alfresco home you immediately get a sensory lift. The smell of freshness, and the bush framed northerly view is breath-taking. The quiet is splintered occasionally by wood pigeons and Tui's that makes this home a sanctuary. A beautiful eclectic home in concrete stucco and weatherboard. Wonderful character is displayed with lead-light windows and polished floors delivering old-world charm and grace. Like many period-homes the rooms are slightly smaller but plenty of them, separate lounge, open plan kitchen and dining room. Single garage and storage underneath. Set in a landscape of pasture and native bush with a short drive to Waimauku School, Shops and Reserve. Muriwai Beach and walks at your doorstep.

www.mikepero.com/RX1158063



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



HILLTOP LOCATION OVERLOOKING HELENSVILLE AND PARAKAI

3 2 2

By Negotiation

525 Kiwitahi Road, Helensville By Negotiation

High on the ridgeline, a harmony home which delivers commanding 180 degree views over rolling landscape through to the Kaipara Harbour. The views will certainly impress while the grounds have been developed to be easy care and hold character in large stone and driftwood. Set over 1.9 hectares of pasture suitable for horse, cow or sheep, the home looks down over the land. The home has lounge room, family room opening onto alfresco decking to the north and south, three bedrooms (master with walk-in and en-suite) off a central hallway and bathroom and an en-suite. An internal access double garage for the tools and toys compliments this outstanding lifestyle home. Opportunity here for some improvements, while the view and the aspect doesn't look like changing any time soon.

www.mikepero.com/RX1065529



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



ELEVATED LAND IN RIVERHEAD - COATESVILLE

By Negotiation

731A Ridge Road, Riverhead By Negotiation

2.3943 ha (approx 5.6 acres) of land in an established country lane, a short distance to Riverhead shops and school. The land is semi fenced post and rail and has a house cut in place. From this cutting the views are plentiful through the valley and afar. Additional information is available to purchasers keen to put the dream home on a great land holding. Services at the lane side close to the proposed house site. Motivated Vendor looking to finance a new project. Call 027 632 0421 today to view or for more information. The CV on this property is \$510,000. 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
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX1055369



BARE LAND IN WAIMAUKU / MURIWAI VALLEY - 1.2 HECTARES

By Negotiation

School Road, Waimauku By Negotiation Viewing by appointment

Rolling hills with wire and baton boundary fencing, a pocket of established trees and multiple building platform options. The land has a commanding rural outlook to the west and is genuinely usable for grazing. Water is tank and waste is septic at purchasers care. The land is located close to a rural school bus route, close to convenience shopping and to Muriwai Beach and Coastal Reserve. Schooling is Waimauku Primary in Muriwai Road. Make the move to a better environment, make your home your way.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX1085246

Home:garden

Camellias for your garden

It is hard not to notice the flowering camellias in gardens at the moment. These are the early blooming camellia sasanquas making the perfect hedge with lots of colour to brighten up the start of winter. Camellias are remarkably tolerant and adaptable. Fantastic for hedging, screening, background planting, container planting and as one-off stunning specimens. They trim well, transplant easily, and can provide flowers from as early as March through to November.

Awa Nursery currently has a huge range of camellias in many different colours. We have camellia sasanquas (an early flowering variety approximately March), camellia japonica and camellia reticulate hybrids, which flower from May through to October. Perfect to brighten up an area in winter.

Camellias have a spurt of growth after flowering, so it's best to feed when the last flowers are coming to an end. You can trim them immediately after flowering. They are happiest in acid soil that does not have too much clay content. They like a nice peaty soil that drains well. You can work some peat into your soil if you feel it has a bit too much clay. The roots are near the surface so it is important to keep them cool in the heat of summer with a layer of mulch. If possible plant with protection from the afternoon sun. You can buy a specialised acid fertiliser to feed your camellias which will help them to stay healthy and keep the foliage a deep glossy green. You can pick up some fertiliser along with your Camellias at Awa Nursery. Come and see us at Awa Nursery. Phone 09 411 8712 or visit www.awanursery.co.nz.

Forest Furniture

Forest Furniture is proud to introduce their new style LUND. This was named after the beautiful Swedish town which brings a modern but comfortable tone to your home.



Along with LUND Forest Furniture has introduced two new colours - Ivory and Asphalt. Ivory is a pearly cream wash look, Asphalt brings a monochromatic look. Both show off the beautiful timber grain whether it is used on Kauri, Rimu or Oak. These colours can be used alone or contrast them with each other or our other stains (Fudge, Coco or Natural) to give a stunning look which makes any piece a feature of the room.



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Come in store today and give this new dining setting a try. Bring in the advert and receive 20% off your purchase. D9 Lifestyle, Maki Street, Westgate or visit our website www.forestfurniture.co.nz phone 09 216 7674. Remember all furniture is solid timber, NZ made, with a 10 year warranty.

Chemwash

Eric Fleming is a licensed Chemwash agent (Chemwash is not a Franchise operation).

As a Chemwash licensed agent, Eric along with his team provide an effective, low pressure, exterior cleaning system. All licensed agents (owners) have passed a series of stringent conditions and checks which includes police checks and being vetted.

Chemwash is fully insured with the following policies – Public Liability, Statutory Fine Liability and Employers Liability.

All Chemwash employees (we don't use contractors) undergo ongoing internal and external training in order to maintain a safe and healthy environment for themselves, our customers and the wider community.

All Chemwash operators are NZQA certified in height and fall arrest systems, chemical handling and first aid.

Our objective is to provide a quality service at a fair price by adopting a variety of up to date cleaning options and using the most appropriate equipment and chemicals available to the industry.



How do you deal with a driveway that has been overtaken by weeds?

The owners wanted a tidy, formal and low maintenance country driveway leading into their rural property...

The first stage was to clear everything out with the digger before we could visualise what might be. The owners were wanting a stone retainer wall and plantings along the length of the driveway.

It is often impossible to plan projects such as this from the out-



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set as we had no idea of what we would discover under the ivy. Once the area was cleared, it became apparent that the existing retainer fence would need to be replaced. Black matting was used as a weed barrier under heavy loads of mulch for the planting area. The placement of the rocks to retain the bank was important so that they were very stable and looked natural. The Tatonka truck made it possible to place such large rocks and heavy loads of mulch very quickly.

The outcome, a natural looking low maintenance driveway, and very happy clients.

To view more on this project www.sustainablelandscapes.co.nz/low-maintenance-country-drive/ or talk to us, 027 543 0288.

Contracts for building work should now be in writing

The building act and regulations now require a written contract for any building work in excess of \$30,000. Commonly, the franchise builders have endeavoured to make standardised agreements. However, alterations carried out by non-franchise builders may require a customised arrangement. The things which are essential include a description of the building work by reference to a set of plans and specifications signed by all the parties. This allows you to hold the builder to your arrangement by reference to a document signed by you both. Other factors include the start and completion date, how variations to the plan are made, the size and frequency of progress payments which should always reflect the actual amount of building work achieved and the dispute resolution process. This is something that you should check with your lawyers before you proceed. We recommend that you make the builder responsible for getting the code compliance certificate at the end - and that the final progress payment should be based on achievement of that code compliance certificate. Luke Kemp - Kemp Solicitors phone 09 412 6000 or email luke@kempolicitors.co.nz.

SPS Plumbing Services

Hi I'm Scott, the owner/operator of SPS Plumbing Services. I pride myself on high quality workmanship at a fair and affordable price. I am a Certifying plumber with 11 years' experience. I do not charge a call out fee, have a very competitive hourly rate and also offer free quotes. I am based in West Auckland and will work in the greater Auckland area.

I cover most aspects of plumbing and treat every job as if I was working on my own home. I strive for customer satisfaction and believe in getting it right first time.

