

# the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

**PROPERTY MARKET REPORT**

**IT'S BUSINESS TIME**

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

**UNIVERSAL HOMES**

Circulation is 10,000 print copies.

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

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

June 2019

# Intro

## Why We Say "Yes" When We Want to Say "No"

Saying "no" can be difficult, so we often say "yes" instead. But this may make us feel disappointed in ourselves, and resent being put in that position. There are lots of reasons why this happens. We may feel an obligation to the person who asked us, especially in the workplace. Perhaps we'd like to please them, or don't want to disappoint or hurt their feelings. Maybe we feel guilty that we are being unhelpful or uncooperative when their needs may be greater than ours, or they are less able or unwilling to do something that we could. We may have unrealistic expectations of what we can or should do. It could be that our priorities are unclear, and that we finish up doing for others what they can do for themselves.

We like to see ourselves and hope others will see us as "good people". But we still ought to look after ourselves and take care of our own needs and wants. Otherwise we can end up doing things that we don't really want to do and this results in us feeling stressed, using up our energy, feeling resentful and reducing our self-esteem. We want to give our full effort, energy, motivation and creativity when we willingly say yes. The effect on us of speaking truthfully and clearly is that our confidence will grow and people will trust what we say. There is no one way of saying "no" that will suit everyone. We need to take our direction from the person who is doing the asking and ask ourselves what the other person needs to hear. After all, they on-ly asked a question, and our reaction is what is going on in our head.

Hopefully you will want to say yes to what you can read in this month's Westerly. There should be something for all tastes and interests. There is plenty going on in our area, which is growing by the day. A wide selection of clubs and organisations exists with a full range of activities to exercise your body or mind. Graham will inform you about the local trends in the housing market, and this is supported by advice on many aspects of property ownership and responsibilities, with tips on improving your house and garden. Enjoy local cuisine and get advice on your own well-being, and the health of your pets.

Have a good month.

John,  
Editor



# the Westerly

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# People:Places

## Universal Homes - our dynamic customer service team

Universal Homes is one of New Zealand's most trusted and experienced builders and is one of the largest residential builders in Auckland. We are currently celebrating 60 years of building thousands of quality, outstanding value homes for homeowners in New Zealand. We know it takes years to establish a reputation as solid and reliable as Universal Homes and we are proud of our history and commitment to continued innovation, design excellence, value for money and future proof building solutions. Universal offers a 10 Year Master Build Guarantee on all its homes and have NO progress payments.

We call our ground-breaking process for delivering quality designer homes of outstanding value, 'The Living Difference'. Our proven systems and solutions deliver on our vision time and time again, for customer after customer, year after year, within some of the most exciting new communities being developed across the wider Auckland region and beyond.

We trust that you, your friends and family will be impressed with our homes, their exceptional value, outstanding quality, future proof features, innovative designs, exciting choice of materials, and their exterior and interior good looks; everything that goes to make up the Universal Living Difference and combines to make a home that you will be proud to call your own for many years to come.

This is reiterated with Universal Homes Ltd recently becoming a finalist in the NZIA 2019 Auckland Architecture Awards, as well as many other awards over the years. Superbly designed by Konstrukt Associates and built by Universal, winning in the Housing Multi-Unit in Hobsonville Point (BA29, Lots 26-29). Also, most recently, in 2018 winning the Registered Master Builders House of the Year Silver Award for our Huapai Showhome, and the Bronze Award for our Poaka Road, Hobsonville Point Showhome. We are also the key builder partner at Hobsonville Point and a major provider of new homes across Auckland.

We are here to help our clients through the exciting stage of buying a new home. We provide regular construction updates on how the build is progressing. We feel that updating our clients is a very important part of this process – due to health and safety reasons, clients are not able to gain access to their property, so by providing them with updates they are able to still monitor the progress of their home if purchased before completion.

We are very grateful to receive some lovely comments and feedback from our customers. Not only from them directly, but also via our new home consultants and project managers. We really appreciate their contact and knowing the effort we are putting in is being recognised and acknowledged. We always aim to resolve or answer any issues or questions that may arise as soon as possible, and we can often prevent a situation arising with our close working relationship with the construction department. Some things like delays in builds etc. due to weather or extreme situations are out of our control but by notifying clients first-hand, saves possible problems further down the line, and keeps the client in the loop.

Universal Homes have made it easy for clients to move into their dream home in ideal locations. Through years of market experience and local knowledge, Universal Homes have positioned properties in some of the most sought after and up and coming destinations.

Lifestyle, convenience, and community are all a part of experiencing 'the Living Difference' in your chosen locale. "We don't just build you a home, we help to build you a lifestyle", says Mandy, one of our customer service team.

Our clients know Universal will sort out any issues if they arise. We've been in the business of building houses for 60 years now and are stronger than ever. We have a designated maintenance department who do pre-inspections before the client goes on-site to complete their owner's inspection. A few years ago, Universal implemented an app which scores the house and project managers on how well they are delivering each home. This also includes outstanding items from the snag list before the inspection even happens. So fewer and fewer items need to be attended to following the owner's inspection. The maintenance department also deal with all maintenance issues once the client takes possession of their new home. So, we don't just walk away once the keys are handed over.

We are proud to offer an industry leading 10 Year Master Build Guarantee on our homes. Along with the usual manufacturer's warranties. With 60 years under our tool belt, we know we are doing things right.

Our New Home Consultants across all our Estates are always happy to answer any questions people have. Buying a new home is one of the bigger decisions people have in life, and we aim to make it as easy and stress free as possible. We have a great company culture, and welcome all visitors across any of our showhome locations or view online [www.universalthomes.co.nz](http://www.universalthomes.co.nz).



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[jbw51red@googlemail.com](mailto:jbw51red@googlemail.com) to book

you will receive a month's worth of local exposure

# Community: Notices

## Goodbye summer, welcome winter

The first frosts are appearing for the early risers and if reports from the weather men are to be believed winter time is once more almost upon us. So, the question is are you prepared?



Keep warm with our extensive collection of jackets, vests, hats, gloves, and scarves for your business. Boasting an array of sophisticated technology to keep you warm and dry, these jackets are simple to customise ensuring that your company brand or logo won't be covered when employees layer up.

Choose from a variety of weights, styles, colors and sizes and for added protection view our hi-vis clothing range. High-visibility jackets, pants and accessories are the absolute best way to keep safe during the winter months especially for construction and roadside workers. Stay warm and visible this winter while at work or out on the roadways and talk to us about your personalised logo branded winter apparel.

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## Egypt & Jordan small group escorted tour

Join helloworld Hobsonville & Insight Vacations on a once in a lifetime small group escorted tour to Egypt & Jordan departing 26th March 2020.



The fully escorted tour is NZD \$9995.00 per person twin share and NZD \$11,500.00

for a single and includes all economy class fares from Auckland, 10 nights 4 – 5 star accommodation, 4 nights Nile cruise, 1 night luxury camping, sightseeing, meals and more.

By operating with a maximum of 14 passengers and a minimum of 10, you are guaranteed to have an up close and personal experience with your helloworld & Insight hosts, delving deep into the rich culture and history Egypt & Jordan have to

offer.

Highlights of the tour include; Sightseeing in Alexandria, El Alamein cemetery & war museum, Giza pyramids, the sphinx, Khan El Khalili bazaar, Karnak & Luxor Temples, Valley of the Kings, High tea at the Old Cataract Hotel, Abu Simbel temples, Jeep safari in Wadi Rum, UNESCO World Heritage site of Petra and a stay at the Dead Sea.

Get in quick, we only have 7 spaces left.

Contact [hobsonville@helloworld.co.nz](mailto:hobsonville@helloworld.co.nz) or phone 09 416 1799 to express your interest or for more information.

## 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?

International Friendship Day is coming (Sunday 30th July) and what better way to show your friend you care then 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](mailto:jo@preciousimprints.co.nz) to discuss your requirements today.

## Tax on short-term rentals

Renting out your home or holiday home for a short-term period can be a great way to make some extra income. Online accommodation companies like Airbnb and Bookabach make it easy to list your property by taking care of the advertising, booking and payment logistics. However, before listing your property there are tax implications you should be aware of.

Any income earned from short-term accommodation (includ-

## Vote for John Riddell in the local government elections 2019

For the Henderson Massey Local Board

For the Waitakere Licencing Trust

View his Facebook page [www.johnriddell.co.nz](http://www.johnriddell.co.nz).

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

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ing one-off or irregular rentals) is subject to income tax and must be declared on your individual tax return. The good news is that you can claim expenses relating to the rental which were incurred while the property is rented out, such as cleaning, insurance and rates. Expenses with both a private and business element (e.g. insurance, rates) will be apportioned reasonably between private and business use.

If you have a property which you use privately for part of the year, rent out for part of the year, and is vacant (but available for rent) for part of the year then mixed use assets rules will apply. Mark Foster and the friendly UHY Haines Norton team are your local accounting and tax specialists. Contact them on 09 412 9853 or email [kumeu@uhyhn.co.nz](mailto:kumeu@uhyhn.co.nz).

## Mother's Day at West Harbour Christian Kindergarten

Here at West Harbour Christian Kindergarten we are always looking for ways to engage with, and appreciate, our little community. In May we invited all of our Mothers and Grandmothers to join us for a breakfast including bacon & eggs (with a twist), fresh fruit salad and bagels. Apart from being enormous fun it is a wonderful way for kindergarten whānau to participate in the centre. As well as breakfast our Mum's and Nana's were encouraged to spend time with their children making bracelets, and seeing how they like to spend their time. At West Harbour Christian Kindergarten (with the support of management) we value the input and influence of our families on the children in our care, and the life of the centre. This little breakfast was a small way to say thank you, and for the children to show appreciation for what these amazing women do every day.



## SeniorNet West Auckland

If you were fortunate enough to get a new mobile phone, tablet or I Pad for a birthday or Mother's Day but are not sure how to get the most use out of it maybe a visit to SeniorNet would be the next step. Adults helping adults is a saying we use often as that's what we are about. Our tutors understand the need to take things slower and work at your speed. We run classes from our Centre upstairs in the Henderson RSA in Railside Avenue Henderson. Classes are listed on our Web page, [www.seniornet-west-auckland.org.nz](http://www.seniornet-west-auckland.org.nz).

We run Help Days on the 2nd and 4th Tuesdays from 10am to 12 noon no appointments are necessary and we are trialing one on

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the 2nd Thursday of the month from 1pm to 3pm for those who can't manage the morning sessions. The Help days are great for those who are just needing to brush up on a particular subject or need help with their particular appliance. We do ask for a \$5 donation. Please phone either Pam on 09 827 2156. Or June on 09 833 8186 if you would like more information please leave a message we have answer phones and will get back to you.

We have a monthly meeting at the Kelston Community Centre Cnr Awaroa Road Kelston. On the 3rd Tuesday starting at 10am, with a guest speaker and morning tea. This is open to members and non-members alike everyone welcome.

## Botox – how long will it last?

Once botoxed, always botoxed? No. The muscle action gradually returns, so the lines do too. But in the longer term your wrinkles often return less severely. This is because the muscle movement that caused the wrinkles has eased, creating a cumulative decrease in the wrinkles over time. Your wrinkles go on holiday and appear more relaxed! You also learn not to activate the muscles that caused the wrinkles in the first place.

Generally, the botox timeline looks like this... Injections with a very fine needle take a few minutes... See the full effect in 7 to 14 days... Results last for 3 to 6 months. For a frown line you might have 3 to 4 treatments in the first year, then only need 2 to 3 in the second year.

Whether you are no stranger to appearance medicine or wanting to investigate what it has to offer, please call me, Tania, for a free 30-minute consult in a private, West Harbour, setting. I would love to use my 10 years' experience to guide you through the range of services and products that will get the results you care about. Phone/text 021 0264 5751, email [tania@appearancemattersltd.com](mailto:tania@appearancemattersltd.com) or visit [AppearanceMattersLtd.com](http://AppearanceMattersLtd.com).

*Massey High School's  
50th Anniversary*



SEEK THE HEIGHTS

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

# In Brief updates: Events

## Have you tried the new walkway round Hobsonville Point?

This walk (Te Ara Manawa) is full of interesting views and experiences. Start the walk from Catalina Cafe on the corner of Buckley Avenue and Hastings Crescent, next to the beautiful Hobsonville Point Park, a children's playground which is quite unique - made from sustainably sound materials. Then meander your way around the newly developed streets. The busy footpaths soon give way to a coastal track which leads you around Hobsonville Point. The track is generally very wide and is in very good condition.



Views of the harbour and back to Auckland City in the distance are both stunning and plentiful. There are areas of grass fields and native bush enroute, particularly Onekiritia Park. Near Harrier Point Park the coastal walk takes in the Hobsonville Ferry Terminal precinct with its facilities, cafes, and weekend market, then tracks alongside recent housing developments. It is a fascinating mix of 'the new' alongside beautiful water views and two historic homes. Chichester Cottage is a quaint old cottage built by Doug and Audrey Mill around 1927. Mill House, originally known as 'Windover', was built in the early 1930s by prominent Auckland architect George Tole for the Mills. Follow the links to find out more information.

This walkway is excellent for wheelchairs, buggies and bikes. It is very flat overall.

The elevation only rises and falls a maximum of about 12m in

the entire route, the largest being the detour up Harrier Point where there are stairs (though you do not have to take this detour to complete the loop).

Time: approx. 60-80 minutes. (about 5.5 kms). Dog-friendly (dogs on leash), with an enclosed off-leash area half-way round. See [www.walksinauckland.com/hobsonville-point-walkway/](http://www.walksinauckland.com/hobsonville-point-walkway/) for further details.

## Dance24seven

Wow, what a start to the year! Dance24seven have just returned from the USA having been invited to the prestigious Dance Excellence Convention in LA and then competing at the US-ASF Worlds in Orlando. This is the largest dance competition in the world with over 5000 dancers.



Dance Excellence only invites two Dance Studios per country and it was a huge honour to be recognised at this level. Even better, it is open to all dancers, not just competitive ones. To follow this up, our SASS Jazz team took 15th place in the Junior Dance division and Luna 17th in Senior Small Lyrical at Worlds. To think, this was D24/7 second year in a row competing at this level.

All of this talent right here in West Auckland. Dance24seven is all about family, fun and making every opportunity count. Check us out [www.dance247.co.nz](http://www.dance247.co.nz).

## Celebrating Care Giver Day Sunset at Monterey Park

On 29th March, Monterey Park Care celebrated its 1 year anniversary along with celebrating our wonderful staff on Care Givers Day. In the last year, we have had many accolades. The Care Centre was given 4 years accreditation which is one of the highest given by Ministry Of Health. You can read



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At our recent company awards, our Activities Coordinator was announced AC of the year and our Village Manager, VM of the year. This recognition was amazing and very much appreciated. Our primary aim is always to bring the best of life to our residents. We do that by providing a modern facility in a Village that has amazing views and an expansive water front to enjoy. We pride ourselves in a happy dedicated team of care staff who are strong enough to care and work as one team to bring the best to our customers, our residents.

On Care Giver day what better way to celebrate than with Thank You balloons. One for each member of staff. Summerset at Monterey Park Care salutes our staff. If at any time, you may need or are looking for a care centre then please do call in, our staff would be happy to show around.

We pride ourselves on being modern and accessible whilst providing the exceptional care you or your family member deserves.

We would love to hear from anyone requiring this care option.

## Cache of swamp kauri unearthed at West Auckland construction site

Construction workers at the site of the country's largest retail store in Central Park, Henderson have unearthed a significant cache of exceptionally well-preserved swamp kauri. New Zealand kauri is one of the most expensive timbers in the world.

While carbon-dating has yet to be carried out, swamp kauri are prehistoric kauri trees which can be buried for 800 to 50,000 years under peat swamps in the North Island - predating the last Ice Age.

Traditional carvers and students at Te Wananga o Aotearoa Mangere, a Maori learning environment in South Auckland, are set to benefit from the find as the recipients of a donation of the ancient taonga - which will be carved by Tohunga Whakairo (expert wood carver) Troy Hart-Webber into pou whenua.

Vinod Kumar, the managing director of the retail store Nido, says the find at the Henderson construction site was immediately recognised by one of the workers overseeing the excavation of the foundations of the new 27,000sqm furniture, furnishing and homeware store.

"Our assistant site manager Lisa Wade (of iwi Ko Kahungunu kia Heretaunga me Rongowhakaata me Te Aitanga A Mahaki toku iwi descent) identified the significance of the find straight away. "We thrilled to be able to return this ancient taonga to local Maori, the local wananga and their tohunga whakairo," he says. Lisa Wade says the trees appear to have been blown over in a storm and were facing the same direction - which has cultur-

al significance. "Tane Mahuta - the Maori god of forests and of birds was said to be made of kauri making this taonga particularly precious to the Maori people," she says.

## Local documentary gains great national response

Locally produced feature documentary 'The Big FAT Lie' has now completed a nationwide six month road-show tour which included over a dozen towns and cities from Whangarei to Dunedin and even a screening in Brisbane. On this tour,



screenings sold-out eight times with more than 2,000 people in the audiences. Producer Grant Dixon says; "Once on-line viewers are included, total viewers are probably in the order of two and a half thousand." 'The Big FAT Lie' follows Grant's journey from a heart attack to full health on a whole food plant-based diet. The film has also won a number of film festival awards and is currently available online on Vimeo On Demand, although it will be taken down soon due to international release negotiations. Dixon says: "It's exciting to see the overseas interest as next year the film will be available on all online formats, possibly even including Netflix." Dixon is still road showing the film but not as often. He is also involved in forming a new lobby group named Evidence Based Eating NZ (EBE NZ) through which he hopes to see radical health education changes throughout the medical industry.

## Kip McGrath Education Centres: A reputation for excellence

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

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

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- enjoy learning
- develop confidence in his/her natural ability



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Call today for a free assessment. Phone 09 831 0272 or email [westgate@kipmcgrath.co.nz](mailto:westgate@kipmcgrath.co.nz).

## The Mobile Car Specialists

Try this test next time you wash your car...

Once clean, run your fingers gently over the paint surfaces. Does it feel gritty? Can you feel small bumps that are attached to the clear coat? Most likely - YES.



What does this mean? Your car's clear coat has contaminants that have lodged and etched themselves to it. Airborne contaminants like metal filings, paint overspray, acid rain & hard water spotting. With all the road and building construction going on around Auckland it's not surprising these paint damaging pollutants are being found on almost every car.

If left unchecked - unremoved, these tiny metal shards oxidise, rust and break down the integrity of your clear coat, leaving your vehicle's paint in a big mess that only a full (expensive) re-spray will rectify.

Our contaminant removal service dislodges these invaders leaving your car's paint smooth to the touch, while drastically minimising the long-term risk of paint failure.

Prices range from \$100 - \$150 +gst depending on the size of vehicle.

Our other services include:

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- Ceramic coating paint protection
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make your life easier.

Contact us on 0800 20 30 20 for a quote, or visit [www.TMCS.co.nz](http://www.TMCS.co.nz) to see our work and 5 star reviews.

## Massey Indoor Bowls - help save our club

We are a long established club (1957) and have since produced a number of regional and national champions.

Our playing night is Wednesday from 7.15 - 9.45 p.m. at the Massey Birdwood Settlers Hall on the corner of Don Buck and Red Hills Roads, Massey.

Over the last few years, due to the combined effects of movement from the area, age, illness or accident, our membership numbers have dropped to the extent that new members are now urgently needed. The club lacks the playing numbers required to continue, and is currently temporarily in playing recess.

Indoor Bowls is fun and family friendly. Participation is cheap, with only a small adult annual subscription (\$28) and nightly fee (\$5) payable.

For new members, the first night is free and the 2019 subscription is waived. Coaching is provided by experienced members, and our mats and bowls are top grade. New players are usually reasonably proficient by the end of their first full playing night. This is a desperate appeal for new members, as club closure is otherwise inevitable.

Anyone interested should contact Gayo on 09 416 7050, Sam on 09 832 9075, or Brian on 09 416 9137. Please do so quickly, as we are hoping to resume playing between now and early September.



## Planning a trip?

Here's 10 reasons to give House of Travel Hobsonville a try.

1. We are the top-rated travel agency in West Auckland and have almost 60 years' experience between us.
2. 98% of our clients gave us a rating of 5/5.
3. We support the local community, schools and charities.
4. Unlike many travel websites, you don't need to miss out on a great deal if you don't have a valid passport. We can book your



## Special thanks

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

Countdown Westgate	Countdown Royal Heights
The Warehouse Westgate	Luckens Road Dairy
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trip and help you sort your passport later.

5. We are New Zealand owned and operated. Some big agencies in West Auckland are on the Australia stock market, so all their profits go off shore.

6. We accept ASB True Rewards, which you can use like cash.

7. We also accept Mico and Placemaker points, for those of you in the building trade.

8. We work in partnership with Farmlands, accepting the Farmlands card.

9. You can save on fuel using your an AA card and One Card at our store when booking overseas travel.

10. We have interest-free finance options with payment options spanning many months.

House of Travel Hobsonville, 223 Hobsonville Point Road, 09 416 0700 or hobsonville@hotmail.co.nz.

## Need a cosy rustic space for an intimate winter party?

We are Three Sisters working together at the Kumeu Flower Farm and we are always coming up with new ideas and fun activities to do on the Farm. It's not only roses we grow here, we can also host some fun events for small gatherings of up to 30 people in the Barn or Green House. Winter is the perfect time to have parties as the Greenhouse is cooler and under cover for when it rains. It's perfect for taking photos as the strong sunlight is



diffused through the plastic. We can adorn the Barn with our roses or you can bring your own cottage garden mix if you prefer. We love whatever you love, and we can mix 'n match too! So what are you waiting for? Come along and visit us (bookings essential), so we can show you around. Don't forget we are bee-friendly and don't spray with nasty chemicals, so our bouquets are much better for you and your family. Call us now on 09 412 7606 or have a look on our website [www.flowerfarm.co.nz](http://www.flowerfarm.co.nz).

## Hip Hop Classes now at the Massey Birdwood Settlers Hall

The Massey Birdwood Settlers Association Hall hosts two groups providing martial arts, and can now offer the youth of Massey Hip Hop classes.

Being held on Tuesday afternoons, the Dancebeat Academy, affectionately known as DBA, has been West Auckland based for 11 years and found its home on the Te Atatu Peninsula. DBA are now excited to bring their Hip Hop flair further west to Massey. Formally known as Dancebeat School of Dance, DBA was re-branded in 2017. Now, co-owned and directed by Shenal August and Nataleigh Moe. A creative space for choreographers and dancers alike with a family vibe where dancers of all kinds are welcome.

If you are looking to dance for fun, fitness, personal development, to compete or simply because you love to dance DBA is the dance home for you.

Along various performance opportunities throughout Auckland, to date DBA has taken their Hip Hop crews to compete regionally, nationally and internationally. DBA dancers have represented not only themselves but also New Zealand in Australia,

# Massey Birdwood Settlers Association Inc.

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

- Redhills Community Kindergarten - phone 09 833 6401.
- Massey Indoor Bowls – Wednesday nights from 7pm
- Massey Housie – Friday nights from 7pm
- Waitakere Cake Decorating Club – second Saturday of the month
- Aikido on Monday nights
- Kung Fu on Thursday nights
- English Language Partners – weekdays during the School Term
- Massey Birdwood Settlers Association (your local resident and residents and ratepayers' group)

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



America, The Netherlands and this month will be adding Hawaii and Mexico to their dance passports.

Come along on Tuesdays from 4pm and learn how to hip hop. You can contact Dancebeat on 021 027 36578.

## Looking for short term tenancy?

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

Bush Sand and Sea Bed and Breakfast is a self-contained and elegant accommodation at Bethells Beach and is on a private 10 acre block of land, nestled in native bush of the Waitakere Ranges of Auckland's Wild West Coast. It is suitable for a single person or a couple, no children or pets. We are 40 minutes from Auckland Central or Auckland Airport, 25 minutes from Kumeu (avoiding SH16), 12 minutes from the Swanson train station, 10 minute drive to the beach or Lake Wainamu, or the local golf course.

The single 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 upgraded the sofa in the lounge with a luxurious Queen size tilt down bed. Easy to access and tilt away when you want to sit on the sofa.

We offer an environmentally-conscious yet luxurious escape, and a unique opportunity to enjoy the peace, tranquility and seclusion of this retreat, away from the office or workplace.

For further information please contact Lyn and Alan 09 8109 584, 021 1557 443, bushsandandsea@gmail.com. We can be viewed on [www.bushsandandsea.co.nz](http://www.bushsandandsea.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 captivated during the party?

We can help!

We'll come to your home (or chosen venue) for 1 or 2

hours and keep the kids absolutely captivated with our magical games, flying lessons, treasure hunts, magic bubbles, enchanting stories, wishing dust and fun craft activities.

We have three different packages and prices to suit your budget, lots of different party themes, plus our parties & events are suitable for boys and girls of any age.

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Let us weave a wonderous spell of happiness & joy to make your child's party an unforgettable experience! Your child will be made to feel so special and have a party that they will always remember!

## Waitakere Fire Brigade

On 18 May 2019 Fire fighters from New Zealand and international competitors from Australia, USA, Chile and Germany fundraised and competed in the amazing stair climb of Auckland's Sky Tower.

This year was the fifteenth year of the Firefighter Sky Tower Stair Challenge which is an annual fundraiser for

Leukaemia & Blood Cancer New Zealand. Six Kiwis are diagnosed with a blood cancer every day, so this is a great event to support.

- At 328 metres the Sky Tower is the tallest building in the southern hemisphere
- 1,000 firefighters raced up the Sky Tower in 2019
- The quickest time was 8 minutes 34 seconds
- 1,103 individual steps
- 51 flights of stairs
- Raised \$1,304,027
- Firefighters wear up to 25kg of gear

The Waitakere Volunteer Brigade organised a combined training fire exercise at a property in Taupaki with our neighbouring brigades of Bethells and Kumeu. The exercise was based around a real fire on a property with crews establishing water from a creek and then practising using barriers and fire hose settings to work around the fire. A great opportunity to work as a big team with a live fire.

Keep safe, Dennis Cooper, Station Officer - Waitakere Volunteer Fire Brigade.



## \$85 = 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 \$85 plus GST you can be exposed to over 20,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at [jbw51red@googlemail.com](mailto:jbw51red@googlemail.com).



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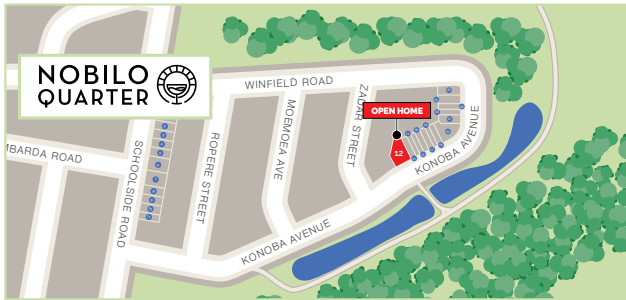
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**21 Konoba Ave** 🚗 4 🛁 2.5 🛏 1 🏠 2

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- NO ballot required
- Must be a first home buyer
- Must live in the property for three years
- Must be a permanent NZ resident

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# Property:Advice

## Property market report

The articles I read in main stream news-media and on-line digital feeds continues to highlight the roller-coaster of values, time on market and significant supply that has come onto market. Economists are all signaling slow but consistent demand in the Auckland property market however highlight that values are being put under pressure to reverse some of the paper gains made over the last ten years. Economists are also seeing the reserve banks softening as a direct response to a flattening in house demand and a weakening in the factors that stimulate inflation, namely business confidence and global confidence. Recent reports indicate suburbs that have experienced increases and decreases but due to low sales numbers much of this data does not have volume to support a change to median values but only highlights a moment in time. One thing is for certain, demand is still low and slow. Supply outstrips demand however we are coming into winter which generally sees fewer properties on market and a demand that continues to build. I am confident in our ability to create opportunity and develop a competitive buying situation.

Let's view the sales from last month:

Herald Island	\$902,000.
Hobsonville	\$590,000 to \$1,380,000.
Massey	\$451,500 to \$1,320,000.
Swanson	\$590,000 to \$1,260,000.
West Harbour	\$650,000 to \$1,257,000.
Westgate	\$452,500 to \$860,000.
Whenuapai	\$1,141,000 to \$1,185,000.

If you are considering a move, wanting some indication on value, or thinking about improvements. Call 0800 900 700, Text 027 632 0421 or email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) or for more information go to [www.grahammcintyre.co.nz](http://www.grahammcintyre.co.nz) - Mike Pero Real Estate Ltd Licensed REAA (2008).

## Weather tightness and selling a house

Telling a house buyer that the house is not a leaky building and does not leak is not a free pass on liability. The Court of Appeal in a case called Ridgway in May 2019 found the vendor of a leaky dwelling liable for damages of \$474,101 being the cost of rectification. The vendors excuse (amongst other excuses) was that the leaky aspect of the dwelling had been rectified by previous work which was then covered off by a safe and sanitary report

(none of which was disclosed to the purchaser). The purchaser then made her purchase unconditional on the strength of a representation by the vendor without getting her own builders report.

Importantly, the purchase took place in 2009 and the purchaser not discover the defects in about mid-2011. Thereafter, the purchaser had to carry out major repairs before seeking the assistance of the court to the present date. Accordingly, we recommend that any purchaser provide for a builders report as a condition of any purchase. Secondly, that the vendor warrants in writing that they have not carried out any building work weather tightness work on the property except that which is disclosed to the purchaser.

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

## Buying? There's so much to think about

So you've found the perfect home and you want to make an offer. Exciting, but nerve racking times especially for the inexperienced buyer.

Questions about such as: how much do I offer, what conditions should be in the agreement, can I use my Kiwisaver for my deposit or settlement, should my lawyer review the contract before I sign it?

Hopefully you will have already talked to your Bank (or a mortgage broker) and have pre-approval for lending giving you a clear idea about the amount you can spend on buying a property. You may have been talking to real estate agents.