My services include - Full bathroom renovations. (I can organise the whole job including all other trades from start to finish), kitchens, toilets, solar heating, water mains, hot water cylinders,

burst pipes, spouting and dishwasher and washing machine installation. Scott Sutherland - Certifying Plumber, phone 027 430 0251 / 09 832 7267 - www.nocowboys.co.nz/businesses/sps-plumbing-services.

Laser Whenuapai

Introducing Laser Plumbing & Roofing, your local plumbing company based in Whenuapai.

Committed to serving their local community, western families and businesses with great service at reasonable rates, the team at Laser has over 25 years' experience in providing quality roofing/plumbing services to Western Auckland and beyond.

Specialists in hot water systems, roofing and gutters, plumbing maintenance, repairs and installations, Laser Whenuapai also offer a state-of-the-art drainage unblocking service. In addition to these services, it also has 24 hour service available for any plumbing emergencies - as these can come at any time!

Not only has Laser Whenuapai been trading since 1985 - giving it a depth of experience to plumb from - but as part of its 'Totally Dependable Guarantee', the Laser teams stand by all their jobs by offering warranties and always using quality New Zealand made products. Choosing Laser means choosing a solid, reliable and experienced company that you can depend on.

No job is too big or too small for Laser Plumbing & Roofing Whenuapai. The team is happy to do any job from basic tap washers right into full re-piping, re-roofing, drainage or gas systems.

Whether needed for large commercial projects or smaller residential fix-ups, they can provide a complete solution to any water system, roofing or drainage issues.

For all your service needs from plumbing through to roofing, drainage, gas and pumps and drain unblocking, contact Laser Whenuapai at 09 417 0110.

Open five days a week from 7am-5pm, Laser Plumbing & Roofing is located at 45 Brigham Creek Road, Whenuapai. Visit their website whenuapai.laserplumbing.co.nz for more information.



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Dan's Tips

July 2017

Winter is here but there's no reason to stay out of the garden - now is the perfect time to plant berries, potatoes and hardy winter salads. If you decide to prune don't forget to leave plants with berries and seeds to help the birds feed over the winter months.



Help your feathered friends this winter

Leave perennials and shrubs that still have berries and seeds or help feed the birds by making a bird seed pudding.

Preparing ahead – planting crops in winter

- **Plant berries** such as strawberries, raspberries and currants now. Make sure the soil or potting mix has been given an extra scoop of compost as you plant!
- If you don't get much frost on the vegetable garden, you can **sprout seed potatoes** now, to go into the ground mid to late August. Earliest maturing varieties are Rocket or Swift
- **Plant cold hardy lettuces such as rocket and cos.** It's fun to snip off a few leaves, together with young leaves of beetroot, kale and silver beet for a cool-looking winter salad.

Lawns

- Good time to **sharpen the mower blades** to avoid 'tearing' the grass
- Towards the end of July apply a **feed of ProLawn's garden Supreme** - this is a general fertiliser, but is effective at the lawn's root area right now.



Sprout seed potatoes

If you don't get much frost you can start sprouting potatoes to go into the ground mid-late August.

Other Work

- **Start the pruning season** - rose and deciduous trees, including fruit trees can be cut back to shape now. Leave hibiscus, hydrangeas and any sub-tropicals for another month, until winter is starting to back off...
- **Colouring hydrangea flowers** – spread Aluminium Sulphate (often sold as Hydrangea blueing tonic) around the bushes where you want blue flowers; if you're into pink use lime around them instead. White is always white, so you cannot change that
- **Feeding the breeding birds** – try not to cut back perennials and shrubs that still have berries and seed-heads, if you want to be kind to your feathered friends.
- **Bird seed pudding** – Easy to make, take bird seed mix, melted lard and a bit of honey, shape into a ball and placed in a netting bag, then hang it high in a tree where the birds feel safe enough to get to it.



Colour me Pink or Blue?

To colour hydrangea flowers blue spread Aluminium Sulphate (often sold as Hydrangea blueing tonic) around the bushes or if you're into pink use lime around them instead. White stays as white, you can't change that.



Nourish your garden this winter

At Central Landscape & Garden Supplies Swanson we have Living Earth Compost, the weed-free 100% natural soil conditioner that will get your soil into peak condition now or ready for spring.

Outdoors in need of a lot of compost? We have free loan trailers available or we do deliveries!

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

Build: New

Changes in the landscape

Demand for housing continues to rise in Auckland, and as a result, changes in our landscape are occurring. Like it or not we are experiencing exponential growth in this area. Which is both



exciting and unnerving as we watch change emerge around us. On a positive note we are seeing some amazing developments and plans to counteract the housing demand. Developments are well planned and address community needs. An example of this is the Huapai Triangle by Cabra Developments. This purpose built environment, loosely modelled on similar proposals such as the successful Hobsonville Point is set to create the standard of future proposals.

The Huapai Triangle will have all your bases covered; offering stand-alone homes, terraced houses and affordable homes on manageable sites.

Set amidst a rural backdrop, this new offering has been thoughtfully considered. With close proximity to fabulous schools, cafes/restaurant and amenities. Not to mention the idyllic lifestyle; Muriwai beach, golf course, walking tracks, horse adventures and more.

Come and explore your options with us at Signature Homes. The options are vast; design and build your home from scratch,

use a pre-designed plan with your personal tweaks or explore our gorgeous architecturally designed terraced homes. We will guide you through the offerings and ensure that your needs are catered for within your given timeframe and budget. Enquire today. Phone 09 411 5357 - 0800 020 600.

Tradie of the month

Maddren Homes would like to congratulate Nick Brown of Energy Recovery Systems (ERS) for being our June Tradie of the Month.

Nick and his team continually provide the very best service and quality to our clients when it comes to heat pumps and air conditioning units.

They are meticulous when working with our clients, providing them with professional advice to achieve efficient and economical solutions to run their homes.

Nick is extremely passionate about the business and industry in general and this is reflected in the service and quality we are provided on a daily basis.

So on behalf of all the team at Maddren Homes we would just



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like to say a big thank you to Nick and his team for the all the hard work and effort you put in - it certainly is appreciated. We would also like to thank the team at Western ITM who continually support the Maddren Homes Tradie of the Month with their gift voucher.

Your rural supply specialist

At Western ITM in Kumeu we stock a comprehensive range of urban and farm fencing that can add so much value to your rural/lifestyle property. Fencing not only provides you and your animals with



security and privacy, it can also provide shelter from the elements. Just some of the vast range we carry in stock are: Wire and Batten Fencing – Wire and batten fences usually consist of seven or eight wires, using 2.5mm hi-tensile. The posts can be number one or two, which relates to the diameter of the post. Posts are usually spaced at 4.5m with five battens per space. Posts, Strainers and Timber Fencing - Post and rail fencing is a popular option for lifestyle blocks and equestrian facilities, often used for driveways, road frontages and tree surrounds. Gates – Our stores stock an assortment of wooden and galvanised farm gates which are available in a variety of lengths and styles. A full range of quality gate hardware is available instore. Chain Fencing and Hex Netting - Offering transparent design, our range of chain link fencing is suitable for boundary separation, pet enclosures and animal compounds. Electric Fencing – We stock a comprehensive range of the Gallagher Electric Fencing System, with mains power and solar options and we also stock a wide range of Strainrite fencing tools and equipment. Water Troughs

– Rectangular and round troughs available. These come complete with a built in covered ball float. Light weight, easy to handle and available in a variety of sizes. PurePine Shavings are dust free, dry, natural and hygienic and come in easy to handle (19kg) water resistant plastic bales. These shavings are ideal for domestic animal bedding, commercial stables and farms – just \$26.00 incl GST per bale. For further advice or information visit us in store today. Western ITM Kumeu, 154 Main Road, Kumeu – phone 09 412 8148.