If you don't have a lawyer yet, you should engage one asap and before you sign any contract. An agreement for sale and purchase is a legal document and once your offer is accepted by the vendor, it is difficult to alter conditions and dates. Lawyers play a pivotal role at the beginning of any conveyancing transaction and provide independent legal advice that is in your best interests, ensuring you are fully informed of your legal obligations.

At Gina Jansen Lawyers, we will review the contract before you sign it ensuring you have conditions inserted to undertake the correct checks, within the correct timeframes, to satisfy you



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





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**f** **i** **in**

• PROPERTY • COMMERCIAL • TAX •

and your lender that the purchase is sound. Timeframes can be critical, especially for buyers using government Homestart subsidies. We also check the record of title to see if the estate/property is fee simple, cross-lease or a unit title involving a body corporate. Each type of estate involves their own laws and peculiarities to work through.

Being local lawyers, Gina Jansen Lawyers also have particular experience in dealing with the unique complexities of the properties at Hobsonville Point, and which involve encumbrances and covenants. When buying, it is always important you do not rush yourself therefore the agreement must allow you time to carry out your due diligence on the property (contract, LIM, title, finance, construction, for example).

We love supporting our clients through all the nuances of a new purchase. So call us now at Gina Jansen Lawyers for advice and guidance – anywhere in the Auckland area.

## Property Titles

The New Zealand property system offers indefeasible title which means you have a right or title in property that cannot be made void, defeated or cancelled by any past event, error or omission in the title. There are different types of Title. The best form of Title is a Fee Simple Title and you can use the land as you please (provided you comply with Council Bylaws). The title for town houses and apartment buildings are Strata or Unit Titles. These can deal with as few as two units or a complex of apartments in a multi-level building. A Unit Title is ruled by the Body Corporate which establishes their own set of rules for occupants to abide by, and charges a levy for the building maintenance, insurance and administration costs. A Leasehold Title is a right to occupy for which rent is paid and you lease the property.



Another common form of title are fee simple cross-leases which are a hybrid of the fee-simple title and the leasehold title. You own two interests in the property. Firstly a share of the fee simple title in common with the other cross leaseholders; and a leasehold interest in the particular area and building that you occupy.

The rights of each owner depend not on settled legal rules, but on the terms of the particular lease. The lease is of only the original building site. In the building is altered/extended a new flats plan needs to be deposited and new leases registered otherwise an owner has no lease of any addition - horizontal or vertical - provided they are fully attached and fully enclosed. When the owner comes to sell, the existence of such additions are a defect in title. This can only be remedied by the expensive process of cancelling the lease and replacing it by a lease that

includes the addition. A lack of general awareness that this is the legal position leads quite innocent vendors and purchasers into trouble.

ClearStone Legal incorporating Kumeu-Huapai Law Centre can assist you in buying or selling residential property, and updating your flats plan. Phone 09 973 5102 if you have more questions.

## Precision Roofing

We are a family owned and operated company based in Auckland. With over 15 years' experience in the industry, we have all your needs covered.

Precision Roofing pursues providing high quality work at a reasonable price. We use the highest quality materials to meet your home and business requirements as we understand that Auckland is prone to variable weather conditions. Our team gives attention to detail, so all our work is Precision quality.

The Precision Roofing teams are specialists in all aspects of roofing, meaning you only need one company to cover all your roofing needs.

Our services include; colour steel roofing, tile roof restoration, replacement of gutters and downpipes, and we also provide repairs on all of the above.

All of our replacements, restorations and repairs on homes and businesses in Auckland are backed with an exceptional 10 year workmanship guarantee, and manufacturer's warranties also apply on most materials of up to 30 years. Precision Roofing and Spouting - phone 0800 002 222, email [info@precisionroofing.co.nz](mailto:info@precisionroofing.co.nz) or visit [www.precisionroofing.co.nz](http://www.precisionroofing.co.nz).



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# area property stats

Suburb	CV	Land Area	Floor Area	Sale Price
Herald Island	1,525,000	830M2	245M2	902,000
Hobsonville	1,175,000	318M2	230M2	1,160,000
	1,425,000	410M2	278M2	1,290,000
	1,075,000	268M2	217M2	1,250,000
	890,000	112M2	174M2	874,000
	1,550,000	401M2	264M2	1,380,000
	640,000	66M2	95M2	704,000
	960,000	199M2	164M2	930,000
	1,210,000	301M2	233M2	1,210,000
	1,350,000	362M2	273M2	1,330,000
	1,325,000	340M2	261M2	1,298,000
	1,125,000	302M2	218M2	1,176,500
	560,000	0M2	48M2	590,000
	1,125,000	309M2	199M2	1,025,000
	1,225,000	291M2	224M2	1,185,000
	655,000	0M2	87M2	695,000
	870,000	177M2	141M2	860,000
	670,000	154M2	179M2	985,000
	585,000	368M2	215M2	1,020,000
	770,000	170M2	110M2	755,000
Massey	1,130,000	363M2	259M2	1,070,000
	1,275,000	2047M2	272M2	1,110,000
	670,000	605M2	100M2	650,000
	600,000	345M2	80M2	642,000
	950,000	905M2	130M2	754,000
	970,000	809M2	230M2	1,320,000
	860,000	478M2	165M2	840,000
	970,000	450M2	201M2	990,000
	730,000	660M2	100M2	710,000
	630,000	0M2	90M2	650,000
	620,000	693M2	100M2	775,000
	550,000	1012M2	90M2	560,000
	990,000	601M2	168M2	849,000
	710,000	809M2	150M2	751,500
	730,000	400M2	144M2	738,000
	570,000	369M2	121M2	650,000
	750,000	809M2	190M2	820,000
	560,000	0M2	90M2	575,000
	530,000	1190M2	70M2	451,500
	840,000	669M2	180M2	775,000
	800,000	673M2	120M2	673,000
	860,000	649M2	110M2	800,000
	740,000	503M2	90M2	725,000
	930,000	672M2	190M2	847,000
	770,000	461M2	140M2	749,000
	745,000	608M2	100M2	640,800
Swanson	945,000	2015M2	224M2	843,000
	825,000	2787M2	180M2	886,700
	1,225,000	4.05HA	282M2	1,260,000
	835,000	552M2	154M2	820,000
	535,000	0M2	120M2	657,800
	650,000	827M2	150M2	756,000
	670,000	676M2	199M2	590,000
	820,000	546M2	150M2	820,000
West Harbour	650,000	0M2	80M2	650,000
	1,160,000	733M2	185M2	1,000,800
	720,000	0M2	95M2	725,000
	1,200,000	680M2	190M2	1,070,000
	1,250,000	802M2	290M2	1,210,000
	1,430,000	690M2	300M2	1,257,500
	1,120,000	830M2	240M2	1,201,000
Westgate	465,000	213M2	86M2	452,500
	970,000	451M2	166M2	860,000
Whenuapai	1,250,000	362M2	277M2	1,185,000
	1,230,000	362M2	259M2	1,141,000

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then 1.95%  
thereafter”

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“We also provide statistical data, free from cost to purchasers and sellers wanting more information to make an informed decision. Phone me today for a free summary of a property and surrounding sales, at no cost, no questions asked”

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

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



**BEAUTIFUL FORMER AIR FORCE HOME - HOBSONVILLE POINT** 3 1 2

**Set Date of Sale**

**1 Cochrane Road, Hobsonville**

**Set Date of Sale - 4pm, Tuesday 11th June 2019 (unless sold prior).**

Refreshed, Restored and rejuvenated this former Air Force Home delivers a commanding aspect for sun, location and easy living. If you seek the beauty of yester-year with the performance of modern living, open to natural light and the warmth of blending old, you have found your ideal home. On offer is a generous three bedroom, two bathroom home with garaging and in roof and under floor storage a-plenty. While the history has been carefully retained offering charm, charisma and character with native wooden floors, large skirtings, timber doors and elegant features. Generous alfresco from open plan lounge dining and kitchen to expansive decking to the North East offering significant entertaining for the extended family, while everyone can stay safe and secure with a fully fenced rear yard.



**Graham McIntyre**  
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**AFFORDABLE, VIEWS, SUN AND WORKSHOP ON 842 SQM** 3 2 1

**Set Date of Sale**

**4 Chamberlain Road, Massey**

**Set Date of Sale - 4pm, Tuesday 18th June 2019 (unless sold prior).**

Enjoying all day sun and views to the Waitakere ranges, this elevated three bedroom family home is situated on an ample site, tucked away from the main road, providing peace and privacy. Entertaining is easy in the refurbished kitchen with a walk in pantry. Open plan living leads to a sunny covered patio and extended courtyard area where you can relax and enjoy outdoor living and dining all year round. For the kids and pets, there is a big back garden with mature trees, lawn and plenty of room for a tramp, swings and exploring. Three double bedrooms include the lovely end bedroom with french doors leading to a deck, boasting privacy and views. With an upgraded bathroom, tons of off street parking, air conditioning unit, good school zones, this property is a winner.



**Cherry Kingsley-Smith**  
021 888 824

cherry@mikepero.com

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**MOTIVATED VENDOR - AFFORDABLE LIVING WEST HARBOUR** 3 1 1

By Negotiation

**2 / 109 Oreil Avenue, West Harbour**  
By Negotiation

A short walk from Westgate, a short drive to the Motorway onramp, a stone throw from West Harbour primary school. If location, location is a key criteria, this home is a prime contender. Three bedrooms, one bathroom, integrated dining and lounge and alfresco decking to the North and South, this home offers a mountain of advantages for a first home buyer or investor. Small lawn area, entertainment decking and an independent double garage. Let's make no mistake it's a bargain box of value. Includes features HRV, heat pump, closed woodburner fire, and is recently painted and carpeted. The home is set down a small drive away from the road and backs onto the Manutewhau Reserve delivering a peaceful, setting and great views over the tree canopy to the South West.



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**PRICE DROP! BEST BUY APARTMENT IN HOBSONVILLE POINT** 2 2 2

Asking Price \$699,000

**305D / 160 Hobsonville Point Road, Hobsonville**  
Asking Price \$699,000

Be quick to secure this lovely premium penthouse apartment at a basement price. The vendors have purchased and their instructions are clear. Selling Now! You will find amazing value whilst enjoying premium spacious penthouse living with stunning sea views, North facing and two secure carparks. Relax with your morning cup of tea as you watch the sun rise or enjoy superb alfresco dining on the decks. Your small pets are welcome here too. The living is easy with high vaulted ceiling, decks from the living area and master bedroom, a large well appointed kitchen, separate butlers pantry/laundry, two bathrooms including master ensuite, walk in wardrobe, two carparks, your own storage locker and access to a bike room. Lifts and stairs allow easy access.



**Cherry Kingsley-Smith**  
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## MARINA VIEW SCHOOL ZONE - WEST HARBOUR

3 2 1

Asking Price \$879,000

### 38A Sailfish Drive, West Harbour Asking Price \$879,000

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

[www.mikepero.com/RX1805391](http://www.mikepero.com/RX1805391)



**Graham McIntyre**  
027 632 0421

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



## THE PERFECT LIFESTYLE PROPERTY

4 2 2

By Negotiation

### 535 Peak Road, Kaukapakapa By Negotiation

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

[www.mikepero.com/RX1803721](http://www.mikepero.com/RX1803721)



**Lyndsay Kerr**  
027 554 4240

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



**HIGHLY MOTIVATED - AFFORDABLE** 4 3 2 **By Negotiation**

**16 Denehurst Drive, Waimauku**  
By Negotiation

Four bedrooms (master with ensuite and walk in wardrobe), two bathrooms. A generous 240sqm home that enjoys open-space entertaining kitchen-lounge-dining integrating into north facing alfresco living to a large, safe, back yard off covered decking. Triple car garaging with workshop and extra room for teenage retreat/ office or games area.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1575586](http://www.mikepero.com/RX1575586)



**SUN, SURF AND STYLING** 2 3 2 **By Negotiation**

**78 Motutara Road, Muriwai**  
By Negotiation

A home, within nature's playground in keeping with the rustic natural ambience of the area and a simple uncluttered lifestyle. Often sort but seldom found, this two bedroom home with two bathrooms and a cluster of garaging, parking, gardening and entertaining options set upon 932sqm. This home that enjoys plenty of sunshine, plenty of parking, and has an easy in-door-outdoor flow.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1732363](http://www.mikepero.com/RX1732363)



**HELENSVILLE LIFESTYLE 1.8 HA** 3 2 2 **Asking Price \$1,195,000**

**707B Inland Road, Helensville**  
Asking Price \$1,195,000

Three bedrooms, plus an office or second lounge with bathroom and ensuite. A double garage and american barn completes the offer. Four paddocks, fenced, water to troughs, a character barn and an all season propagation house deliver a lifestyle option that should be seen and enjoyed.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1732363](http://www.mikepero.com/RX1732363)



**TRANQUILITY, PEACE & QUIET** 4 2 2 **By Negotiation**

**433 Wairere Road, Waitakere**  
By Negotiation

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



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1713683](http://www.mikepero.com/RX1713683)



**EASY LIVING BRICK AND TILE** 4 2 2 **By Negotiation**

**8 Remana Crescent, Huapai**  
By Negotiation

Distinctively different with an emphasis on open plan living, alfresco entertaining and secure spaces. The home boasts over 200sqm of home which enjoys the best of open plan entertainers living which opens out to a fully usable and fully fenced back yard. The four bedrooms and bathroom are all off a central hallway which ties into the double garage providing options for storage or an indoor play area.

[www.mikepero.com/RX1807811](http://www.mikepero.com/RX1807811)



**Graham McIntyre**  
027 632 0421



**BRICK AND TILE HOME** 4 2 2 **By Negotiation**

**10 Station Road, Kumeu**  
By Negotiation

The home is a single level brick and tile construction with open plan living dining and relaxing pre-diner area, formal lounge, four bedrooms and office. Three toilets and two bathrooms, separate laundry and oversized double garage. It is a big home, on big land seeking a growing family or a maturing downsizer coming off the land.

[www.mikepero.com/RX1823440](http://www.mikepero.com/RX1823440)



**Graham McIntyre**  
027 632 0421



**HIGHLY MOTIVATED - AS NEW** 4 1 1 **By Negotiation**

**16 Tapu Road, Kumeu**  
By Negotiation

The best of open plan living and entertaining with sunny North facing alfresco decking, this home has been decorated to make the most of modern living. A functional four bedroom home with single bathroom and additional toilet all off a central corridor delivering character, charm and easy living.

[www.mikepero.com/RX1808254](http://www.mikepero.com/RX1808254)



**Graham McIntyre**  
027 632 0421



**AFFORDABLE LIVING** 4 1 1 **By Negotiation**

**16A Tapu Road, Kumeu**  
By Negotiation

Set well off the road, this beautifully presented home delivers some significant value to an expanding family or a downsizing mature buyer wanting a one level home. Extensively refurbished the home offers generous modern open plan living leading onto decking and entertainers kitchen with good flow and convenience. Four bedrooms bathroom and separate toilet.

[www.mikepero.com/RX1808247](http://www.mikepero.com/RX1808247)



**Graham McIntyre**  
027 632 0421



**WAIMAUKU LIFESTYLE** 4 2 1 **By Negotiation**

**1 Joyce Adams Place, Waimauku**  
By Negotiation

This purchase could be more than a home if a cattery was top-of-mind. The home is split over two levels providing a master bedroom and lounge upstairs and three bedrooms and formal lounge downstairs. Galley Kitchen and integrated bathroom and laundry completes the offer.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1835647](http://www.mikepero.com/RX1835647)



**AFFORDABLE LIVING IN RIVERHEAD** 3 1 **Asking Price \$879,000**

**1014 Coatesville-Riverhead Highway, Riverhead**  
Asking Price \$879,000

Offering a very modern open plan living out to sunny North facing decking to melt away the autumn shades. Open plan integrated kitchen, dining and lounge, with good flow to decking North and South. The home boasts three generous bedrooms and comfortable bathroom off the central hallway with ample storage all on one level.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1814073](http://www.mikepero.com/RX1814073)



**WAIMAUKU LIFESTYLE ON 1.3 ACRES** 3 2 2 **By Negotiation**

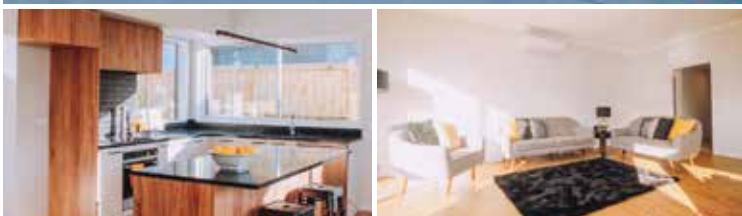
**805 State Highway 16, Waimauku**  
By Negotiation

This small acreage lifestyle property delivers traditional kiwiana, 1950's with weatherboard cladding and painted galvanised steel roof. Generous rooms, two lounges, two bathrooms and three bedrooms, the home offers some excellent entertaining space and alfresco to north facing decking.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1820684](http://www.mikepero.com/RX1820684)



**BRAND NEW SHOW HOME** 4 1 2 **Asking Price \$919,000**

**31 Nellie Drive, Kumeu**  
Asking Price \$919,000

Seize this unique opportunity to purchase a brand new four bedroom two bathroom home in a quiet street in Huapai. A show-home to show off the very best of Maddren Homes. One of the original craft builders in the Kumeu area and backed by an extensive Master Build Guarantee. Offering all the advantages of a new build and at a price that is seldom found in a traditional four bedroom home purchase.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1840725](http://www.mikepero.com/RX1840725)



## FLAT SECTION, NO COVENANTS

By Negotiation

### 14A Tapu Road, Kumeu

By Negotiation

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

[www.mikepero.com/RX1808261](http://www.mikepero.com/RX1808261)



**Graham McIntyre**  
027 632 0421



## NO COVENANTS 2 ACRES

By Negotiation

### Lot 2, Taupaki Road, Taupaki

By Negotiation

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

[www.mikepero.com/RX1732517](http://www.mikepero.com/RX1732517)



**Graham McIntyre**  
027 632 0421



## MADDREN HOME - 428SQM SECTION

By Negotiation

### 43 Nobilo Road, Kumeu

By Negotiation

This beautiful showhome package has truly been designed to showcase today's entertaining lifestyle. A stylish kitchen features stunning stone bench tops, that lead you out to the large entertaining area. Buy the section as is, or work with our building partner; Maddren Homes, a highly skilled team of multi-award winning Designer and Master Builders, priding themselves on quality, service and excellent outcomes.

[www.mikepero.com/RX1834921](http://www.mikepero.com/RX1834921)



**Graham McIntyre**  
027 632 0421



## LIFESTYLE HOME WITH INCOME OPTIONS

5 6 3

By Negotiation

### 296 Taupaki Road, Taupaki

By Negotiation

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

[www.mikepero.com/RX1730148](http://www.mikepero.com/RX1730148)



**Graham McIntyre**  
027 632 0421



## 813SQM SECTION

By Negotiation

### 8 Drovers Way, Riverhead

By Negotiation

Flat, easy access, section in desirable Deacon Point. Take the time to appreciate the value attributed to the unique section within a short stroll to reserves, coastal walkways and the changing tidal patterns of the inner Waitamata harbour. Buy the section as is, or work with our building partner; Maddren Homes, a highly skilled team of multi-award winning Master Builders.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1835033](http://www.mikepero.com/RX1835033)



## 428SQM SECTION

By Negotiation

### 11 Papa Orchard Drive, Kumeu

By Negotiation

This beautiful Maddren Homes package has been designed to deliver convenient, easy living. Buy the section as is, or work with our building partner Maddren Homes, a highly skilled team of multi-award winning Designer and Master Builders.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1835017](http://www.mikepero.com/RX1835017)



## 472SQM SECTION

By Negotiation

### 38 Vinistra Drive, Kumeu

By Negotiation

Flat, easy access, section in Kumeu. Take the time to appreciate the value attributed to the unique section within a short stroll to sports park, Beer spot, convenience shopping, restaurants and cafes. Buy the section as is, or work with our building partner; Maddren Homes, a highly skilled team of multi-award winning Master Builders, priding themselves on quality, service and excellent outcomes.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1834904](http://www.mikepero.com/RX1834904)



## 451SQM SECTION

By Negotiation

### 42 Jane Maree Road, Kumeu

By Negotiation

Blank canvas to build in Kumeu. Take the time to appreciate the value attributed to this unique section within a short stroll to sports park, Beer spot, convenience shopping, restaurants and cafes. Buy the section as is, or work with our building partner; Maddren Homes, a highly skilled team of multi-award winning Master Builders, priding themselves on quality, service and excellent outcomes.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1835003](http://www.mikepero.com/RX1835003)



## BIG OPPORTUNITY

By Negotiation

### 55 Kauri Loop, Oratia

By Negotiation

A whopping 4747sqm (approx) elevated site filled with Waitakere sub tropical rain forest. This opportunity is to create an elevated eco-home (subject to the necessary Council and Resource Consents), and be part of this outstanding natural environment filled with spears of sunlight and extended bird song. The access off Kauri Loop Road provides some clever options for a home.

[www.mikepero.com/RX1802193](http://www.mikepero.com/RX1802193)



**Graham McIntyre**  
027 632 0421



## MOTIVATED OWNER

By Negotiation

### 1107 Huia Road, Huia

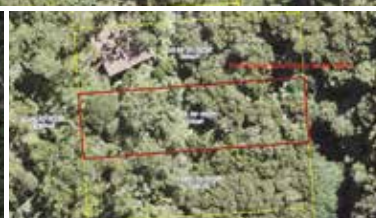
By Negotiation

If you are seeking a low impact eco site with glorious natives, and have a vision for an eco-home with a conservative footprint to enjoy the full beauty of the Waitakere Sub Tropical Rainforest we have the section you have been dreaming about. Set a small distance from the inner harbour, reserve and Huia Store.

[www.mikepero.com/RX1802133](http://www.mikepero.com/RX1802133)



**Graham McIntyre**  
027 632 0421



## KRAZY CHEAP BUSH BLOCK

By Negotiation

### 13 Waikarekare Lane, Karekare

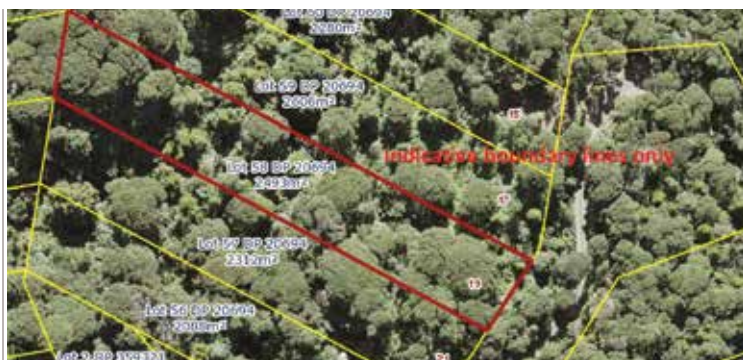
By Negotiation

If you are searching for a section which offers shards of light, thrilling bird song and the booming base of west coast waves look no further. This is a beautiful pristine bush block offering the perfect platform for an eco-home (subject to the necessary Council and Resource Consents).

[www.mikepero.com/RX1802169](http://www.mikepero.com/RX1802169)



**Graham McIntyre**  
027 632 0421



## AFFORDABLE BUSH BLOCK

By Negotiation

### 19 Hayes Road, Henderson Valley

By Negotiation

This stunning 2493sqm bush block in the Waitakere Sub Tropical Rainforest is certainly worthy of serious consideration. If you are seeking an affordable eco home with a small environmental footprint and the benefits of a quite and tranquil aspect. If you are motivated by the possibility of integrating a stunning bush environment with an eco-build with affordability look no further.

[www.mikepero.com/RX1802176](http://www.mikepero.com/RX1802176)



**Graham McIntyre**  
027 632 0421

# Hot:Property



## Beautiful former Air Force home in Hobsonville Point

Refreshed, restored and rejuvenated, this former Air Force Home has a commanding aspect for sun, location and easy living.

The homes were built originally to support Whenuapai and Hobsonville Air Force bases used extensively through the 1930's to the 1960's. Instead of demolishing and starting again they were used as a centre-piece to celebrate the history of Hobsonville Point.

These historic weatherboard and clay tile homes demonstrate the beauty of yesteryear with the performance of modern living, open to natural light and the warmth of blending old, you have found your ideal home.

On offer is a generous three bedroom, two bathroom home with garaging and in roof and under floor storage a-plenty. While the history has been carefully retained offering charm, charisma and character with native wooden floors, large skirtings, timber doors and elegant features.

Generous alfresco from open plan lounge dining and kitchen to





expansive decking to the north-east offering significant entertaining for the extended family, while everyone can stay safe and secure with a fully fenced rear yard.

It certainly delivers a charm that is timeless and elegant.

Close to Hobsonville Point Secondary and Hobsonville Point Primary School, local eateries, convenience shopping and entertainment, parks and inner harbour walks and access.

Contact Graham McIntyre on 027 632 0421 - Mike Pero Real Estate Ltd Licensed REAA (2008).



# Home:Garden

## Growing citrus trees

No orchard is complete without some citrus trees. Awa Nursery recognises this, and we have just received our new season stock, newly bagged up and ready to go into your gardens. If you are after a mature readymade fruit tree, we have those in stock as well.



Now is the best time to plant citrus trees, as they have winter and spring to get established before summer. Citrus trees prefer a sunny spot, preferably frost free, sheltered from strong winds and a well-drained position.

Our citrus have just been wrenched, which is a process where the roots are cut without lifting the plant, then uplifted and bagged up. You will find the soil is loose in the bags and the root ball quite small. This is normal, and your plant will thrive provided it is planted in good free draining soil.

Dig a hole approximately twice the depth and width of the bag and partly fill with garden mix. Place your tree in the hole and fill the remaining hole with soil. Make sure your soil is no higher than where the soil came to when it was in the bag. Stake the tree until it is established. Be sure to water your tree if there has been no rain every three days or so until established. Mulching the area around your citrus tree is a good idea also. Again, keep the mulch away from the trunk.

Citrus trees like to be fertilised regularly especially in spring and summer to encourage maximum fruiting and flowering. Awa Nursery has a fertiliser specifically catered to Citrus should you

require a bag.

## Meet Laser Whenuapai's Drainage Manager – Karl Ward

Karl is our new Drainage Manager and oversees all aspects of the Drainage division. Karl has worked for Laser as a plumber for the last few years and has over 10 years of plumbing expertise. Keen to expand his skills, Karl has moved into our Drainage division. If you need new drains installed, repair or replace existing drains, drains unblocked or CCTV, contact Laser and Karl will provide total solutions for all your drainage needs.



Laser Whenuapai are also your local specialists in hot water systems, roofing and gutters, plumbing maintenance, repairs and installations. We also offer a 24 hour service for any plumbing emergencies - as we know these can come at any time.

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.

Laser Whenuapai has been trading since 1985 - giving it a depth of experience to plumb from - but as part of its 'Totally Dependable Guarantee', the Laser team stands 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.

Contact Laser Plumbing & Roofing Whenuapai for all your service needs on 09-417- 0110. Open five days a week from 7am-4:30pm, we are located at Unit 4, 3 Northside Drive, Whenuapai. Visit our website [whenuapai.laserplumbing.co.nz](http://whenuapai.laserplumbing.co.nz) for more information.

## Fruit tree pruning workshops

Sunday 30th June or Sunday 28th July (9.30am to 11.30am). It's time to get the loppers out again folks. Although if you want to make the most of your fruit trees or maybe you're thinking of planting some new ones then this workshop will give you all the basics to assist in your success.

## Old hands at building award winning new homes

We are not part of a franchise. We are not owned by overseas interests. We are proudly 100% New Zealand owned and committed to building award winning new homes that are personalised to your way of life.

Call us 09 412 1000 or visit [www.maddrenhomes.co.nz](http://www.maddrenhomes.co.nz)



## Repairs to walls, doors & floors. Inside and Out.



[FIXY.CO.NZ](http://FIXY.CO.NZ)  
022 182 2715  
810 9080

David Bayly, our in house tree care Ninja, will be once again running this very popular workshop in his usual relaxed and interactive style; topics to be discussed will include: Tools required, pros & cons of various trees, site selection and preparation, planting methodologies/techniques, general tree care and safety considerations.

This event is so popular that we will be running one at the end of June and a second one at the end of July, but booking is still recommended as spaces on each is limited (see below for booking details).

Afterwards you will also be able to stroll around the beautiful 1Km nature trail which has over 40 marvellous new sculptures created for our 2019 exhibition by local and international artists on display. \*

We also have our cute little coffee shop on site plus of course the Plant Centre for you to browse through.

Our knowledgeable and friendly staff will also be on hand to help with any garden related questions.

\* Trail not suitable for wheelchairs or walking frames. 1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa, \$20 per person. To Book: info@kaiparacoast.co.nz or 09 420 5655.

## Bathroom leaks

A leaking shower incorrectly installed or pipe work leaking behind the linings needs to be solved immediately as the creeping water has the potential to cause extensive damage throughout the home especially if the leak is on the top floor.



Once the leak has been solved, we provide the repair solutions - replacing Gib, linings, plaster and painting, replacing chip board, repairs to damaged bathroom tiles and vinyl, and laminate.

Mold and rot tend to build up on the deck in the winter months. Often this rot spreads quickly to the decking boards, particularly at the join points creating a serious health and safety hazard. Fixy specializes in this deck restoration replacing rotten boards, removing grime build up and Protecting with an oil for hardwoods or when the preference is to keep the natural look, or a stain of your choosing for lifting the appearance and protecting your investment.

We help with all those repairs that seem to pile up over the summer months when you are out having fun in the sun. Locally owned and operated Fixy came about as a desire to help people by fixing, repairing and creating solutions so people like you can concentrate on what you do best and leave the rest to us. We are trained, reliable and clean up after ourselves.