Voted NZ's most trusted builder

G.J. Gardner Homes are proud to once again have been voted New Zealand's Most Trusted Home Builder in the 2017 Reader's Digest Trusted Brands Survey. With a long-established reputation of 17 years, the Reader's Digest survey seeks to identify which brands New Zealanders trust the most, and to provide an objective and reliable reference for consumers throughout the country. Our vision statement is to have every customer recommend us to their closest friend; winning this award in the highly competitive home builder category demonstrates our commitment to living these values and we're very proud of the recognition. With winter well and truly here, now is a great time to come in and see us at our new Riverhead Showhome to talk about how we can help and inspire you to get the home of your dreams. G.J. Gardner Showhome - 7 Grove Way, Riverhead. Open 12 – 4pm, 7 days.



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Food: Beverages

Earthbound Honey

Earthbound Honey was established in 2006 by Terry and Karlene Shaw-Toomey. Their emphasis is on the quality of the raw, organic honey that they produce, rather than the quantity. This also extends to their harvesting and packaging processes.



Earthbound Honey produces a premium range of local raw organic honey, collected exclusively by their bees from the coastal pohutukawa groves, dense manuka forests and wild-flower pastures of their beautiful valley. They also produce a range of honey vinegars and handmade salves, balms and candles made with their beeswax.

Earthbound Honey is an organic artisan beekeeping business based in the pristine Bethells Valley, North West of Auckland – with its bee hives positioned all the way to the edge of the wild west coast and beyond.

You can find Terry and Karlene every Saturday and Sunday at their Earthbound Honey stall at the Hobsonville Point Farmers Market from 9 to 1 located at Catalina Bay in Hobsonville Point. www.earthboundhoney.co.nz, Call 09 810 8449 Ext 1.

Soljans Estate Winery

Soljans Estate Winery is holding its annual Winter Wine Fair from 7th - 23rd July 2017. It is the perfect time to pick up some remarkable deals on Soljans award winning wines. There will be the case specials, super winter specials and the desirable \$9.90 bin ends. Check out the "RED STAR SALE" items at the gift shop

for your early Christmas shopping. Don't forget to sample the mulled wine, definitely a perfect drink in the cold winter. Following on, indulge yourself with delicate wine and food at the award-winning Winery Café for brunches/lunches. Soljans Winery café has won repeatedly the Beef and Lamb Award in the country and Trip Advisor's 'Certificate of Excellence'. If you have any questions regarding the Soljans Winter Wine Fair, please contact our Cellar Door on 09 412 5858 or the café on 09 412 2680 to reserve a table.

NoShortcuts Pizza

Using thin style pita bread as a base, spread NoShortcuts Thai tomato, mushrooms and cheese. Bake for 10 mins at 200 degrees. Sprinkle with salt flakes and rocket.

Keep up at Noshortcutsnz on Facebook or noshortcutsnutneys on Instagram.



Peko Peko Japanese Takeaway

After 2 months researching and lots of trials, we are finally using eco-friendly packaging. It's a big change for us and it wasn't easy to decide but finally we made it. Our eco-friendly packaging is made from recycled materials, also lined with plastic made from plants and commercially compostable.

We are very pleased to work with New Zealand and Australian companies for this change. It maybe not the perfect solution but we believe that little things would help to our precious environment. Hope you like our new packaging too. Thank you for your continuing support us. Please check our Facebook page for the latest updates. We are a little food truck located at Passion Produce vegetable shop's car park on 92 Hobsonville Rd. Open lunch Tuesday to Thursday 11:30-1:30pm, dinner Tuesday to Sunday 4:30pm to 8pm. Phone order recommended. 022 431 3462.



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The Herbalist Craft Beer

With the rise in craft breweries, the New Zealand beer category has become a far more interesting scene than it was ten years ago. Rather than the old criteria 'wet, cold and thirst quenching' modern consumers are looking for different hop varieties, malt complexities and interesting flavour profiles. Enter The Herbalist a small local Kumeu based (West Auckland) business run and operated by Rebecca and her husband Grant. Brewing is not new to this family, Rebecca's grandmother home brewed regularly in her old manual washing machine bowl well into her seventies. This husband and wife team have developed a tasty range of the below craft beers incorporating their collective craft beer brewing skills and Rebecca's extensive knowledge of herbs being a qualified Herbalist.

Manuka Ale, 5.4% - This highly refreshing ale is finely infused with manuka leaves, fennel seeds and burdock root. Rosemary and Licorice Ale, 5.4% - Infused with a hint of rosemary and licorice to excite the taste buds and pair to lots of foods.

Nettle & Bilberry Lager, 5.3% - Well balanced and layered with subtle and interesting flavours.

Local stockists: Fresh Choice Waimauku, The Bottle-O Huapai, Black Bull Liquor Kumeu, Boric Food Market, Soljans Estate, Hobsonville Kitchen, 4 Square Parakai NEW select West Liquor stores (The Trusts). Visit www.theherbalist.co.nz; facebook.com/theherbalistcraftbeer.



The Fireplace launches new winter menus

The Fireplace in Kumeu continues to attract fans from far and wide as it launches into its new winter menu. This menu will focus on hearty dishes, almost comfort food, but with the flair and thoughtful presentation that has always been a hallmark of The Fireplace Restaurant.

The Fireplace has always been the heart of the Kumeu food offering, bringing together a combination of classic flavours with unexpected textures and taste sensations. The dining experience is an ongoing and intriguing journey, offering twists and turns, inviting you to revisit familiar territory while tempting you to explore new destinations. With this in mind, their team of chefs have incorporated seasonal produce into dishes that



we all crave during the colder months. Many of the ingredients used in the dishes are organically grown or free range, promoting local fresh produce and sustainability within the area.

The early riser menu will be served from Friday – Sunday 10am -3pm offering big breakfast, eggs bene, corn fritters, pancakes, burgers, fish 'n' chips along with our lunch specials & lite bites menu.

At dinner we have a variety of steaks from the grill, a selection of burgers, and our regular specialties like butter chicken, pecan chicken schnitzel, pork ribs basted in our sticky bourbon sauce, pie of the day, pasta and much more. Check our menus on line: www.thefireplace.net.nz/menus

The bar is open 7 days and there is a delectable bar menu to satisfy any appetite with sharing platters and lite bites on offer. As would be expected from a restaurant located in the wine country, at The Fireplace we offer a full range of wines and have just added Heineken on Tap along with Monteith's original and Export Gold.

The Fireplace is located at 64 Main Rd, Kumeu. Phone 09 412 6447. Visit www.thefireplace.net.nz for more information. Open Monday - Thursday from 12 noon to late & Fri-Sun 10.00am to late.

The Gallery Café and Restaurant

Café menu but we also have the option of Japanese meals for lunch and dinner to give you the ultimate cultural experience within your meal. Our community is continuously growing and so is our 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 chef has previously done photography for National Geographic

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and has some of his work on display for locals to come view and even purchase. 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) too find out a little bit more about us and the food on offer. 329a Main Road, Huapai 09 412 8983.

New beer

Flemish Giant Tripel is the latest release from Hallertau Brewery. This Belgian style strong golden Pale Ale weighs in at a hefty 8.5%. Steve the brewer describes it as having the sweet aroma of banana bread, spices and ripe fruit. On the pallet a generous dose of citrus and pineapple, with a rich caramelised malt backbone. It's named after the out size Flemish Giant Rabbit with label illustration by Otis Frizzell. Available on tap and 500ml bottle.

Rhubarb cinnamon cake

50g Butter (softened but not melted), 1 ¼ cups firmly packed Brown Sugar, 1 tsp Vanilla Essence, 1/3 cup Sour Cream, 1 Tablespoon Milk, 2 Eggs, 1 ¾ cups sifted Plain Flour, ½ teaspoon Baking Soda, 1 teaspoon Cinnamon, 300g (3 large stalks) rhubarb cut into 1 cm pieces.

Topping: (mix together), 2 tablespoons raw sugar and ¼ teaspoon cinnamon.

Heat oven to 160 degrees. Grease and lightly dust with flour a 20 cm spring form cake tin.