To all those repairs that need to be fixed, to the final touches

on that renovation and to the tricky jobs that are best solved by the experts, locally owned and operated Fixy loves creating solutions so people like you can finish that To do list quickly, easily and properly.

We provide the technical skill and expertise. All our technicians are trained, qualified and have Ministry of Justice and Police Clearance We have comprehensive Health and Safety policies and implement the latest requirements. All our work follows New Zealand Standard 3604 and complies to the most up to date BRANZ recommendations.

We love creating solutions. On time and on budget. Fixed, Solved. Give us a call on 022 182 2715 or check out fixy.co.nz or @fixysolutions.

## Water FX

Introducing Water FX, your local plumbing company. We are committed to serving our local community, families and businesses with great service at reasonable rates. Water FX has over 20 years of experience in providing quality plumbing and drainage services to North West Auckland and beyond.



We'd also like to introduce Roy, our pump technician, who has serviced pumps in Kumeu and North West Auckland for 40 years. Roy has vast experience from swimming pool pumps to UV Filtration.

We sell a range of pumps including Calpeda & Davy Pumps. We specialise in surface reciprocating pumps (or Piston Pumps). Loan pumps are available whilst your pump is being fixed. Give us a call if you are in need of a new pump, we'll be only too happy to supply you with a quote.

Open five days a week from 7.30am-4pm, Water FX Ltd is located locally at 38 Deacon Road. Give us a call on 09 412 6322 or email us on sales@waterfx.co.nz for more information.

Ever had mess left behind?



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Roofing | Plumbing | Drainage | Gas fitting  
Drain Un-blocking | 24 Hr Service



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ah 09 416 6148  
wired@xtra.co.nz

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# Hobsonville:Point

## It's Business Time (part 1)

Welcome to the Hobsonville Point page for June. This month our story writer Sue Heggie and resident photographer Leanne Silver, meet with two new local businesses, Healthy Dog and Co and Hobby Games. Feedback and story ideas are welcome to Sue on [heggies@xtra.co.nz](mailto:heggies@xtra.co.nz) and Leanne on [leanne@argent.me](mailto:leanne@argent.me), Argent Photography on Facebook and on [Instagram@argent\\_photography](https://www.instagram.com/argent_photography). I am your local real estate specialist and delighted to sponsor this page. For a free no obligation appraisal of your home, contact me Cherry Kingsley-Smith on 021 888 824 or [cherry@mikepero.com](mailto:cherry@mikepero.com).

### **Dog Day afternoon**

Chris and Helen Trigg and their two boys have lived in Hobsonville Point for three and a half years and Helen has always been a dog person. However, she had to hoodwink Chris into becoming a doggy person by doggedly "misinforming" him that it took just three weeks to train a puppy. Helen, with pants well alight, persuaded Chris that a Boxer would be ideal, and he fell for it big time. They are now a well-established dog family currently with two rescue dogs named Sprinkles and Buzz. Personally, I think they should have been named Berserk and Barmy.

Helen has established Healthy Dog and Co and when we went to visit, the ingredients on the bench looked like she was preparing a very nourishing human soup. In fact, she could have been, as Helen's products are all 100% natural, human grade products and fully tested for dogs.



Baked every week in small batches by Helen, the ingredients are all vegetarian. Many dogs eat meat at every meal so these tasty snacks provide variety of flavour and texture for them as well as being very healthy.

Has anyone had the audacity to mention your dog's halitosis or are they just reeling back in revulsion every time your loved one

tries to get friendly? Try gifting the cheese, mint and pea flavour to freshen that bad dog's problem and licking and kissing will be back in favour. The best seller and doggone favourite of the moment, is peanut butter. Keep an eye out too, for Helen's new grain free group of products that are in the pipeline.



**Customer recommendation:** Bosco is diabetic and he enjoys the spinach, carrot and chia seed variety. He further comments enthusiastically, woof, woof, woof. This is particularly good for him as it is low in fat too.

Helen also grows the fresh spinach and herbs in her own garden. As a non-doggy person, I wasn't that enthusiastic about this assignment but the cool product packaging, the wander around the garden and the enthusiastic, non-judgmental reception from Sprinkles and Buzz made this a lot of fun.



Currently you can buy all products directly from the website, [www.healthydogandco.com](http://www.healthydogandco.com) or order from Facebook, Healthy Dog and Co. If you live in the 'hood you can pick up directly from Helen.

See the article also in this edition where Helen gives you tips on helping your dog to focus. Yeah right. I can focus too when someone offers me chocolate cake to sit nicely.

### Game on

This week Leanne, our trusty photographer and I had the pleasure of meeting James and Geraldine Smeal and their children Hayley (6) and Jeremy (9). The family came to HP four years ago as they liked the community feel and they had experienced more fuff than fun when they had a big back yard. In fact, I think I can quote, "We don't want land!"



They are both continuing in their jobs but have launched a business around their passion for board games. **Hobby Games** opened at 74 Hobsonville Point Road, beside 25 ML on May 25. The family have always played all kinds of board games with relatives and friends and see the advantages of the social, educational and just plain good fun of board games. My only brush with board games are Scrabble and Monopoly and I prefer both of those with the reverse side of the board facing up about half-way through the experience.



Leanne, however, launched into an animated conversation with the whole family about the merits of Bolivia versus Ticket to Ride and whether Catan (1995) the original was better than the new ones being launched. I began to slip into a coma as they debated the merits of the various GOT games. Seriously though, I had simply no idea of the range of board games available and was pleased that many are designed by New Zealanders. Apparently, the strongest demographic for games is the 25-40 age group.

James and Geraldine had a good tip about family teams and they strongly suggest partners do not play together! Perhaps playing with someone else reins in the possibility of violence as one feels more inclined to be civil.



There are loads of games for children of all ages too and both Jeremy and Hayley, had their favourites. Hayley likes Hoard and Jeremy's pick is Exploding Kittens which caused me paws for thought, until he explained no kittens are harmed in the playing of this game.

James and Geraldine intend to remain fully involved in the community, supporting charity events like Light Con and also hosting and teaching games of all kinds, so come along to the retail shop on weekends from 10-4pm and benefit from their expertise, or go on their Facebook page, Hobby Games.

The July school holidays can be a drag because of the weather so this might be a good time to find an addictive board game. It will reduce screen time for sure, but I can't guarantee it will reduce scream time.

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**Sue's Netpix.** Although I am enjoying Killing Eve, I'm not always in the mood for murder so I tuned into a Danish film called **A Fortunate Man** and thoroughly enjoyed it. A gifted engineer leaves his fraught relationships with family to pursue his dream of transforming the country's economic fortune in Copenhagen. Pride, however, comes before a fall.

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# Build:New

## Insulation worth its weight in gold

Anyone who has spent a winter in a classic New Zealand villa knows insulation is worth its weight in gold, good insulation is substantially more complex than pink batts in the wall. There is noise transmission, fire requirements and a wide range of product to consider. That's why this month's Tradie of the month is Seuma Anitelea from Premier Insulation. Matching needs with product takes knowledge and experience, two things Seuma has a lot of. Add to that a great installation team who do a top job every time and you start to see why we value Seuma so highly. With Premier Insulation, good advice is always on hand and very forthcoming. Their products are covered by warranty and all of the correct documents are supplied to Council and the homeowner with an insulation plan of what was installed where. For us, Seuma is a great example of what Premier Insulation stand for; a great team that from beginning to end give you a smashing blend of efficient, skilled and speedy service. Thanks for all your commitment and hard work Seuma, enjoy your voucher from



our proud sponsor Western ITM.

## NZ's pre-eminent home builder, G.J. comes out on top

G.J. Gardner Homes have won the Reader's Digest 2019 Most Trusted Brands award in the Home Builder category for another year. Winners are selected based on an independent survey of 1,500 people who choose the brands they recognise as the most genuine, authentic, reliable and consistent. Grant Porteous, G.J. Gardner Homes New Zealand's managing director, said he was jubilant to learn they had again won this award. "Our New Zealand-wide team will be ecstatic, our entire business's success is driven by our customer's trust and satisfaction. Hence our long-standing vision, to have every customer recommend us to their closest friend, being the beacon that leads everything we try to do as a team." G.J. Gardner Homes has a proud heritage in New Zealand having been the clear market leader for over two decades. The business, 100% NZ owned, is made up of the NZ Master franchise and 30 locally-owned and operated franchises, the majority of which are husband-and-wife teams. The business has built over 16,000 homes since 1997 and is a significant employer throughout the country. Grant and wife Ellie, who own the G.J. Gardner Homes Master Franchise and lead the NZ team, believe it's a great model to deliver not just great homes, but as importantly, a fantastic building experience to customers. With G.J.'s you get the best of both worlds, the attention you'd expect from a local, with the reliability of NZ's most successful and trusted building team. "Winning this award and receiving this recognition is an honour, nothing is more important to us than how our customers and New Zealanders see us,

# Make the wise choice



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**Showhomes** 7 Grove Way, Riverhead. Open everyday 12.00pm – 4.00pm  
31 Nobile Road, Huapai, Auckland. Open everyday 12.00pm – 4.00pm

09 412 5371 [gjgardner.co.nz](http://gjgardner.co.nz)



**G.J. Gardner. HOMES**

thank you to all those that voted for us and to all our customers. "We understand that when it comes to building your home, nothing is more important than being able to rely on those people responsible for its construction." G.J. Gardner is dedicated to a policy of certainty, trust and transparency, and we believe every person who builds a new home should be able to enjoy the experience." This belief led to Grant and Ellie personally writing and publishing Home Prep – a free guide to the home building experience in New Zealand, regardless of who you choose to build with. Giving back is also important to the G.J. Gardner family and they are proud sponsors of a wide range of not-for-profit organisations and sports clubs in New Zealand including Ronald McDonald House, the Westpac Rescue Helicopter, the Big Buddy programme and Keep New Zealand Beautiful.

## Why building new may be your best option

The benefits of building are many; but some people do not even consider the possibility due to the common misconception that a new build is time consuming, extremely stressful and fraught with budget uncertainty and blowouts. This doesn't have to be the case at all. Building new, with Signature Homes, can be comparable in cost to a major renovation and the final result is always better. And, as you will see, major stress and a huge drain on your time don't have to factor in your new build experience. No budget blow-outs or surprises - You will no longer have to guess at prices, spend money on building reports and other due diligence. You won't have to stretch your budget to the very limit only to find yourself not even in the ball park of what the vendor will accept. At Signature Homes we have the bud-

get discussion up-front, and design your home to your budget. We will talk to you about the "Total Cost to Build" which covers everything including the design, build and fit out cost. During the design process we know there will be questions, we are up-front about any changes and how they can affect the final cost. Picture how satisfying it will be to spend your time on the joyful task of planning your dream home. It is one of the few times in your life you will have total freedom to create something perfectly suited to the personality and needs of your family. Design your home to suit your lifestyle - Maybe you are a young family, needing an environment that will work both now and as your children get older. Perhaps you have teenagers and desire separate living spaces. Maybe you are downsizing and need something more compact, that still provides you with space and a comfortable lifestyle. Whatever your situation, with a new build everything from layout, indoor/ outdoor flow, insulation and heating, room size, storage, interior design and other finishing touches are delivered just as you want them. When your dream home is completed on time and to budget, you can move in and immediately start enjoying your new lifestyle. Learn more about the Signature difference. Financial benefits - If you are building your first home, there are financial advantages such as lower LVR (loan-to value ratio) which you can learn more about here and KiwiSaver grants, if you are a first home buyer. Many people think they can't afford to pay both rent or another mortgage and a loan for a new home while it is being built, but there are payment options with Building Loans and Construction Finance. Make it stress-free - Choosing a Design & Build company like Signature is the easy option rather than engaging an architect, builder and suppliers yourself. We will manage the project from start to finish, with a guaranteed budget and completion date. Signature Homes - 09 412 9010, 80 Main Road, Kumeu.

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# Food:Beverages

## Under new management

Allely Estate has a rich history in Kumeu. Once upon a time, it was a restaurant better known as Allely House. Today, Allely Estate is under new management as a private venue available for hire for weddings, private parties, and memorable corporate events including themed parties. Have you got a milestone birthday, anniversary or engagement to celebrate? Perhaps you'd like to arrange a mid-Winter Christmas dinner for your staff? We'd love to help you! We can host



intimate gatherings in our villa or 400+ using our marquee and expansive gardens. Our talented chefs create amazing fare and can cater to any dietary need, culture or ethnicity. Customers always leave raving about our food! For more information, check us out at [www.allelyestate.co.nz](http://www.allelyestate.co.nz).

## 'Food on the Table' launched by local business owner

Local businessman Avi Jayapuram wants to help more west Aucklanders afford essential food, which is why he is launching a new initiative called 'Food on the Table'. The owner of GAS Service Station on Lincoln Road, Avi



has said he feels compelled to help those who he often sees struggling to afford every-day items.

Launched this month, Food on the Table will provide basic food such as eggs, milk and bread from \$0.99. It is designed to help west Aucklanders be able to afford basic food and still be able to afford fuel to get to work.

Avi, said he was inspired to take action to help make food more affordable when he saw the fuel tax come into effect. "People were complaining about the petrol tax and saying they can't afford basic needs. I thought, what can I do to help?"

It has taken Avi six months to create Food on the Table as he searched for good quality products at a price that he could then pass on to his customers.

To make the scheme work, Avi is offering Food on the Table

prices to those who purchase \$40 in fuel. "I know people still need to fuel their cars, so I want to try and help make their money go further. I don't want people choosing between paying to get to work or to have food in the cupboard."

The aim of Food on the Table is to help foster a better sense of community and look after local residents. "It would be nice if people can be fed and not go around feeling hungry" says Avi. If the scheme is a success it may expand to offer more food and involve more businesses in the area to take part.

Food on the Table is an initiative started by Avi Jayapuram of GAS Service Stations, Lincoln Road to help west Aucklanders be able to afford basic food and still be able to afford fuel to get to work. No profit is made on the sale of food and the aim is to expand the number of businesses involved to help better look after locals in the community.

## Meet the Fermentalists

Hallertau have assembled their favourite people from the world of fermentation for a night in the brand new Hallertau Barrel Room. Join Helensville's kombucha experts Mama's Brew Shop, fermented food specialists Living Goodness and Oamaru's Belgian inspired Craftwork Brewery. Hosted by head brewer Steve Plowman who will be previewing beer from the barrel and the brand new Hallertau Whisky. Tickets via [\\$35](http://eventfinda) includes generous snacks and significant samples. Hallertau, Wed 26th June, 6.30pm.



## NoShortcuts

The NoShortcuts name signifies there are none taken in the painstaking cooking and preservation process, but this labour of love achieves great taste, beautiful aroma and naturally striking colour, which is particularly evident in their Feijoa & Ginger Jam.



Every 310 gram jar contains approx. 200 grams of fresh NZ feijoas and no fillers or concentrates are added. Even though no

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preservatives are used, it still has a 24 month shelf life. Cooked in small batches, only 14 jars are produced out of each pot to ensure the fruit is not overcooked and the natural flavour and integrity retained.