Beat together the softened butter, sugar and vanilla essence in a bowl until pale.

Beat in sour cream and milk and then add eggs one at a time. Stir in sifted dry ingredients and then add rhubarb. Spoon mixture into the prepared cake tin and sprinkle with the topping ingredients.

Bake for approx. 1 hour 15 mins or until a skewer inserted into the cake comes out clean. Cool in tin for 15 mins before removing to a wire rack to cool completely.

The Tasting Shed

The last 12 months have been huge for The Tasting Shed team, with several awards under our belts, some fabulous events, birthday celebrations and weddings, plus our wonderful local and city dining customers. We appreciate your continued support going into the 7th year of our restaurant dream. As usual, we will be closing for a month from Sunday the 3rd of July and re-opening on Wednesday the 2nd of August to give our awesome kitchen and front of house teams a well-earned break over the winter. We look forward to serving you once we reopen in August for what is already looking to be a very busy festive summer 2017/2018. Thanks again, and stay safe on our roads during the cold and frosty months. Best wishes, Jo & Ganesh Raj Phone 09 412 6454 www.thetastingshed.co.nz.



ePACK have moved to our new bigger facility at 5 Wookey Lane, Kumeu and we look forward to working with local businesses and the public from our new home.

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Petstips:advice

The newest rule of dog safety for children

Last month we introduced you to the first Golden Rule: always ask before you touch a dog. This time we talk about the second golden rule: where to touch a dog. After asking the owner and receiving confirmation that it okay to touch the dog then you need to make sure that you and your children only touch the dog on the back and the sides.



Why? Where to touch a dog has changed over the years. Before and during the 90s, we just patted a dog on the top of the head. In the late 90s studies stated that the best place to touch a dog was the chin and chest. Since then, more recent studies done in Germany in 2013 show dogs find being touched anywhere on the head very stressful. So it is now recommended that the best place to touch a dog is only on the dog's back and the sides. (Some programmes call it from collar to tail)

Even without the 'studies', and when you think logically about where you are asking your child to put their face when touching a dog, do you think it is safer for the child to have their face in the dog's face or standing to the side of the dog?

If (as in the picture) the dog was to get annoyed/frightened, the child's face is directly in front of the dog's escape path. If the dog bites to get away it is going to be the child's face that gets bitten. Did you know that ACC statistics show that 80% of bites to children are to the face and head? It is time to look at what we are teaching our children and updating it to a less risky way. When touching a dog on the back and sides the child is not in the dog's way, if the dog gets scared or irritated, the dog has the ability and freedom to move forward and out of the situation.

Sometime there are circumstances that result in the owner requesting that the dog be touched in certain areas other than the side and back, this could be due to a medical issue or dog's personal preference. But you also need to recognise that sometimes even if the owner says it's ok, the dog may not want to be touched and you will need to move away from the dog.

For more information on Canine Body Language contact Kids Safe with Dogs Charitable Trust on 09 969 3007 or go to the website www.kidssafewithdogs.co.nz.

Raw Essentials

At Raw Essentials, we feed cats and dogs on a species-appropriate diet of NZ-grown poultry, veal, lamb, fish, venison, and wild prey.

Possum are New Zealand's most damaging pest species; they devastate native forests,

chewing through over 20,000 tonnes of foliage each night. They impact our dairy industry through the spread of tuberculosis, and they eat the chicks and eggs of endangered native birds.

Over \$100 million is spent each year on possum control. Our NZFSA-licensed hunters play an important role in keeping numbers down. Rather than waste the carcasses, we are able to utilise them as a nutrient-dense food for cats and dogs. The fur is removed and used in local and international markets. Our possum is sourced from TB-free areas, and inspected at an MPI-approved processing plant.

These wild, free-ranging animals are living off our rich local flora, which makes them an incredibly nutritious food for cats and dogs. They really are the ultimate food for our pets.



Kanika Park

For most of us Xmas seems a while away, but by now most boarding facilities will be booked out for Xmas.

We also know that not everyone has the luxury of planning their holiday months in advance and there will always be people at the last minute looking for a place for their cat to stay. But as a cat owner, it's your responsibility to decide if a boarding facility is of the standard you are happy with.

So, if you find yourself looking around for that purr-fect place for your cat to stay, here's a few things to take into consideration:

1. Meet the owners & staff: Make sure you feel completely comfortable and at ease with the whole setup. Discuss any special needs your cat may have; diet, medication, attention, grooming



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2. Size & design: What is provided in each suite and are they spacious, sunny, quiet, temperature controlled? Is it individual or communal living? Indoors or indoor/outdoor?

3. Security: Does the owner/manager live on site? You should not assume that they do.

4. Know where your cat will stay: Make sure you can take your cat to their suite and help them settle in. If you are asked to leave your cat at reception – this should be of concern to you. And when you come to collect your cat, if they are waiting for you in reception – again this should be of concern to you.

Also remember that while you are away, if you do not feel 100% happy where your cat may be staying, arrange for a friend or family member to go visit your cat.

Kanika Park Cat Retreat is not your usual cattery, we are a family owned boutique luxury country retreat for cats, set in the heart of our 10 acre Waimauku property. Find us on Facebook or contact us on 09 411 5326 / 027 550 1406.

The K9 way

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Your time is precious. We make sure it does not get wasted. Independent of age, breed or behavioral problem we offer you a common sense approach to dog and puppy training that works, empowers you and relaxes your dog. The focus is on the relationship between you and your dog and how you can build more respect, trust and understanding.

Book a free phone consultation online at www.thek9way.co.nz or call us now on 021 239 0635.

We speak dog, let us teach you to do the same!



Tips on hiring a dog walker

There's been some recent conversation, less than positive, on a local community Facebook page about professional dog walkers who bring their sizable packs with one handler to Muriwai beaches and forestry in the area. So I thought I'd ask the question, what do you know about your dog walker?

Here's just a few things to consider before hiring a dog walker: How long have they been walking dogs? What is their dog experience? Will the same person walk your dog every day? Consistency is good for your dog. How long are the walks? Not including pick up/drop off? The dog walker might go on 4 hour hikes which might be too much for your older slower dog. Or they might only go for a 30 minute park walk which mightn't be enough. Where do they walk? You might not want your white

fluffy dog going through mud at the forest and returning home dirty. Are walks off leash? Does this suit you and your dog? How many dogs are walked together? How are they transported? 15 dogs in the back of a tiny hatchback mightn't be a good idea. Have they ever lost a dog? How do they handle issues within the group? What kind of questions do they ask you about your dog? Is there a written agreement? Are they a registered company? Do they have pet first aid knowledge/certification?

Finding a dog walker to suit your dog's best interested isn't a one size fits all. Do some homework, ask the right questions and ask dog owner friends for recommendations. Once engaged with a dog walker what do you notice about your dog's behaviour? Has it changed for the better? How does your dog respond to your walker?

Muriwai's local dog walker is Lisa at Country Pets. See Country Pets on Facebook for further information or contact Lisa on 027 380 0265.

Cat lovers urgently needed

Volunteers - reliable adults are urgently needed to assist with cleaning duties and feeding, at a cat rescue shelter in Huapai. Phone Carolyn 021 1436 815.



\$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 22,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at jbw51red@googlemail.com.

Health:beauty

Second chance miracle lead to getting physical

"I survived a major heart attack - and against all odds - lived through one hour of ambulance worker's CRP. My doctor later diagnosed me with Coronary Artery Spasm. Then earlier this year I was diagnosed as being borderline diabetic. But after I learned about Club Physical's 12 week Transformation, it changed my life completely."



Pulo was the Winner of this year's Resolution Transformation, trained by Twissteen. He reduced his body fat nearly 11%, his fitness soared and he reduced his weight 12 kilos.

Club Physical's next Transformation programme is starting soon - call Kathy at Te Atatu 09 414 3976 or Ilse at Birkenhead 09 414 3972.