This Feijoa & Ginger Jam is so good, it was a finalist in the 2017 NZ Food Awards, for not just one, but two categories; the 'Artisan Food Producers Award' and the 'Bite Gourmet Award' NoShortcuts is stocked by Countdown Hobsonville or you can order online at [www.noshortcuts.co.nz](http://www.noshortcuts.co.nz) Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.

## Winter Wine Fair

Soljans Estate's Winter Wine Fair is back from 5th July - 21st July 2019. This will be the best time of the year to stock up your cellar as we will be having a fantastic range of wines on specials. The desirable bin ends and special case deals are back by popular demand. You can even make your own 6-pack or 12-pack of wines at discounted price. Check out the "RED STAR SALE" items at our gift shop for your early Christmas shopping. Visit our café and pick your favourite dish from our winter warmer menu, specially crafted by our Head Chef. If you have any questions regarding the Winter Wine Fair, please contact our Cellar Door on 09 412 5858 and if you wish to reserve a table in our café please contact the team on 09 412 2680.



## The Herbalist Craft Beer

With winter upon us, roasts of all kinds are a favourite weekend meal. Try adding fresh rosemary sprigs and garlic to your beef, lamb or chicken roast and also to your roasted vegetables and pair your meal with our Rosemary & Liquorice Ale to enhance the flavour experience.

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



## Siamese Doll

Siamese Doll provides a healthier dining alternative. We have a focus on real food, sustainable and seasonal farming, and sup-

port for local agriculture.

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

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

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

Lunch from 11am - 3pm and Dinner 5.30pm- Late- Reservations Recommended can book online or over the phone 09 4160333. Find us at 3/3 Boundary Road, Hobsonville, and follow us on Facebook. The spot is perfect to take out of towners with the ferry just minutes away.

## Rainbow whisk

Offering a cosy and relaxed atmosphere, The Rainbow Whisk has recently opened in Hobsonville Marina. Enjoy your cup of coffee with delicious food and a stunning view to get your day underway or head off on the ferry to the CBD.

The owners Pam and Kelly have worked to meet various dietary requirements as well as being a child and dog friendly cafe. Boasting a wide selection of home baking, cooked breakfasts and lunches at reasonable prices, this is the perfect stop for a morning walk. With the expanding popularity of the Keto diet, you can treat yourself here without the guilt. Our monster shakes are one of the main reasons for returning customers, especially the kids!

We are open weekdays 6:30am - 3pm and weekends 8am - 3pm. Located behind Vivo Hair Salon at 17 Clearwater Cove, West Harbour. We are on Facebook at [facebook.com/therainbowwhisknz](https://facebook.com/therainbowwhisknz) or book a table online at [therainbowwhisk.co.nz](http://therainbowwhisk.co.nz) for any special occasions. Catering is available on request.

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# Pets: Tips

## Long-term care for elders and pets

Today, a growing number of care facilities for seniors are allowing residents to bring their beloved pets. Caster.com from our partner at Cat-nip.

"The importance of pets - For many senior citizens

and their families, the transition to a care facility is emotionally stressful in itself — but a strong bond with a pet can add significant worry concerning the future of the pet. That emotional strain is being lifted by an ever-increasing number of senior living communities that allow companion animals.

Elder care is evolving - Over the past 20 years, there's been a cultural change toward a person-centered model of care for our elders. Personal pets are now accepted as an integral part of the individual's overall health and well-being.

Pets act as motivators

Care providers see benefits including improved mood, reduced anxiety and a desire to get well faster. The biggest motivator is their pets

Finding pet-friendly places - Always visit the community in person, no matter where it is. If pet-friendly is extremely important to you, an in-person visit can't be beat."

For the full article visit our Facebook page [www.facebook.com/kanikapark](http://www.facebook.com/kanikapark). Phone 09 411 5326 or 027 550 1406, email [info@kanikapark.nz](mailto:info@kanikapark.nz).



ing the treats up or dropping them faster. I often feed my dogs their whole breakfast this way when I have the time. Notice how much your dog is now focusing on working to catch the biscuits - you can now use this focus in other places. As they get better, try getting them walking alongside you, catching as they walk. This is a great way to start training your dog to loose lead walk. Have a go, your dog will love you for it. Helen.

## Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai. Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats. Donations appreciated at [thenzcatfoundation.org.nz](http://thenzcatfoundation.org.nz).

Phone 09 412 2636 or 021 929 999 for further information.



## Finding an injured animal

Imagine you're on the way back from the shops and you spot a cat lying on the side of the road. You pullover to check on it, but can't see it moving. You need to check if it's alive, but how do you do that on an animal?

If you're shocked that you're not sure what to do don't worry, you're not alone! Even though lots of us have pets many wouldn't know what to do! This article will teach you the basics of helping an animal whether it your own or someone else's.

First thing you need to do is look out for any signs of movement as you're approaching the animal. If the animal moves at all it is alive and you need to get it to the vet.

If there is no obvious movement then focus on whether or not you can see the chest rising and falling, this will show if the animal is breathing. If you can't see the chest moving then try putting your hand in front of their face to see if you can feel their breath. If they are breathing then they are alive so get them to the vet!

If they are not breathing it is time to check for a pulse to see if the heart is still beating. Just like us you can feel for an animal's pulse on their neck but they have a lot of extra skin and fur there so it could take a while. The easiest thing to do is to feel for the



## A little more focus

Building a special bond between yourself and your dog is important.

Here is a quick easy focus game which will help you build a stronger connection.

The magic hand game - I play this with both my dogs using a portion of their daily biscuits.

Grab a handful of biscuits and your dog, start inside where there are fewer distractions at first.

Holding the biscuits in your fist, extend your arm out above your dog. Slowly drop a single biscuit, the aim is for your dog to catch it. Don't worry if they don't at get the idea at first, keep at it they soon will. Keep going slowly until they are catching almost every biscuit. Then you can start mixing it up a bit, throw-



**Luke Kemp**  
LL.B., B.COM., DIP. HORT



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femoral pulse on the inside of the animal's back leg. If the animal had a pulse then their heart is still beating but you need to get them breathing again so start rescue breathing. If there is no pulse the heart has stopped and you need to start compressions.

Unfortunately rescue breathing and compression can't be explained in this article but attend a PET First Aid course and you will learn these essential skills as well as many others!

Laura Purkis - [www.petfat.co.nz](http://www.petfat.co.nz).

## The most important rule of dog safety for children

Always ask. Yes it sounds simple but it is the number one rule to drill into your children's minds: it can keep them safe!

Teach your children that they should always ask the owner before approaching a dog.

Asking 'Please can I pat your dog?' or 'Please can I say hello to your dog?' firstly announces to both the dog and its owner that the child is there and would like to interact with the dog.

Imagine if you were walking down the street and a complete stranger randomly walked up to you and hugged you or your child; we can guarantee most of you would be pretty worried and unimpressed, you would be uneasy to say the least! The same goes for when someone or you are walking a dog and suddenly there's a group of children touching the dog.



Secondly, by asking you are giving the owner the opportunity to say 'no'. If they say no there is probably a reason why not. It may be that the dog isn't particularly fond of children or has had a bad experience with them in the past. It may be that your child is wearing a hat and people wearing hats spook the dog. It could be that the dog is ill, injured, tired or just having a bad day and the owner knows the dog won't appreciate being touched by strangers. Or the dog could be in training and the owner needs the dog's full concentration on them, it may be that the dog is new to the family and they aren't sure yet on how it reacts to children. There are so many reasons why an owner may say no, but remember it is highly likely the 'no' is coming for you and your child's safety so please teach children not to take it personally when it happens. Instead of getting sad, or grumpy, teach them that it is okay and it might be that the next dog they see they are able to say hi to.

The 'always ask' rule is also a great way of teaching children what to do if the owner is not there. If the owner is not there then there is nobody to ask, and as they always have to ask: the answer is no!

This could be if a dog is tied up outside a shop waiting for its owner or a dog may be poking its head out of a hole in the fence. Children need to be taught that if they see a dog on its own then they leave it alone.

Please teach the children (and grown ups!) in your family to ALWAYS ASK before touching a dog.

Always Ask is the first of 3 Golden Rules from Kids Safe With Dogs Charitable Trust (KSWD). You can find out more information on keeping your children safe around dogs and the great work KSWD do on their website [www.kidssafewithdogs.co.nz](http://www.kidssafewithdogs.co.nz).

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# Health:Beauty

## Dry eyes? Eye fatigue? Headaches?

With all there is to see and share on digital devices, staring at screens throughout the day is pretty much unavoidable. But all that screen time whether at work or not can be hard on your eyes.



Dry eyes, eye fatigue and headaches are just a few of the symptoms you can experience following extended periods of screen use. Eyezen blue light protecting lenses are only available at a select few independent practices around New Zealand and are designed specifically to combat these symptoms. Phone the team here at Westgate Optometrists to find out if Eyezen is right for you.

Phone: 09 831 0202, website: [www.westopt.nz](http://www.westopt.nz) or Facebook: [www.facebook.com/westgateoptometrists](https://www.facebook.com/westgateoptometrists).

## Exercise to prevent wear and tear

Research has shown show for the first time how forces or loading of a joint experienced by cells within said joint during exercise will prevent wear and tear. This is because loading or exercising has been shown to suppress the action of inflammatory molecules which cause osteoarthritis/wear and tear.

The study, published in the journal *Osteoarthritis and Cartilage*, demonstrates the benefits of exercise on the tissues that form

our joints and how this is down to tiny hair-like structures called primary cilia found on living cells.

During exercise the cartilage in joints such as the hip and knee is squashed. This mechanical distortion is sensed by the living cells in the cartilage which then block the action of inflammatory molecules associated with conditions such as arthritis.

Research shows that the anti-inflammatory effect of exercise is caused by activation of a particular protein, called HDAC6, which triggers changes in the proteins that form primary cilia.

If this particular protein was not activated (i.e. no exercise) it meant that Cilia got longer during periods of inflammation. Treatments that prevented this elongation successfully prevented inflammation.

Thus proving the old saying that 'exercise is good for you', not just mentally but for your joints too.

The research suggests that this finding could lead to a whole new therapeutic approach known as mechano-medicine in which drugs simulate the effect of mechanical forces (i.e. exercise) to prevent the damaging effects of inflammation and treat conditions such as arthritis, so we might not even actually have to do exercise to prevent wear and tear! For now though it is best to stay fit and healthy and look after those joints.

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Every 2 years you should have your eyes examined – not just so that your vision is 20/20. I look at the health of your eyes so that I can prevent or treat adult and children's' eye health problems like red, weepy eyes, dry eyes or headaches from computer work or driving.

I can fit you and your family with contact lenses or put you into glasses from a range of fun, funky, sophisticated or functional frames.

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Frank Snell, Optometrist - Hobsonville Optometrists.

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## Leaving your cocoon

Do you remember Border's Bookshop near the Civic downtown? Our entire family would be excited to go there on a Saturday night, to be among people, browse through books, buy one or



two and to spend some time discussing the things of life in the Borders café. Border's is now gone. It's so easy to order your books on-line without ever seeing a real person.

Fifteen years ago, futurist Faith Popcorn warned of the trend she called 'cocooning'. Technology, and societal changes would lead to people spending a lot more time within the four walls of their homes. Faith was keynote speaker at the International Health Club Convention at the time. Cocooning was again featured by Joanna Mathers in the May 6th 2019 NZ Herald.

Friend, take care to avoid fully cocooning your life. YOU need others and others need YOU. You will always be welcome at Club Physical.

## Osteopathy is now at Top Notch!

At Top Notch Bodyworks we recently welcomed Osteopath Daniel Garelja to the team; Daniel joins our experienced Osteopaths Marshall Gabin and David Liddiard at our Massey clinic. If you need osteopathic services, massage or a combination of both, we look forward to exceeding your expectations.



We offer services for many conditions including headaches, neck, back, muscle or joint pain, arthritis, pregnancy, occupational overuse and stress. Marshall has extensive experience and specialises in assisting patients with long term chronic pain issues. Both David and Daniel specialise in sports injuries and rehabilitation. We can also look at abdominal issues such as bloating, constipation and pain or discomfort. All our Osteopaths are ACC registered - and you don't require a referral from your GP to see us! We also have our qualified massage therapists in therapeutic, sports, relaxation and pregnancy massage. So if you need an Osteo treatment or just a relaxing massage, book online via our website [www.topnotchbodyworks.co.nz](http://www.topnotchbodyworks.co.nz) or give our team a call on 09 212 8753 / 021 181 8380. We are currently offering \$10 off your first treatment with Top Notch Bodyworks.

## Why movement is so important

In order for our bodies to function properly, our brain needs to

know where we are in space. This joint position sense is called proprioception. Movement of the joints and muscles in the body increases the information going to the brain, so the brain can then control the body better. With our lifestyles becoming more and more sedentary, the need to move your body is becoming more and more important. To help overcome this problem, the answer is simple, try to move more parts of your body more often. Simply think of ways you can add more movement into your day.

This process is also same way chiropractic adjustments work. Our adjustments increase the proprioceptive information going to the brain so the brain can then control the body better. Want to find out more? Visit our website [www.elevatechiropractic.co.nz](http://www.elevatechiropractic.co.nz) or call us on 09 413 5312.

## Calling all over 60's who want to be active

Are you finding that old or new health conditions are getting in the way of the physical activities that you love to do? CrossFit Red Dragon are proud to host our 'Silver Dragons' exercise class specifically designed for ANY fitness level.



Led by qualified physiotherapist Taryn with over ten years' experience in older adult health and rehabilitation, you will receive a FREE screening to assess baseline fitness, and discuss any health conditions that may be of concern. Taryn will coach two classes per week, with exercises tailored to each person's individual abilities.

These classes are designed to build functional strength and mobility, whether it's getting in and out of a car or climbing stairs, or getting back to doing activities you love such as sport or playing with the grandkids.

10 week pack of 2 classes per week is \$180 - that's only \$9 a class!

Class options are Mondays, Wednesdays and Fridays 10:45 - 11:45am. Get in touch now by phoning Taryn on 027 424 7485 or by emailing [silverdragons@crossfitreddragon.com](mailto:silverdragons@crossfitreddragon.com).

## Whiplash – is it a life of a pain in the neck?

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with neck pain long after the actual accident. Statistics show that 20-40% of people with whiplash injury are left with an assortment of neck and arm pain, upper limb weakness and altered sensation.

Any physiotherapy programme for whiplash injury should include cardiovascular training, manual therapy is also known to be effective in pain relief, along with medication prescribed by your GP.

If you would like more information or assistance in treating your whiplash, or any other issue, please do not hesitate to contact Massey Physiotherapy on 09 832 3619 to make an appointment. Also for the month of June if you book in for an initial consult and let us know you saw us in the Westerly, we will give you a free tub of Extreme Products recovery rub to help you with your pain relief.

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## Smile is a full face event

Do you know that muscle relaxants such as Botox and Dysport have been used in dentistry for years primarily to treat gummy smiles and muscle pain resulting from grinding or clenching teeth? You no longer need to suffer. Next time you visit your dentist, ask about how they can help you.