Bunions

Do you suffer from painful bunions? Or have pain in your big toe joint but not sure why? Can't figure out how to relieve your pain? Or daunted by surgery? We may be able to help you.

What is a bunion? Bunions, clinically referred to as a Hallux Abducto Valgus deformity, are defined by the movement of the big toe moving towards the smaller toes, this can be accompanied by enlargement of the joint or rotation of the big toe. Very severe cases can result in the second toe becoming involved and possibly becoming clawed in alignment. Bunions are not always painful, some people have very severe deformities and no pain. How do they occur? Hallux Abducto valgus is believed to be caused by instability in the big toe joint. This can occur for a number of reasons - very mobile joints of the feet, flat feet/overpronation, poor footwear, age, arthritic conditions, previous trauma to the area. Women are more afflicted with bunions than men and they tend to run in families.

Treatment options - Many people believe surgery is the only option for bunion treatment, however, depending on the stage and severity of your bunion there are many ways to reduce pain

prior to opting for surgery. The sooner you implement conservative measures, the better your results and comfort are likely to be. Treatment is revolved around creating stability for the big toe joint, this is achieved first through changes in footwear and orthotic devices, then through addressing weaknesses in the muscles of the foot through strengthening exercises. In some cases, mobilisation of the surrounding foot joints is indicated to decrease pressure on the big toe joint.

If you are concerned about your bunions or have pain in your forefoot but you're not quite sure what it is, why don't you give us a call at Hobsonville Podiatry - 09 390 4184.

New stock in store

We are excited! Amazing handmade animal heads have arrived from Spain. Fabulous in a child's room or as a gift for your man-child. Elegant leather goods are now taking pride of place in store. From France - the latest spectacles with clip-ons of every colour and design that make you look like you have a thousand different pairs when it is just a front. Visit Hobsonville Optometrists - Glasses and Gifts. 413A Hobsonville Road. Mon to



Fri 9am - 5.30pm and Saturdays till 3.30pm.

My mission is simply this

To help busy woman like you to: Feel better about your health and fitness. Be able to look in the mirror and love your reflection. Wear the clothes you love and look amazing in them. Wake up feeling energised to take on your busy day. Know that you are amazing in everything you are and do. And be a positive role model for the loved ones in your life.



Whether it be one on one personalised sessions or our private group sessions, you will find our boutique studio the perfect place for simply fitness for your busy life.

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\$7 for 7 Days Unlimited Private Group Fitness - contact Melissa 021 798 435 or info@benefityou.co.nz to get started.

"Pretty stoked with the results especially as I have made quite small changes to my weekly routine. Thanks for your help Mel!" - Christie M (lost 18cms & each session she shows up stronger, fitter & more determined - love it!)

Want to know more or ready to get started on your own results? Check out www.benefityou.co.nz or call Melissa 021 798 435 who is more than happy to chat.

Elevate Chiropractic – how is your non-exercise movement?

Have you heard of Non-Exercise movement? Simply put, this is all of the movement you do that is not associated with traditional exercise, like going to the gym, playing sports etc. Unfortunately our lifestyles have become more and more sedentary and this is not good for our overall health. Even if you exercise 3-4 times a week, it still may not be enough to counteract the negative effects of a predominantly sedentary life. Adding in some non-exercise movement to your day can do wonders for your body. It can even help you lose weight through NEAT (Non-Exercise Activity Thermogenesis). To find out more about this and learn 28 ways to add some movement into your day, visit our blog page on the website www.elevatechiropractic.co.nz, your body will thank you for it. Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312.



Smart personal training

"Five Week Winter Transformation Challenge"

With winter here the cold weather has set in, motivation is dwindling and we are setting into hibernation mode, which equals comfort food, lack of exercise and the dreaded winter coat...weight gain! We have created a unique 5 week winter challenge to keep you active, fit and healthy in these times of need.

This 5 Week Weight Loss Challenge is designed to lose unwanted body fat fast and healthily as well as build strength, fitness and confidence.

SMART Personal Training will be the exercise platform in which we physically train and coach all the participants of the challenge to make sure they are getting the best exercise and nutritional information available.

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Escape for Two.

To keep motivation and results flowing we will have mini challenges and prizes throughout the five weeks.

Click here or go to www.kumeugym.co.nz/winter-challenge for all the information you will need on the challenge, what's included, what SMART Personal Training involves and how to register.

Challenge start and finish dates: Saturday 29 July to Saturday 2 September.

Get in early pre-registration discount closes 15 July.

Summer bodies are built in winter!

Pamper experiences for two at Spa Di Vine

Want to do something pampering and relaxing with a friend, sister, mum, partner? Just book a spa escape for two at Spa Di Vine.

The Friends Escape is a shared experience which includes soaking in the spa with a glass of bubbly or juice, side by side back massages, facials, hand massages and lovely refreshments afterwards – just \$389 for two. The friendly team at Spa Di Vine can advise and even tailor make a package, according to your wishes.

Phone Spa Di Vine on 09 411 5290 or email relax@spadivine.co.nz to book.

Spa Di Vine, open by appointment, 12 Taylor Road, Waimauku, www.spadivine.co.nz.



Getting frequent headaches? Have you checked your blood pressure?

There are plenty of reasons why people get headaches. Most of the headaches are benign and are classified as tension type headaches. There also migraines and cluster type headaches. Not dangerous either, albeit often disabling. There are other ones though, that could be more serious. In our clinic we regularly pick up a headache that is related to increased blood pressure. Blood pressure of 120 mm top and 80 mm bottom is considered ideal for most people. When it raises over 140 (top) or 90 (bottom) it is called hypertension and needs attention. Medical science believes that hypertension doesn't cause a headache (until the pressure is raised very high). In our clinic, however, we often notice increased muscle tension in the neck

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and stiffness in the cervical spine that could be related to the increased blood pressure and thus contributing to the headache. If left untreated the increased blood pressure may increase the risk of heart attacks and strokes, especially as we get older. At the Family Osteopathic Clinic we can check your blood pressure and find out whether your headache might be caused by the tight neck muscles or stiff vertebrae. Osteopathic manipulation can gently help to release the tension and mobilise the stiff joints. You can see us at 39 Hobsonville Rd. For an appointment call 09 416 0097.

Dentures - the not so awful truth

The thought of getting dentures, either a full set or a partial can quite often be a daunting experience especially if it is your first time. Back in the "murder house" days, a lot of people have been traumatised to the point of doing anything to avoid a dental chair; there is this immediate association of painful injections or the uncomfortable feeling of almost choking whilst having your impression taken. The perception of what is involved compared to what we actually end up doing is a lot simpler and straight forward. A lot of patients say 'I wish I'd done it sooner, it was a lot easier than I thought it would be'.

The process and techniques for making dentures have been refined greatly over the decades allowing the process to be stress free and completed much faster with better fits, better chewing ability, all with deceivingly natural smiles. Come in and see Mark the Clinical Technician for a free consultation. He will be able to put together a treatment plan for you during which you can ask any questions or talk about any concerns you may have. Call through to the friendly team at DT Denture Clinic, 09 416 5072 67 Brigham Creek Road, Whenuapai.



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Shoe Talk's thought on – 'should you wear the same shoes every day?'

So is it fact or fiction that wearing the same pair of shoes every day is not the best idea for both your body and the shoes?

- As much as we all like to pretend we don't sweat, it's not true and what absorbs this sweat? Our shoes. Sweat contains salt and this will break down the insides of your footwear a lot faster if it is not getting a chance to dry out properly between wears.
- Wearing the same shoes everyday will also increase your chance of a fungal infection.
- Shoes will last longer if they are not being used every day, not only do they have a chance to dry out between wears it also gives a chance for the padded foot beds and other comfort features to revert.
- Different shoes hit on different pressure points. So not wearing the same shoes everyday means different pressure points are activated and also different muscles used in the body.
- For the ladies - don't wear the same heel height everyday this will stop things like your tendons and calf muscles shortening. So yes it's true, don't wear the same pair of shoes every day and the shoes will last longer and your feet and body will also be happier.

Hibernating humans - why whiling away winter just doesn't work for us

We all know the basics of the bear's survival tradition of hibernation. They eat as much food as possible throughout the summer months to build a layer of body fat to sustain them through a winter spent sheltering from the elements



indoors. Unfortunately it's not just grumpy and frumpy bears that are partial to hibernation. Humans also tend to shirk exercise in favour of a spot on the couch next to the fire during the winter months... but there's one major difference... unlike bears, we keep eating. And it's usually good old comfort food that we're piling into our bellies... pies and puds, roast chicken and curries.

I'm going to get all "personal trainer" on you for just a moment (sorry it's in my DNA)... and I'm going to hit you with this thought: 'summer bodies are created in winter'.

By employing some very simple exercise and nutrition tactics through the winter months you can come out of your cave in spring feeling energetic, lean and healthy without that 'shiver'

Shoe Talk™

we talk shoes

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

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

running down your spine at the thought of your first day at the beach.

I offer a no obligation free consultation to discuss any of your health and fitness goals and would love to help you put an exercise and nutrition plan in place this winter so you can avoid being a 'grumpy frumpy bear' when the sun comes out again.

Peter Bristow – 6 Pack Dad, phone 027 359 0976, email peter@b3training.com or visit www.b3training.com.

How did geopathic stress affect us?

Testimonial from Kimberley: Recently we moved into our new home, and while much larger, the energy didn't feel quite right. My husband and children weren't sleeping, and it wasn't supporting me working at home. All of us were getting edgy, which is probably because we were used to a home that felt warm and nurturing, whereas our new one felt lacking in support, disharmonious and out of alignment. A quick call to Nicky (on the recommendation of a friend) saved us! Warm, caring and totally professional, within a week Nicky had us sorted. Now my friends regularly comment on coming over what a lovely energy our home has. Thank-you Nicky, I'll be continuing to recommend you to friends and family. Make sure your home is warm and welcoming and it is not causing you any health issues. Clear Energy Homes www.clearenergyhomes.com Nicky 021 545 299.

Myth busting – lactic acid is not a 'toxin', it's a muscle fuel

Ever been told "massage will help flush out your lactic acid build up in your muscles". Well I am here to tell you that, this statement should have left our mouths years ago and in fact we should all think of lactic acid as our 'back up' fuel source.

If we look at basic physiology, massage is unable to squeeze out the lactic acid from our muscles because lactic acid is recycled within our bodies as part of an important energy process called glycolysis.

Let's use an example. If you give your friend a race to say, the car. Due the speed you ran, your muscles were screaming out for oxygen to help keep up with the demand, but because your body could not replace the oxygen fast enough – lactic acid was produced. What occurred at a cellular level was due to the lack of oxygen during the sprint, a chemical called pyruvic acid was converted into lactic acid to provide you with the energy to get you there quickly. When the sprint ended, you would have found your body trying to get as much oxygen in as possible. Once the oxygen becomes replenished then your breathing slows down and any lactic acid in the blood which was not used for energy is then converted back to pyruvic acid in the muscles or liver to be used again. So, you can see that lactic acid does



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not linger in our muscles; rather it gets recycled to continue supporting our body's energy requirements as we need it.

Westgate Medical Centre

It's winter cold and flu season. Please remember that your best protection is good hygiene – handwashing is the first line of defence. Staying fit, eating well and staying hydrated will all help as well. Some bugs will get past all your best efforts and Westgate Medical Centre are pleased to remind people that we are offering flu vaccines. Some people will be eligible for a free flu vaccine, just pop into the surgery and discuss it with the nurses. We are also offering Immigration Medicals Monday to Friday. These can often be done on the same day, but for your choice of time please contact the practice to make an appointment. Westgate Medical Centre - www.wgmc.co.nz.

Hand examination

It is often said that a doctor should start to evaluate a patient as they enter the consult room. Indeed, I suspect even on a subconscious level this behaviour is true for most doctors. One can tell a lot about a patient before they speak: their age, whether they have a smile on their face, or whether they are stressed or in pain.

One of the first things I was taught at medical school when examining a patient was to start with the hands. There is a huge amount of information found in a patient's hands. I thought the examples below may be of interest.

Cigarette stains. Yellow nicotine stains on the tips of the fingers-usually the index and middle fingers. This is a sign that a patient has smoked for many years and therefore has obvious long term health implications.

Nail changes. Believe it or not, there are hundreds of medical conditions which cause changes to the nail structure. Entire text books have been devoted to the study of nails. Examples include small pits in the nails which appear in patients with the



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skin disease psoriasis; Beau's lines-horizontal ridges which may form in the nails when a patient has been subjected to malnutrition or been treated with chemotherapy. Fungal nail infections cause the nails to turn yellow. These infections are usually harmless but can be unsightly and can take many months to treat.

Finger clubbing is always talked about in medical school but in fact is rarely seen. The reason why it is drummed into medical students is because it can be caused by so many medical conditions: liver disease, respiratory conditions and heart problems to name but a few. Finger clubbing is when the end of the fingers and nails turn club-shaped. It can in fact be present from birth with no specific cause. I myself have only seen a handful of cases in my entire medical career.

Palmar erythema is a redness which develops on the palms. This is usually pain-free and can be caused by many things such as liver disease, an overactive thyroid or a normal pregnancy.

A fine tremor of the hands can be caused by both anxiety and an overactive thyroid. Often if you feel the radial pulse of a patient with these conditions (the pulse in the wrist), it will be raised (over one hundred beats per minute).

I could write for hours about the examination of a patient's hands. I look at my own nails and roll my eyes as I have the typical nails of a nail biter!

So when you next see your doctor, although there is only a limited amount of time you can spend in the consultation room there is a lot more going on than meets the eye. Dr Isabelle Duck is a GP and Urgent Care doctor at Westgate Medical Centre.

Reformer Pilates

If you are familiar with mat Pilates you will discover that Reformer Pilates is quite different. Using a 'reformer machine,' resistance is added to Pilates exercises via the use



of springs, which form part of the machine and is generally more dynamic and intense than mat based Pilates.

One of the best things about the reformer is its versatility. Exercises can be done lying down, sitting, standing, pulling the straps, pushing the foot bar, perched on the foot bar, perched on the shoulder blocks, with additional equipment, upside down, sideways and all kinds of variations. With just one relatively sleek piece of equipment the reformer can train many parts and dynamics of the body. Exercises promote length, strength, flexibility and balance and there are many reformer exercises for first-time beginners and also exercises that challenge more advanced practitioners.

We are currently offering free introductory classes. Contact us at NorthWest Physio+ on 09 412 2945 or see our website www.northwestphysioplus.co.nz.

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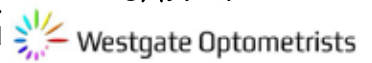
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For more information please contact Larissa at The Polish Room, 027 407 2264 or [facebook.com/thepolishroom](https://www.facebook.com/thepolishroom).



Well, the weather is getting colder

Sometimes it is easier to just stay inside and keep warm. I am one of those people who love summer, and was never keen on winter. But then I changed my perception of winter. I started thinking beyond winter and wondering what I would like to be doing in the next summer. So then I started planting seeds. What did I need to do now that would enable me to have any even better summer? Winter is now a time for regrouping my



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PO Box 133, Kumeu 0841 Auckland

ideas and challenging my goals. It is a time for me to study and to think what I need to do know for when summer rolls around. What could you be putting into place now that will make your summer even better? Be sure to check out my new courses life-successcoach.coursegenius.com. Kim McNamara Hypnotherapist/ Life Coach www.lifesuccesscoach.co.nz. Phone 027 978 5970.