With the goal to respect nature and enhance it not change it, dentists can now support you beyond rejuvenating your smile by holistically looking at the entire face (forehead lines, frown lines, crows feet, bunny nose line, chin lines, lip contours to name a few using dermal needling, Dysport and Dermal fillers technology); dentists look at improving the health and quality of the facial skin as well as

the teeth and gums.

Smile is a full face event, who better to complete your smile than the dentist!

Call us at Kumeu Dental on 09 412 9507 to ask about a FREE Smile consultation and get 20% off regular cost of Dysport treatment. Offer valid until 19th June 2019.

## Winter eye care for indoor air conditions

The most common eye complaint in winter is dryness, causing a burning, gritty sensation - which ironically can trigger watering eyes. It can affect anyone, particularly peri- and post-menopausal women who may have eye dryness because of loss of estrogen. Contact lens wearers are also likely candidates. Over time, dryness can cause



blurred vision and damage the cornea, so protection is a must. Many people think extra fluids or an air humidifier will do the trick. They'll help, but dry eyes also benefit from new-generation lubricating eye drops, designed to supplement the natural tear layer and keep the tears from evaporating so quickly. Regular hot compresses followed by eyelid massage, and dietary omega 3 oils (flaxseed or fish), are beneficial for a healthy tear film too.

Arrange your winter eye examination with Matthew or Molly at For Eyes in the Kumeu Village: phone 09 412 8172.

## PINC and STEEL Cancer Rehab

At NorthWest Physio + we have our fully qualified cancer rehab physiotherapist Laura who is here to support, guide and rehabilitate people through every stage of their treatment and recovery. The PINC and STEEL rehabilitation programmes are divided into 4 phases. This allows us to provide physiotherapy support right from diagnosis, through surgery and treatment, working with you on personalised goals for as long as you need. Various sources of funding are available for those with different cancer types. Bowel Cancer Foundation Trust are now providing all bowel cancer patients with 4 sessions of physio. There



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is a welfare grant available from Prostate Cancer Foundation for up to \$500 and we have strong links with the Breast Cancer Foundation.

For information on applying for funding or to find out more about physiotherapy and cancer please contact Laura at North-West Physio+ on: [laura@nwphysioplus.co.nz](mailto:laura@nwphysioplus.co.nz) or 09 412 2945.

## Shoe Talk's thoughts 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 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.

## Fitness doesn't have an off season

As we get to our winter months and it is getting colder outside, why not take your exercise inside.

Kumeu Gym is open to our members 24 hours a day 7 days a week and our team's goal is to help motivate our members to improve health, fitness and wellbeing.

Our gym offers a highly qualified team of Personal Trainers and Fitness Instructors, an extensive range of cardio and weights equipment along with a full size indoor court for all of our functional movement classes and programmes as well as indoor netball.

All memberships include 23 group fitness classes including counterpunch boxing, yoga, spin and HIIT. We also offer two North Harbour / ACC recognised classes for older adults - Fitness for Function and Counterpunch Boxing.

Our Gold Membership gives you access to our Smart Training (ST), this is a shared personal training system designed to share the costs of personal training, while still delivering the high quality service expected from a personal training session. ST enables you to train up to six days a week for the cost of a single personal training session, delivering a highly effective daily training regime to ensure you meet your fitness goals, with a fun group of clients.

Whether you want to improve your confidence, push your limits or meet new people, no matter your age we have something for everyone.

Enquire at [www.kumeugym.co.nz/smart-training](http://www.kumeugym.co.nz/smart-training) or call 09 412 8932 for more information - mention this article to receive a free week of our Gold Membership including ST and Group Fitness classes valued at \$60.00 to kick start your training.

## Weather and achey joints

The weather is getting wet and cold again and with we are starting to see old arthritic pain exacerbation.

Medicine still doesn't know why many patients with arthritis get their symptoms worse with cold and damp weather. Some patients can predict weather change better than weather forecast on TV One! Doctors' explanation it is to do with "degeneration and inflammation" and recommend taking anti-inflammatory pills like Nurofen.



Indeed, they help, but there are potentially serious side effects if you take them for too long. Alternative solution? No simple solution. Keep your joints warm, don't play a hero - swap your shorts for long pants. Improve your diet - less sugary and starchy foods (they tend to promote inflammation). Traditional approach in Eastern medicine is to eat more hot spices in the winter, like ginger and chilly pepper. Regular exercises will definitely help too. It is worth trying osteopathic treatment, often it helps to relax tight tendons and muscles, move stiff joints. At Family Osteopathic Clinic we will be happy to help you survive those chilly months until next warm weather in spring. Come and see us at 39 Hobsonville Rd.

## Fishing injuries

Many people enjoy fishing on a recreational or competitive level.

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el. Most of the time fishing is considered an enjoyable activity where you can relax out of the water enjoying the sun and a good time. However, fishing can also result in many different types of hand or upper-limb injury including traumatic or over-use.

Common traumatic fishing injuries: Finger fractures/Finger strains: i.e. from getting your finger stuck between your boat and the landing surface, Wrist or hand injuries: i.e. slipping and falling on wet rocks and landing on an outstretched hand.

Common overuse finger injuries: Carpal tunnel syndrome: which results from compression of the median nerve, causing numbness or altered sensation of the thumb, index or middle fingers. Elbow or forearm pain: from flipping or pitching your fishing line frequently.

Come and see us today at the Hand Institute and we can help you recover quickly from your injury. If your injury is as a result of an accident we can treat you in the ACC contract. We can register your claim and send you for x-rays or other tests that you may require. If your pain is as the result of an overuse injury we can treat you privately. We have two convenient clinic locations in Huapai and Rosedale. Contact us today for an appointment. Huapai Clinic - 321 Main Road, Huapai. Phone 09 412 8558. Rosedale Clinic - 5 Home Place, Rosedale. Phone 09 479 8438.

## Nutrients and herbs before antibiotics?

I had a friend who died from a bacterial infection in her blood when I was at Pharmacy School in the 1980s. As a naïve pharmacy student, I remember being puzzled as to why she was not cured by antibiotics. I did not know about antibiotic resistance, which is when bacteria are not killed by medicines. The death of my young friend made me suddenly aware of how important

it is to have effective medicines.

Antibiotics have been used a lot in farming, contributing to the resistance problem. Sometimes people take them when they might not really need them, e.g. for winter colds. Most winter colds are caused by viruses. Antibiotics don't work on viruses. But many herbs and nutrients may be helpful against viruses.

Best Winter Protection?

My recommendation to avoid winter colds is to make sure your immune system is in tip-top shape. You can't avoid encountering winter viruses, but you can make sure your immune system can quickly identify and destroy these viruses. Nutrients like vitamins A, D & E are needed by your immune system. Key minerals like zinc and selenium are also important. There are also some medicinal herbs that can enhance your immune system and help to kill viruses.

I have many patients that take my Immune-Boosting Herbal and Nutrient Tonics regularly during winter and have turned their torrid season in to a winter wonderland. I myself have not had a full-blown cold in the last 12 years.

Best Treatments?

Getting a winter cold sucks. No-one wants to feel miserable for 10 days. So rather than just "soldiering on" as the TV Ads suggest, we can take action. At the first sign of any sore throat or sneezing, I increase the dose of my tonics up to "killer levels". My symptoms never progress and usually by the second day my sore throat or sneezing has gone completely. No fatigue, foggy brain or raw nose.

Spare the antibiotics for when they are really needed and learn to love herbs and nutrients. It's a win-win situation. You will get better sooner, and you might just save a life.

## My dentures have broken

I tried to glue them back together but it doesn't seem to hold. Can this be repaired?

In most situations, yes, this can be repaired and depending on the severity of the damage.

The worst part of the glued denture is not the damage done but rather the harmful chemicals that are in the glue; this isn't healthy! The good news is that even when the denture has been broken and glued back several times in the wrong position, sometimes we can re-orientate the broken pieces in the right position with an impression of your mouth. People often think that it's too far gone to be repaired if it's been glued but this isn't necessarily true. It can also be properly repaired in the same day meaning you do not need to go overnight without your dentures. Call through to DT Denture Clinic for a free consultation 09 416 5072.



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# Area:Columnists

## Journey into dance

I have grown up around the folk scene. Some of my earliest memories are of the Auckland folk festival, and the country dancing that I got to do there. My father is a Morris Dancer and I have always enjoyed that as well. I used to beg him to take me to practice, when I was too young to be out so late. But as I got older, I became more and more involved. As much as the dancing I have enjoyed the camaraderie, the fact that we dance in so many places around the country, and the fun.



As a young Morris Dancer, I was getting a lot of crap from kids at school. Something that I loved, that made me feel happy, they turned against me, made it my enemy. It was very hard to come back from that. Before I was bullied I was loving life and I guess I felt really complete. I had a well-balanced routine of school, music, working out at the gym, and Morris Dancing, which combined to make me positive and cheerful. When these certain kids, and there were a few groups of them, kept poisoning my ears, The Morris became the reason for my misery, even though they caused it. So, I grew to hate it. My schoolwork began to suffer. I was too concerned about what these morons said.

But in reality, The Morris was a kind of cure because, from the moment I said to myself F#\*% them, and did my own thing, everything just started sewing itself back together.

I remembered that going to Morris dance-outs and practices had been a lot of fun, good vibes and stuff. I mean, sure we dress a little odd, but no-one really cares about that; we're there to enjoy ourselves and please the people. It doesn't even matter if no-one is watching.

Unfortunately, with me being a teenager, it was other teenagers caused me to drift away from it. But as soon as I said I am doing this for myself, and I am not going to let you tell me who I am, it felt great.

I am not saying that everything was good because of Morris Dancing, but it definitely helped, because at the time I had no

way to relieve myself emotionally, apart from screaming and angrily pumping iron at the gym. Dancing helped to replace those angry emotions with positive ones. It is a much healthier way to be.

When you dance you don't think about the problems of the world or your own personal challenges. You focus on the steps and everything else melts away. And when you get good, it becomes second nature. And it doesn't matter if you mess up, coz you are working as a group and everyone has got your back. It's like another family and, you know, families do fight sometimes, so there are occasional arguments, but it doesn't matter because you are there for the dancing, for ourselves, for the fun. I am so glad to be part of this worldwide family of friends.

Writing this article is a huge step for me. I expect some of the same kids are still going to give me a hard time over it. But they don't realise that they are responsible for making me stronger, better, because they forced me to work on my inner self. I actually need to thank them.

When I dance I try to get as much height as possible. I dance solo jigs and perform in front of hundreds of people. Morris Dancing has given me this confidence and, coupled with the added resilience I have gained by overcoming these trials, I have set the bar even higher in what I want to achieve in other aspects of my life. Myles Dawson.

## Long life in local community

Talking, sharing interests and not holding a grudge are among the Attwoods' recipes for a long and happy life together.

Graham and Rona Attwood have seen huge changes in the Kumeu-Huapai area during a lifetime there, recently celebrating 60 years of marriage.

Increasing traffic outside their Main Road house, near Helensville MP Chris Penk's office, drove them to a quiet cul-de-sac nearby nearly 19 years ago. The traffic outside their former home now is just incredible, both saying they try to avoid the congestion with Rona adding the traffic seems worse at weekends.

They grew up in a rural area, surrounded by orchards, vineyards and farms. Now it's all turning to housing.

The couple attended Huapai District School as pupils, both returning for its recent centennial along with their three children, Trevor, Alastair and Annette, who were educated there too.





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Rona's four siblings also attended Huapai District School and three were at the reunion.

In fact, Graham and Rona's diamond wedding anniversary was celebrated just after the centennial at their daughter's nearby home while the family was gathered. The pair received congratulations from the Queen, Prime Minister, Governor-General, Auckland Mayor and more.

They met at Bible Class in 1957, marrying at the Kumeu Baptist Church in 1959.

Graham and Rona both had a close involvement with the local timber industry.

Rona's dad owned a sawmill in Huapai and Graham worked for him before joining merchants Anderson and O'Leary, later known as Pinepac and then Western ITM. Graham was mill manager for 28 years with the Whenuapai-based company. Alastair has followed in his dad's footsteps, also working for Western ITM, while Trevor is involved in the timber industry as well.

Graham and Rona joined in celebrating Western ITM's 70th anniversary late last year.

Both have been – and still are – actively involved in the community.

Rona, 81, has been a member of the Kumeu Women's Institute for 62 years and its offshoot the Kumeu Blend Choir for 50 years. She was also a Girls' Brigade leader for 10 years.

Graham, 83, was chairman of the Nor-west Community Patrol Trust for 11 years until the end of last year, and served on the Huapai District School and Massey High School committees while their children were at both schools.

As an example of their shared interests, Rona and Graham have been fully involved in flower growing. Graham remains president of the Auckland Chrysanthemum and Dahlia Society after 21 years while Rona arranges the flowers for competitions country-wide.

Both are active in the Riverhead Family Church and are also members of Friendship New Zealand Incorporated (FNZI), previously Probus New Zealand.

With their children all living in West Auckland, Graham and Rona regularly keep contact with them, their five grandchildren and two great-grandchildren.

They still enjoy the area and have their own views on how its transport woes can be fixed, agreeing that turning right across State Highway 16 is difficult, especially in peak hours and week-ends.

"You have to plan where you are going," Rona says, adding that a rail service – even using railcars – would help avoid congestion issues.

Both are somewhat sceptical about when the various agencies and authorities involved will fix the transport problems, saying it's been all talk but little action so far.

Even planned safety improvements to SH16 are likely to contribute to traffic issues while work is in progress, they say.

But unlike some Auckland residents, they have no intention of

the leaving the region to escape the traffic or for any other reason.

Graham and Rona intend to remain loyal to their community for as long as possible.

## When buying travel insurance, disclosure is essential

It is the time of year when many are thinking of escaping winter, for some sun elsewhere, so here at Citizens Advice Massey we thought it a good opportunity to bring this issue to your attention

When we plan an overseas holiday, travel insurance and vaccinations are probably at the bottom of the checklist.

It's much more fun to research and plan the accommodation, exotic food options and the 'must dos' while we are away.

The issue of what must be disclosed to insurance companies has been under the media spotlight with cases of people who either didn't disclose conditions – or who have had no travel insurance.

We all know that travel insurance is important. It can minimise the considerable financial risks of travelling. But people need to do their research by looking at a few options and by reading the terms and conditions before purchasing the policy that suits their needs.

Typically travel insurance is made up of several different elements:

- cover for medical costs;
- cost of a flight home if you have to return home quickly due to an emergency;
- reimbursement for non-refundable travel and accommodation costs if you have to cancel the trip or return home early;
- cover for the cost of replacing stolen or lost luggage
- cover in case you injure someone (especially in countries where there is no equivalent to our Accident Compensation Scheme) or damage their property.

If someone has a pre-existing medical condition, it is even more important to check the policy carefully beforehand. Even the definition of what a pre-existing condition is, varies from policy to policy. The insurer asks for this information so it can assess the risk you present and decide whether to offer you cover for those pre-existing conditions.

It is essential to give the insurer accurate information about any risks that may make you more likely to claim on your insurance policy. If you do not do so and later make a claim, the claim is likely to be declined.

Some policies may automatically cover certain pre-existing conditions. Some may specifically exclude some pre-existing conditions. Others may include cover for some pre-existing conditions but charge you a higher premium.



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Also, if you develop a condition after you apply for cover but before departure, you generally need to tell the insurance company about that too. Further, if your policy covers you for repatriation or cancellation of travel in case of emergency, you may have to disclose information about any family illnesses which could increase the risk that you'll have to cancel your trip or return home prematurely. For example, if a close family member passes away and was ill before you left, that may be a matter that should have been disclosed or the claim may not be covered.

Many travel policies exclude cover for any mishaps resulting from high risk activities, such as sky diving. Take note if you are planning an adventure holiday.

Everyone needs to read the fine print and make sure the policy they choose suits all their needs and to be open about their situation. This avoids any misunderstandings before you head off to enjoy the sights, the food and the culture.

We have information on this and almost anything else. We are enjoying our new premises on level 2 in Te Manawa, or you can phone us on 09 833 5775 or email us [massey@cab.org.nz](mailto:massey@cab.org.nz).

## Walk Ethical

Walk Ethical launched this week to help kiwis identify businesses that treat their employees fairly.

As well as creating happier customers & employees, the programme could save businesses millions in employment law fines.

Kiwi consumers and job seekers are now more easily able to identify businesses that treat their employees ethically, responsibly, and fairly. Launched this week, Walk Ethical is the first accreditation programme in New Zealand for businesses to show their commitment to positive, people-focused, ethical employment practices.

For a 5% discount off your Waste Water job – quote "Waste Busters" when you call!

Offer valid until 30<sup>th</sup> June only. Offer valid for Waste Water jobs only. Offer can only be used once per customer.



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Businesses that meet the Walk Ethical standard will receive an emblem that can be displayed on all internal and external communications, allowing them to demonstrate how important their employees and best employment practices are to them.

According to Walk Ethical founder and HR expert, Thai-Anh Cooper, it is becoming more and more important that companies have a conscience and that includes being a fair, responsible employer.

"Growing numbers of consumers want to know that the businesses they're dealing with are behaving ethically – in every area. According to the 2019 Colmar Brunton Better Futures Report, 90% of Kiwis would stop buying a company's products or services if they knew the business operator was irresponsible or unethical," she says.

"I have been approached by so many businesses that are worried they might not be doing the right thing in terms of employment law – or they have a high staff turnover and don't know why. It shows that there is a real need for a programme that helps companies navigate their way through their obligations and provides guidance on how to become an outstanding employer."

As well as setting businesses up for success and creating happier employees and customers, Thai-Anh believes that the programme could save companies millions in employment law fines.

"Many people don't set out to breach employment laws," she explains. "In fact, they often don't realise that law changes have been made until they are issued with a penalty. Unfortunately, even one hefty fine can mean a business, particularly a SME, is forced to close its doors as they just don't have the funds to pay it."

"A good case in point is the Employment Relations Amendment Act 2018, which came into effect on 6 May. This includes a number of changes, including the fact that only businesses with less than 20 employees will be able to use the 90-day trial period. I expect that we will see a significant spike in fines as business owners are caught out. Being part of the Walk Ethical accreditation programme will mean they are kept up to speed on any law changes, as they make a pledge to lead the way as ethical, responsible, trustworthy businesses."

Walk Ethical recognises that every employer's ethical journey is different. Support and educational requirements will vary depending on the company and the stage they're at in that journey. That is why there are three levels to the accreditation program: Bronze, Silver and Gold. Each level requires that businesses meet certain standards in order to be accredited.

Membership benefits include regular updates on employment legislation and cases, practical advice on best employment practices and webinar sessions. It also includes a business listing in Walk Ethical communications, which will help conscious consumers and employees identify and do business with companies that have committed to being an ethical employer. The

### Geoff Dobson MEDIA

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E [geoffdobson2017@gmail.com](mailto:geoffdobson2017@gmail.com)



Walk Ethical Silver and Gold levels include detailed reports on how staff view the business and how engaged they are, along with a comprehensive review of their employment practices.

The Walk Ethical programme hopes to change the employment space by educating and setting Kiwi employers up for success while recognizing and celebrating the amazing ethical employers that are operating in New Zealand.

More information on Walk Ethical can be found at [walkethical.co.nz](http://walkethical.co.nz). For regular updates on Walk Ethical, like the Facebook page @WalkEthical.

## Deadline for insulation and smoke alarms, minimum standards, July

If you are a Landlord, please read this;

All NZ rental properties need to meet a Minimum Standard for insulation in the ceilings and underfloor by the 1st July 2019, (yes next month) the required Minimum Standard for Auckland rental homes is R1.9 for the ceiling (R1.5 for a masonry house) and R 0.9 for the underfloor

Landlords are also required to provide a signed Insulation Statement to all new or re-signed tenancies, the best practice for this is to get an independent inspection done by a certified practitioner, insulation companies provide this service.

In addition to this the Healthy Homes Standard (a higher standard) for insulation will come into effect with new or resigned tenancies after July 2021, the Healthy Homes Standard for Auckland rental homes is R2.9 for ceilings and R1.3 for underfloor as well as a polythene moisture barrier to cover the ground under the floor.

All currently available Insulation products will meet both standards so any recent retrofitting should meet all future requirements, however don't assume a reasonably modern house will just pass because many have failed recent inspections due to the materials settling over time.

Both the Minimum Standard and the Healthy Homes Standard have exemptions for inaccessible areas where it is impractical to install insulation, so you are not required to lift the roof or floors to achieve the standards and walls are not a requirement.

The maximum penalty for a non-compliance of insulation and also smoke alarms after the 1st July 2019 will be \$4000 so this is a serious matter for landlords, this will result from one of 2 possible scenarios, a Tenant taking the Landlord to Tenancy Tribunal or a Landlord failing an MBIE Audit. MBIE are scaling up their auditing team in preparation for upcoming compliance deadlines.

Smoke alarms are required within 3 meters of each bedroom and 1 on each level for a multi-storey house, it is also important that you check each smoke alarm for operation during routine inspections (which must be documented) and any replacement smoke alarms must be of the 10 year photoelectric type.

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Clearly rental properties like many other industries are facing significant change from increasing compliance, what I have written above is a highly summarised version of the laws in the hope of alerting private landlords to the immediate requirements and avoid wasted money on penalties that would be better spent on the insulation.

If anyone has any queries regarding this information, I am happy to be contacted directly by phone or email, Brendon Stuckey from Quinovic Property Management West Auckland, [brendon@quinovic-wa.co.nz](mailto:brendon@quinovic-wa.co.nz), 09 837 6000, 027 490 7777.

## Slips and trips in the workplace

The risk of slips and trips is one of the most common causes of injury in the workplace.

There are many causes of slips and trips, from loose materials on the ground, wires, cables and power leads lying across walk ways, blocked or partially blocked access ways restricting workers movements, carrying boxes and other items incorrectly and one of the most common wet and slippery floors. Poor lighting can be a cause of slips and trips as can inadequate footwear.

Managing risks is everyone's responsibility and preventing slips and trips in the workplace is something everyone should try and solve. Some practical steps you and your work mates can take is to keep the work area clean and tidy. Mop and clean up wet and slippery floors. Pick up wires, cables and power leads or ensure that they are covered or do not run across a walk way. Help your colleagues with heavy or awkward loads. Keep access ways free from blockages.

Spend the last half hour of each day cleaning up to ensure that you have a clean and tidy worksite.

For further information on health and safety please contact John Riddell Securo Health and Safety Consultant email [securo4@securo.co.nz](mailto:securo4@securo.co.nz) or check out the website [www.securo.co.nz](http://www.securo.co.nz).

## Build it with KiwiSpanNZ

Lifelong local resident Karen Peterson has owned and operated KiwiSpanNZ Kumeu for eight years and prior to that was the manager at KiwiSpanNZ Kumeu from 2006. The team has gone from strength to strength during this time and have won NZ's Annual Top KiwiSpanNZ Dealer award three times during the last few years.



Karen has been involved in the Steel Framed Building Industry for more than 20 years.

She has had considerable experience with councils; which

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means that with the team can certainly look after your next project whether a shed, barn, stable, farm building, sleep-out, minor household unit with shed combined, a dwelling or a larger commercial/industrial building.

KiwiSpanNZ Kumeu's in-house architect draws your building to a very high standard to get that consent through for you.

The friendly KiwiSpanNZ Kumeu team is backed by a small group of local contracting professionals who look after everything from a survey of your site for a site plan, foundations and concrete slabs through to the local build team who erect every shed/barn as though they are their own.

If you're thinking about your next steel framed building project, make the most of the wet season by getting things underway now so you have your consent in your hand and ready to go this spring.

Give the KiwiSpanNZ team a call on 09 412 8455 to request a quote for your building project or any council related queries you may have. Or just pop in to 329 Main Road Huapai.

## Preparing your lifestyle property for sale in winter

Some people shy away from marketing their lifestyle properties in winter.

One reason is that people feel that their property is not as attractive as it is in spring/summer when gardens are blooming the deciduous tree are covered in foliage and the lawns are fresh.

I disagree with this view. A well maintained property will always look good no matter what season.

The positive side of selling in winter is that there are less properties on the market. This will give your property relatively greater exposure and generally more inspections as there are always buyers out there especially in the current strong market.

Weeding the gardens and putting down a good layer of mulch will keep your garden beds tidy and help keep soil temperatures up. It will also slow down the weeds.

Cleaning up the leaves dropped by deciduous trees and bush-

es will go a long way to keeping the gardens looking tidy, now is a good time to cut back trees and bushes to maintain that groomed look.

Most buyers realise that the properties they are viewing will come alive in spring, if it looks clean and tidy in winter it can only improve.

Lyndsay Kerr, Mike Pero Real Estate Kumeu on 027 554 4240 or [lyndsay.kerr@mikepero.com](mailto:lyndsay.kerr@mikepero.com).

## Propellers drive boat performance

Finding the right propeller for your outboard can significantly impact your boat's performance and your boating enjoyment. If your propeller is too big or too small (in pitch and diameter) you'll be frustrated by either sluggish acceleration or low top-end speed. The wrong size propeller can also cause wear and tear on your engine.

Firstly, it's best to look at your outboard manufacturer's recommendation, as they'll recommend a propeller that keeps your boat in the optimal RPM range. You can check this by running your engine at wide open throttle and recording the RPM on your tachometer. If the RPM is lower or higher than the manufacturer's specifications, it's likely your propeller isn't right.

Another consideration is how you use your boat the majority of the time. Whether you mostly island hop and sea-biscuit vs. loading your boat up for fishing and diving missions, you'll have different needs in terms of speed and acceleration. Contact GT Marine on 09 412 8348 for advice or go to [gtmarine.co.nz](http://gtmarine.co.nz) for more information.

## Kanuka Yoga

Winter is a great time to take advantage of bringing your health and fitness routine into the yoga studio. Avoid the chill and rainy spells and get comfortable in Kanuka Yoga Space. You'll love the mood lighting, modern interior and



oak flooring. Kanuka Yoga Space offers a variety of classes to suit all levels of ability. We recommend going to a Restore class to help you relax and release any tension or stress. No strength or flexibility required!

If you'd like to learn more about the basics of yoga then enroll in the next Foundations of Flow series. Become introduced to 20 core postures by taking each pose a bit slower and being guided by more cues. Build strength and learn more about alignment and benefits of each pose. This series will help you get moving in Kanuka Yoga's other regular daily classes: Power Flow



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and Slow Flow.

Gently stretch, flex, and improve your body's balance on the yoga mat and nurture a more positive state of mind at the same time. Yoga means union - start practicing yoga, connect your breath with movement and find your own moments of peace. Visit [KanukaYoga.co.nz](http://KanukaYoga.co.nz) to learn more about their classes.

## Waimauku Garden Club

We'd love to have you join us. On a beautiful Auckland Day we visited Chelsea Sugar Works. We all did the tour in the train dressed in everything PINK to view this working factory. This is the only sugar factory in NZ processing from raw sugar to what you see on the supermarket shelves. Apart from the tour there is a cafe, an Interactive Zone and a Baking School or you can go for a walk.

After lunch at the Birkenhead RSA we visited Fernglen, 12 acres of native plant gardens. Some stayed on the flat area while others went on a guided walk to see kauri, nikau, begonia and rimu. The Fisher family were here for over a hundred years living at the Fernglen Gardens. Not only a home and garden but used for education and research.

For many years plants were added to the area and at one time they had a Plant Nursery.

Coming up: June 20, Mid-Year Christmas at The Beekeepers Wife: July 18, film and lunch at Ryders: August 15, Mangawhai.

Contacts: Diana 027 478 8928, Judy 027 272 9994, Jan 021 108 7925, Althea 09 412 7752, Bette 021 145 1854, Veronica 027 755 4645.

## Your trade supplies specialist

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Water line sprung a leak? We carry the complete range of Hansen Easy Fit Poly fittings.

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Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 20,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at [jbw51red@googlemail.com](mailto:jbw51red@googlemail.com).

## West Harbour Tide Chart

Date	High	Low	High	Low	High
Sat 1 Jun	05:31	11:37	18:03	-	-
Sun 2 Jun	-	00:00	06:17	12:22	18:49
Mon 3 Jun	-	00:45	07:04	13:08	19:34
Tue 4 Jun	-	01:30	07:51	13:53	20:19
Wed 5 Jun	-	02:16	08:40	14:39	21:06
Thu 6 Jun	-	03:05	09:29	15:26	21:54
Fri 7 Jun	-	03:55	10:20	16:15	22:44
Sat 8 Jun	-	04:48	11:11	17:06	23:37
Sun 9 Jun	-	05:43	12:05	18:00	-
Mon 10 Jun	00:32	06:40	13:01	18:58	-
Tue 11 Jun	01:29	07:39	14:00	20:00	-
Wed 12 Jun	02:28	08:38	15:02	21:03	-
Thu 13 Jun	03:26	09:37	16:04	22:04	-
Fri 14 Jun	04:23	10:34	17:03	23:01	-
Sat 15 Jun	05:19	11:29	17:59	23:54	-
Sun 16 Jun	06:12	12:21	18:50	-	-
Mon 17 Jun	-	00:45	07:04	13:10	19:39
Tue 18 Jun	-	01:32	07:53	13:56	20:25
Wed 19 Jun	-	02:19	08:41	14:39	21:09
Thu 20 Jun	-	03:04	09:25	15:21	21:52
Fri 21 Jun	-	03:48	10:08	16:01	22:34
Sat 22 Jun	-	04:32	10:50	16:42	23:16
Sun 23 Jun	-	05:16	11:31	17:24	-
Mon 24 Jun	00:00	06:01	12:14	18:09	-
Tue 25 Jun	00:44	06:47	12:58	18:58	-
Wed 26 Jun	01:31	07:35	13:47	19:51	-
Thu 27 Jun	02:18	08:24	14:40	20:47	-
Fri 28 Jun	03:07	09:15	15:35	21:42	-
Sat 29 Jun	03:57	10:07	16:31	22:34	-
Sun 30 Jun	04:49	10:58	-	-	-

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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