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Come and visit For Eyes in the Kumeu Village before 14 July, book in a standard eye test with us to organise a free trial of the world-class BAUSCH+LOMB lenses - and you'll receive a free world-class sunscreen. T&C's: If your trial is successful, For Eyes can advise you how to order your BAUSCH+LOMB lenses via the SPARKLE app to receive up to \$160 free contact lenses. An additional contact lens fitting fee will be charged which includes training for handling and fitting of the lenses.



Trigger finger

What is Trigger finger?

- Trigger finger affects tendons to your fingers or thumb, causing catching and pain with movement
- The tendons that bend your fingers glide through a tunnel called the tendon sheath
- The tendon or sheath becomes inflamed and swollen, causing catching and pain with movement
- Trigger finger is more prevalent in women; 40 to 60 year olds; occurs more frequently after activities that strain the hand e.g. forceful gripping and is associated with certain medical conditions e.g. diabetes

Treatment:

- Splinting to rest the tendon for about six weeks
- Avoid aggravating activities while your finger heals e.g. applying pressure to the area by massaging or holding objects firmly; over exercising, repetitive gripping and avoiding contact with vibration
- A referral may be done to the doctor for further assessment
- Non steroidal anti inflammatories (NSAIDS) may help with pain



Hand Institute, 8 Shamrock drive, Kumeu - phone 09 412 8558 or email mandy@handinstitute.co.nz.

The effects of an adjustment

Dr Heidi Haavik is a Chiropractor and PhD Neurophysiologist. She also is the head of research at the New Zealand College of Chiropractic. She and her team are studying the multiple effects Chiropractic care has on millions of patients. Check out how she explains how chiropractic works:



- A chiropractor checks your spine for joint dysfunction: a part of your spine that is not moving or functioning normally. This is called a subluxation and it interferes with normal brain function.
 - Our brain continuously monitors and integrates sensory information from around the body to accurately perform movements. This integration of sensory information to perform motor commands is known as sensorimotor integration.
 - Spinal function impacts communication between the brain, the body and the environment. It can have an impact on how accurately the brain is able to perceive what is going on and respond.
 - If spinal segments are moving too much this causes background noise for the brain. If they don't move enough, the brain doesn't get adequate information about what's happening in the spine.
 - A chiropractor gently adjusts dysfunctional spinal segments to restore appropriate spinal movement. For the brain, this is like rebooting a computer.
 - This clears up communication between the brain and the body, leading to better function, less accidents and a healthier you.
- Call us on 09 412 5536 at Kumeu Chiropractic, to see how an adjustment could help you.



Area columnists

Deliberate living

A context that I work in and live my life by; that everything in your life bar nothing, your friends, your living environment, your car, job, your body and your health, is a direct reflection of current thinking. They're all examples of our beliefs and perceptions and emotions. (Yes, even illness). Unconsciously or consciously we are creating our world. It's like things are coming at you at the 'level' you are at. Our lives are transparent really, as everything in them equals how we are thinking and feeling and being and it's very hard to suddenly outgrow or become more than our beliefs about self.

I believe in expansion. I believe we were put here to create and to express. I believe we don't ask 'what do I want' enough. I think we deserve to express and expand in every area of our lives. We deserve a better everything because we exist and for the simple fact that it's a joyful thing to do.

How would the wisest version of you think? A different level of thinking costs nothing and gives us a lot more power. Few of us are practised in this. We hold all the power and don't realise it. We let habit and emotion rule us. Most of us know what we don't want. We hold more conversations in the name of 'what we don't want' than what we do. The news every night affirms to us what we don't want. Headlines in the paper, statistics and fear about the latest cancers and obesity – messages in our society don't help. Psychologists say that the majority of our thoughts are moving us away from what we want. They are not in line with healing, with a better body, with health, with the money we want, with solution! We just don't understand what types of thoughts move us in the direction of happy. And from what science and physics are telling us, we better get on board with this idea as our thoughts are communicating with every cell in our bodies – affirming every thought and emotion we feel.

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Changing our beliefs and thoughts is easier than you think. After all – believing that it's hard is only a belief. It's about getting another emotion going – one that you go to more often than the old one. Our lives and bodies are responding to our emotions. I call it our way of 'being'. In every moment of every day you are 'being' something. You're either being equal to what you want or you're being equal to not having it. There are two subjects to every subject – having it and not having it. Finding the emotion in line with already having that thing is a great place to start. Because all of this is just words, it's just good dinner conversation until you actually do it! Finding the sweet spot of emotion and holding it is amazing. Do it for what you're creating but also do it for the joy it brings in that moment. This moment is where it's at.

Call or email Anna for a session. 021 555 658. anna@thinkyouurbest.co.nz.

Website speed is becoming a more important ranking factor in the Google search rankings

Speed is also important for User Experience as well as the speed in indexing content on your website as the Google crawler crawls through your website. I work on 5 factors for SEO improvements and speed is one of them.



The Google Speed Test website is a good one to get an indication of the mobile and desktop speeds of your website. The tester shows the speed of the following and offers suggestions for improvements: Reduce server response time, reduce image sizes, minify CSS stylesheets & JavaScripts, and leverage website browser caching.

In the WordPress world there are some good 5 star plugins that can help with improving website speed. These are: WP Optimize (good overall optimisation plugin for speed), WP Smush It (good image optimisation plugin). WP Fastest Cache (good caching plugin).

Point to note is there are many other plugins out there and I have only recommended 5 star Plugins that I would use myself. You need to seek professional advice with which one to use for your situation. For non WordPress websites you should research your specific CMS Support and Forum websites for articles on improving website speed.



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For more information on any of the WordPress Plugins please contact David at Website Optimisers - www.websiteoptimisers.net.

Hobsonville Church and Settlers Cemetery

The beautiful and historic Hobsonville Church has recently been renovated and is available to hire for weddings, baptisms, and services of all denominations, meetings, clubs, groups and other community activities.



Hobsonville History - Hobsonville had its European beginnings as a small, isolated settlement at the head of the Waitemata Harbour. It is named after the first Governor of New Zealand, Captain William Hobson RN, who sailed up the Waitemata Harbour to consider the comparatively level land of the Hobsonville peninsula for a township, but was deterred by the shallow water.

Crown Land Office records show that the original four allotments comprising Hobsonville district were granted in 1854 and 1855, and included Rice Owen Clark, one of the first European settlers in Hobsonville, and the first to make use of the district's clay deposits, producing hand-made field tiles to drain his farmland. He imported machinery and by the 1890s the resulting company was the largest sanitary pipe works in the Southern Hemisphere. They made a wide range of other products including chimney pots, bends, junctions, building blocks

and drinking troughs. This company was the basis of the Amalgamated Brick and Pipe Co, later Ceramco.

In 1863 Joshua Carder, a Staffordshire trained potter, set up the first commercial works, Waipareira Pottery, using a throwing wheel, and made a variety of products including sewer pipes, crockery insulators, and a variety of ornamental items.

Mr Carder's two sons later started their own pottery at Hobsonville (Carder Bros.and Co), and others followed including the Ocklestons (J & W Ockleston & Co), and Holland.

The site of these major West Auckland brickworks is opposite the Hobsonville Church, down Old Wharf Rd to the water, the area where Brickworks Bay Rd and Vazey Rd now are. The brickworks were in operation from 1863 to 1929. It is one of the country's most important industrial archaeological sites, as well as a valuable part of our colonial heritage.

In all, seven companies operated in the pottery industry, providing work for hundreds of men before local clay deposits were almost exhausted in 1931.

A sideline with many larger brickyards was the burning of shells for lime, for mixing with sand to make mortar for cementing bricks together. Limeburners Bay was so named because of the industry established there to utilise the extensive shell banks at the southern end of the bay.

All the land around the Upper Waitemata had been kauri forest before 1800. After 1840 as more settlers arrived, several timber mills were established in the Upper Harbour districts.

The Church:

Hobsonville Church was built by the early settlers in 1875 as a combined church and school. School was held there for 18 years before Education Board land was obtained in Hobsonville Road for a new school building (Hobsonville Primary School at 104 Hobsonville Road).

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The Church is constructed of kauri, most of it pit sawn. Originally it had a kauri shingled roof, since replaced by corrugated roofing. The external walls are kauri weather-board, of slightly varying widths. The Church, as originally built, was 30 feet (approx. 9m) by 18 feet (approx. 5.4m), plus the porch.

The land was given by Rice Owen Clark, one of the first Hobsonville settlers. The Church was established as a Protestant Trust (non-denominational) in 1877, with the first five Hobsonville settlers as trustees: Joshua Carder, Rice Owen Clark II, Joshua Ockleston, Thomas Scott and William Sinton. The Trustees are buried in the graveyard, along with members of other Hobsonville settler families, including Anderson, Boyd, Luckens, Midgley, Williams and Wiseley.

In 1879, the Hobsonville Public Library was registered under the Public Libraries Powers Act 1875, the library being a tall cupboard standing in the right hand corner of the church, as one comes in from the front porch.

In the earlier years, it was administered by The Whau Presbyterian Church, Avondale, along with Waikumete, Henderson, Helensville and Titirangi - a punishing round for any Minister on horseback.

The Avondale Presbyterian Board of Managers Report for the year 1896 states: "Hobsonville which has nearly doubled its Roll, has increased from 10 at the end of 1895 to 32 at present."

By the 1920s Henderson's St. Andrews Presbyterian Church had been upgraded and Hobsonville came under it. In 1940 the two churches were amalgamated, Messrs R. H. and W. Ockleston serving on St. Andrews Session meetings until about 1950.

After the Second World War, additions were made. The length of the church was increased by 5m and a kitchen and bathroom added to the sides (the current layout). This work would have caused the main building to become unstable as there was

nothing supporting the side walls, or tying the structure together. Early churches often display external buttressing, or internal bracing, like a ship's hull reversed. The Hobsonville Church had neither of these, so a steel rod was installed across the middle, extending through the walls and threaded at each end. Plate washers were fitted and the nuts then tightened on the outside, holding the walls in and giving the necessary stability.

125th Jubilee 1875 - 2000 - During preservation work between 1995 and 2000, most of the building proved to be sound. The church was jacked up in 1995 and re-blocked.. The windows were in the worst condition and have all been replicated. Some joists, flooring and weatherboard required replacing and some doors are new. The little porch was rebuilt to original size and the internal double doorway returned to the single door size. The entrance gates are the original 1940s Hobsonville School gates.

During restoration, the Church received numerous monetary donations and many hours of dedicated labour from volunteers. To celebrate completion of the works, a Dedication was held on 9 April 2000. The Hobsonville Church & Settlers' Cemetery Preservation Society Chair Bruce Anderson welcomed around 150 guests, with musical performances from Hobsonville School and Miriam Brooke, Plaque unveiling by Percy Midgley, and a Dedication by Reverend Stuart Lange. Following an Address by Sir Tom Clark, guests were invited to view the Church & Cemetery. Valmai Ockleston and Sir Tom Clark each planted a kahikatea tree which now grow either side of the front entrance gates.



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Recent refurbishment:

Recently the church, with the help of a local trust, has carried out another major refurbishment. External weatherboards have been replaced, the church has been painted inside and out, sprinklers installed, grounds freshened up, with some interior improvements.

The church is today still run by the Hobsonville Church and Settlers Cemetery Preservation Society with the committee members all descendants of the original settlers. For all enquiries, please visit www.hobsonvillechurch.co.nz.

Accommodation at Bethells Beach

Bush Sand and Sea Bed and Breakfast is a self-contained and elegant accommodation at Bethells Beach. We are 40 minutes from Auckland Central, on a private 10 acre block of land, nestled in native bush of the Waitakere Ranges of Auckland's Wild



West Coast. The single bed roomed bungalow is fully air-conditioned and heated, flanked with 2 decks, which allow private views of bush, sand dunes and the sea. We have recently added a luxurious Queen size tilt down bed in the lounge. Cleverly designed, this readymade bed tilts up to reveal the normal sofa underneath and enables us to better cater for 3-4 people. We offer an environmentally-conscious yet luxurious escape, and a unique opportunity to enjoy the peace, tranquility and seclusion of this retreat. Explore the bush walk with its bridges, board walk and stream. Walk or take the 10 minute drive to the beach or Lake Wainamu. Enjoy our late departure policy after visiting the glow worms in the evening. We offer assistance to guests walking the Hillary Trail, and co-operate with another B&B at Karekare. We are great at tailoring what we can offer to suit individual needs. Just let us know how we can help. For further information, please contact Lyn and Alan 09 8109 584, 021 155 7443, bushsandandsea@gmail.com or www.bushsandandsea.co.nz.

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West Harbour Tide Chart

| Date | High | Low | High | Low | High |
|------------|-------|-------|-------|-------|-------|
| Sat 1 Jul | 00:48 | 06:57 | 13:17 | 19:14 | - |
| Sun 2 Jul | 01:40 | 07:51 | 14:11 | 20:11 | - |
| Mon 3 Jul | 02:33 | 08:44 | 15:08 | 21:08 | - |
| Tue 4 Jul | 03:25 | 09:37 | 16:04 | 22:03 | - |
| Wed 5 Jul | 04:16 | 10:29 | 16:57 | 22:53 | - |
| Thu 6 Jul | 05:06 | 11:18 | 17:47 | 23:40 | - |
| Fri 7 Jul | 05:55 | 12:04 | 18:33 | - | - |
| Sat 8 Jul | - | 00:25 | 06:41 | 12:47 | 19:16 |
| Sun 9 Jul | - | 01:07 | 07:26 | 13:28 | 19:56 |
| Mon 10 Jul | - | 01:48 | 08:08 | 14:07 | 20:36 |
| Tue 11 Jul | - | 02:29 | 08:49 | 14:45 | 21:15 |
| Wed 12 Jul | - | 03:10 | 09:29 | 15:24 | 21:54 |
| Thu 13 Jul | - | 03:52 | 10:09 | 16:04 | 22:35 |
| Fri 14 Jul | - | 04:35 | 10:51 | 16:45 | 23:18 |
| Sat 15 Jul | - | 05:19 | 11:35 | 17:31 | - |
| Sun 16 Jul | 00:04 | 06:06 | 12:22 | 18:20 | - |
| Mon 17 Jul | 00:52 | 06:57 | 13:14 | 19:16 | - |
| Tue 18 Jul | 01:45 | 07:51 | 14:12 | 20:17 | - |
| Wed 19 Jul | 02:41 | 08:50 | 15:15 | 21:21 | - |
| Thu 20 Jul | 03:41 | 09:51 | 16:19 | 22:23 | - |
| Fri 21 Jul | 04:43 | 10:52 | 17:22 | 23:23 | - |
| Sat 22 Jul | 05:45 | 11:51 | 18:20 | - | - |
| Sun 23 Jul | - | 00:21 | 06:45 | 12:47 | 19:16 |
| Mon 24 Jul | - | 01:17 | 07:42 | 13:41 | 20:09 |
| Tue 25 Jul | - | 02:11 | 08:36 | 14:32 | 21:00 |
| Wed 26 Jul | - | 03:03 | 09:28 | 15:21 | 21:50 |
| Thu 27 Jul | - | 03:55 | 10:17 | 16:10 | 22:39 |
| Fri 28 Jul | - | 04:44 | 11:06 | 16:55 | 23:28 |
| Sat 29 Jul | - | 05:33 | 11:54 | 17:47 | - |
| Sun 30 Jul | 00:16 | 06:21 | 12:43 | 18:38 | - |
| Mon 31 Jul | 01:04 | 07:10 | 13:34 | 19:32 | - |

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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